

Scottish National Residential Pain Management Programme Newsletter

Issue 7 –December 2019

Ho Ho Ho and welcome to the 7th 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 and look forward to any contributions for future editions.

Merry Christmas from the SNRPMP



SNRPMP Team Update



Goodbye!

We would like to take this opportunity to thank our service administrator Kimberley Hansen for all her hard work since our service opened. She is moving on to pastures new in the U.S.A. and will be greatly missed by patients and staff. Kim has been welcoming our programme participants with a smile for over 4 years and no group has left without showing their heartfelt appreciation for all her hard work. Not only during attendance on the groups, but importantly during the build up to attendance when apprehensions can be high. Her positive reassurance and kind words has helped so many.

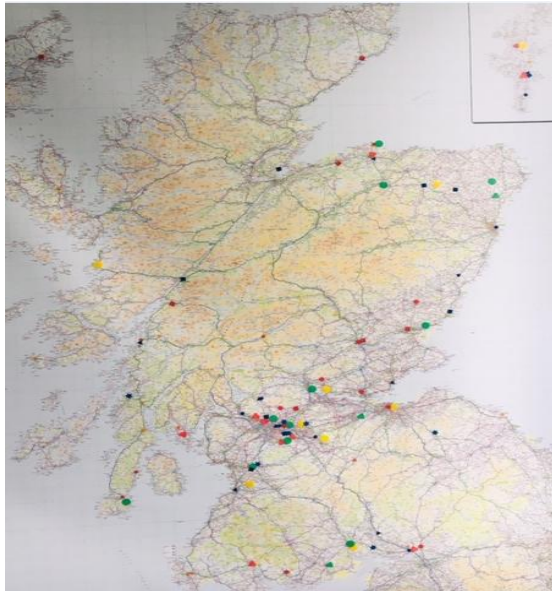


Welcome!

We are also delighted to welcome Dr. Jonathan Todman, Principle Clinical Psychologist to our team. Jonathan joins us from the Pain Management Service in NHS Tayside and brings a wealth of experience to our team.

We are sure you will agree he looks very excited to be joining us!

SNRPMP Service Update



We have just completed our 19th group and have six groups to follow in 2020. We continue to build a busy map with patients from all Health Boards across Scotland.

As usual our referral form can be accessed, completed and sent electronically from our website: www.snrpmp.scot.nhs.uk

- The recent BPS PMP SIG Conference was recently held in Bristol and this edition will include the abstract from some of the work presented at the conference. In addition, the team were involved in presenting two workshops at the event.
- The next NBPA meeting in May will feature a stand from the SNRPMP. We will be there to answer any of your questions and it will be an opportunity to meet some of the team. So please pop by for a visit.
- We are currently working with Pain Concern to develop an online platform for programme graduates. A recent event welcomed graduates back to Glasgow to work collaboratively on this project. This was a great success and we look forward to launching this project for our patient graduates in 2020.

Does social deprivation influence the ability of an individual to attend and participate in a pain management programme?



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Background

Health inequalities remain a significant challenge for the Scottish Government, with individuals living in an affluent area typically having 23 more years of good health compared to those in the most deprived areas (NHS Health Scotland 2019). To aid understanding of patterns of deprivation, the Scottish Index of Multiple Deprivation (SIMD) is a statistical tool devised to measure deprivation (including health) within geographical areas in Scotland (SIMD-16).

Social deprivation has been identified as a barrier to individuals accessing healthcare, yet little is understood about the link between individuals who engage with chronic pain services and the community in which they live and the extent of social deprivation to which they are exposed.

Aim

To explore if there is an association between deprivation and participant opt-in to the SNRPMP, participant suitability for the programme and, for those accepted, their attendance on the programme.

Method

All patients referred to the Scottish National Residential Pain Management Programme (SNRPMP) (n = 403; female n = 272; male n = 131; age: mean = 45.99, SD = 12.68) between 2015 and June 2019 were included. Postcodes were matched with SIMD-16 ranks.

We used binary logistic regression models to determine whether age, gender, or SIMD-16 predicted the outcome measures described above. Analyses were conducted using IBM SPSS v 22.

Result

No significant associations were noted between gender, age or SIMD-16 rank in relation to attendance for assessment at the SNRPMP (N=292), suitability for the programme (N=189) or attendance on the 6 month programme (N=146).

Conclusion

These results are encouraging and demonstrate that social deprivation does not appear to be a barrier to individuals accessing and completing our programme. The patients referred are from a large geographical area across Scotland. The deprivation profile of the SNRPMP mirrors the Scottish deprivation profile and is reassuring to see that we are providing an opportunity for patients to access and engage in a self management process irrespective of their geographical location.

Save the dates 2020

Scottish AHP Chronic Pain Management Network Event

For physiotherapists and occupational therapists

29th April 2020

SNRPMP, Allander House, Glasgow

North British Pain Association (NBPA) Spring Meeting

15th May 2020

“Back to the floor”

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

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

North British Pain Association (NBPA) Winter Meeting

6th November 2020

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

Around Scotland

Don't forget to let us know what's happening in your area for future editions. If you have a story to share please let us know!

Contact Email Scottish.PMP@ggc.scot.nhs.uk
 Telephone 0141-211-3628

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.