

Scottish National Residential Pain Management Programme

Newsletter Issue 1 –October 2016



It is now over one year since the team at the Scottish National Residential Pain Management Programme (SNRPMP) commenced their 'road show' visits. We thought it would be a good time to update you on some of the progress and developments within the service.

Clinical

Referrals

The service has now received over 100 referrals. Following triage all appropriate patients are assessed by psychology, physiotherapy and medical or nursing staff. In addition our occupational therapists link in with those identified to have practical issues that may be barriers to staying in the self catering accommodation.

A poster detailing patient demographics, referral patterns and clinical outcomes of the first 100 referrals is available and will be presented at the NBPA Winter meeting next month.

Activity Summary

- First and second cohorts have graduated from the programme and been discharged.
- 3rd and 4th cohorts are in phases 2 and 3 (see below).
- One further group is planned for 2016
- 4 groups are planned for 2017.

Outcomes

Feedback from the groups has been very positive and a formal review of outcomes is underway. A review of the physical outcome measures from the first 4 groups is now complete and will be presented at the NBPA Winter meeting.

Programme Structure

To enhance engagement and promote maintenance we have found it useful to discuss the treatment phase as a 7 month commitment to patients:

- Phase 1: The three week group programme at Allander House, Gartnavel Campus whilst staying in self catering accommodation. The more intensive nature of the groups allows much more time for individuals to put their learning into practice.

- Phase 2: The consolidation phase of home practice, from completing the group to returning to Allander House 6 months later.
- Phase 3: Ongoing support from the SNRPMP through a three month telephone review and a 6 month review at Allander House with fellow group members. A chance to share progress and problem solve any challenges.

Making a referral

We are developing a new, more user friendly, referral form and referral checklist which will be available soon. If you have any questions, or feel a discussion prior to referral would be beneficial, the SNRPMP team are happy to be contacted.

Referrals to Bath Centre for Pain Services

It is hoped that the SNRPMP team will, in most instances, be able to meet the needs of Scottish people who require intensive pain management input. There may, however, still remain a very small number of patients who require specific programmes offered by Bath Centre for Pain Services. In order for National Services Division (NSD) to monitor these referrals, all patients you are considering referring to Bath must be at a minimum discussed with the SNRPMP team in the first instance. Please note, NSD have stated that they will not provide funding for referrals outwith Scotland unless these discussions have occurred.

Patient Information about SNRPMP

Work is ongoing to improve the information you have available to share with patients about the service. Patient information leaflets will soon be available for you to provide to individuals you are referring to the service.

Other Developments

- A network has been established for all physiotherapists and occupational therapists working within PMP's in Scotland and the network aims to meet twice a year. A similar network is now being explored for the clinical nurse specialists.
- A website will be available soon.

Save the Date:

**British Pain Society: Pain Management Programme Conference
14th and 15th September 2017, Glasgow**

The theme is "*Gonnae no dae that!*" – exploring patient and clinician fears.

Contact

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We welcome your feedback about the service and ideas for content for future newsletters. If your service has had any staffing changes and you wish to be removed from the mailing list, or have others added, please let us know.