

# Scottish National Residential Pain Management Programme Newsletter

## Issue 5 –August 2018

Welcome to the fifth edition of the Scottish National Residential Pain Management Programme newsletter. In addition to keeping you up to date on developments within SNRPMP we also hope to include in the newsletters other news and updates from around Scotland. **This edition features activity from the newly establish Network of Psychologists working in Chronic Pain in Scotland (NPCPS).**

### SNRPMP Update

- Our patient experience videos have now been launched on our website [www.snrpmp.ggs.scot.nhs.uk](http://www.snrpmp.ggs.scot.nhs.uk)! Our graduates give an honest reflection of their 3 week group phase at Allander House. We hope you will find this helpful to share with your patients to help give them a flavour of what to expect during their stay.
- We are currently in our 11<sup>th</sup> group and have another 2 groups to follow in 2018, due to commence in September and November.
- The team are currently exploring referral trends from Health Boards across Scotland. Following on from this, we will be contacting some Health Boards over the coming months to facilitate discussion around this data.



Some new addition to the SNRPMP garden. The weather gave this a quick boost from seed to splendour!



## Save the dates 2018

**Scottish Psychology Chronic Pain Management Network Event  
For psychologists in pain services**

**Tuesday 28<sup>th</sup> August 2018**

The Lorna Cay Suite, Cunningham Unit, Astley Ainslie Hospital, 133  
Grange Loan, Edinburgh, EH9 2HL.

**Scottish AHP Chronic Pain Management Network Event**  
For physiotherapists and occupational therapists

**Wednesday 31<sup>st</sup> October 2018**

SNRPMP, Allander House, Glasgow

**North British Pain Association (NBPA) ASM**

**Friday 23<sup>rd</sup> November 2018**

Royal College of Surgeons, Nicolson Street, Edinburgh, EH8 9DW

[North British Pain Association - Home](#) | [Facebook](#)

## Around Scotland

Thanks to NHS Tayside and NHS Borders for their contribution to our December newsletter. Thanks to Lisa Reynolds, Principal Clinical Psychologist with NHS GG&C and the SNRPMP, for her contribution to this edition. Please contact us at [Scottish.PMP@ggc.scot.nhs.uk](mailto:Scottish.PMP@ggc.scot.nhs.uk) To let us know what's happening in your area for future editions.

## Network of Psychologists Working in Chronic Pain in Scotland (NPCPS)

The purpose of this network is to promote psychological care in chronic pain. We hope to achieve this by supporting research and audit, and consistency within clinical practice for psychologists working in chronic pain management services in Scotland. We plan to meet four times per year.

We recently met for the second time on 18<sup>th</sup> April 2018, kindly hosted by NHS Fife. We used this session to review our Terms of Reference, think about how the network will operate, our work streams for the coming year, establishing links with our AHP colleagues and patient representative involvement in our work streams. For the coming year, proposed work streams include a

scoping exercise, making links with NES, compiling a database of research and clinical contacts, and benchmarking against standards.

Dr David Craig, Consultant Clinical Psychologist with NHS GG&C has volunteered to co-ordinate the Network's social media presence, and has established a Twitter account (@scotpsychcp) and closed Facebook group

(<https://m.facebook.com/groups/153098925399174>). He has also established a community website to store relevant documents and to providing another forum to communicating via the discussion boards

(<http://www.knowledge.scot.nhs.uk/painpsychologists.aspx>). An Athens account is required to access this website, and we would encourage all network members to make use of this excellent resource. Dr Lisa Reynolds, Principal Clinical Psychologist with NHS GG&C and the SNRPMP has agreed to take on the role of Secretary for the Network, and will be happy to answer any queries relating to the group (Lisa.Reynolds2@ggc.scot.nhs.uk).

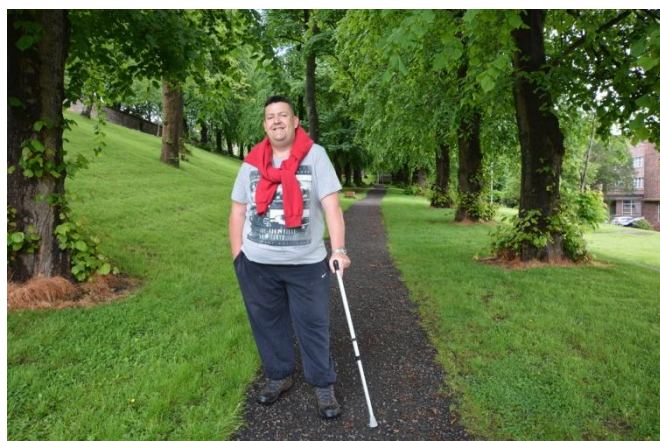
Minutes in our most recent meeting and a draft of our Terms of Reference have since been circulated for comments to those who have joined the network already.

### **Case Study: A Patient Perspective of the SNRPMP**

Pat has attended the three-week programme at SNRPMP and has completed his three and six month reviews. Recently he took part in a video project to share his experience of attending the SNRPMP.

#### **Pat Hughes**

Pat is 44 years old and lives just outside Glasgow. He has lived with chronic low back pain for many years which was significantly worsened around 4 years ago following an accident. Since this time Pat has suffered from increasingly widespread pain with his low back, left leg and right shoulder being most affected. Pat attended for physiotherapy within the pain clinic and had found this a helpful starting point to increasing his activity levels. He was referred to his local pain management programme, but it was felt that he



would gain more from the intensity of the residential pain management programme. Before attending the programme Pat relied on others for helping him put on his socks and shoes, preparing meals and managing chores in the house. He also reported being very restricted with how far he could walk his dog and he would avoid seeing friends or going out for dinner with his family. "I was in so much pain I could barely walk, most of the time the pain was so unbearable that I would try and blank it out with painkillers...I feel like I lost so much time, in a zombie like state because I was taking so many pain medicines"

### **Why was the intensity of the programme helpful for Pat?**

1. **Establishing a regular routine...**as participants attend the programme Monday to Friday, a regular pattern of getting up and ready for the programme each day is quickly established. Pat described how "...it can seem daunting at the time, getting ready to be picked up every morning, having a full day at the centre, but everyone managed it and quickly said how good they felt doing it". Participants often report how beneficial establishing a regular routine on the programme is.
2. **Three weeks focused on pain management skills...** Whilst it can be daunting leaving home for three weeks, many participants report focusing on themselves for this length of time to be very beneficial and Pat found it allowed him to focus on the skills he was learning. "It is like a holiday as you are removed from your own life, so there is no house to do, no washing to do, it gives you the chance to fully immerse yourself into the programme...if I had to go home and cope with family life after being in here all day I would have really struggled"
3. **The impact on activity levels...**



Within the programme there is a gym session every day, with the aim of increasing confidence around becoming more active again For Pat this has meant big changes in the last 6 months: "I continue to work on physical fitness, I want to get up in the morning, I want to go for a walk and I want to go swimming...I now go to the gym almost every day and my wife and I are going on nights out again"

4. **At home...**“My family have noticed a massive difference, my wife says I am back to being me...my personality is back, instead of ‘Pat, and I am in pain’, now it is, ‘this is Pat’”.

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We welcome your feedback about the service and ideas for future newsletters.

If you would like to write a feature for future newsletters please let us know.