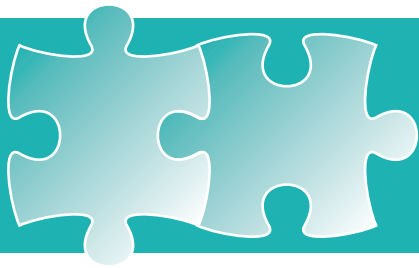




integrated working



JIGSAW

PIECING TOGETHER CARE IN WEST SUFFOLK

June 2015

LIVING WITH PAIN

PERSISTENT PAIN: EMPOWERING PATIENTS

By Gill Simon, Nurse Consultant and Service Manager,
Community Pain Management Service.



The new Community Pain Management Service (CPMS) was launched in April 2015.

This non-medicalised service will provide early access and assessment for patients who have persistent pain that have not responded to traditional methods of intervention. The service is led by Gill Simon, a Nurse Consultant with over 20 years' experience in pain supported by a specialist group of professionals including Nurses, Extended Scope Physiotherapists, a Psychologist and a Doctor.

This service based at Bury Physio in Bury St Edmunds will provide a full bio-psycho-social assessment of patients within 4 weeks of referral. Emphasis will be placed on providing half day group education (available in Newmarket, Bury St Edmunds, Mildenhall and Haverhill) and supporting patients to enable them to

have a greater understanding of their pain enabling them to self-manage their symptoms. The service will offer a range of interventions/therapies including access to education in groups, 1:1 or online, gentle exercise classes, and CBT/ACT supported by a Psychologist with an appropriate practitioner. The service will also link into other services such as secondary care at West Suffolk NHS Foundation Trust, Suffolk Wellbeing Service and Turning Point to ensure seamless pathways for patients.

The service will also assess training needs of health professionals across West Suffolk CCG with the aim of sharing knowledge and supporting colleagues to improve quality of life for those living with persistent pain.

For support, advice and to discuss future training needs, please email WSCCG.CPMS@nhs.net or call 0845 241 3313 option 6.

Welcome to JIGSAW

A newsletter for staff working in the health and social care system in West Suffolk. There is a lot happening to bring hospitals, community, mental health, voluntary sector and the West Suffolk Clinical Commissioning Group (CCG) together to help patients.

CHRONIC PAIN AND MENTAL HEALTH

By Helen Piper-Windus, Senior Cognitive Behavioural Therapist, Suffolk Wellbeing Service.

Suffolk Wellbeing Service offers psychological help for people experiencing common mental health problems, such as anxiety and/or depression. As we know, people with a long-term health condition such as chronic pain are three times more likely to experience anxiety and depression. Living with chronic pain can affect all areas of people's lives, impacting on work, social life, relationships and ability to carry out daily tasks leaving people not enjoying the things they used to.

At Suffolk Wellbeing, we offer one off wellbeing sessions on relaxation and managing stress and we also offer eight week mindfulness courses for people living with long-term conditions. The Suffolk Wellbeing Service is a free NHS service, suitable for anyone aged over 16 years and living in Suffolk. People can self-refer on 0300 123 1781 or complete a website referral www.readytochange.org.uk

CHRONIC PAIN SUPPORT GROUP

By Lorraine Ayling, Chronic Pain Support Group.

The Chronic Pain Support Group (CPSG) was established in 2009 and was the first formal self-help group in Suffolk for people affected by chronic pain.

CPSG is run for patients with chronic pain by patients living with chronic pain. Our main objectives are to bring people together who are suffering from this debilitating condition within a 'safe' environment, to be able to share concerns and ideas, build friendships and obtain up-to-date information about handling their pain.

Our group is designed to meet the needs of all age ranges and offers a relaxed, friendly environment - it's all about feeling comfortable with others and sharing time together. Patients gain a considerable amount from being able to meet people in similar circumstances.

The group offers support and education in many pain related areas, which helps people to feel less isolated and more

able to cope with their condition(s). The aim is to help patients to help themselves, to enable them to learn how to lead an active life, in spite of their pain.

As a group we offer:

- 6 meetings a year with guest speakers
- Quarterly newsletter/On-line community
- Monthly coffee mornings & crafting group
- Awareness in the Community & signposting

Patients have commented on the relief they felt knowing that they are not alone - someone is always there to offer support and social interaction is invaluable.

For more details telephone 07719 497 989 or visit www.chronicpainsupportgroup.co.uk

THE PAIN LADDER

By Linda Lord, Chief Pharmacist, West Suffolk CCG.

GPs in West Suffolk currently write prescriptions for over 300,000 analgesic drug items per annum, costing almost £3m (based on recent prescribing data, April 2014 - January 2015).

In order to promote evidence-based prescribing of analgesics and to contain costs, the Medicines Management Team at West Suffolk CCG has been working in partnership with specialists from the West Suffolk Foundation Trust to produce a document known as the Pain Ladder. This is a tool that gives guidance on analgesic choice for adults in primary care, focussing on acute pain, chronic pain and neuropathic pain. It recommends a step-wise approach to the management of pain, giving details of medication doses and special precautions, e.g. to consider a proton pump inhibitor in patients at increased risk of gastrointestinal adverse effects with a non-steroidal anti-inflammatory drug (NSAID).

A particular issue with codeine is highlighted, regarding the metabolism of codeine to morphine. There is a risk that this metabolism is variable and unpredictable and therefore morphine itself is the preferred opioid in the management of moderate and severe pain.

Adjuvant therapies are promoted as useful for consideration at any stage of treatment. These include gentle exercise programmes, transcutaneous electrical nerve stimulation (TENS) and medicines such as anticholinergics, muscle relaxants and corticosteroids.

A specific note about fentanyl patches is also included. These are not recommended for initiation in primary care and should generally be reserved for palliative care. This is because of the risk of serious adverse effects and because inappropriate use of transdermal preparations has resulted in fatalities.

The Pain Ladder has been circulated to all GP practices in West Suffolk and is available on the WSCCG website.

TREATING PAIN IN THE WEST SUFFOLK HOSPITAL PAIN CLINIC

By Dr Marcia Schofield, Honorary Senior Lecturer in Pain Medicine, Dept of Pain Medicine, West Suffolk NHS Foundation Trust.

With an ever-aging population, the number of patients seen in the Pain Clinic at West Suffolk NHS Foundation Trust (WSFT) continues to grow.

New challenges, such as fragility fractures and degenerative scoliosis, as well as a growing group of complex cancer survivors, are benefitting from an integrated approach that promotes self-care, shared decision making and prioritises conservative treatments.

The team at WSFT work closely with the Ipswich Spinal Surgery service, neuromodulation centres and with St Nicholas Hospice, using a multidisciplinary approach to help patients get the best from their treatment. This includes medication reviews, specialist physiotherapy and education, which are provided alongside interventional treatment.

In addition, the Pain Clinic maintains the largest UK database of patients with chronic pain using opioids. A specialist clinic is available to these patients to reduce their dependence on opioid drugs, by ensuring they understand the considerable risks associated with these medications, and stressing more active approaches to managing pain.

Overall, the aim of the service is to ensure that patients have the pain control and confidence necessary to re-engage with their activities of daily life.

Referrals to the service can be made directly through the Community Pain Management Service.

GET INVOLVED

If you have any news or views on any of these projects, please contact the partners through this email address:

getinvolved@westsuffolkccg.nhs.uk