

Scottish National Residential Pain Management Programme Newsletter

March 2021

Spring greetings from the Scottish National Residential Pain Management Programme newsletter. Sadly, social distancing restrictions means no team photograph - hopefully we'll have one for you later this year. As usual, 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 ☺!

SNRPMP Service Update: COVID-19

National groups are back up and running!

We are happy to announce the service is now up and running following a brief pause to activity due to Covid-19. Our groups are now running in 'Virtual' format using MICROSOFT TEAMS Platform. We are currently running our third virtual group. The virtual SNRPMP runs over 5 weeks, with patients attending in the mornings 0930-1230. Our assessment clinics and preparatory clinics are set up and we look forward to your referrals. Patients are all offered a tech check in advance of the programme to ensure they are confident with the MS Teams platform.

Feedback from our patients who completed the virtual version of the programme has been exceptionally positive and the interactive group dynamic was maintained.

Ongoing Projects

We have worked with Pain Concern to develop an online platform for programme graduates to enable them to network with each other and share their pain management knowledge and skills.

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

Please then send referrals to us via the email address below.

Any questions please don't hesitate to call or email the service and one of the team will be happy to discuss.

It would be helpful if you can 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)



Retirement

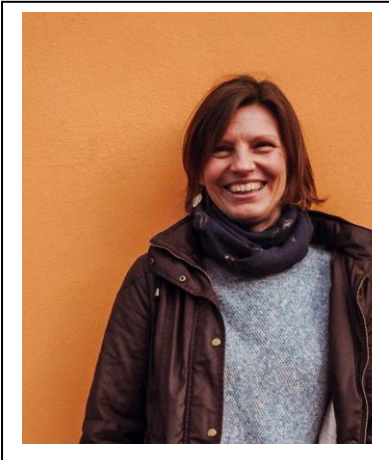
For our Nurse Specialist, Anne Hay, her countdown to retirement has ended and it is time for her to bid farewell to embark on an exciting new chapter in her life. Anne has worked in the NHS for over 30 years beginning her career as newly qualified nurse on the wards before moving to become a theatre nurse. She then went on to join the Pain Team, in what was then the Southern General Hospital in Glasgow, working in the acute pain team. Next on her journey was a move to the New Victoria Hospital where she found her niche as a CNS in the Chronic Pain Service. Not only did she work in the general outpatient clinic but she was also an integral part of the SCS Service team where she was the 'go to' person for any spinal cord stimulator patient! Over the last 5 years she was instrumental in the set-up of our National Service bringing a wealth of experience to the role of clinical nurse specialist. Anne has worked tirelessly to ensure the set up and smooth running of the service and we thank her very much for all her hard work!



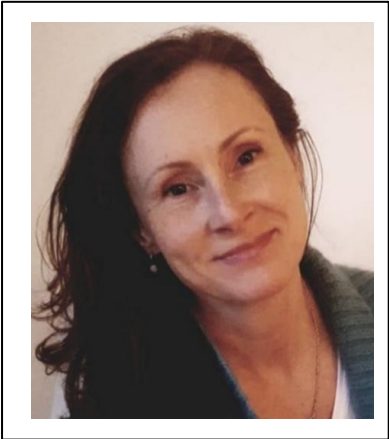
Leaving

During the Covid-19 break in our service we also bid farewell to another founding member of the team, Fraser Bell. He has been such an influential member of the team bringing his wit and experience into more than 20 groups at Allander House. Over the past 5 years he has been integral in driving the service forward and will be a much missed member of the team. We wish him all the best as he undertakes the role of AHP Team lead in the Pain Service in Glasgow.

New Faces



Hello... my name is Tracy Robertson and I have been working in the pain service since June 2016. This role has allowed me to specialise in pain management physiotherapy and I have found it immensely interesting, challenging and rewarding. I have particularly enjoyed meeting and working with so many patients who have taught me a great deal from their experience of living with chronic pain. My previous role allowed me to be a part of the Glasgow Pain Management Programme team and now I am looking forward to this new opportunity with the SNRPMP.



Hello...My name is Ewa Dolhancey and although I am new to the SNRPMP team, I am an experienced pain management physiotherapist, having worked in the secondary care pain service for the past seven years. My passion for pain has not lessened over that time and what drove me towards becoming a part of the clinical team in the Scottish PMP was the opportunity to deliver more intensive pain management input, to be creative with group work and have the chance to work in a small team where gold standard communication is a key to making it work for the participants.



We would also like to take this opportunity to welcome Karen Montrose to our team as Medical Secretary. Karen has moved from working at Cornhill Hospital in Aberdeen for 5 years and prior to this worked for Aberdeenshire council and was based in Banff.

Karen brings a wealth of administrative experience to this role as well as calm people skills. She chose this post as it meant being part of a multidisciplinary team. She enjoys outdoor activities and loves dogs and horses. She is a busy granny to two beautiful grand-daughters. She joined us in June 2020 during a period of a number of changes within the team but has done well to find her feet and put up with us all!

Other News

- The NBPA ran their inaugural 'virtual' conference at the end of last year which proved to be a roaring success. Thanks to the team for putting together a fantastic programme of evening events. Drawing upon this success plans are already under way to build on this in 2021.

Save the dates 2021

Scottish AHP Chronic Pain Management Network Event

For physiotherapists and occupational therapists

Wednesday 12th May 2021

12:30-16:00

(details to follow)

Microsoft TEAMS Platform

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: **Tues 20th April 2021** via MS Teams

Any psychologists wishing to join the network can contact us on the service email address.

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.