

GOTT 10-Footsteps

Live well with Pain

Self-management Programme

PARTNERS

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Core GOTT team:

- Lucy Johnson, ESRC NENC PhD student
- Dr Becky Kinchin, Pain Lead GP in Pilot practice, Clifton Court Medical Practice Darlington
- Andrea Francis Practice Manager, Clifton Court Medical Practice Darlington
- Prof Kate Hampshire (HOD, Anthropology Department, DU)
- Lived experience of Pain Leads, Louise Trewern, Jenny Zaremba
- David Andrassy Media Design for Behaviour Change

Persistent pain is a huge challenge. It is the single biggest reason people in the United Kingdom see their GP, and in 2019 was recognised by the WHO as a priority disease. Persistent pain is a bio-psycho-social phenomenon. It cannot be 'fixed' or cured and requires person-centred management to help people live better lives with it. Health care professionals (HCPs) realise the need to change how they work with people with persistent pain. The GOTT 10-Footsteps programme was developed for both clinicians, carers and patients (October 2019–Spring 2022) and trialled in a primary care setting in Darlington, which in 2019 had the highest strong opioid prescribing in County Durham (Tees Valley CCG).

BACKGROUND

Our co-production team offers the Gabapentinoids and Opioids Tapering Toolbox (GOTT) to improve the confidence of clinicians and patients to self-manage pain with safe prescribing. 10-Footsteps programme to achieve this goal was developed to increase the motivation: (a) for Health care staff to listen to patients, (b) for patients to understand their pain and engage with strategies that help their long-term management, (c) create communities that are sufficiently socially resilient to allow that to happen (Ten Footsteps - Live Well With Pain). GOTT is a biopsychosocial educational intervention to address this problem and has been trialled with a large primary care practice in County Durham. Its population is 12,000 in an area of very high opioid and gabapentinoid prescribing and a significant socio-economically challenged patient profile.

OBJECTIVES

- Person-centred learning needs assessment by clinicians to identify learning areas
- Provision of online educational programme based on clinician-preferred learning methods
- Accessible, so created and embedded web-based digital resource: Ten Footsteps for self-management both

clinician and patient versions within Primary Care System One computer system to bolster skill use in frontline consultations

- Creation of a Live Well with Pain Health Check assessment and review computer template with the tool for patient self-completion before seeing clinicians. It was based on self-management and health-related needs and safe medicines review and linked into Ten Footsteps content and resources
- Explore the key issues that both patients and clinicians struggle within the management of pain, opioid medicines and self-management support and shared decision-making.

DATA/METHODOLOGY

The GOTT team introduced themselves to the Clifton Court practice in October 2019. From June 2020, clinicians were provided health coaching training (4 x 2 h sessions) alongside bi-weekly guided learning resources sent via email. In addition, the Ten Footsteps programme provided core resources to practitioners, accessible online and integrated into practice computer systems.

The programme evaluation:

1. Questionnaire-based assessment of clinician knowledge, motivation and confidence levels in pain management.
2. Semi-structured interviews with clinicians to understand previous pain management skills and experiences.
3. Tracking prescription rate changes for practice compared to CCG and national figures, assessed before and throughout the trial and in follow-up.

RESULTS AND IMPACTS

Following the GOTT Ten Footsteps training programme, self-rated clinician confidence to help manage pain using non-pharmacological techniques increased significantly. A dramatic reduction of high-dose opioids has been sustained until the end of 2021, to well below the national average, and a zero value was achieved in December 2022. The GOTT programme was given the AHSN 2022 Bright ideas for Health award for Hospital and Community Education. The financial impact of the GOTT programme on the NHS equated to approx. £130,000 for the Darlington PCN in just one year. The programme has been rolled out successfully locally and in many parts of the UK in 2022.

THE GOTT 10-FOOTSTEPS CONCLUSIONS

The newly PCI-accredited GOTT Ten Footsteps co-production programme is a digital tool designed to provide current knowledge and skills in bite-size chunks with relevant, trusted resources that both clinicians, carers and patients can use. This biopsychosocial protocol is based on a patient-led health needs assessment approach to reducing the impact of pain and increasing patient health and well-being opportunities. This was built into the GP System One template by the practice team, led by the practice manager and GP lead, for use during assessment and reviews of regular patient Live Well with Pain Health Checks.

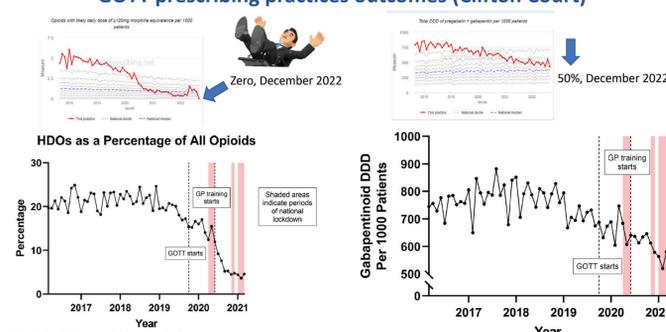
WHAT IAA SUPPORT DID

The ESRC IAA support helped us to obtain NHS PCI accreditation for the 12-hour online digital GOTT 10-Footsteps programme in September 2022. The IAA support also facilitated the successful and rapid rollout of the Training programme locally and nationally, training >1,500 GPs, pharmacists and social prescribers to date. Thirdly the IAA support contributed to developing the latest iteration of the livewellwithpain resource and interactive website. Finally, due to the programme's success, Dr Becky Kinchin was elected Pain lead for the Darlington PCN.

Significant improvement in clinician confidence baseline vs. trial end



GOTT prescribing practices outcomes (Clifton Court)



GOTT prescribing practices outcomes (Clifton Court) update

