



Public Health  
England

Protecting and improving the nation's health

# Collaboration to improve MSK health and outcomes for people with MSK conditions

**Thank you for joining the webinar**  
**The session will start at 11.00**



# Housekeeping Rules

- Please keep your skype and phones on **MUTE**
- Please note that this session will be recorded
- This is an interactive session and questions can be asked via the skype messaging system.
- Please note that everyone can see your questions
- We will aim to answer your questions after the presentations.
- We will post the Q&A, the presentation and recording on the K-hub after the webinar



# Outline

- Welcome and introduction overview to the Webinar, **Nuzhat Ali**, National Lead for MSK Health, PHE
- Raising ambition to improve the MSK health of the population, **Prof. John Newton**, Director of Health Improvement, PHE
- System partners working in collaboration towards prevention, early detection and better outcomes for people with an MSK condition, **Dr. Liam O'Toole**, *CEO*, Versus Arthritis
- MSK health: NHS 10 year plan and prevention, **Prof. Peter Kay**, *National Clinical Director for MSK*, NHS England
- Launch of the MSK Knowledge-hub, and Faculty of Public Health-MSK Special interest Group, **Clare Perkins**, *Deputy Director Priority & Programmes*, PHE.
- Highlight existing key MSK resources, **Clare Perkins**
- Panel Q and A – Audience



# The MSK Burden- What do we know ?

- **Global Burden of Disease study 2016** MSK conditions are the leading cause of years lived with disability and the 3<sup>rd</sup> largest cause of disability adjusted life years (DALYs) in the UK today
- Affects over 14 million people nationally. This number is predicted to increase significantly in the next 10 years.
- 1 in 5 primary health care consultations
- **Are associated with a large number of co-morbidities, including depression and obesity.**

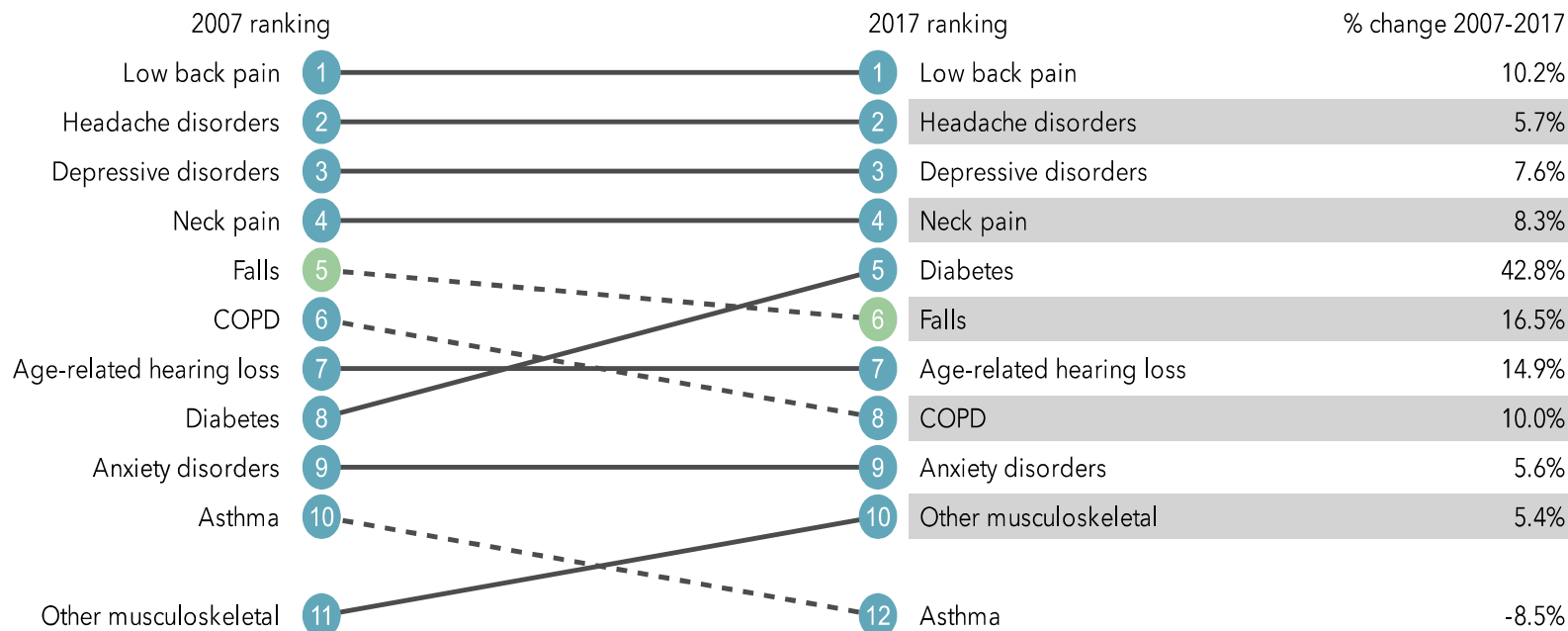
# What health problems cause the most disability?

- Communicable, maternal, neonatal, and nutritional diseases
- Non-communicable diseases
- Injuries

## Years lived with disability (YLD):

A measure of the number of years somebody has lived with a disability or in a state of ill-health.

Weighted so that more severe conditions are attributed a higher value.



Top 10 causes of years lived with disability (YLDs) in 2017 and percent change, 2007-2017, all ages, number

Source (figure): Global Burden of Disease 2017 data, Institute for Health Metrics and Evaluation <https://www.healthdata.org/united-kingdom-england/>

## Musculoskeletal conditions are a costly and growing problem



Prevalence of MSK conditions is being fuelled by our **ageing population** and rising levels of **physical inactivity** and **obesity**



The NHS in England spends **£5 billion each year** on treating MSK conditions

## Impact of MSK on productivity

MSK 2nd biggest cause of days lost in work after cough and colds



**In 2016,**

**over 30.8 million**

working days are lost due to MSK conditions



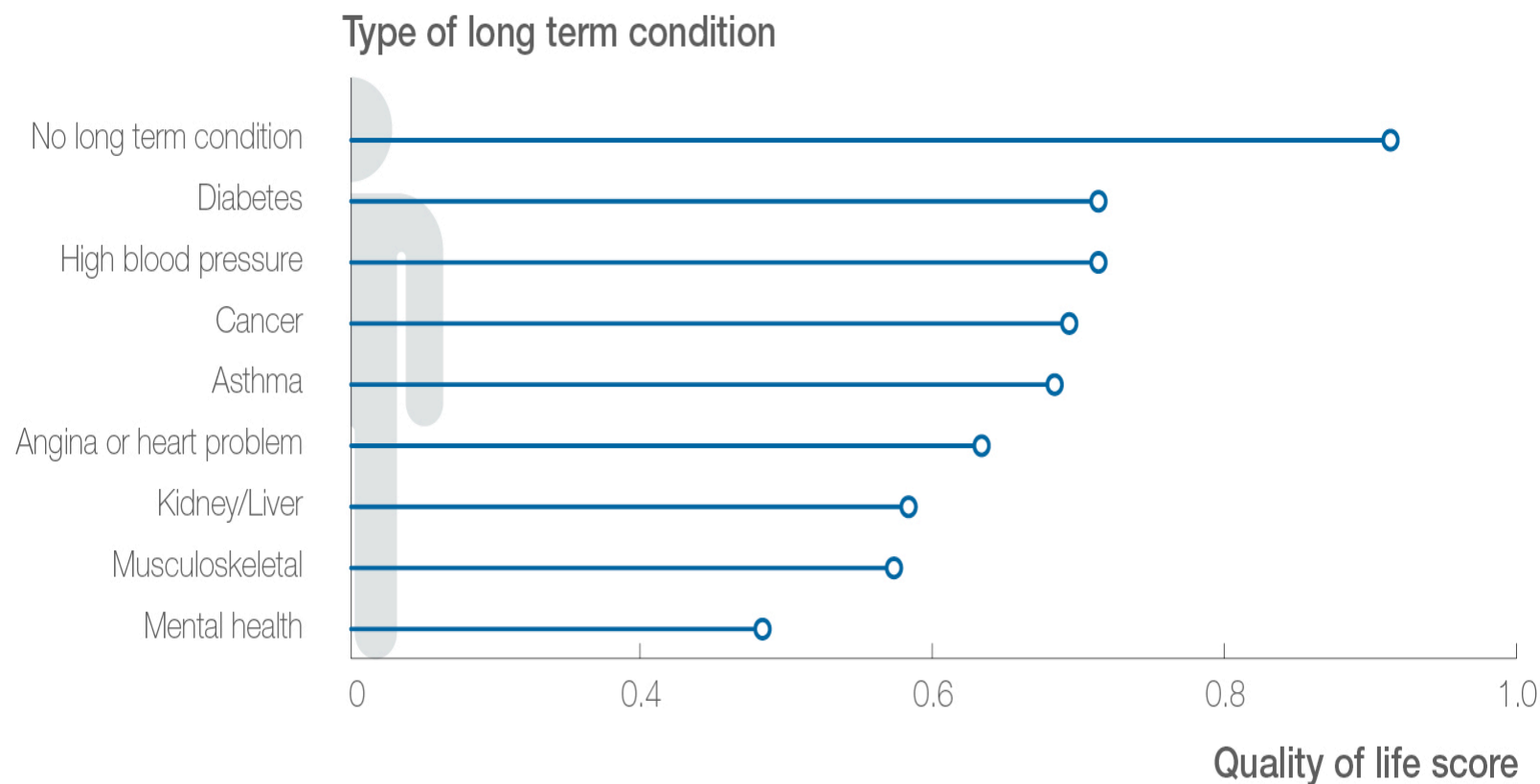
that accounts for 22% of sickness absence

MSK conditions cost the UK an estimated





# Quality of Life



Financial year 2016/17

Source: PHE analysis of GP Patient Survey (GPPS)





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# Raising ambition to improve the MSK health of the population

Professor John Newton,  
Director Health Improvement, PHE



HM Government

**VERSUS**  
ARTHRITIS

**NHS**  
England



Department  
of Health &  
Social Care



Department  
for Work &  
Pensions



Royal  
Osteoporosis  
Society

Better bone health for everybody



Local  
Government  
Association



ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE



FACULTY OF  
PUBLIC HEALTH



*Health Education England*

## Musculoskeletal Health:

### A 5 year strategic framework for prevention across the lifecourse

Department of Health and Social care working with Public Health England and  
Department for Work and Pensions



# VISION

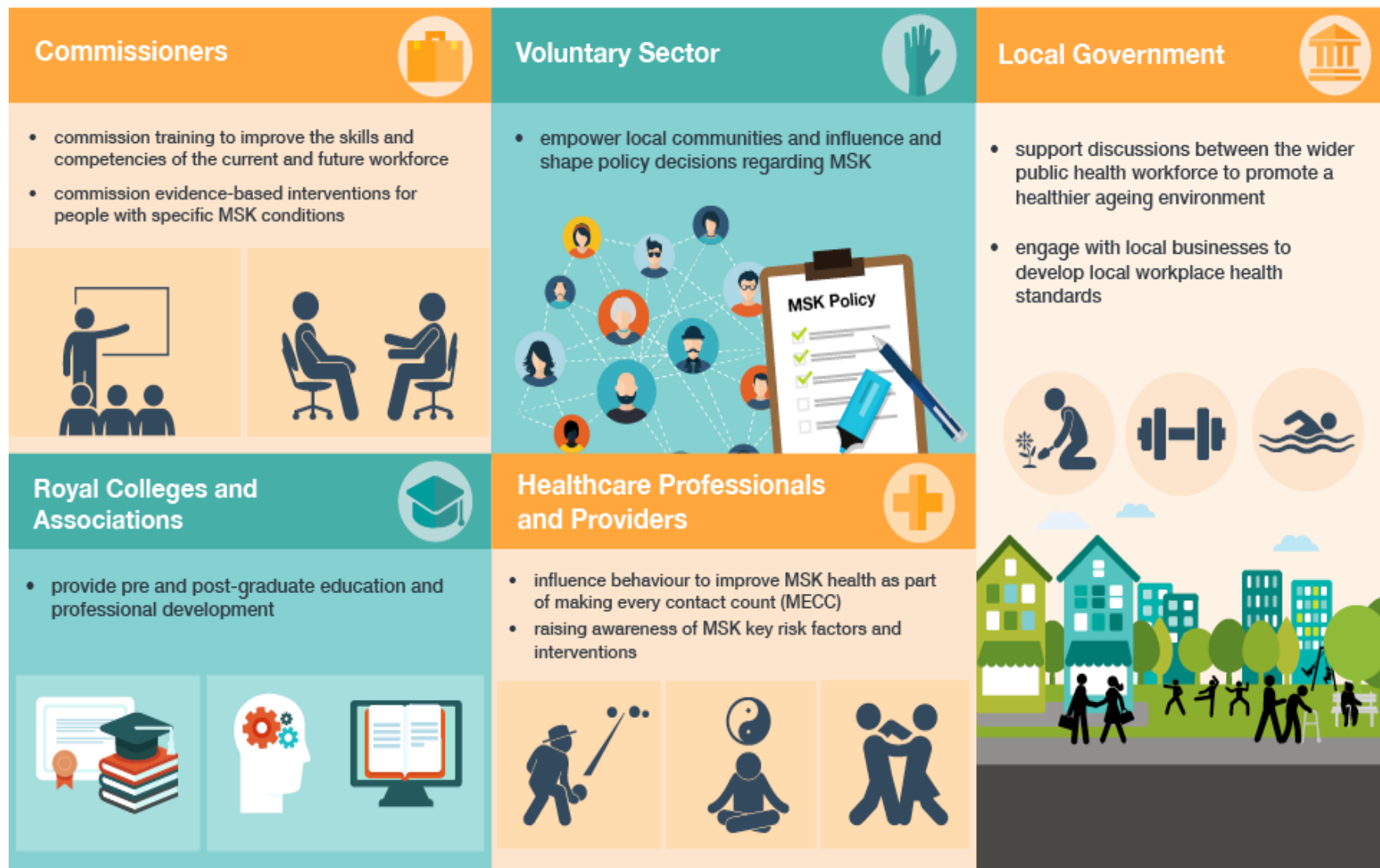
Help maintain and improve the **musculoskeletal health of the population in England** (across the life-course), supporting people to live with good lifelong MSK health and freedom from pain and disability (e.g. **prevention**)



# MSK Health Programme

## Impacts in 5 years

- Improved MSK health outcomes and equity across the life course through primary prevention
- Increase in the Quality of Life (QALY) s for people living with MSK Health conditions
- Reduce the social and economic gap for people with a MSK condition
- Improve the employment outcomes of people disabled through MSK Conditions.





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# Collaboration towards prevention, early detection and better outcomes for people with an MSK condition,

Dr Liam O'Toole, *CEO*, Versus Arthritis



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# MSK health: NHS 10 year plan and prevention,

Prof. Peter Kay, National Clinical Director MSK



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# MSK Health Resources

Clare Perkins, Deputy Director, Public Health England





# MSK Knowledge Hub Site

- The PHE Musculoskeletal Health Improvement team has recently developed a Knowledge hub site.
- Join the group to **share knowledge** and **keep up-to-date** with the latest news, events and resources.
- Please note that any information or activity posted via this forum by others does not necessarily represent the view, or have the endorsement of PHE, unless expressly identified as such.
- An account must be set-up in order to access the page.
- Free access: <https://khub.net/group/phe-musculoskeletal-health-and-well-being>

The screenshot shows the PHE Musculoskeletal Health group page. The top navigation bar includes links for PHE, GROUPS, PEOPLE, NETWORKS, and HELP. Below this is a secondary navigation bar with icons for FORUM, LIBRARY, GROUP BLOG, EVENTS, WIKI, IDEAS, MEMBERS, DEPOSITS, SETTINGS, and SEARCH. The main content area is titled 'PHE Musculoskeletal Health' and contains a description of the programme, its vision, and its purpose. A sidebar on the left shows the group's activity, including a list of members and a section for 'You joined' with options to add to favourites, subscribe, and leave the group. The 'ALL ACTIVITY' section on the left lists recent posts, including announcements, wiki updates, microblog posts, and events. The 'ANNOUNCEMENTS' section on the right features a post titled 'Musculoskeletal (MSK)Health Special Interest Group(SIG)' by Samir Qadery, dated 23 May. The post describes the purpose of the SIG and lists its goals. At the bottom of the page, there is a 'GROUP POLL' section.

1. Facilitators – All MSK Team.

2. Forum – interactions/ threads on questions, issues raised etc

3. Group Blogs – MSK Team set out professional perspectives on issues not PHE representative.

4. Events – Posting MSK related events

5. Announcements –Facilitators post updates to keep things moving.

6. Informal polls – quick views on specific issues.



# Faculty of Public Health

## MSK Special Interest Group

- The MSK Special Interest Group (SIG) is an opportunity to share information and public health practice.
- Active horizon-scanning of key developments in the field of MSK, with an opportunity for consultation on relevant policy.
- Become an **advocate**, raise awareness, enhance and reinforce communications, and ensure a wider reach of professionals are engaged and knowledgeable around MSK health.
- An opportunity to participate in events, engage with system partners leading on Public Health policy translation and reform, health intelligence and research.
- If you would like to become a member or would like further information please contact: [ginder.narle@phe.gov.uk](mailto:ginder.narle@phe.gov.uk)



# MSK Resources

## Work and Health

- MSK Employers Toolkit
- Work and Health eLearning programme

## Evidence into Practice

- MSK Return On Investment Toolkit
- Physical Activity Interventions for people with Musculoskeletal Conditions

## Data & Intelligence

- PHE Finger Tips Tool for MSK
- Local Authority - Local Government Inform
- MSK bulletins (PHE and Versus Arthritis)

## Workforce

- E-Learning modules on MSK, work and health for health professionals.
- MSK Competency Framework



# MSK Finger tips Profile

**Key Indicators** Risk factors Physical activity MSK and comorbidity Back pain Osteoarthritis Osteoporosis and fragility fracture Rheumatoid arthritis

Overview Compare indicators Map Trends Compare areas Area profiles Inequalities **England** Population Definitions Download

Area type: County & UA

[Filter indicators](#) [Hide legend](#)

Recent trends: — Could not be calculated — No significant change — Increasing / Getting worse — Increasing / Getting better — Decreasing / Getting worse — Decreasing / Getting better — Increasing — Decreasing

[Export table as image](#) [Export table as CSV file](#)

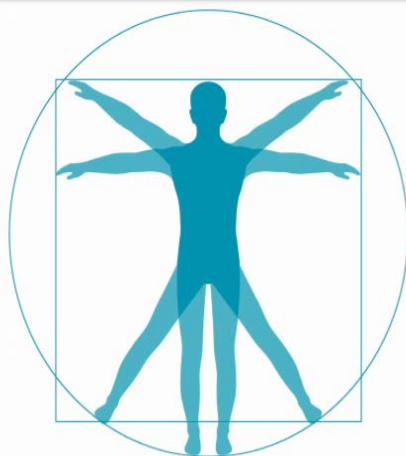
Indicator	Period	England count	England value	Recent trend	Change from previous time period
% reporting a long term MSK problem <span>New data</span>	2017/18	-	17.0%	—	↑
Back pain prevalence in people of all ages <span>New data</span>	2012	9,050,326	16.9%	—	—
Prevalence of hip osteoarthritis in people aged 45 and over	2012	2,463,378	10.9%	—	—
Prevalence of knee osteoarthritis in people aged 45 and over	2012	4,107,851	18.2%	—	—
Rheumatoid Arthritis: QOF prevalence (16+)	2017/18	356,372	0.7%	↑	↑
Hip fractures in people aged 65 and over	2017/18	58,700	578	—	→
Percentage of adults who do any walking, at least five times per week	2014/15	-	50.6%	—	—
Percentage of physically inactive adults	2017/18	-	22.2%	—	→
Percentage of adults (aged 18+) classified as overweight or obese	2017/18	-	62.0%	—	↑

➤ The aim of this tool is to provide meaningful data, on a single platform, to enable the commissioning of high value musculoskeletal services.

➤ Musculoskeletal data is essential for understanding the health needs of local populations, the amount of people accessing services, the cost of services and the outcomes services deliver



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Musculoskeletal core capabilities  
framework for first point of  
contact practitioners



# Further Resources



Work and Health: An Introduction

Session Overview

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Work and Health: An Introduction

**Description**

This course has been prepared by Public Health England to support the national aim of helping 1 million more disabled people and people with long-term health conditions move back into employment, in line with the Government Paper *Improving lives: the future of health, work and disability*. It does not focus on the world of work itself, but rather on staying in work or getting back to work - and examines how integral the healthcare workforce is to that process.

A transcript of the text in animations and a list of the resources for further information which are used in this session are available for download in Resources.

**Note:** the animation pages may take time to load on low bandwidth.

Authors [Saviour Ashworth](#) [Manuel Santos](#)

Public Health England

e-LFH e-Learning for Healthcare

NHS Health Education England

## Guidance

# Musculoskeletal Health: applying All Our Health

Published 3 January 2019

## Contents

Why promote Musculoskeletal Health in your professional practice?

MSK and comorbidities: an important issue

Interventions to prevent the onset of MSK

Physical activity

Maintain a healthy weight and balanced diet

Smoking

## Why promote Musculoskeletal Health in your professional practice?

Good musculoskeletal health (MSK) is an important component of maintaining a person's functional abilities throughout the life course. It is also fundamental to healthy ageing, which the World Health Organization (WHO) has characterised as 'the process of developing and maintaining the functional ability that enables wellbeing in older age'.

Social perceptions of ageing are gradually changing. People increasingly expect to lead independent, active and pain-free lives in their older years. For many people this includes remaining part of the workforce. For most this includes an active retirement.





# Return on Investment



## Effective interventions for MSK prevention

PHE's ROI tool shows that for  
every £1 invested in...



STarT Back (Stratified Risk  
Assessment and Care), saves £226 in  
healthcare savings, quality of life year &  
productivity gains



Self-referral to physiotherapy,  
saves £99 in healthcare



ESCAPE-pain, saves £5 in  
healthcare savings

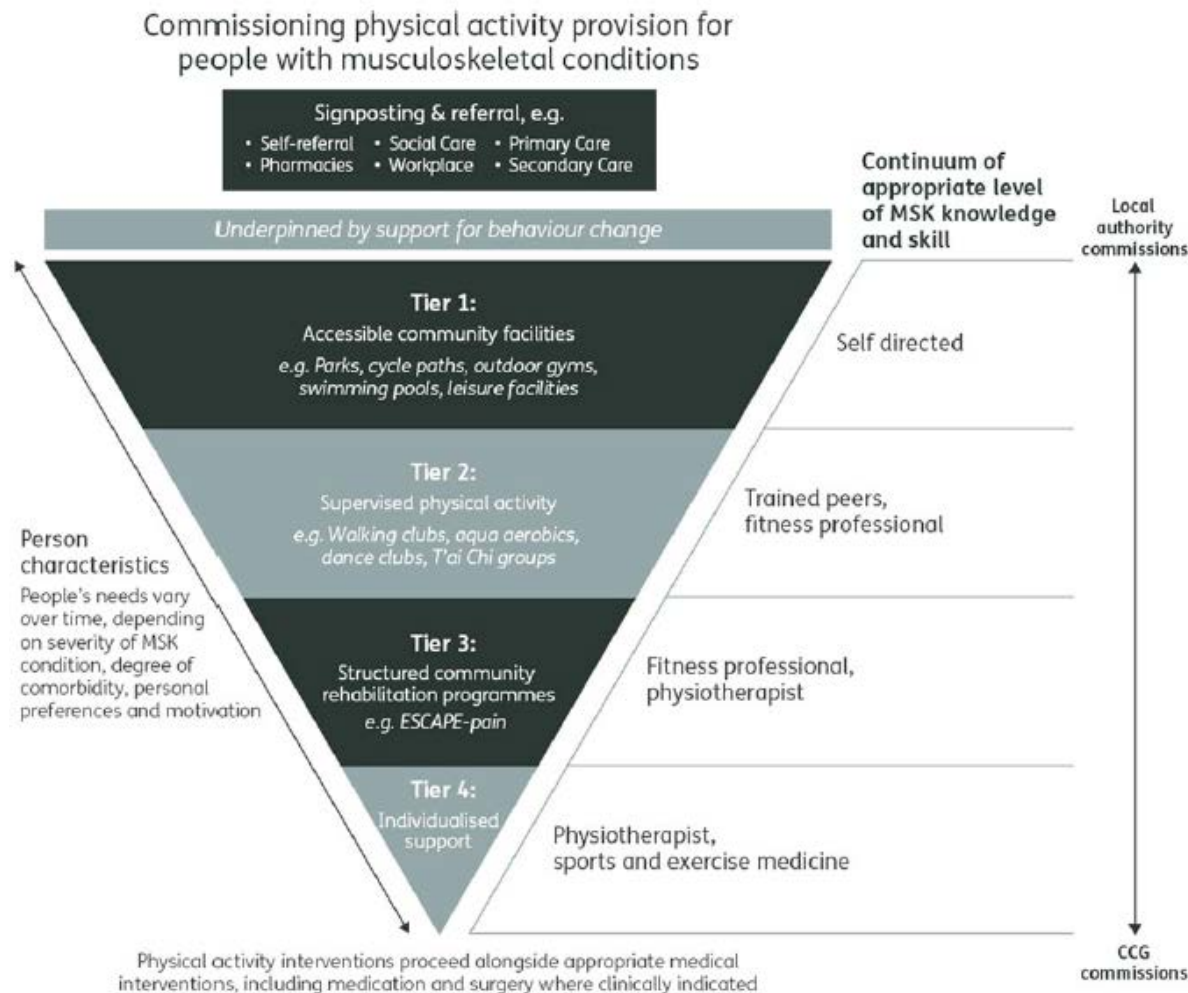


PhysioDirect, saves £47 in  
healthcare savings & quality  
of life year gains





# Tiered approach to MSK health







## Call to Action

- Raise awareness of the facts surrounding MSK conditions and the impact it has on individuals, society and the economy.
- Use and raise awareness of the available resources to inform practice and impact.
- Join our MSK K-hub community today.



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Thank you.  
Questions and comments