



AUGUST 2021

The programme is set up in partnership with Stoke Mandeville, Sheffield and Salisbury Spinal Cord Injury Centres.

Staff Engagement and Patient Education sessions begin to raise awareness of the programme.

TARGET: **50** Patients.





AUGUST 2023 ONWARDS

Middles brough, Sourthport and Pinderfields SCIC's join the programme.

324 patients and 59 families now engaged with the programme, with241 patients accessing a pathway of 2 or more services so far.

Patients wellbeing improved by **4.7** points on average.

78% report improved knowledge and confidence.

86% report achieving their personal aims for the support.



OCTOBER 2021

- 1. First patients signed up with a bespoke pathway of services including mentoring, courses, wheelchair skills sessions and other support.
- Leaflets, promotion and a dedicated web application process launched.
- 3. First service pathways designed and commenced pre-evalution measures taken based on Shorter Warwick Edinburgh Wellbeing Scale and Duff/Kennedy models for independence.





on rack

A 3 year partnerhsip with NHS England to deliver <u>peer support</u> and bespoke service pathways for spinal cord injured patients and their families.



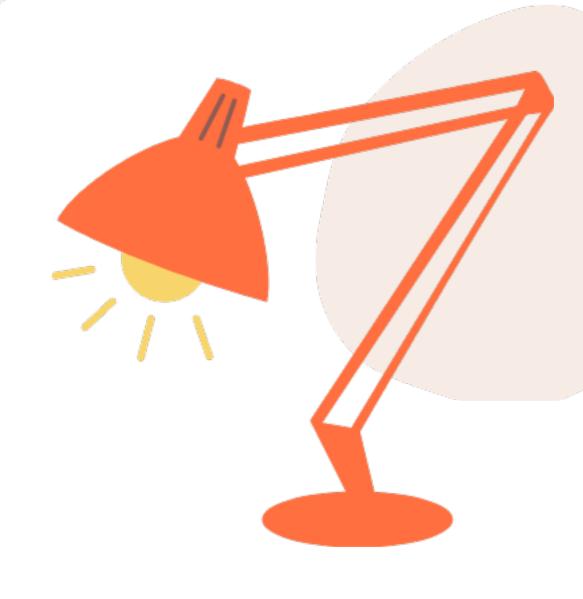


AUGUST 2022 -PROJECT EXPANDS

58 spinal cord injured patients and 8 families registered in year 1.

All participants showed **improvement in wellbeing** - moving them from within the bottom 10% scores of the population to within the national average*

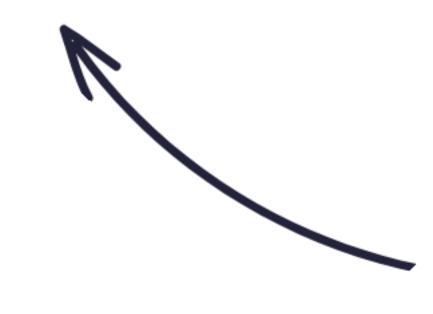
Oswestry and Stanmore Spinal Cord Injury Centre's join the project



JANUARY 2022

First service pathways completed and first post evaluation measures taken - with 100% showing an improvement.

Weekly peer support visits taking place across all three Spinal Cord Injury Centres.





BUILDING THE EVIDENCE BASE

Spinal cord injured participants who engaged in 4 or more different services in their pathway were most likely to show the highest improvement to wellbeing, confidence & independence.



Scan the QR code to find out more about Back Up on Track and register for the programme

