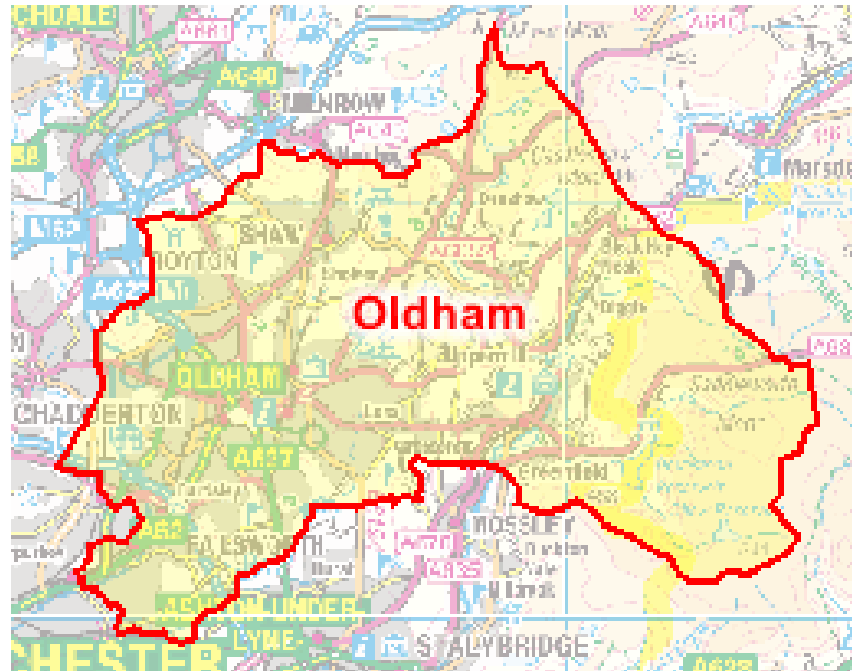


DELIVERING A BIO-PSYCHOSOCIAL APPROACH FOR PAIN IN THE PENNINES

Dr Sarah Burlinson, Consultant Liaison
Psychiatrist, Pennine Care NHS Foundation Trust

Anne Browne, Executive Director and Consultant
Nurse, Pennine MSK Partnership Ltd



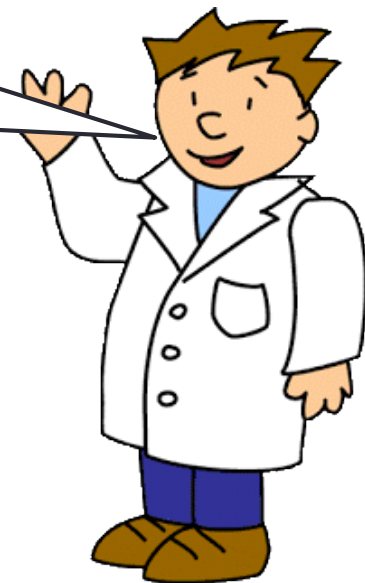
Population **224,900**
High Social Deprivation
High BME Population

Pre 2001 Aka (The Dark Days)

- Secondary care rheumatology service
- 1 consultant rheumatologist
- 1 clinical nurse specialist
- Limited access to
 - Mental health expertise
 - Pain service
- Multiple pathways and fragmented care
- Wide variation in referral pattern

- High numbers of patients with severe deforming disease
- ‘Revolving door’ with patients searching for answers who were often suffering from a slow death by investigation!

*Lets just check
your serum, tin
and copper
levels Mrs
Smith*



2001

The arrival of Liaison Psychiatry

- Consultant liaison psychiatrist
- Cognitive Behavioural Therapist
- Clear referral guidelines
- Shadowing and peer review
- Formal training for generalists
 - Communication skills
 - Mental health assessment/ management
- Increasing awareness of bio-psychosocial model

2002-2006

- Tier 2 services developed
- More emphasis placed on delivery in primary care
- Development of multi disciplinary working
- Development of extended scope physiotherapists
- Development of psychological medicine input
- Timely access to consultants

2006-2013

- Pennine MSK Partnership formed 2006
- Integrated Orthopaedics/Rheumatology/Chronic Pain into one service over a 3 year period and all based in primary care
- Further investment in a bio-psychosocial approach
- 2013 Independent Review of Pain Management Services commissioned by NHS Oldham CCG

Aim of service

To provide holistic, integrated, interdisciplinary, person-centred care which meets the physical, psychological and social needs of adults with persistent pain.

- Single point of access
- ✓ Right person
- ✓ Right place
- ✓ Right time



How did we get there?

- Working group formed with representatives from
 - Pennine MSK
 - Pennine Care
 - Pennine Acute
- Clinically lead with person centred care at the heart of the pathway
- Input from commissioners/ finance/ directors/ managers/ HR / community groups.

What did we do?

- Gap analysis
- Priorities agreed and RAG rated
- Separate work streams
 - Triage and appropriateness of referrals
 - Initial bio-psychosocial assessment
 - Group work
 - User involvement
- Model and KPI's agreed
- Launch June 2015
 - Presentations in primary care
 - Press release

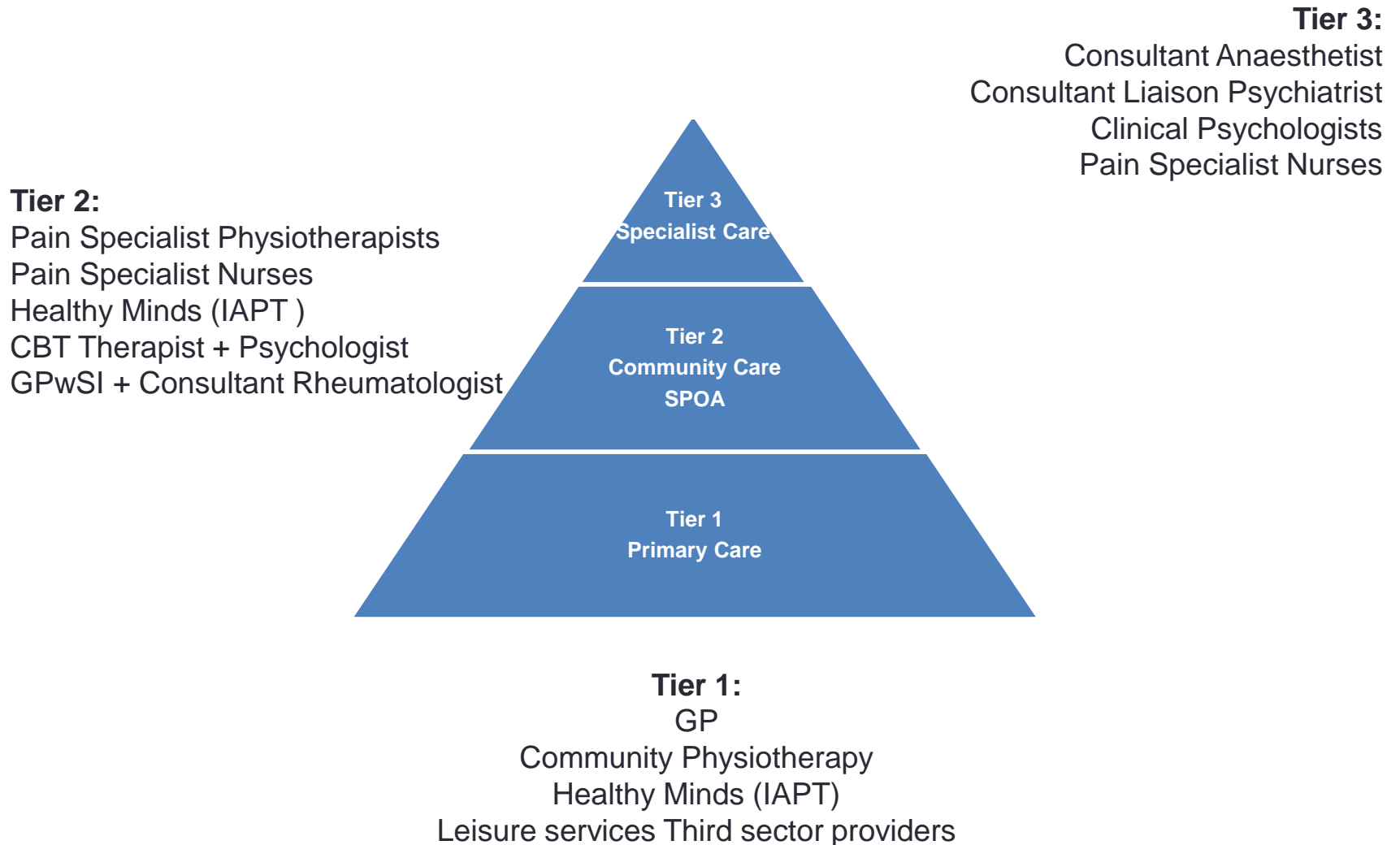
Supporting pathway development

- For referrers
 - Persistent pain referral guidelines
 - Persistent pain medication guidelines
 - Workshops for GPs and practice managers
- For staff
 - Learning needs analysis
 - Workshop
 - Survey
 - Training including
 - Risk assessment
 - Red flags

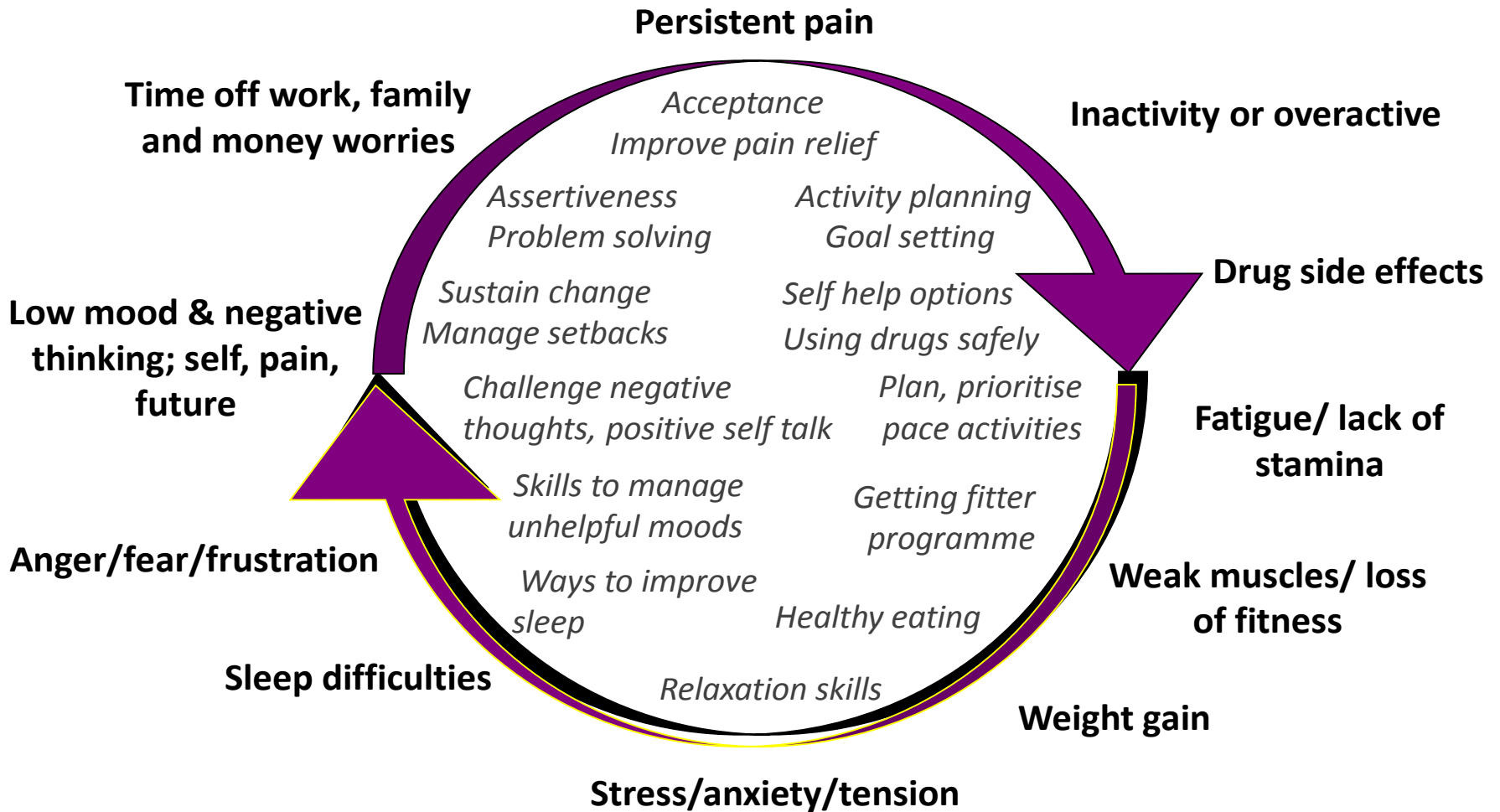
The Model

- Single point of access
 - Choose & Book via PMSKP
- Referral Management Guidelines
 - Referral criteria
 - 4 item Patient Health Questionnaire
 - Pain Intensity and Interference
 - Health Needs Assessment
 - Pain Self Efficacy
- Step up and step down criteria

Service Model



The Pain Cycle Pete Moore EPP



Outcome Data

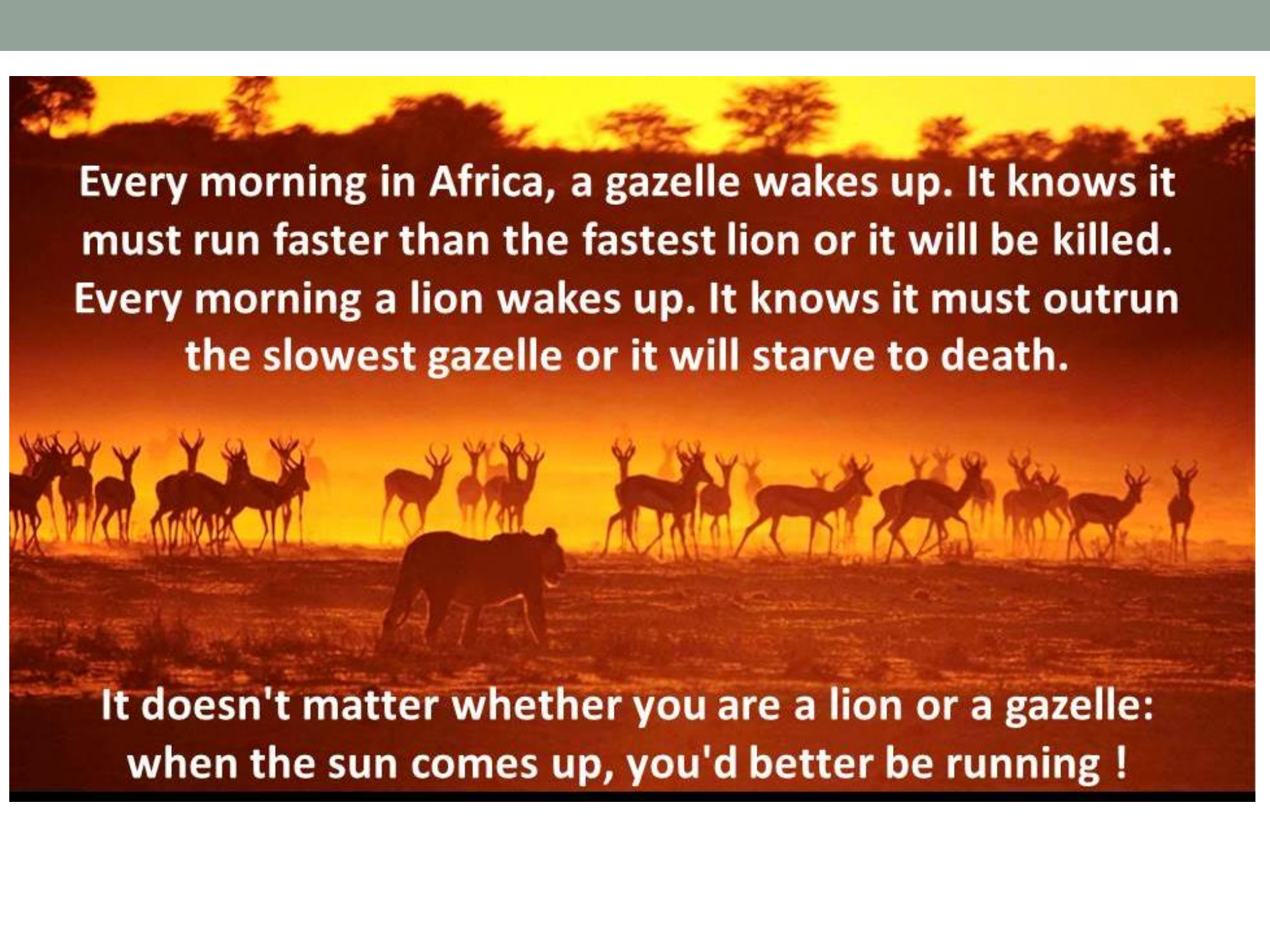
N=50 Mean scores	Entry	Discharge
PSEQ (N=50)	17.4	30.7
CGI (N=50)		72% much or very much improved

Qualitative Analysis

- Feedback from:
 - Patients
 - Referrers
 - Service providers

Where do we go from here?

- Next steps
- Challenges

A photograph of a savanna at sunrise. The sky is a bright, hazy orange. In the foreground, a lion is walking towards the right. In the background, a large herd of gazelles is running towards the right. The scene is silhouetted against the bright light of the rising sun.

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

**It doesn't matter whether you are a lion or a gazelle:
when the sun comes up, you'd better be running !**

Thank you