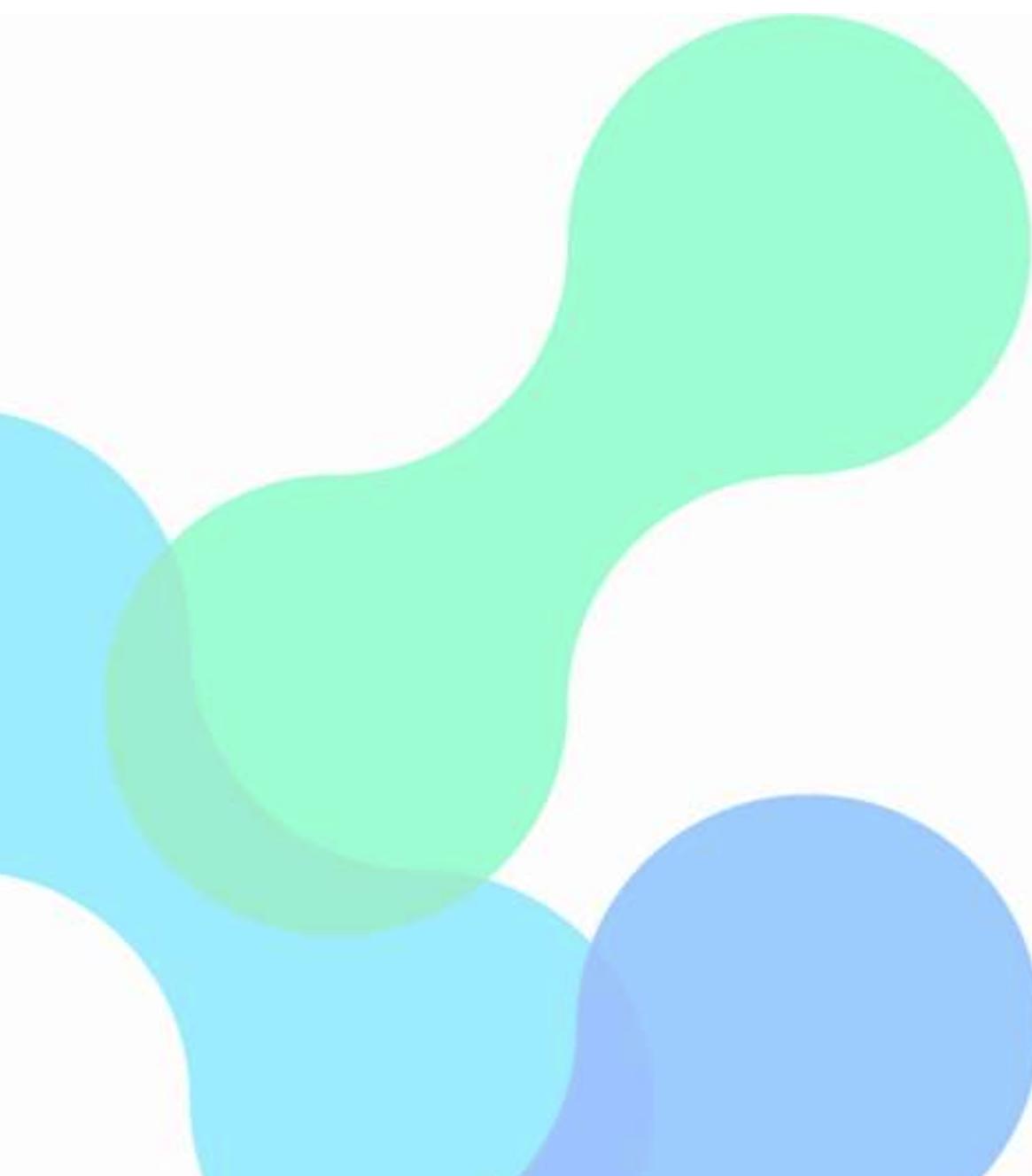




## **ESCAPE-pain trainer**



*“We aim to reduce the burden of poor musculoskeletal (MSK) health on individuals, workplaces and our health system by providing training and education programmes for MSK professionals and by funding research projects and breakthrough innovations (in partnership with grant givers, leading academic institutions and entrepreneurs) that expand knowledge, improve patient outcomes and pioneer new forms of orthopaedic diagnosis and treatment.”*

**Job title:** ESCAPE-pain trainer  
**Job type:** Fixed term, part-time  
**Salary:** £17-19 p/h per annum + benefits  
**Hours:** 10.5 – 21 hours per week  
**Location:** Central London / Remote  
**Reporting to:** Education and Events Manager (ESCAPE-pain)

**Closing date:** 7 November 2021  
**Interview date:** 18 & 19 November 2021  
**Start date:** As soon as possible

An exciting opportunity has arisen within Orthopaedic Research UK for the role of trainer to work within the ESCAPE-pain team, co-delivering training sessions to facilitators who will go on to implement the programme.

As one of the few registered charities devoted to addressing the most important gaps in research funding and professional education in bone, joint and muscle wellbeing, Orthopaedic Research UK are investing in our future movement. The need is greater than ever: 19m people suffer from musculoskeletal problems in the UK, costing the NHS £5bn per year, resulting in ever-lengthening NHS waiting lists, and the loss of 30m working days to the UK economy. We use our funding to deliver research and education programmes in musculoskeletal health to reduce the burden on individuals, on workplaces, and our health system.

ESCAPE-pain, Enabling Self-management and Coping with Arthritic Pain using Exercise, is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better. ESCAPE-pain can be delivered by trained physiotherapists, exercise instructors or other health professionals in a wide range of settings including hospital outpatients' departments and leisure/community spaces. ESCAPE-pain delivers the NICE core recommendations of exercise and education for the management of osteoarthritis. It is recognised by the NHS Innovation Accelerator and has received awards from the Royal Society of Public Health and the British Society of Rheumatology amongst others. For more details about the programme see our website ([www.escape-pain.org](http://www.escape-pain.org)).

ESCAPE-pain is delivered by Orthopaedic Research UK under license from Guy's and St Thomas' NHS Foundation Trust. It was created by Professor Michael Hurley and has been developed within the NHS by the Health Innovation Network and the AHSN Network. ESCAPE-pain is a UK registered trademark of Guy's and St Thomas' NHS Foundation Trust.

**Job Summary:**

The post holder will be trained to deliver ESCAPE-pain training courses to facilitators (healthcare professionals and fitness instructors) who will go on to deliver the programme to participants (people living with knee, hip, or back pain). Each training course is taught by two trainers for up to 20 participants. Trainers will need to be confident and fully prepared to present all sections of the course content.

The post holder will be expected to deliver a minimum of one training course per week, with other duties (outlined below) taking up the remaining contracted hours.

For face-to-face training sessions, the post holder will be expected to travel to training venues across the UK, set up the course and be available at the end of the day to answer questions from participants. For virtual sessions, the responsibilities are the same but without the travel element. The post holder will need to have proficiency in the chosen digital platform so that they are able to independently manage the technical aspects of the virtual sessions.

Unless working remotely or delivering training at an external venue, the post will be based at the Orthopaedic Research UK offices in London. For face-to-face training, where required, travel and accommodation will be agreed and arranged.

The post holder will have the following **key duties and responsibilities**:

- Ensure use of the most up-to-date training resources and engage the support of the ESCAPE-pain team to sufficiently prepare for each training course.
- Communicate/prepare with the staff member co-delivering training before the training date.
- Ensure the training slide deck is up to date and that delivery is fluid, educational and engaging.
- For virtual and face-to-face training sessions, the post holder will arrive/join the training at 8.30am on the day of the course and should leave adequate time at the end of the day to pack up training materials (where applicable) and answer any remaining questions from the facilitators (approximately 30 minutes).
- Co-deliver training to a high standard, ensuring that all aspects of content are sufficiently covered and understood by facilitators attending the course.
- Liaise with the ESCAPE-pain team to ensure travel/accommodation is arranged and how to submit claims for expenses (e.g., taxi journeys to and from the course, evening meals etc.).
- Ensure regular communications with the ESCAPE-pain team to keep abreast of training schedules, course/facilitator communications, and updates to course registers.
- Help to identify and solve specific training problems.
- Review facilitator feedback from each course and discuss with the staff member co-delivering the course, feeding back key comments on training delivery to the team.
- Help to revise training delivery as necessary, to incorporate changes in guidelines, feedback from delegates, etc.
- Provide input into the design and expansion of the ESCAPE-pain training programme and development based on experience delivering the training courses.
- Assist with appraisals and evaluations relating to ESCAPE-pain training.
- Build and maintain working relationships with internal and external stakeholders.
- Ensure confidentiality/protection of ESCAPE-pain copyright and materials.

### **IT and information resources**

- Use presentation software (PPT) to update and present the ESCAPE-pain training content.
- For courses delivered virtually, the postholder will need to familiarise themselves with the platform used, including all functions that will be used to support training delivery (i.e. breakout rooms, whiteboards, chat rooms, and other interactive functionality).

### **Benefits of joining the ORUK team:**

- Annual cost of living review
- Flexible working hours
- Pension 8% (employers' contribution 7.5% + 0.5% employees' contribution)
- 25 days annual leave (pro rata) plus bank holidays
- Enhanced maternity/paternity package
- Interest-free travel loan
- Access to Employee Assistance Programme
- Death in service (x4 basic salary)
- Opportunity to grow within the organisation

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### **To apply for this role:**

- Please review the person specification (below) and tailor your CV to demonstrate where you have the experience and competencies required. Please send a covering letter along with your CV to Miss Debbie Palmer at [jobs@oruk.org](mailto:jobs@oruk.org). Please include the job role you are applying for in the subject line.
  - If you wish to have an informal discussion about the role or the application process, please contact the Education and Events Manager (ESCAPE-pain), Miss Francesca Thompson, via email [f.thompson@oruk.org](mailto:f.thompson@oruk.org)
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## Person specification

Criteria		Essential	Desirable	Evidence*
<b>Qualifications</b>	Educated to degree level in relevant subject or equivalent level of experience of working at a similar level in a specialist area	✓		A/I
	Qualification or experience in delivering training		✓	A/I
	Membership of relevant professional body (for example CSP, CIMSPA, etc)	✓		A/I
	Motivational Interviewing qualification or training		✓	AI
<b>Knowledge &amp; experience</b>	Experience of delivering, or overseeing the delivery of, the ESCAPE-pain programme		✓	A/I
	Experience of working in an academic, health or leisure service environment	✓		A/I
	Significant experience of working in high pressure environment showing effective prioritisation and co-ordination of a varied workload under pressure and to deadlines.	✓		A/I
	Experience delivering interactive training or presentations to small groups/audiences (15-20 people).	✓		A/I
	Experience of delivering facilitated learning or training courses to professional groups specifically academic, health & leisure		✓	A/I
	Knowledge and/or experience working with people with Musculoskeletal health conditions within health or leisure settings.		✓	A/I
	5 years post-graduate experience and/or equivalent vocational training	✓		A/I
<b>Skills &amp; capabilities</b>	Excellent knowledge of Microsoft Office applications e.g. Word, Excel, Outlook, Access, PowerPoint etc.	✓		A/I
	Highly organised with excellent attention to detail.	✓		A/I
	Excellent communication and presentation skills, verbal and written.	✓		A/I
	Able to quickly analyse problems and work around obstacles – demonstrating a calm and flexible approach to work.	✓		A/I
	Excellent time management skills, able to work under pressure and to timescales	✓		A/I
	Able to work individually as well as part of a team	✓		A/I
	Ability to maintain confidentiality.	✓		A/I
	Approachable and capable of form good working relationships	✓		A/I
	Willing to learn new skills.	✓		A/I
Good understanding of behaviour change and motivational interviewing		✓	A/I	

\*Evidence is in reference to the following information: A Application form, I interview, T test or Assessment

# Investing in our future movement

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