

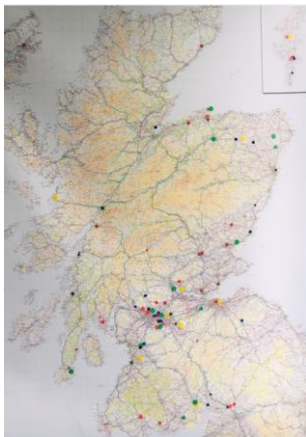
Scottish National Residential Pain Management Programme Newsletter

Issue 6 –March 2019

Welcome to the 6th 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.

SNRPMP Update

- We are currently about to commence our 15th group and have another 4 more groups to follow in 2019, running alternate months. We are beginning to build a busy map with patients from all Health Boards across Scotland.



We have now had participants from all Health Boards in Scotland.

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

- **NEW** The Scottish Chronic Pain Nursing Forum was launched on Wednesday 27th February at Allander House. This was a very successful day offering opportunities for networking and to discuss and share practice . An on-line network is now established and the next meeting will be in Edinburgh on Wednesday the 26th February 2020. If you have any enquiries about the SCPNF or the on-line network please contact Scottish.PMP@ggc.scot.nhs.uk
- We would like to thanks Dr Lisa Reynolds for all her input into the team over the past 2 years and wish her all the best for her future endeavours.
- Congratulations to SNRPMP team members Fraser Bell and Emma Tocher who submitted the winning poster at the most recent NBPA Conference in November. The abstract will feature in this edition.
- Request for visits to Allander House can be submitted via enquiry form [Education and Upcoming Courses – SNRPMP](#)

Save the dates 2019

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

Wednesday 24th April 2019
Venue t.b.c

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

Wednesday 24st April 2019
SNRPMP, Allander House, Glasgow

North British Pain Association (NBPA) ASM

Friday 17rd May 2019
Royal College of Surgeons, Nicolson Street, Edinburgh, EH8 9DW

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

SPARC

Friday 29th March 2019
West Park Conference Centre, Dundee

[Scottish Pain Research Community \(SPaRC\) 9th Annual Scientific Meeting | NHS Research Scotland | NHS Research Scotland](#)

Winning Poster Presentation: NBPA November 2018



“Why do I need to complete all these questionnaires?” Exploring patients’ perceptions of pain management programme outcome measures



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Introduction

Patient reported outcome measures are commonly used within healthcare to measure individual’s perceptions of functional ability and psychological wellbeing. Such measures are widely used within the chronic pain and pain management programme (PMP) setting (Guildford et al. 2017). Clinical guidelines for PMP’s encourage the collection of such measures. In addition to capturing change in individuals, they are useful for evaluating the success of services, guiding resource allocation and demonstrating the value of the treatment intervention (BPS Guidelines 2013).

The majority of measures used within the chronic pain setting demonstrate good validity and reliability and within the PMP setting significant improvements can be seen within measures pre and post treatment (Smith et al. 2016). Despite this, the relevance of these measures to the individuals completing them is less well understood and whether measures capture changes individuals feel they have made within a PMP is less clear.

Aim

The aims were:

1. To understand PMP graduates perceptions of the range of outcome measures they had completed.
2. To explore whether the participants felt the outcome measures captured meaningful change.

Method

Five participants who had recently completed the Scottish National Residential Pain Management Programme (SNRPMP) consented to participate. All the participants had completed an intensive PMP and thus had completed the same self-reported and physical outcome measures at four different time points. Semi-structured interviews were conducted asking participants about their experience of completing such measures and their perceptions of the change demonstrated. A thematic analysis was conducted. Data was coded individually by both researchers and then cross checked.

Results and Discussion

Three key themes emerged. Firstly, participants did not feel the outcome measures captured sufficient depth to the extent of the changes they had made, and the improvements that mattered most to participants were not those within the measures. Participants also reported a feeling that measures did not feel relevant to them and this may have impacted on their level of engagement with the measures. A third theme to emerge was that participants perceived the onerous nature of the measures may have impacted on their accuracy completing the measures.

Discussion and Considerations for Clinical Practice

Participants noted some value in completing self-reported outcome measures, in particular to highlight positive changes they had made. Despite this it was felt there were more significant areas that were not captured via self-reported quantitative outcome measures and clinical staff may wish to consider short qualitative measures to capture perceived changes.

Whilst small scale, this study suggested that self-reported outcomes measures may not always be completed accurately and clinicians may wish to consider the volume and relevance of the measures to the individual in the completion of measures.

References

- GUILDFORD, B.J. et al., 2017. Assessing physical functioning on pain management programmes: the unique contribution of directly assessed physical performance measures and their relationship to self-reports. *British Journal of Pain*, 1, pp. 1-12.
- SMITH, J.G. et al., 2016. Clinical effectiveness of a residential pain management programme – comparing a large recent sample with previously published data. *British Journal of Pain*, 10(1), pp. 46-58.
- THE BRITISH PAIN SOCIETY. 2013. *Guidelines for Pain Management Programmes in adults*. [online]. The British Pain Society, London. Available from: https://www.britishpainsociety.org/static/uploads/resources/files/pmp2013_main_FINAL_v6.pdf

Other Events

The British Pain Society Biennial National Conference



SNRPMP are contributing by providing two workshops. Options for booking coming soon. Keep an eye on [The British Pain Society | An alliance of professionals advancing the understanding and management of pain for the benefit of patients](#) for more information.

Following 2017's successful event in Glasgow, the Biennial National Pain Management Conference will be held at Bristol University in the heart of Bristol City.

The theme of this two day conference to be held on the **11th and 12th September 2019** will be all about the social aspects of living with long term pain. Ideas about breaking down the walls of social isolation in chronic pain as well as building social networks within pain management.

Speakers will include Michael Sullivan, Prof Gary Macfarlane, Prof Alison Hammond and Amanda C de C Williams. A social event is planned at the beautiful Bristol Museum next door and a tour of the famous Wills Tower during lunch times will also be on offer.

The West of Scotland Research Pain Research Audit Network

It is the aim of this network to provide a centralised area for the sharing of information and resources for members of the West of Scotland Pain Research and Audit Network.

This group intends to meet quarterly and provide a central hub for clinicians who work over a number of West of Scotland Health Boards.

Next meeting: Allander House July 2019 – date t.b.c

If you are interested in attending or for more information please contact Scottish.PMP@ggc.scot.nhs.uk

Around Scotland

Thanks to Lisa Reynolds for her contribution to our August newsletter. Please contact us at Scottish.PMP@ggc.scot.nhs.uk to let us know if you have a story to share about what is happening in your area for future editions.

We are also keen to hear about research and audits that you may want shared with others in the pain community in Scotland.

Contact	Email	Scottish.PMP@ggc.scot.nhs.uk
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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.