

Joint Working Executive Summary

Project title:

Pain, Education, Confidence, Transformation (PECT)

To improve management of chronic pain patients across Shore Medical, an NHS Primary Care Network in Dorset

Organisations involved

Shore Medical Primary Care Network

Grunenthal Ltd.

Summary

The intended aim of this project would be to create and implement, across The Shore Medical Primary Care Network, a programme that will build healthcare professional (HCP) confidence in adult chronic pain management, in order to deliver high quality chronic pain reviews to patients. Shore Medical PCN have over 58,000 patients registered with them. The project is planned to run for 9 months.

Background

Living with chronic pain can have a number of negative impacts on a person's life. These may include difficulty in holding down a job, insomnia, low mood and social marginalisation. As well as medication, there are well-recognised non-pharmacological interventions that have been shown to be beneficial for the management of chronic pain and Shore Medical Group are keen to adopt holistic reviews.

For healthcare professionals, managing chronic pain can be very challenging. Addressing complex medication regimes and reducing/ceasing Dependence Forming Medicines (DFMs) can be difficult.

Objectives

1. Understand and support people who suffer with chronic pain and who do not currently receive support and reviews.
2. Train and upskill all applicable HCPs to improve their knowledge and confidence, so that they can better advise and support patients with both pharmacological and non-pharmacological approaches to pain management.
3. Identify and recall specific cohorts of patients that are likely to need a chronic pain review.
4. Produce a protocol in line with local guidelines that manages the titration/change/removal of pain medication.
5. Monitor and regularly review these patients on a case-by-case basis.
6. Provide care closer to home for patients by providing reviews in primary care.
7. Increase the number of patients treated to the CCG opioid guidelines, 'Opioid Prescribing for Chronic Pain: Resource Pack'.

Benefits

Patients

- Implementation of structured reviews for patients that supports the holistic wellbeing of the person including any pharmacological and non-pharmacological needs.
- Improved patient experience when engaging with healthcare services.
- Better care, through patients being treated in line with local best practice guidelines.
- Faster, more efficient care for patients, potentially reducing the need to be referred to secondary care or having unplanned pain-related admissions to hospital.

NHS

- A successful pilot service could lead to the establishment of a chronic pain management service within the PCN that would also impact the wider CCG. This may lead to changing how chronic pain services are locally commissioned.
- Improved Primary Care confidence in optimising the management of patients as per local guidelines and newly created protocol.
- Early intervention in the care of chronic pain patients may reduce pressure on NHS services and may reduce unplanned admissions and referrals.

Grunenthal

- Opportunity to demonstrate our commitment to patients by putting patient welfare at the heart of this project.
- Improved understanding of the challenges when treating chronic pain within primary care.
- Ability to share learnings from this project to other regions across the UK to support improved overall patient care.
- Recognition as a trusted partner in Joint Working projects and the chronic pain environment.
- Increased knowledge and implementation of appropriate chronic pain management including opioid medication, which may or may not include medicines manufactured by Grunenthal.
- **Completion date** 30th November 2020