

Scottish National Residential Pain Management Programme Newsletter

Winter 2021



How can we help you?

With the ongoing effects of the pandemic we know there have been many changes to services across Scotland. Our new virtual world has enabled us to meet with many of our colleagues from various health boards and it has been encouraging to hear about how services are evolving. The pace of change has been fast and we recognise the work that has gone into remobilising services and adapting to remote service delivery.

As a national service, we are keen to hear if there are ways we could support your teams as we all respond as best we can to our patient's needs. Please let us know if any of the following would be helpful, or if there are other ways we can help.

- **Email us directly or pick up the phone to discuss potential referrals or queries.**
- **We can come along to MDT's from time to time if that would be helpful.**
- **Specific professions can seek support through the national networks – see below.**

Online delivery increases access to an intensive PMP

Everyone who has been involved with online working since the pandemic will recognise the opportunities that come with this way of working. Because we offer an intensive PMP, a lot of the patients we see have limited function, and in some cases this can prove an obstacle to attending a residential programme. There is no doubt that being able to attend from home has opened up access to the SNRPMP to a group of patients who would not feel confident living away from

home in self-catering accommodation for three weeks. It's worth bearing this in mind when considering who might be suitable for referral to our programme.

Why an intensive PMP? Isn't it just 'more of the same'?

Moving away from a residential model forced us to think about what it is that we offer beyond this previously unique aspect. After all, if your local service already offers an online PMP, what is the 'extra' that we offer as an online, intensive PMP?

The obvious answer is, as the name suggests, 'intensity', but what does that mean? The two main components are time and scope for individual input to complement the group sessions. Most outpatient PMPs run for around 30 or so hours, while our intensive PMP offers close to 100 hours. From a staff perspective this gives us more time to introduce a variety of strategies, as well as support patients individually in applying these strategies. From a patient point of view there is more time to practice new strategies, learn what helps and what doesn't, and refine these strategies to come up with a sustainable approach that will work for them in the long term. Catching up with patients individually gives staff the opportunity to guide this process of refinement.

Ultimately, there is nothing complicated or surprising in the ACT / CBT models we base our PMPs on. It's easy to know what we should do to better manage our pain, and many patients already have a fair idea by the time they come to us. But there can be a huge gulf between knowing something and putting that knowledge into practice. This is where PMPs come in – we can help patients bridge this divide through practice in a supportive environment. An intensive PMP allows more practice and more support for those who need it.

SNRPMP Updates

Programme overview: We are continuing to offer multidisciplinary assessment and groups remotely. Following assessment of suitability for the programme, all participants are offered an individual tech check to support them in use of the platform and the group starts with an introduction to the programme to build confidence. Groups of up to 10 participants run every weekday morning for 5 weeks and include regular individual reviews, a family and friend's session, sessions with programme graduates and signposting to helpful resources.

Digital group developments in Acute Psychology Services:

Rachel Atherton (Consultant Clinical Psychologist, SNRPMP) & Ross Shearer, Consultant Clinical Psychologist, GGC Specialist Weight Management Service reflect on the development of digital groups in GGC Acute Psychology Services, with a more detailed overview of adaptations to the SNRPMP. This paper is available free to DCP members here

<https://shop.bps.org.uk/dcp-scotland-review-issue-24-summer-2021>

Patient feedback on virtual groups:

The service continues to gather a range of standard patient reported outcome measures. Although it is premature to interpret this data due to small participant numbers, results appear encouraging.

Everyone who has completed the remotely delivered programme has been invited to complete a satisfaction questionnaire. Comments include:

"I thought it was great. I found it more beneficial being at home and being able to put the theories in to practice."

"I thought it was selfish to do things for myself, but now I see I was looking after myself doing this course, and that helps me and those around me"

"I felt comfortable doing it (goals) at home!"

"I have been able to get a job since I did the programme - I wouldn't have believed I could do this job before the PMP"

"I'm saying yes to things I want to do now instead of making excuses"

Maintaining Skills: Programme graduates have the opportunity to maintain their pain management skills by choosing to join the SNRPMP online graduate forum, which was established in partnership with Pain Concern in March 2020.

Staff Changes: We have bid a sad farewell to Jonathan Todman (Clinical Psychologist) who has been a valued member of our team over the last few years. We wish him well in his new post.

We welcome Christine Bonathan (Clinical Psychologist) and Jocelyn Duncanson (Specialist Nurse) to the team and we look forward to working with them.

SNRPMP Referrals

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

Please send referrals to our email address below.

Any questions, please get in touch and the team will be happy to discuss.

Please let us know if there are any potential barriers to your patients accessing a virtually delivered programme.

www.snrpmp.scot.nhs.uk

[Tel: 0141 211 3628](tel:01412113628)

Clinical Networks

New network for medics!

Belatedly, and following the good example set by our AHP, nursing and psychology colleagues, the pain medics in Scotland met for the inaugural meeting of the Scottish Pain Medic Network in November. The first meeting set the scene and the scope of the network. Please contact Lars at lars.williams@ggc.scot.nhs.uk for further information.

Scottish AHP Chronic Pain Management Network Event

For physiotherapists and occupational therapists

We are hosting an informal 'Christmas coffee' catch up where we can drop in and hear how things are going. This will be on MS Teams on Thursday 16th December 1500-1630. Drop in!!

Please email Tracy.Robertson@ggc.scot.nhs.uk if you wish to be added to our mailing list to include details of this event.

The Network of Psychologists working in Chronic Pain in Scotland (NPCPS) meets approximately 3 times a year.

Next meeting: **TBC**

Any psychologists wishing to join the network please contact Rachel.Atherton@ggc.scot.nhs.uk

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.

**We wish you and your families a healthy and happy
Christmas and best wishes for 2022**