

Working together to live well with pain

The possible and impossible....

WRIHW Pain Challenge Academy Public Lecture
October 2021

DR FRANCES COLE GP, LIVE WELL WITH PAIN

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DR PAUL CHAZOT NEUROPHARMACOLOGIST, WRIHW UNIVERSITY OF DURHAM

Definition & prevalence of chronic pain

Definition

Pain that persists or recurs for more than 3 months

(International Association for Study of Pain **IASP**)

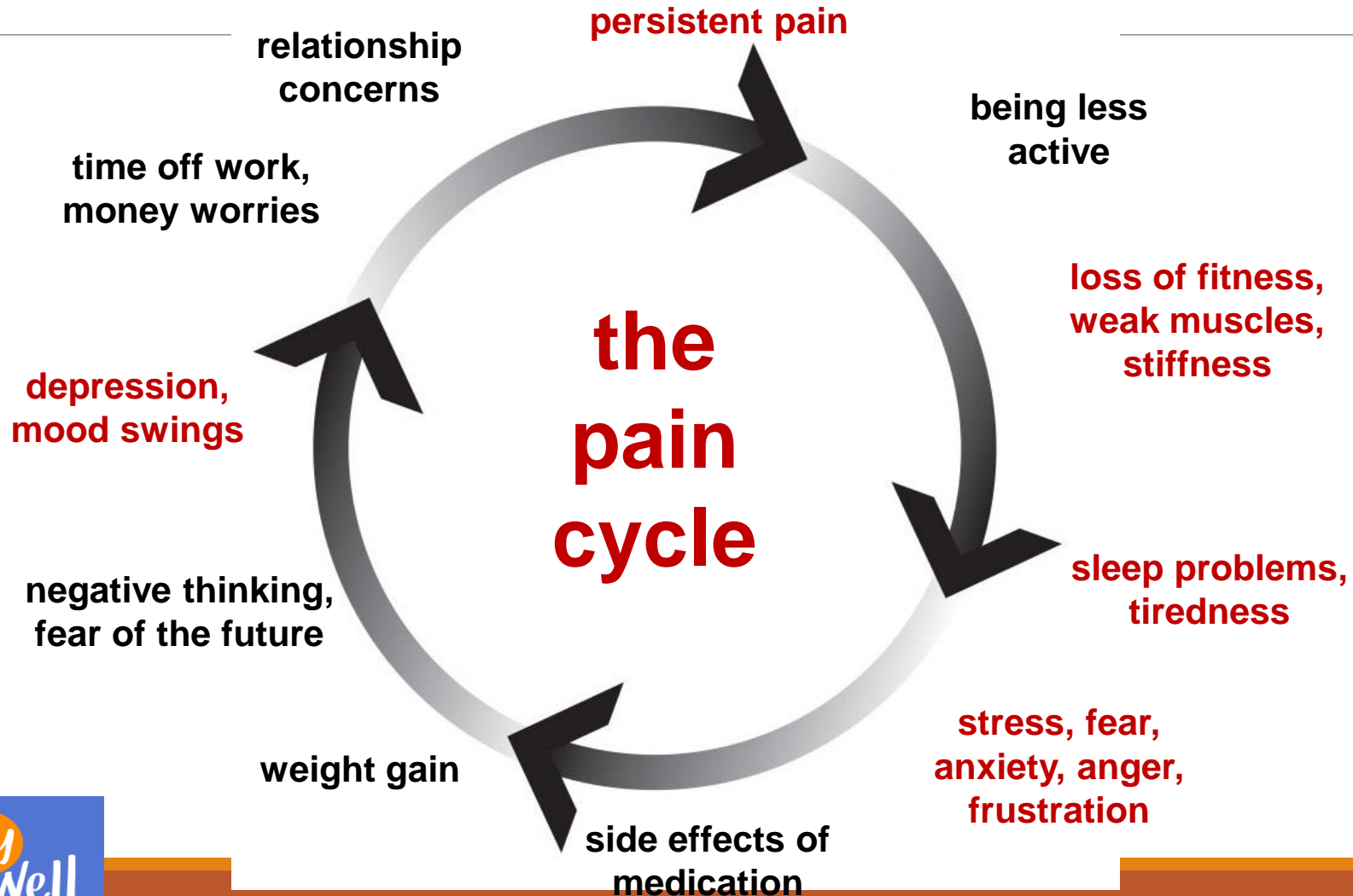
Prevalence

- Affects one third + one half of UK population = 28 million adults
- Severely disabling chronic pain 10.4% -14.3%
- Increasing prevalence with age – up to 62% > 75yrs
- Prevalence likely to increase with aging population

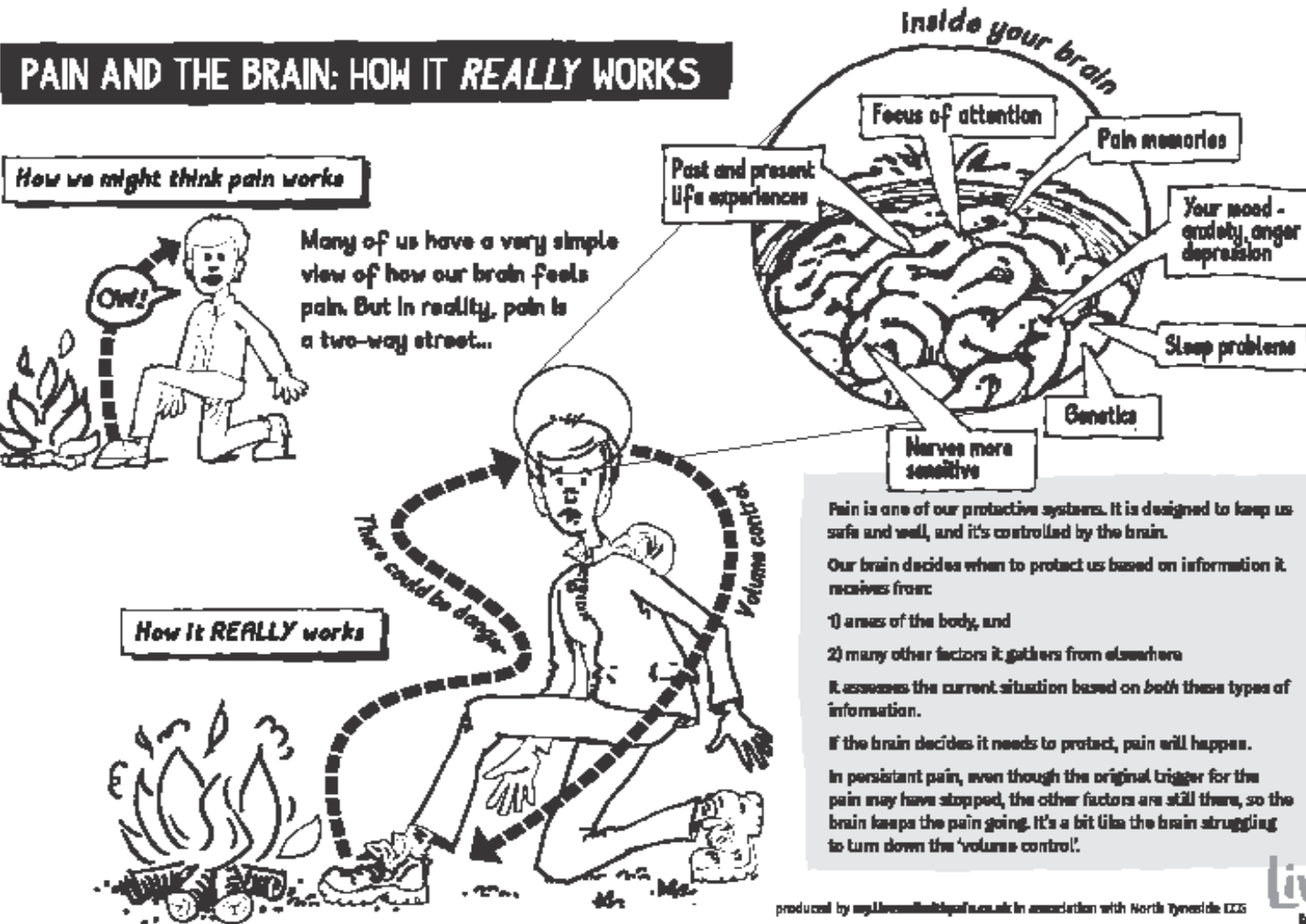
(<http://bmjopen.bmj.com/content/6/6/e010364>)

The pain cycle

Understanding the 'what' before the 'how'



Understanding pain and the brain



Pain: revised definition 2020

The revised IASP definition of pain: concepts, challenges and compromises. Raja et al (2020) Pain
DOI:10.1097/j.pain.0000000000001939

2020 Revised Definition of Pain

‘An unpleasant sensory and emotional experience associated with, or resembling that associated with actual or potential tissue damage’

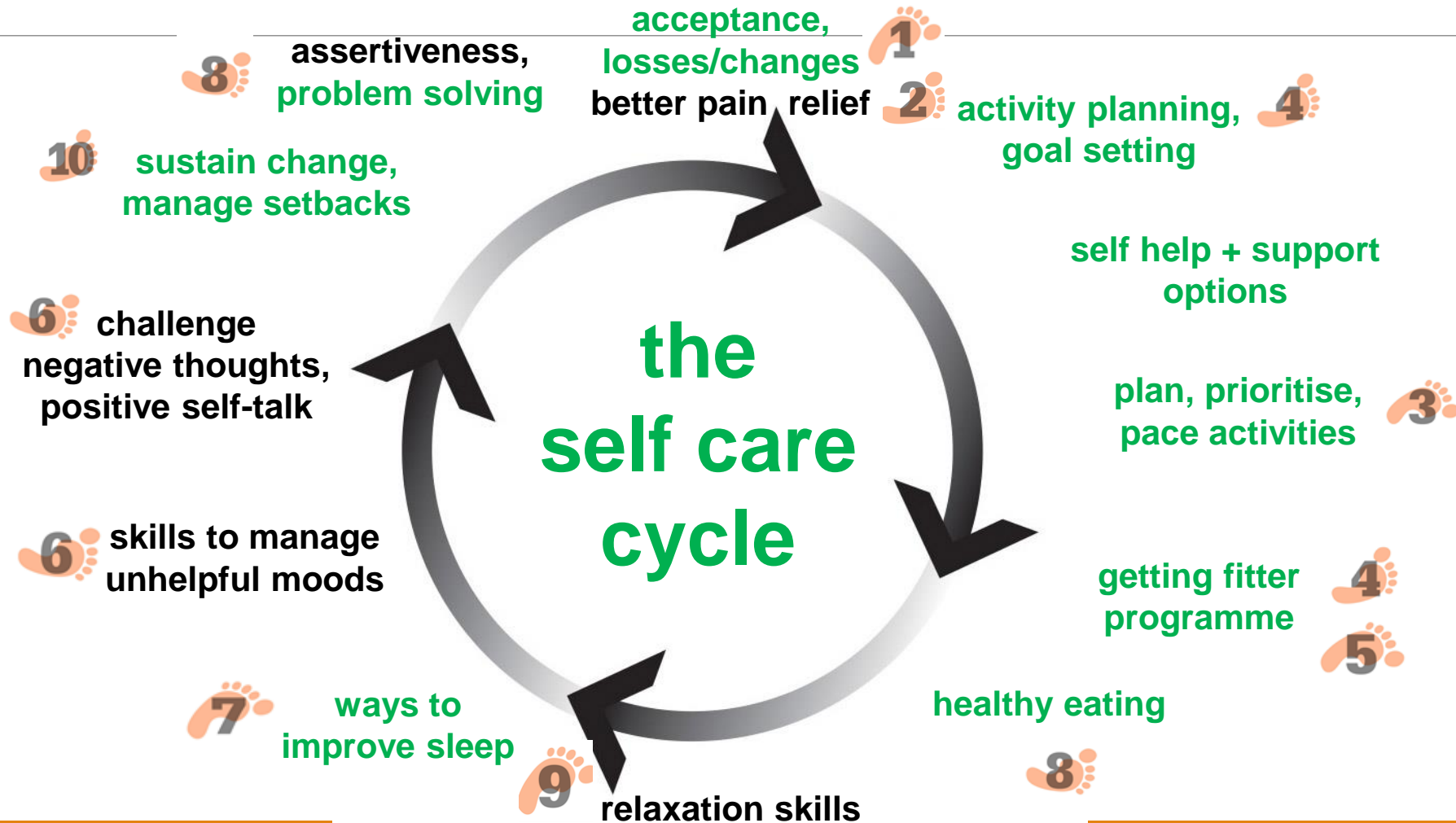
2020 Revised Definition of Pain Notes

<ul style="list-style-type: none">• Pain is always a personal experience that is influenced to varying degrees by biological, psychological and social factors	<ul style="list-style-type: none">• A person’s report of an experience as pain should be respected
<ul style="list-style-type: none">• Pain and nociception are different phenomena. Pain cannot be inferred solely from activity in sensory neurons	<ul style="list-style-type: none">• Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being
<ul style="list-style-type: none">• Through their life experiences individuals learn the concept of pain	<ul style="list-style-type: none">• Verbal description is only one of several behaviours to express pain: inability to communicate does not negate the possibility that a human or non-human animal experiences pain.

Changing the impact of pain

Self care cycle

Now the 'how' – knowledge, skills, tools and resources



Lived experience share on supporting self management

“It is just about **caring** so we can move ourselves from enduring to enjoying life”

Self-management enabled me to resume my previous activities, makes me feel like a real person again.

To have a better life, with much reduced pain, the pain reduction is a secondary gain.

Self management is moving away from an endless and unsuccessful quest to find the ‘solution’ to the problem. Instead it is embarking on a wild, exciting daily journey to find joy in my (current) life.

Key message

“Listen and walk with me”

Clinicians need to devote time and effort to listening to people with lived experience if they want to have an effective focus on self-management

Listen to find what empowers each person living with pain to take control of their own experience with support

Walking beside them and being their coach and friend.

Browser tabs: DuckDuckGo — Privacy, sin | Programme - Annual Scien | Speed Dial | True stories | My Live Well |

Address bar: my.livewellwithpain.co.uk/resources/true-stories/

Navigation: Home, Star, Messenger, WhatsApp, Instagram, Twitter, YouTube, Heart, Clock, Back, Menu


Site Header: my LiveWell withpain for people who are living with pain

Navigation: About Resources Footsteps Festival Blog Links Contact

Navigation: Twitter Facebook


Buttons: Understand pain Acceptance Self management Sleeping better Painkillers & me True stories Ten Footsteps Other resources

True stories




Life After Opioids

"I'm living proof that there really is life after



The Carer's Story

When "being a Carer" takes over from being a

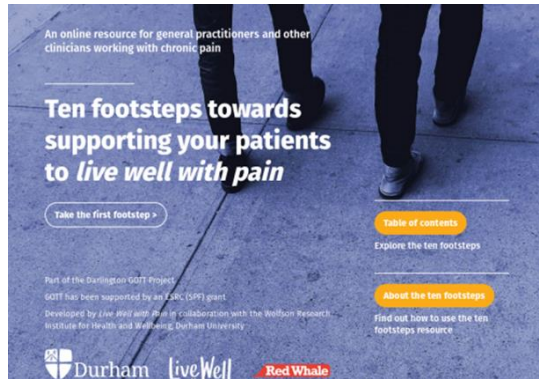


Breaking through the Pain Cycle

Watch the inspirational

Search

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Live Well
with pain

Ten Footsteps programme focused on health through self management

Objectives to increase

- 1- Clinician and social prescriber confidence
- 2- Patient confidence
- 3 - Safer Prescribing



Lived experience share on supporting self management

“It is just about **caring** so we can move ourselves from enduring to enjoying life”

- Compassion changes everything.
- Compassion heals.
- Compassion mends the broken and restores what has been lost.
- Compassion draws together those who have been estranged or never even dreamed they were connected.
- Compassion pulls us out of ourselves and into the heart of another, placing us on sacred ground and journeys where we instinctively take off our shoes and walk in reverence.
- Compassion springs out of vulnerability and triumphs in unity.

The Gabapentinoid and Opioid Tapering Toolbox: Early Findings

Dr Paul Chazot FBPhS

GOTT Team: Dr Frances Cole, Dr Rebecca Kinchin, Lucy Johnson, Konrad Winiarek, Andrea Frances, Dr Camila Caiado, Michael Keane, Thalia Seale, Prof Kate Hampshire

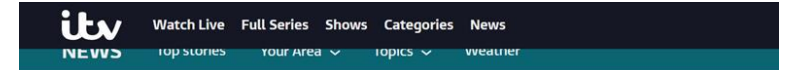


Clifton Court Medical Practice

NICE

National Institute for
Health and Care Excellence

- *There is “little or no evidence” that treating the condition with commonly used painkillers actually makes a difference to people’s quality of life, pain or psychological distress, NICE said.*



Painkillers should not be prescribed for pain with no known underlying cause

Wednesday 7 April 2021, 12:01am



The National Institute for Health and Care Excellence (Nice) said that people with chronic primary pain should instead be offered a range of therapies including exercise programmes, psychological therapies, acupuncture

.....basically an effective biopsychosocial GOTT programme

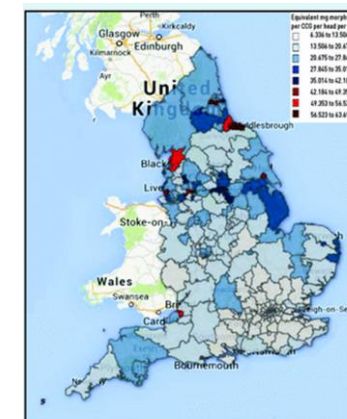


Why develop GOTT?

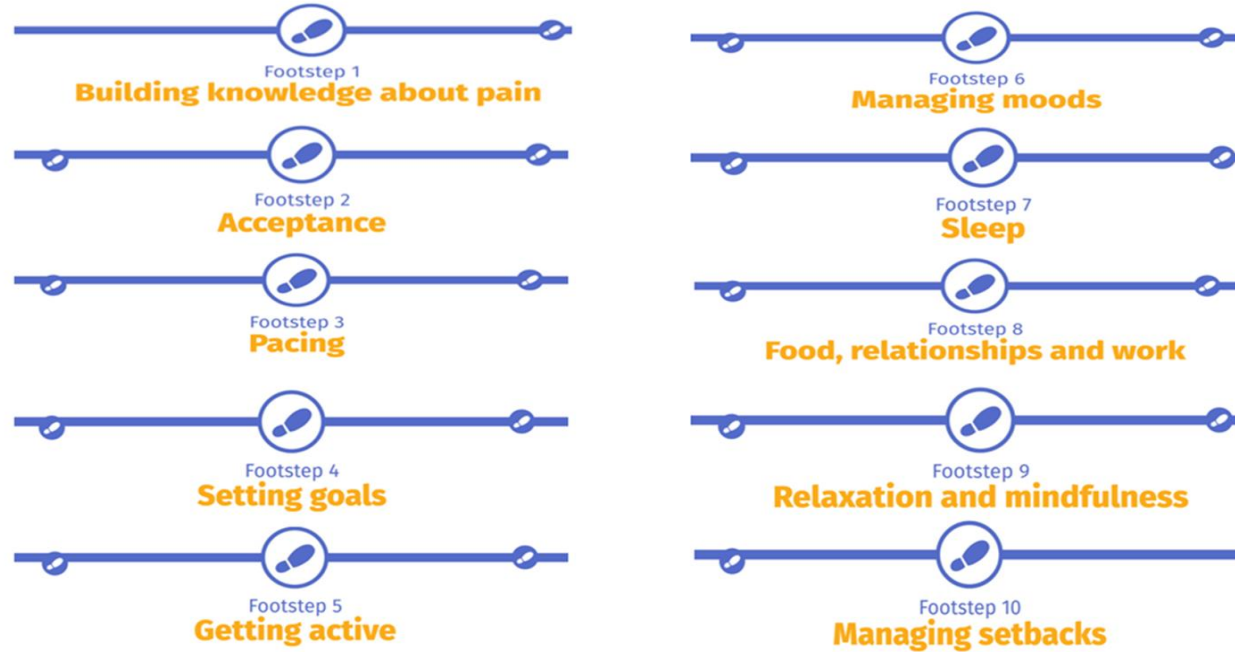
Clifton Court Medical Practice
Darlington, Country Durham

- Practice population 12,000
- Training Practice
6 GP Partners, 1 Salaried GP, 3 Registrars,
2 Clinical Practitioners, 1 Pharmacist, 1
Pharmacy Technician, 5 Nurses and 3 HCA's

- Darlington has a high deprivation score
- The highest opioid prescribers within the CCG
- Patients with unsafe polypharmacy and still in pain



What is GOTT?



Toolbox of 10 Footsteps = framework for self management of pain for both clinicians and patients

1- Clinician confidence

2- Patient confidence

3 - Safe Prescribing



Building Clinician Confidence

- Clinical team's knowledge, skills and confidence to support self management
- Baseline assessment of clinician confidence
- Training programme created:
 - **Health coaching** for the whole practice team including our administration (care navigation staff)
 - **Face to face / online sessions:** reviewing chronic pain management resources and case discussions
 - **Email supported learning** on different Footsteps. Ideas to engage patients in self management.
- Shift from biomedical to biopsychosocial approach

GOTT implementation within practice

Live Well with Pain Health Check

- Systematic person-centred pain management review.
- Build patients confidence in self management
- Dedicated appointment for pain health check:
 - Invitation letter, health check and opioid lottery forms.
 - Health check includes screening of health needs, wellbeing measure, self confidence to manage pain score, pain intensity and distress scores
 - Health checked use to guide self management goals
 - Linked into Social Prescribing
 - Medication review, use of “ Opioid Lottery Decision Aid” and dose reductions

Live Well with Pain Health Check

Exploring how pain affects your health and life

Please help us understand about your health and the main obstacles to improving your quality of life and self managing with confidence.

There are **four steps** to completing this Health Check. Please complete all four steps – tick or circle all the answers that apply to you.

STEP 1 How do you feel?

	all of the time	most of the time	more than half the time	less than half the time	some of the time	at no time
I have felt cheerful and in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0

STEP 2 Tell us a bit about your pain

Your current level of pain

Circle one of the numbers on the scale to rate your pain level at present.

0 = 'No pain' 10 = 'Worst/extreme pain'

0	1	2	3	4	5	6	7	8	9	10
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Your pain over the last seven days

Circle the number on the scale to rate **how distressing** the pain was on average over the last seven days.

0 = 'No distress' 10 = 'Extremely distressing'

0	1	2	3	4	5	6	7	8	9	10
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Managing your pain

Please rate **how confident you are** that you can do the following things at present, despite the pain. Circle one of the numbers on each of the scales.

0 = 'Not at all confident' 6 = 'Completely confident'

"I can live a normal lifestyle, despite the pain"

0	1	2	3	4	5	6
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"I can do some form of work, despite the pain"

0	1	2	3	4	5	6
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(work includes housework, paid and unpaid work)

STEP 3 Do you have any problems or difficulties with:

- 1 Walking or moving about, lack of fitness and stamina
- 2 Balance or recurrent falls
- 3 Side effects or problems with current pain medication e.g. tablets etc.
- 4 Pain relief
- 5 Understanding why persistent pain occurs
- 6 An unhelpful cycle of activity of less pain, so do too much, so more pain, so rest more often or for longer
- 7 Eating the right sort of foods, weight changes
- 8 Disturbed sleep, tiredness or lack of energy
- 9 Managing mood changes of depression, anger, anxiety or worry
- 10 Relationship difficulties: with partner, family etc, or sex life concerns
- 11 Remaining in work or returning to work and/or training
- 12 Financial or money difficulties
- 13 Other difficulties (for example, concerns about housing, leisure or social events, drinking, gambling or drug use). Please describe here:

STEP 4 If you ticked more than three boxes above, please circle the three most important ones to change.

Have you completed all four steps?

Please have the completed form with you at your **pain management and medicines review**. We will look at it together to help explore your concerns, issues and problems linked to your pain. Thank you for helping us understand how your pain is affecting your health and life.

Your name _____

Your date of birth _____

Date filled in _____

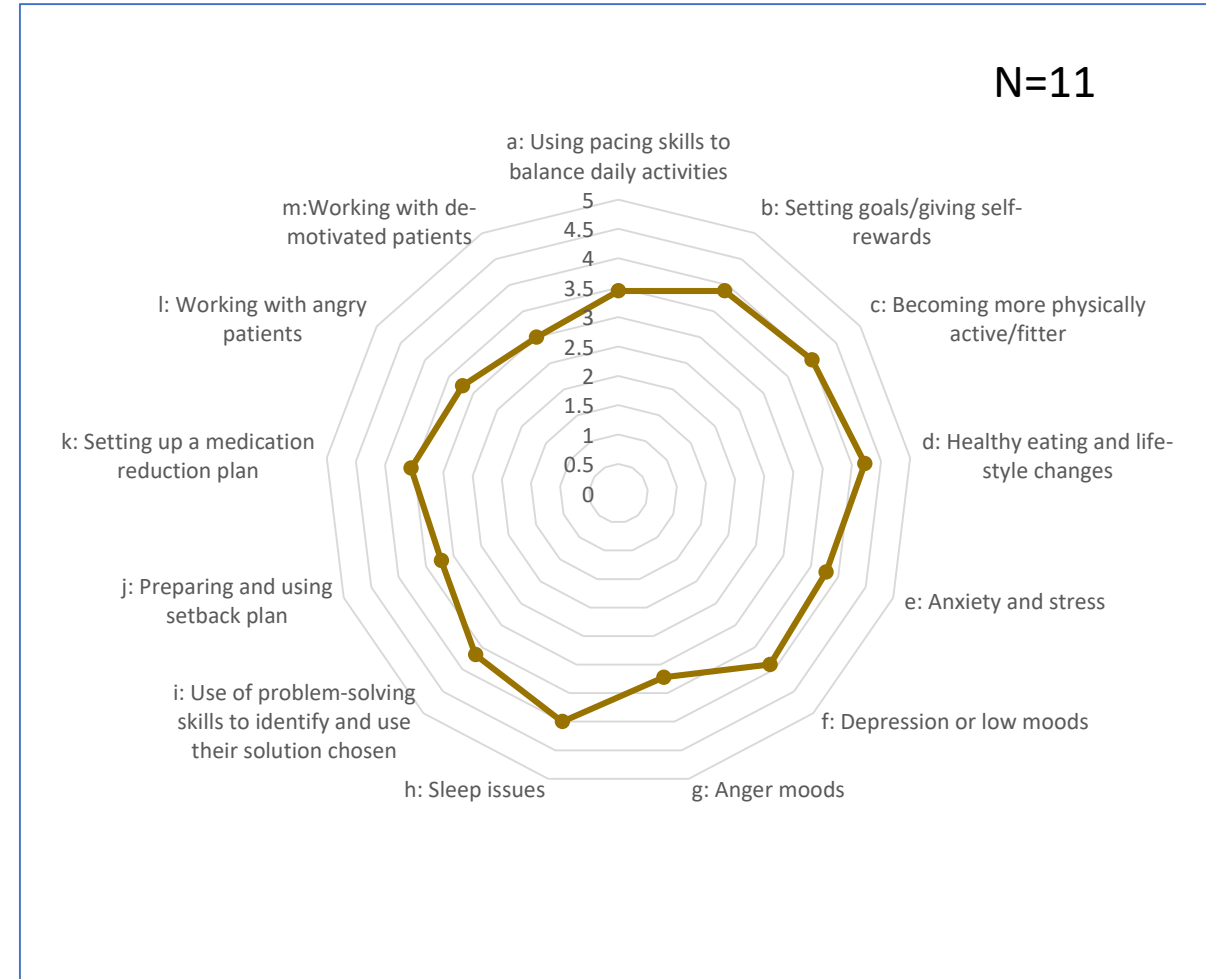
Live Well with Pain Health Check Tool

Evaluation findings - change in confidence at baseline and mid trial

How confident do you feel in supporting patients in the following ways? (Scale 5 = most confident - 1 = least confident)



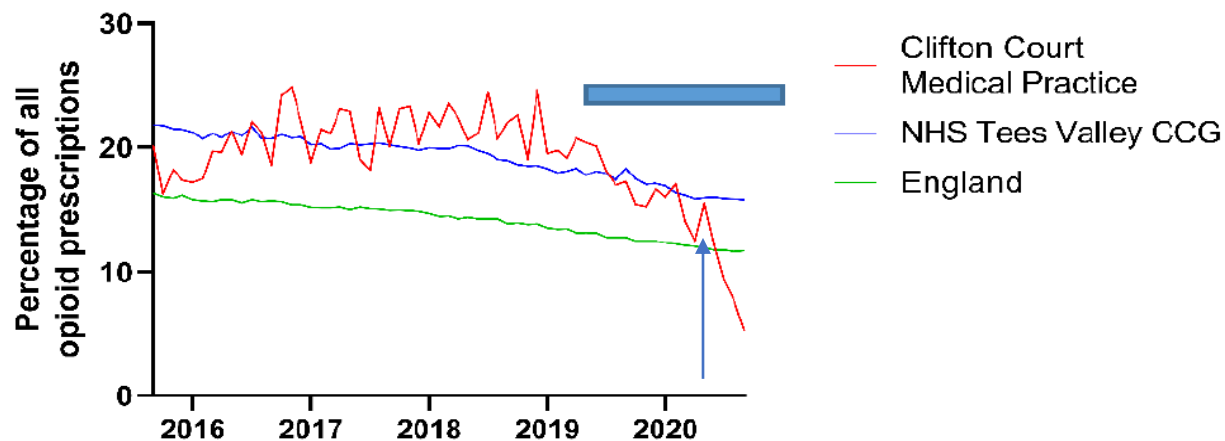
Average respondent confidence score June 2020



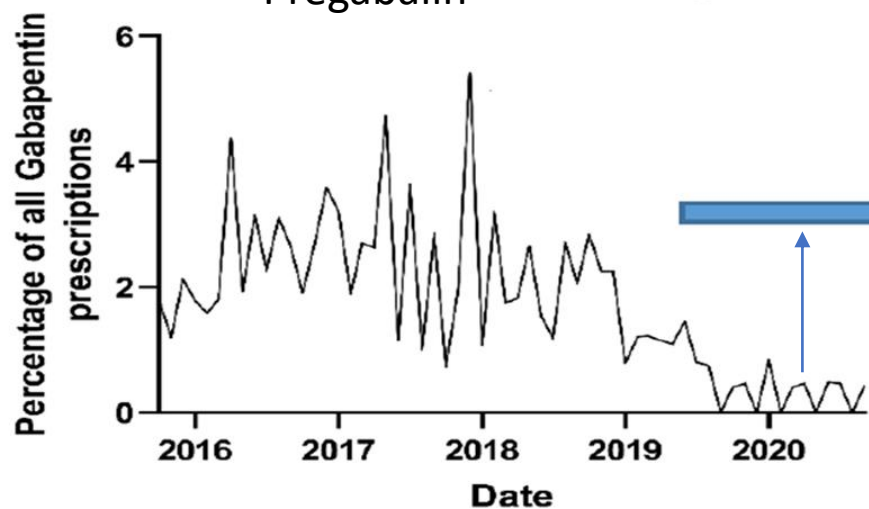
Average respondent confidence score December 2020

Safer prescribing evaluation findings

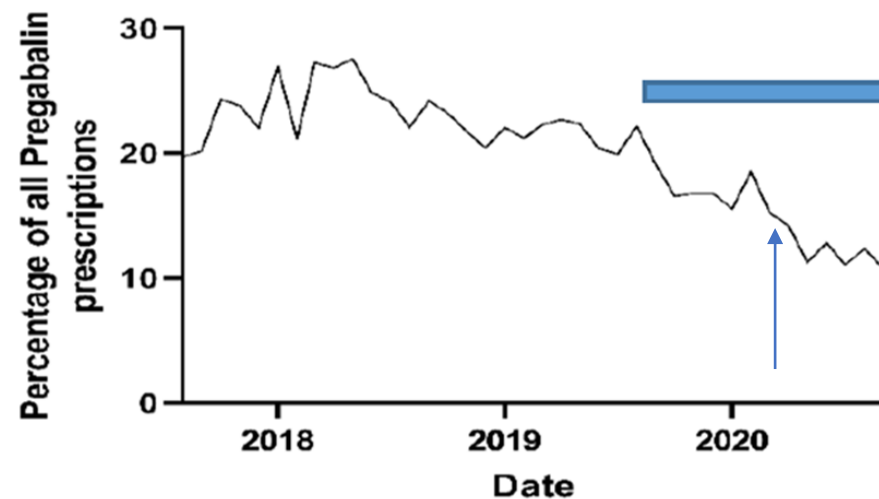
High dose opioids



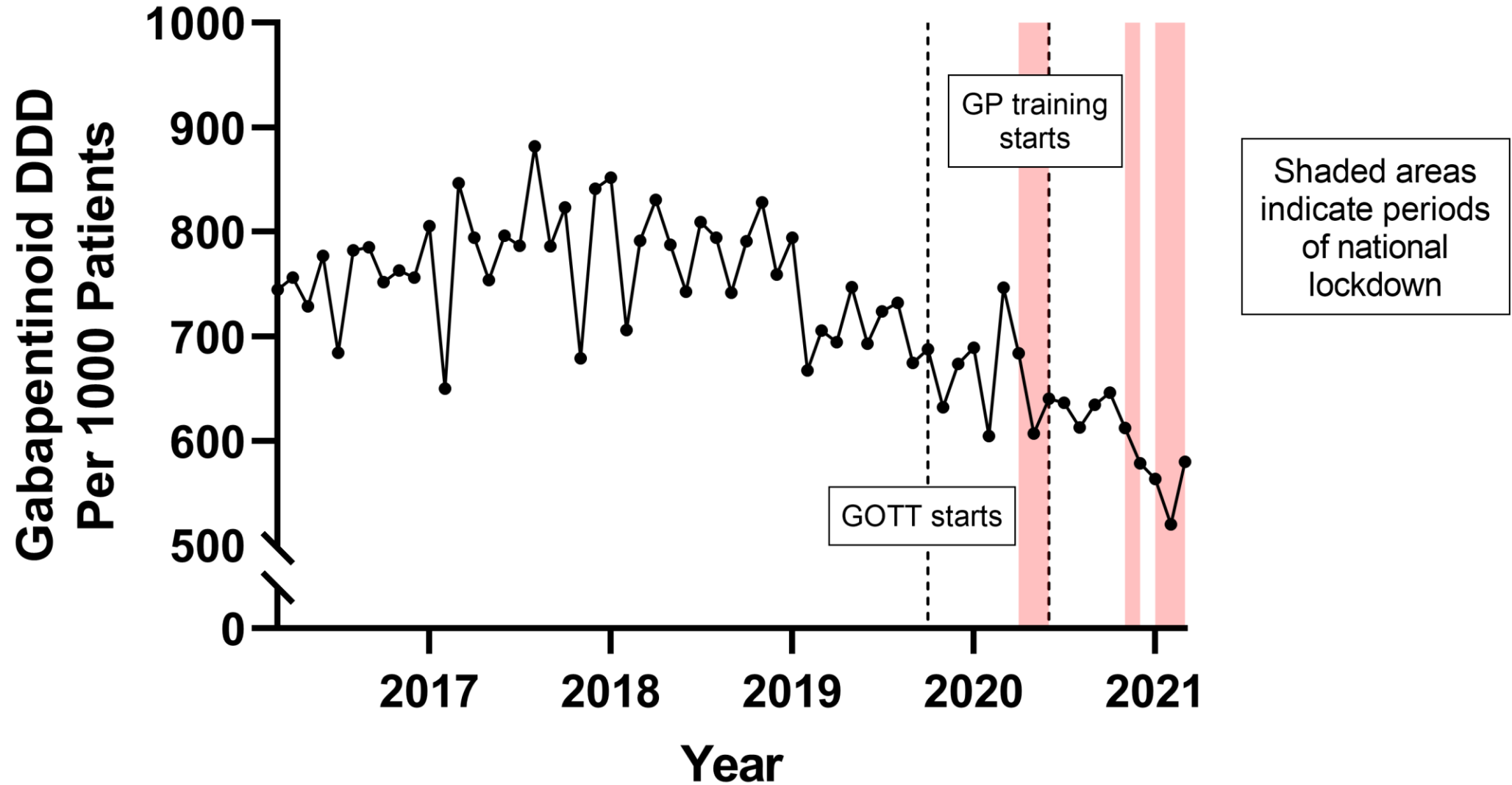
High dose Gabapentin Pregabalin



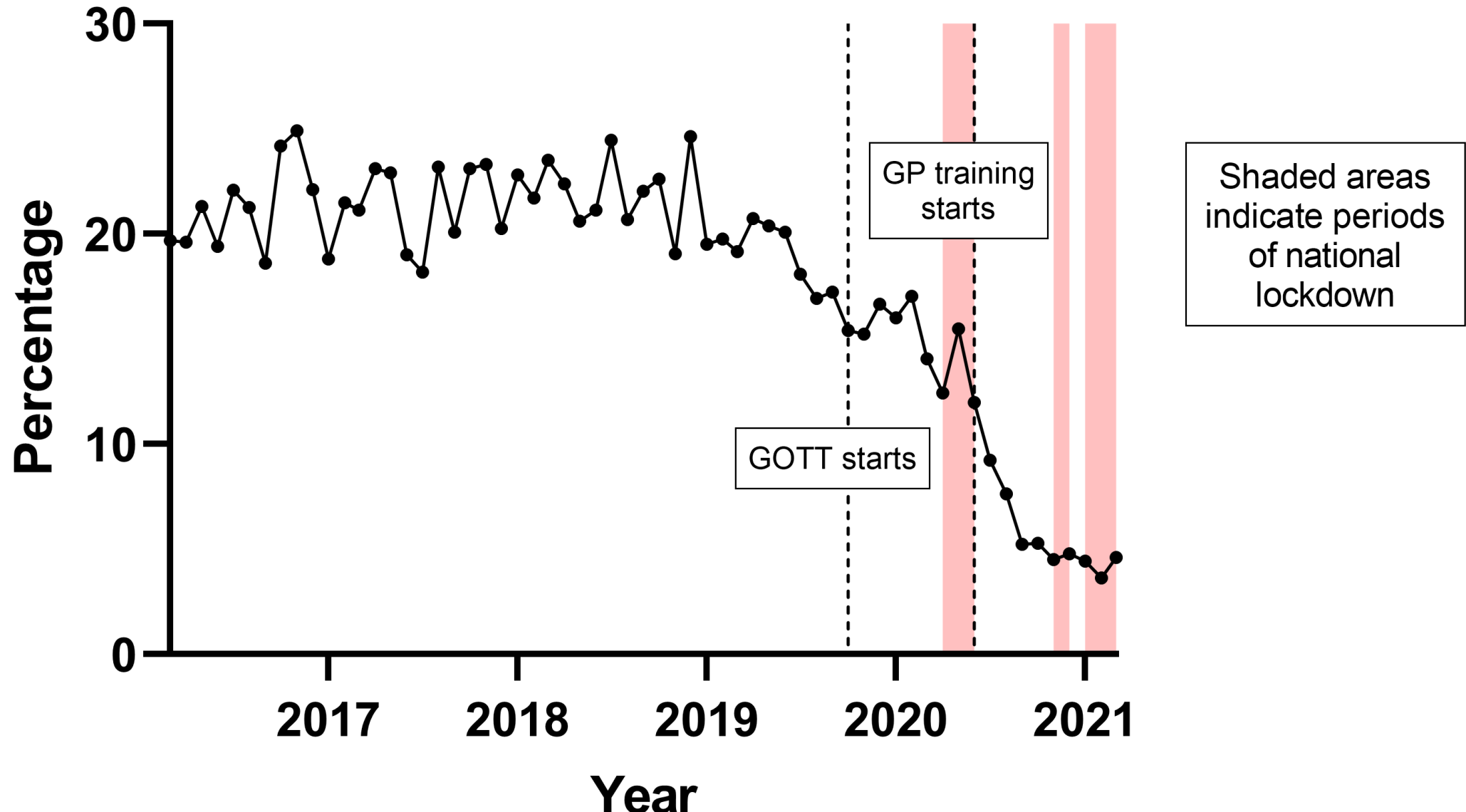
High dose



Gabapentinoid Defined Daily Dose



HDOs as a Percentage of All Opioids



Summary of discoveries so far from GOTT project

- Increased confidence of clinician knowledge, skills and use of tools and resources.
- Reduction in high-dose pain medication & total GABA-pentinoids
- Systematic approach to pain management and medication use



The Footsteps Festival Collective



Footsteps Festival 2021

A year-long celebration of
living well with pain



Pain is more complex than I thought

08/04/2021

An advocate of living well, with extensive experience of living with pain chats to a clinical psychologist about what she has learned about the complex nature of pain and why, in her experience, everything matters when it comes to pain.



Mindfulness Based Stress Reduction Programme (MBSR)

23/02/2021

Please note, the current course is now full. If you are interested in finding out about possible future courses please get in touch...

Chronic Pain the Dr Seuss Way
A quirky, fun and informative presentation by Professor Cormac Ryan

Footsteps Festival 2021

FLIPPIN PAIN

Teesside University

Chronic Pain the Dr Seuss Way

05/04/2021

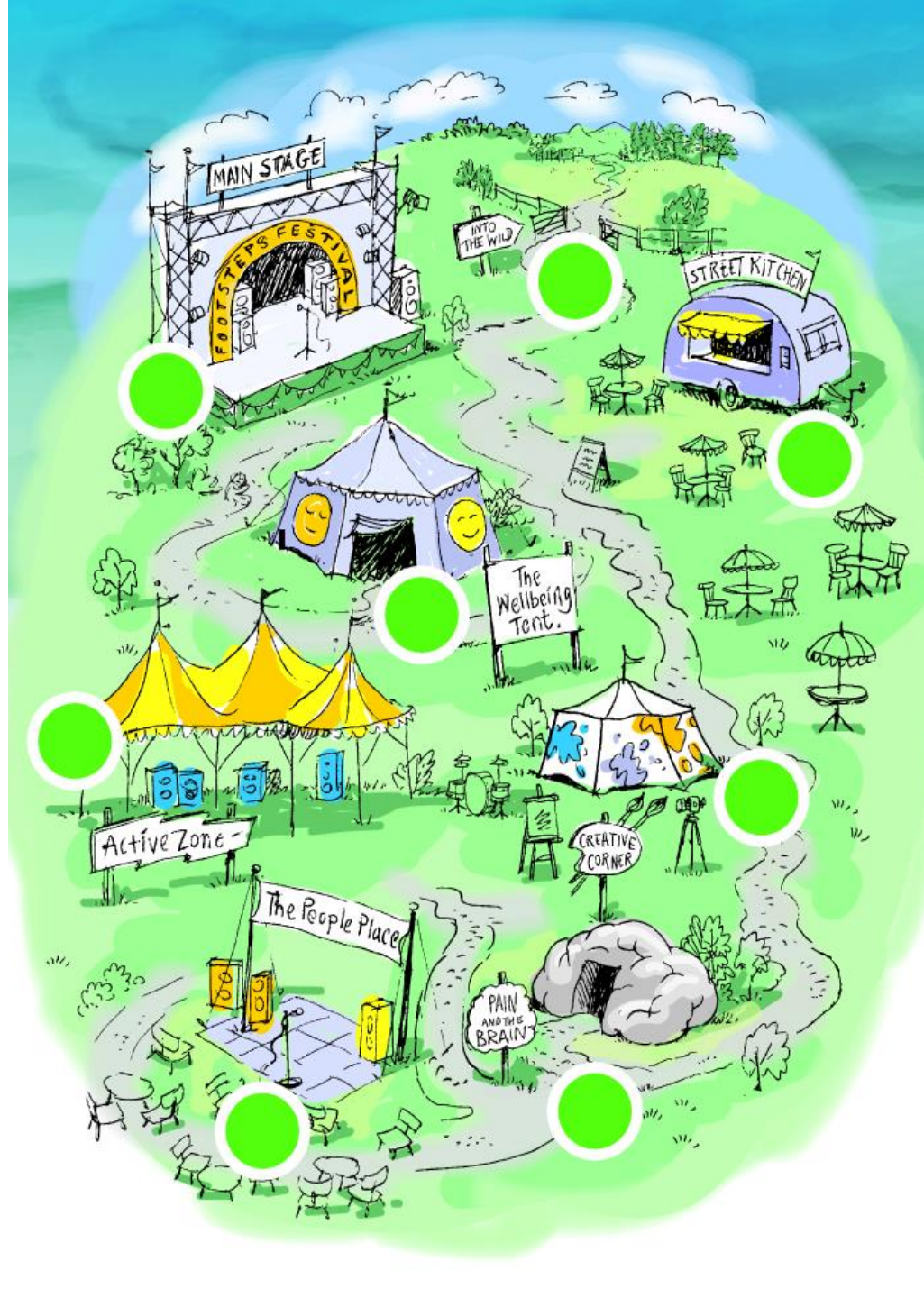
Learn what the wisdom of Dr Seuss has to do with chronic pain!



Your Story Matters

30/03/2021

Have some fun and connect with others in this live creative writing workshop by Clair, Debra, Jenny and Sanja.



Cookfulness
with Ian Taverner

Cookfulness

23/04/2021

In this series of six sessions specially created for people with pain, you'll learn amazing and very simple ways to adapt cooking, adapt ingredients and adapt dishes, so you can cook them and celebrate them no matter how bad...

opera north

Step into Singing
Singing workshops for people living with persistent pain

session 7
Tuesday
20 April

Step into Singing – session 7

20/04/2021

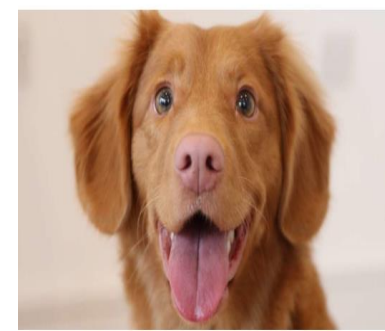
Footsteps Festival 2021, in partnership with Opera North, is proud to bring you Step Into Singing – a series of online singing workshops designed especially for people living with persistent pain. Led by opera singer, Marie Claire Breen, Step Into...



Origami for Wellbeing; Focusing the Mind

17/04/2021

11.00 am on Saturday 17th April Make something beautiful in your hands through paper folding. No experience needed - just bring any piece of paper! Try something new and wonderful with Dr Lizzie Burns who helps people of all ages...



Pet Show and Tell – social gathering

11/04/2021

A friendly informal social occasion where we can show each other our pets (the more portable ones!) and have a lively discussion about the many and varied ways they help us live better with pain.

Key Features

- All events co-produced.
- Live and recorded content.
- Trusted presenters and resources.
- Voluntary basis.
- Fun!



Courses

Courses

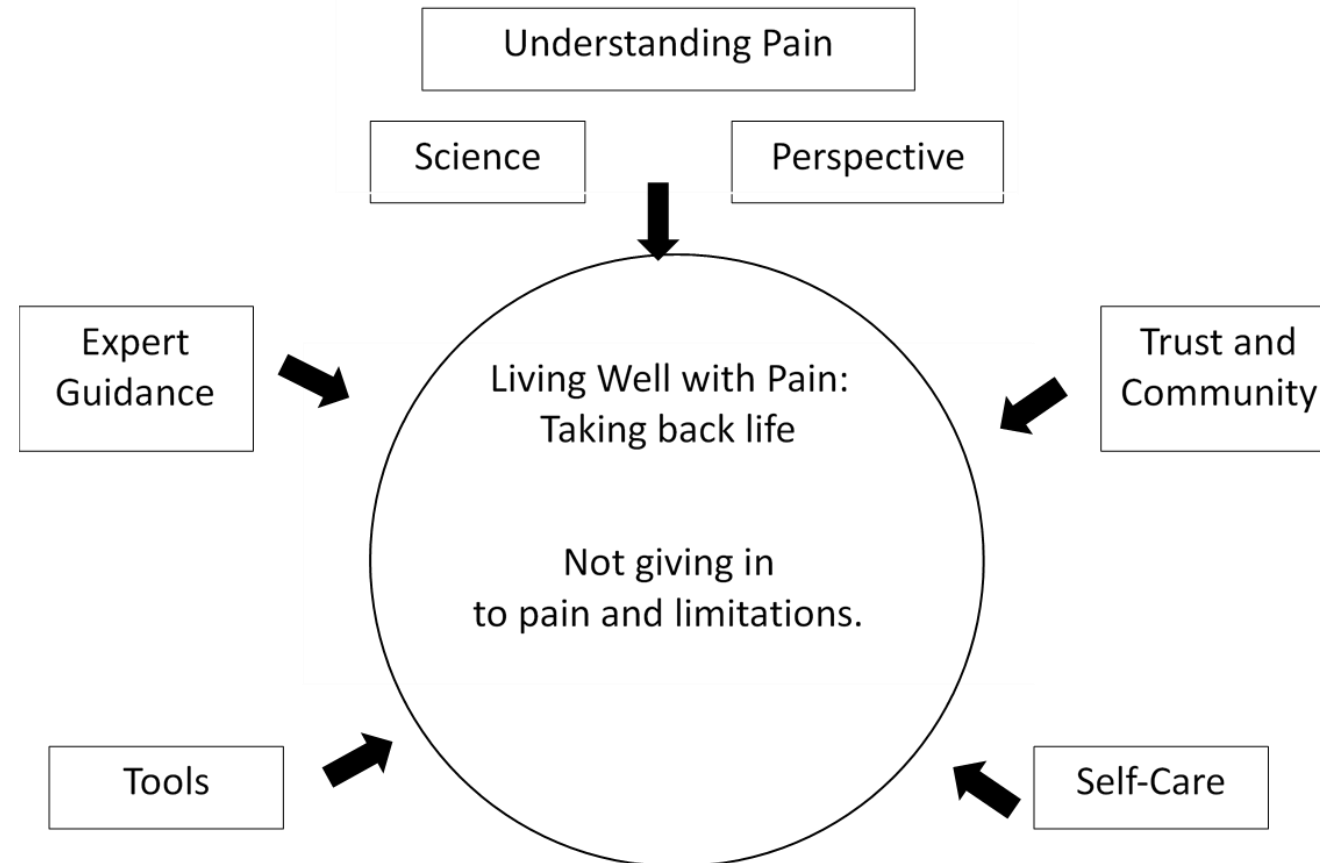
- MBSR
- Ten Footsteps
- Step Into Singing



Turning down the volume



Feedback: How do people benefit?





A year-long celebration of
living well with pain

We need

YOU!





£801

raised of £10,000 target by 21 supporters

Give Now

Share



Footsteps
Festival

We're raising £10,000 to Support Footsteps Festival so it remains free to access for everyone!! No amount too small

♡ Health and medical



Don't have time to donate right now?

Set up a reminder

Thank you to

- Clifton Court Practice, Darlington
- Footsteps Festival T2021 Team
- Chris Penlington University of Newcastle
- Paul Chazot and Lucy Johnson, University of Durham Wolfson Research Unit for Health and Well-Being
- Live Well with Pain Team
- GP Red Whale
- And the many, many people with pain who have guided our journeys