

**SNPMP- Intensive Pain Management Programme Inclusion and Exclusion Criteria & guidance for Residential & Virtual Groups**

It is anticipated that the residential programme will be suitable for most patients.

The development of the virtual programme has provided the opportunity to meet the needs of people unable to access a residential programme.

The specialist interdisciplinary assessment will determine which programme best meets the individuals' needs based on referrers expert opinion, team clinical judgement and patient choice.

Inclusion Criteria		
<b>Age</b>	Over 18 years of age	
<b>Pain Impact</b>	Moderate levels of pain related physical disability, such that activity levels are low or highly variable	
<b>Pain Duration</b>	Longstanding pain of at least one year's duration	
<b>Distress</b>	Moderate levels of pain related distress	
<b>Self- Management Willingness</b>	Willingness to engage with an interdisciplinary-led, self-management approach, in a group setting	
	Residential	Virtual
<b>Activities of Daily Living Function</b>	Able to self-care independently within the local accommodation provided for three weeks (please note that carers cannot be accommodated)	
<b>Digital Access</b>		Access to essential technology required to support virtual PMP
<b>Extenuating Factors</b>	Robust social, psychological or physical factors which indicate a change from the home environment would be beneficial.	Robust social, psychological or physical factors preventing absence from home environment, therefore, unable to attend a residential programme.
<b>Commitment</b>	Able to commit to 3 weeks (Mon-Fri full days) and two further follow-up reviews.	Able to commit to 5 weeks (Mon-Fri mornings), 4 individual reviews (afternoons) and two further follow-up reviews.

<b>Exclusion Criteria</b>		
<b>Age</b>	Under 18 years of age	
<b>Psychiatric Issues</b>	Active psychotic illness	
<b>Distress</b>	Very high levels of distress (anxiety or depression), sufficient to prevent useful levels of engagement with an education / rehabilitation programme*	
<b>Alcohol/Illicit Drug Use</b>	Current misuse of alcohol or illicit drugs*	
<b>Cognitive Status</b>	Significant cognitive impairment	
<b>Pain Medication</b>	Use of pain-relieving medication at doses causing excessive sedation or cognitive impairment*	
<b>Opioid Use</b>	Inappropriate or unstable use of as-required, quick-acting step 3 opioids, sufficient to prevent useful levels of engagement with an education / rehabilitation programme*	
<b>Ongoing Interventions</b>	Impending major surgical intervention or significant investigations that may change their pain or alter the management of their pain problem	
<b>Function</b>	Levels of pain and fatigue significantly interfering with concentration and ability to adhere to daily routine of group attendance and physical participation.	
	<b>Residential</b>	<b>Virtual</b>
<b>Independence</b>	Very high levels of disability that would prevent independence with self-care, for three weeks.  Extremely high levels of physical disability e.g. confined to bed	Extremely high levels of physical disability e.g. confined to bed
<b>Extenuating Factors</b>	Unable to leave home environment for robust reasons that may include social, psychological, or physical factors	
<b>Digital Access</b>		Lack of digital resources

\*Patients who are referred with these difficulties can be assessed with the understanding that local services might be able to help address some of these problems prior to commencement on a group programme. SNPMP staff can advise in developing a care plan for local teams to use.