

HEALTHY BONES - MUSCLES - JOINTS - HEALTHY LIFESTYLES

RHPC Psycho-physical Health and Well-Being PSBL Programme

Bazil Hunte and Helen Kapsali has been running the RHPC Psycho-physical programme for over 8 years, and it is still the only programme of its kind in the UK. Bazil is a member of the International Osteostrong Team in the US and works in collaboration with the Stratford Village Surgery, Patient First Social Enterprise in East London, where he set up, and continues to run, a Psycho-physical (Musculoskeletal health) clinic. The service has an additional focus on Mental and Psychological Health and Wellbeing, because of the impact of lockdown and Covid-19, especially long covid.

The programme combines Bazil's health psychology, exercise prescription/GP referral background, and over 40 years of experience in the health and wellness field, together with Helen's experience as an Exercise Physiologist, working to improve both mental and physical wellbeing. We are supported by Dr Bhupinder Kohli and his amazing Stratford Village Surgery Team.

The programme is also part of the global Osteostrong family, led by Kyle Zagrodzky (CEO), Jimmy Young Blood (President) and Dr John Jaquish (Inventor of the equipment)

The RHPC psycho-physical programme caters to all abilities, no matter their fitness levels or medical conditions, which is approved by their GPs. Patients can receive between 6-8 sessions when referred, to get them started, but they would require a minimum of twelve sessions to begin to see and feel some of the benefits of the programme.

The programme is suitable for most patients/clients diagnosed with and or suffering from joint and back pain, fibromyalgia, osteoarthritis, osteoporosis, osteopenia, pre and type 2 diabetes, hypertension, obesity, mental health, psychological wellbeing, sedentary lifestyle, and many other long-term health conditions. The programme also focuses on falls prevention and pain management.

The RHPC programme was extremely happy to receive funding from the Plaistow South Big Local Steering Group (PSBP-SG) to assist ten members from the Plaistow South area to access the programme.

PSBL SG had agreed to fund 4 residents as outlined in the proposal, who had already completed the initial 6 GP referral sessions, at a cost of £420 per person for a further twelve sessions making it a total of 18 sessions. This is not far from the recommended number of sessions (24) which were noted in my published research (*Hunte & Jaquish 2015*).

In addition, the PSBL-SG committed to funding a further 6 Plaistow South residents, who were referred from their GPs respectively and had received 6 NHS sessions. Thus, making a total of 10 residents. However, as our continual contribution to the local community, we supported an additional 5 Plaistow South residents, who were delighted to access and complete the programme.

The PSBL-SG, time scale for completing the programme was limited to 12 months and needed to be concluded by July 2023. However, the programme was completed in April 2023.

Patients were referred by their GP's and Social Prescriber's (SP) respectively, from the Glen Road Medical Centre, the largest GP surgery in the Plaistow South area. As part of our evaluation & monitoring to measure the impact the treatment has had, we used a number of questionnaires (see below) pre and post programme completion. We also captured a few video feedback case stories, from patients who were happy and consented to share their stories with the PSBL-SG team. We also collected, written quotes from patients (see below) where appropriate. Furthermore,

due to the confidential nature of the programme, personal data and names cannot be shared, only their initials will be used. We have also had some limited permission to share a number of pictures (see below).

Programme outcomes are assessed by using three measures:

1. *Numerical Rating Pain Scale (NRPS)

This particular scale requires the patient to define the intensity of his or her pain in numerical terms, between two defined end points (typically 0 and 10) zero indicating 'no pain and ten, indicating pain as bad as it can be'. There are variations in the number range and choice of words that can be used to anchor each side of the pain scale (*Jensen et al., 1986*)

2. *The HADS consists of two subscales, one measuring Anxiety (A-scale) and one measuring Depression (D-scale), which are scored separately.

Anxiety - this is the state of generalized anxiety not necessarily focused upon any situation. The concept covers the state of anxious mood, restlessness, and anxious thoughts.

Depression – The HADS D-scale is largely, although not entirely, focused upon the state of loss of interest and diminished pleasure response. This state has been recognized as a reliable guide to the type of mood disorder of biological origin. (*Zigmond & Snaith, 1983*)

Score interpretation:

- 0 - 7 Normal
- 8 - 10 Mild
- 11 – 14 Moderate
- 15 – 21 Severe

3. *The Satisfaction With Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as a whole. The scale does not assess satisfaction with life domains such as health or finances but allows subjects to integrate and weigh these domains in whatever way they choose. *Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985)*

Scoring:

Though scoring should be kept continuous (sum up scores on each item), here are some cutoffs to be used as benchmarks.

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 - Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

Below are five statements that you may agree or disagree with. Using the 1 -

7 scale below, indicate your agreement with each item by placing the appropriate number. on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

Statements:

- _____ In most ways my life is close to my ideal.
 _____ The conditions of my life are excellent.
 _____ I am satisfied with my life.
 _____ So far, I have gotten the important things I want in life.
 _____ If I could live my life over, I would change almost nothing.

Outcome measures results

Number of patients =18

No.	Patients	Gender	Age	No. of Sessions completed	*Pain Scale	*HADS	*SWLS
					0 -----10	Pre=21 - Post=00	Pre=05 - Post=35
1	KR	F	62	18	Pre=10+ - Post=04	Pre=14 - Post=8	Pre=10 - Post=28
2	AG	F	45	18	Pre=9 - Post=02	Pre=13 - Post=07	Pre=14 - Post=30
3	KH	F	59	18	Pre=8 - Post=03	Pre=12 - Post=10	Pre=09 - Post=26
4	AC	F	69	18	Pre=09 - Post=04	Pre=11 - Post=09	Pre=16 - Post=31
5	MH	M	68	17*	Pre=7 - Post=05	Pre=17 - Post=8	Pre=12 - Post=27
6	GR	F	56	18	Pre=8 - Post=06	Pre=16 - Post=10	Pre=11 - Post=32
7	FJ	F	68	18	Pre=10 - Post=07	Pre=15 - Post=05	Pre=08 - Post=25
8	AM	F	70	18	Pre=09 - Post=04	Pre=12 - Post=08	Pre=07 - Post=24
9	TK	F	45	18	Pre=08 - Post=03	Pre=18 - Post=09	Pre=09 - Post=22
10	FK	F	56	18	Pre=09 - Post=04	Pre=20 - Post=10	Pre=12 - Post=27
11	IJ	M	67	18	Pre=10+ - Post=02	Pre=18 - Post=11	Pre=14 - Post=28
12	JE	F	57	16*	Pre=10 - Post=04	Pre=13 - Post=06	Pre=07 - Post=31
13	MJ	F	43	18	Pre=08 - Post=03	Pre=12 - Post=04	Pre=08 - Post=27
14	DL	F	41	17*	Pre=10 - Post=04	Pre=16 - Post=12	Pre=14 - Post=29
15	LB	F	49	18	Pre=8 - Post=05	Pre=14 - Post=05	Pre=11 - Post=22

Females = 13 Males = 2 * Sessions not completed due to illness. ■ 5 additional residents

The results showed that 15 Plaistow South patients (13 females: 2 males. Age ranging between 41 and 70 with a mean age of 57) completed the programme. The attendance rate was almost 100% and on average, almost every patient completed the required 18 sessions, with four patients missing 4 sessions in total due to illness.

The results also showed a significant reduction in pain reported by patients, as measured by the Numerical Rating Pain Scale (NRPS). The pre scores (total = 133 with a mean score 8.8 and post programme total score of 60, with a mean score of 4) clearly indicate a reduction in overall pain scores in all patients.

The Hospital and Anxiety and Depression Scale (HADS) also showed a significant reduction in the patient's stressors related to their Anxiety and Depression respectively. The above pre scores (total = 221 with a mean score 14.7 and post programme total score of 60, with a mean score of 9.4). The results indicated a good improvement in the patient's mental and psychological wellbeing.

Finally, The Satisfaction With Life Scale (SWLS) also showed an improvement in patients' satisfaction with their lives. The results listed above, (total SWLS scores = 167 with a mean score 11.1 and post programme total score of 379, with a mean score of 25.2). Thus, indicating a positive change in patient's satisfaction with their lives respectfully.

Feedback from the Psycho-physical programme users (*In their own words*)

"It was a great experience with this osteostrong machine. Initially I felt I would not be able to move or progress, but I saw gradual progress and it is entirely a different feeling after doing this exercise, you feel energised and feel you have strength and best part is the stamina which you feel you have gained. I also felt I have done something, and my body is telling me the strength I have gained. Keep it up you are marvellous and best part is that you keep reminding us to come". **KR, 65 year old**

"I have had a fantastic experience attending the programme. I find each week I come to use the machine, that I am surprised that generally I have gained overall from the last week. It is challenging, but I go home feeling I have done a good workout. I have been doing a lot of bikes riding this summer and I do see improvement in the power in my legs. I have found the programme to be great in improving my overall health, especially the reduction in aches and pains in my body. My knee pains in my right leg are now completely gone. Overall, I have great things to say about the Psycho-physical programme". **AG, 40 year old**

"The Psycho-physical exercise programme was very useful for me as it shows me where I was lacking and where I can make improvements. It motivated me to join a gym to extend my fitness. So, I was really very pleased with the programme". **AC 68 year old**

"Hi Bazil, I would like to say since I started the programme, I can confidently state that I have never felt this physically strong for many a year, particularly in my legs, I find myself bounding up several flight of stairs at work for the sheer joy of it because I can. Whereas it was something that I found quite laborious tiring before. Thank You!" **MH, 61 year old suffered from back problems for a number of years.**

"I was a bit sceptical about the osteostrong machine when I heard about it but after a few sessions my back pain was completely gone. I carried on doing my sessions and I noticed a difference; my leg and chest

muscles feel much stronger, and my back pain has not returned". **GR, 38 year old suffered from back pains for a number of years.**

"I completed about 18-sessions on the machines, which finished around three weeks ago. The machines were easy to use, and I was well supported by Baz. I would say at around week three I could feel some benefits from using the machine, pain in my knees and back had reduced. Then as weeks went on, I could feel that muscle tone overall improved and more supportive around knee and ankle joints, posture had improved as well. I will say I will always have pain in my back due to a disk bulge but using the machine did help. Pain before using machine on a scale of 1-10 was an 8-9 at times. While using the machine pain were reduced to 4-5. A couple of times after using the machine I did feel like I had over exercised, and my body was a bit sore and ached a bit. All in all, using the osteostrong machine was a good experience and I hope to". **FJ, 41 year old**

"We are benefiting from the programme, as we can see from the graph which go up and up. My wife and I are very happy, as many aches and pains are slowly disappearing. Thank you for your co-operation and help during our sessions and we look forward to continuing the programme in the future". **TK and FK, 51- & 61-year-old**

"Thanks for giving me the opportunity to attend the programme. I must say after every session when I see the improvement graph, I feel really good and very energetic. I suffer from Fibromyalgia and back problems in the past, but since I have started this programme, it is so much better". **IJ, 35 year old**

"I do not feel that I have felt a significant physical difference in my body whilst doing the programme, however I did not have any existing problems with my body that I could compare it with. I did notice however that after an injury, I physically recovered quite quickly and unsure whether this is related. I also psychologically feel stronger each week after doing the programme, as I am seeing that I am pushing more weight as the weeks go by". **JE, 30 year old**

"After 10 weeks on your programme I feel fitter than when I started. As you are aware I walk the three-quarters of a mile from my home to the surgery with my daughter for our appointments with you. Since starting the programme, I have cut my journey time from 25mins to about 15mins without stopping. I do get tired on the walk back home but nowhere like before, I do however feel, I am making improvements as the weeks go by". **MJ, 73 years old.**

"It was very difficult to walk in the beginning, now I can much better, which has improved the quality of my life. I am so grateful to have had the opportunity to work with Basil and Helen". **DL 68 years old, suffering from joint and back pain problems for many years.**

"This was a fantastic programme, and it would be rather nice if doctors and consultants in other health fields were to be as attentive and caring as Bazil. Thank you for your service". **LB, 70 years old with poor balance, osteoarthritis and back pain.**

"I have noticed lots of changes. I do not need to walk with my cane anymore and I can feel my feet again. My movement and balance are also much better and the pain in my joints has reduced from 10+ to about 3 to 4 which is manageable. The programme was very helpful". **AM, 46 years old, suffering from fibromyalgia, poor balance and mobility and in lots of pain for many years.**

Firstly, I would like to say a very big thank you to Helen and Bazil for believing in those that suffer from Fibromyalgia, as most people think it does not exist, even doctors who have studied for many years "Mind over Matter" or "Lose a few pounds in weight and you can exercise more".

Helen & Bazil listen to their patients, whether it be diet, stress or pain. They both provide a service, where I can go and try to exercise and speak about my Fibromyalgia. Due to the lockdown with Covid19, mentally I struggled as there was nowhere to exercise or no one to moan too.

They provide a much-needed service to the community to those who suffer with this dreadful neurological disease. Yes! medicine does help, but only to a small degree. Helen & Bazil not only cares for their patients, but they also manage the diagnosis, prognosis and help improve your psychological wellbeing and mental health, so that depression does not take hold. I am so grateful as the quality of life is so much better now. Thank you both very much. **KH, 38 years old, suffered from fibromyalgia and lots of pain for many years.**

Pictures of the equipment and video feedback links of messages from some of our patients. Please see below:





Video clips:

<https://youtu.be/1bSehl5OI1c>

<https://youtube.com/shorts/340Sbe4wqc0>

https://youtu.be/_4k0wCe6GpI

<https://youtube.com/shorts/EMWHnAMR2ds>

<https://youtube.com/shorts/HHLXzA2AIDU>

<https://youtube.com/shorts/J-t7YLMcBjY>