



## 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.



## OCTOBER 2021



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



## AUGUST 2023 ONWARDS

Middlesbrough, Saurthport and Pinderfields SCIC's join the programme.

**324** patients and **59** families now engaged with the programme, with **241** 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.

**back up**  
*on Track*

A 3 year partnership with NHS England to deliver peer support 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



Visit our website [www.backuptrust.org.uk](http://www.backuptrust.org.uk). Email: [info@backuptrust.org.uk](mailto:info@backuptrust.org.uk)

\*WemWBS and SWEMWBS population norms Health Survey for England 2016  
SWEMWBS has a mean of 23.5 and a standard deviation of 3.9 in UK general population samples (Ng Fat L, Mindell J, Boniface, Stewart-Brown Evaluating and establishing national norms for the short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS) using the Health Survey for England Quality of Life Research 2016;26(5):1129-1144 ). This means 15% of the population can be expected to have a score >27.4. Equally 15% of the population can be expected to have a score <19.6.