

Pain Management—Taking the Basics into Primary Care Daily Practice—Pain Patient Pathways

Dr Gareth Greenslade
North Bristol NHS Trust
University of Bristol



SELF CARE

INFORMAL CARE

GENERALIST

SPECIALIST

SUPER
SPECIALIST

2011 Health Survey for England

- About 1/3 of adults reported chronic pain (Women 37%; Men 31%)
- Of these, 32% of women and 30% of men have pain that restricts usual activities (Grades III and IV)
- Thus, about 1/9 of the UK adult population suffers from chronic pain with a high interference grade.

Access to Pain Services

- Patients with the most restricting/disabling pain (grade IV). What percentage had seen a pain professional at a specialist pain service?
- Men
 - 61%
- Women
 - 54%

Utilitarian Philosophy—the NHS

- The greatest benefit to the greatest number should be the guiding principle.
- The resources are not going to expand anymore!
- Accountable to whom?
 - Commissioners?
 - GPs?
 - Patients?

David's Pelvic Pain

(30 Months in the NHS)

- Maintenance engineer aged 36 gradual onset pain, “cycling weekend blew it all up”
- GP
- Urologist
- CT, MRI, Cystoscopy
- Colorectal surgeon
- Sigmoidoscopy
- GP

David's Pelvic Pain II

- Orthopaedic surgeon
- (Off work for 8 months now)
- Further x-rays
- Reviews
- Discharged (lost job now)
- GP
- Pain clinic

David's Pelvic Pain III

- House repossession proceedings
- Pain clinic
- Amitriptyline 10 – 30 mg at night
- Explanations of pain mechanisms
- 8 week review
- Pain no longer troublesome
- Starting back with original employer
- Severe mortgage arrears, but manageable



10
POINTS
WHEN LIT

10
POINTS
WHEN LIT

5
POINTS

POINTS
10
WHEN LIT

POINTS
10
WHEN LIT

SPECIAL
POINTS
10
WHEN LIT

5 POINTS

ACES

KINGS

QUEENS

JACKS

HOLES SPECIAL WHEN LIT

5 POINTS

Patient Pathways

- Increase the chances of timely, evidence-based care being delivered
- Reduce unnecessary tests and investigations
- Reduce risk of iatrogenic harm
- Reduce waste
- Improve outcomes

Getting it Right

- **Diagnosis:** Treating the right patient
- **Treatment:** Treating the right patient right
- **Organisation:** Treating the right patient right at the right time
- **Pathway:** Treating the right patient right at the right time and in the right way

The Best Pathway Systems

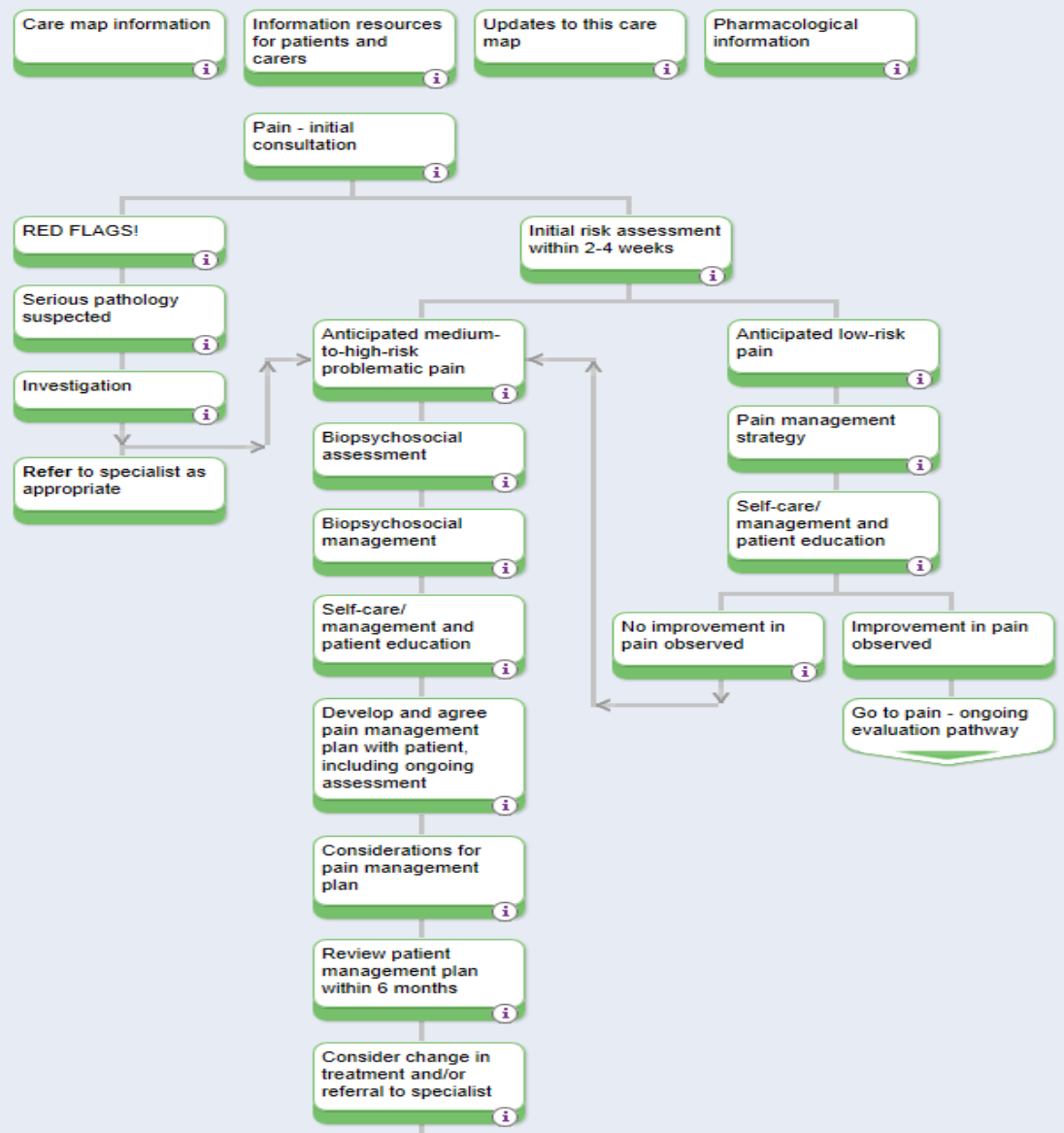
- Combine evidence with local knowledge and experience and conditions.
- Involve a number of different disciplines of people, in a team decision and creating ownership of the pathway.
- Measure the results of the actions.
- Have information systems feeding back to the team on a timely basis.
- Amend the pathway in the light of results.

Start at the Beginning!

- Primary care education
- Map of Medicine (MOM) education
- Secondary care education
- MOM education
- Audit patient pathways with emphasis on timeliness

Key

- i More information
- Primary care
- Secondary care



Sample of information from “click”

- **[Information resources for patients and carers](#)**
- Recommended resources for patients and carers produced by organisations certified by The Information Standard:
- Pelvic Pain Support Network, for general, specific, and self-management information <http://www.pelvicpain.org.uk/> (opens in a new window)
- Patient UK for specific pelvic pain information <http://www.patient.co.uk/pils.asp> (opens in a new window)
- Bupa for specific pelvic pain information <http://www.bupa.co.uk/individuals/health-information> (opens in a new window)
- The following resources may also be helpful [9]:
- [Pain management programmes for adults: information for patients \(2007\)](#) (opens in a new window) (PDF) from The British Pain Society Patient publications http://www.britishpainsociety.org/pub_patient.htm (opens in a new window)
- The Pain Toolkit <http://www.pain toolkit.org> (opens in a new window)
- Living with chronic pain <http://www.paincd.org.uk> (opens in a new window)
- [International Association for the Study of Pain \(IASP\) fact sheets](#) (opens in a new window) from www.iasp-pain.org (opens in a new window)

Useful links

- <http://bps.mapofmedicine.com/evidence/bps/index.html>

Free access to MOM

<http://mdbulletin.dh.gov.uk/2013/01/23/chronic-pain-audit/>

Sir Bruce Keogh's bulletin (lots of pain in there!)