

Living Well with Pain Clinical Programme

Health and Wellbeing Board
September 2023

Dr Cathy Stannard



Programme Context - Facts about Chronic Pain

Pain is a common presentation to teams in primary care

Between a third and a half of the adult population in the UK experience chronic pain

14% of the population have disabling symptoms

Chronic pain is more common in

- women than men
- the elderly
- in areas of greater deprivation
- in those from some ethnic minority backgrounds



Chronic pain is not always associated with an identifiable injury (although the pain is very real)



Chronic pain has many influences – Previous experience of pain, social context and support. Adverse childhood experiences, Other worries such as debt, mobility and work impact



Medical treatments including medicines are largely unhelpful in treating chronic pain

Living Well with Pain Programme : Working together

Our pain programme group has representation from people living with pain, professionals working in physical and mental health and social care and VCSE partners

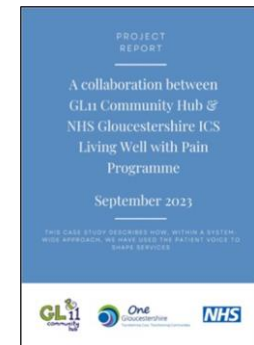
Co design and Collaboration

To minimize prescribing of harmful medicines

To grow and develop non-medicines offers for pain

To enable health care professionals to have better conversations about pain

To find out what is important to people living pain to support improving outcomes and develop services services



It's your move

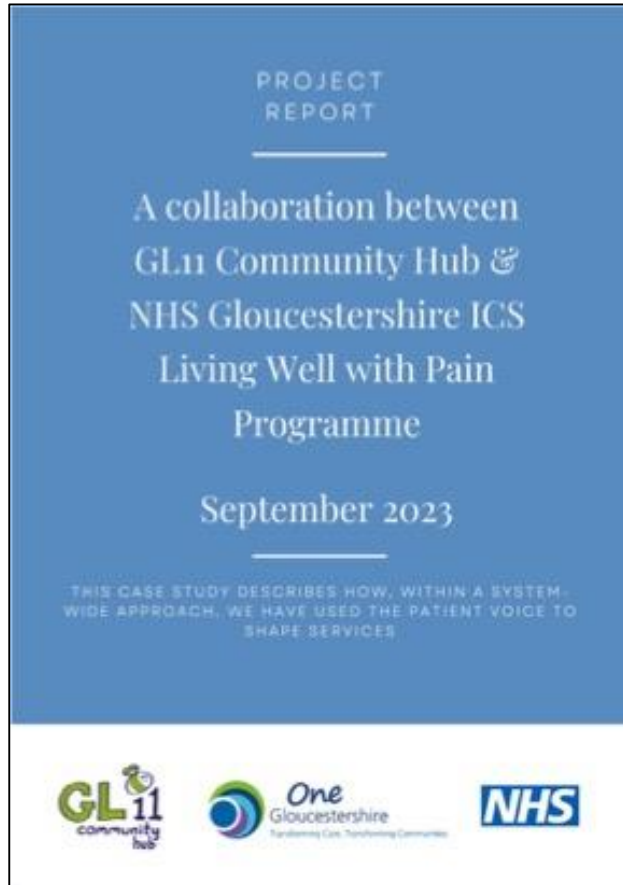
A community led group exercise programme for people living with persistent pain.

A supervised five-week programme of activity giving patients the capability needed to self-manage their pain and its impact:

- reduce pain
- improve function
- improve mental wellbeing and confidence



Strengthening our work - understanding the needs of our population: GL11 and NHS Collaboration



They told us about

- the impact of pain on peoples' lives and on others
 - their experience of health and other support systems that value peer support
- that they value collaboration between healthcare and community providers

The impact

- Participants joined a CPG workshop to share their findings and talk about their experiences
- We have shared the findings with GP in the locality
- GL11 are developing a community action group to help shape the work of our programme

Working Together - the Pain Approach

Vision

“we believe that every person living with long term pain in Gloucestershire should feel included supported and understood in relation to their

Our Approach

Using Populational Health Management

Adopting a Personalised Care Approach

Working collaboratively and co-designing

Outcomes

More people being referred to, and completing support to help them manage their conditions

Reduction in prescribing of harmful medicines

Engagement in the health coaching approach to deliver personalised care

Less reliance on specialist and urgent and emergency care

Any Questions ?

Glicb.pain@nhs.net

@One_Glos
www.onegloucestershire.net

