

By Email only

To: General Medical Practitioners,
Physiotherapists,
Secondary Care Consultants
cc: Practice Managers

Dear Colleague

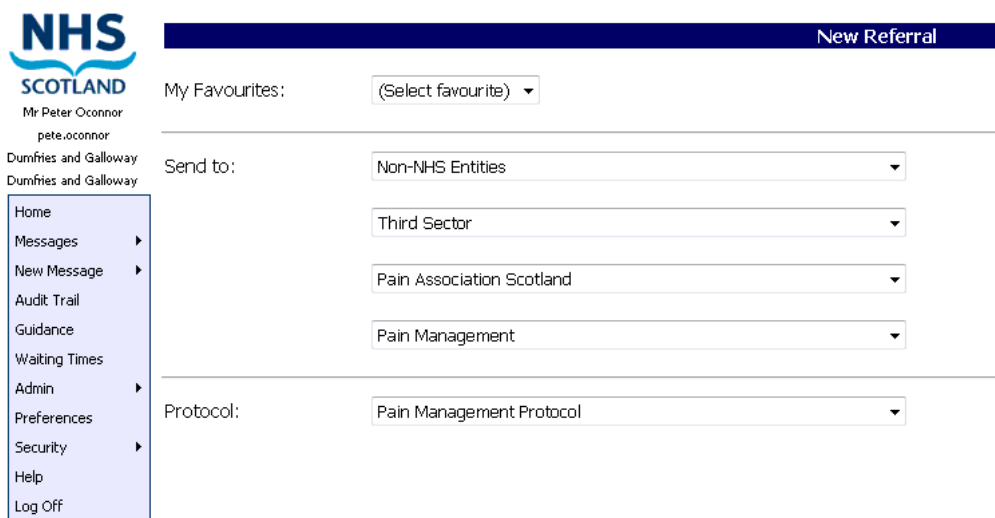
Chronic Pain Guidance:

- Referring to Pain Association Scotland, including via SCI Gateway
- Read code for chronic pain

On behalf of NHS Dumfries and Galloway's Chronic Pain Improvement Group (CPIG), please find attached the 2016/17 dates for local Pain Association sessions (Appendix 2) and a reminder of the referral arrangements.

Please note that for those with access (e.g. GPs), referrals to the Pain Association can now be made via SCI Gateway, with subsequent delivery of a return message, including an attached report.. Please note that link comes under:

'Non-NHS entity/ Third Sector/ Pain Association Scotland/ Pain Management'.



The screenshot shows the NHS Scotland EMIS interface for a 'New Referral'. On the left is a navigation menu with options: Home, Messages, New Message, Audit Trail, Guidance, Waiting Times, Admin, Preferences, Security, Help, and Log Off. The main content area has a dark blue header with 'New Referral' in white. Below the header, there are several form fields: 'My Favourites:' with a dropdown menu showing '(Select favourite)'; 'Send to:' with four dropdown menus: 'Non-NHS Entities', 'Third Sector', 'Pain Association Scotland', and 'Pain Management'; and 'Protocol:' with a dropdown menu showing 'Pain Management Protocol'.

Please note that there is a new **Read code for chronic pain.**

Currently the new Read code is available to the EMIS 'Beta' sites for testing. It is planned to go on general release to all EMIS sites, beginning on the 4th May, taking about 2 weeks to roll out across Scotland. Vision sites are due to have their system updated towards the end of May.

We recommend referral to the Pain Association of any patient with chronic pain who is willing to engage in a group based self management programme. This can be at any time in the patient pathway whether or not they meet the secondary care referral criteria (see Appendix 3), including before, concurrent with or after referral to secondary care. The Pain Association provides professionally led training in self management for people with all forms of chronic pain. Further details are available from their website at: www.chronicpaininfo.org.

Through a service agreement with the Board, the Pain Association delivers self management training in D&G as follows:

- three intensive self management courses per year, each consisting of five weekly sessions - access by clinician referral only:
 - one course per year in the west (Wigtown Locality Office, Stranraer), and
 - two courses per year in the east (Holiday Inn, Crichton Campus, Dumfries);
- a rolling programme of monthly self management group meetings - access by self referral or clinician referral:
 - in the west (Wigtown Locality Office, Stranraer), and
 - in the east (Holiday Inn, Crichton Campus, Dumfries).

For clinicians without access to SCI Gateway (e.g. secondary care consultants, physiotherapists), please use the attached referral form (Appendix 1) and email to the Pain Association using their secure email address (sonia.cottom@nhs.net) or post. The form is also available on Hippo under 'Primary Care Documents'.

Following referral, your patient will be contacted by the Pain Association to provide details of the group sessions. If there is a time lag before the next intensive course, your patient will be encouraged to attend their local monthly meetings meantime, to develop their understanding in areas such as pacing, etc.

As the referring clinician, you will receive reports from the Pain Association on progress of your patient - such as attendance/ non-attendance at meetings, outcome measures from the intensive course, and annual evaluation if training is long term.

If you wish to clarify anything with the Pain Association you can contact them via the email above or by contacting them on 01738 629503.

Alternatively you may contact one of us - details below.

Yours sincerely

Dr Greycy Bell, GP
Associate Medical Director in Primary Care
Greencroft South, Annan
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Dr John Muthiah
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email: j.muthiah@nhs.net
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Ms Shelagh Kingstree
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cc Sonia Cottom, Director, Pain Association Scotland
Phil Sizer, Lead Trainer, Pain Association Scotland
Mary Harper, Planning & Commissioning Manager

NHS Dumfries and Galloway & Pain Association Scotland
Referral to Pain Self Management Programme

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|--|-----------------------------|
| Consider before referring: | |
| <ul style="list-style-type: none"> - Does your patient understand the basics of chronic pain v acute pain - Does your patient understand the programme is about self management - Does your patient understand the programme is group based | |
| Patient Details | |
| Name of Person Referred: | |
| Address: | |
| Postcode: | |
| Tel No: | Date of Birth: |
| Mobile: | CHI number: |
| Email address: | |
| GP: | GP Surgery: |
| Reason for Referral: | |
| Preferred Venue: | Dumfries / Stranraer |
| Referred by: | |
| (Full details for return correspondence) | |
| Email address: | |
| Date of Referral: | Tel No: |
| Has patient given approval for enclosed information to be shared with Pain Association staff Yes / NO | |
| Does your patient have cognitive problems (e.g. sensory impairment, poor English) which may impede understanding? - if yes, please describe in email.. | |
| Please send/ email to: | |
| Sonia Cottom, (NHS Dumfries & Galloway Referrals), Pain Association Scotland, Suite D, Moncrieffe Business Centre, Friarton Road, Perth, PH2 8DG | |
| Email: sonia.cottom@nhs.net | |

Pain Association Scotland

Five week Intensive Self-Management Courses - 2016/17 Programme

The courses are staff-led, group based and take place over 5 afternoon sessions. The first session provides an introduction to the ideas involved in the self-management of chronic pain.

Dumfries

Holiday Inn, Bankend Road, Dumfries (i.e. Crichton site)

September/October 2016

Monday afternoons

- Monday 5th September 1.30pm - 4pm
- Monday 12th September 1.30pm - 4pm
- Monday 19th September 1.30pm - 4pm
- Monday 26th September 1.30pm - 4pm
- Monday 3rd October 1.30pm - 4pm

February / March 2017

Tuesday afternoons

- Tuesday 21st February 1.30pm - 4pm
- Tuesday 28th February 1.30pm - 4pm
- Tuesday 7th March 1.30pm - 4pm
- Tuesday 14th March 1.30pm - 4pm
- Tuesday 21st March 1.30pm - 4pm

Stranraer

Wigtown Locality Office, Victoria Place, Stranraer DG9 7HX

September / October 2016

Tuesday mornings

- Tuesday 6th September 10am – 12.30pm
- Tuesday 13th September 10am – 12.30pm
- Tuesday 20th September 10am – 12.30pm
- Tuesday 27th September 10am – 12.30pm
- Tuesday 4th October 10am – 12.30pm

Evaluations:

Each participant will complete at the beginning and end of the course a self-management coping strategy chart (Spider-Radar Graph) one of three validated evaluation tools, the others being PSEQ (Pain Self Efficacy Questionnaire) and DAPOS (Depression, Anxiety, Positive Outlook Score). These tools will be used to evaluate and measure the outcomes from the course. Copies of the course evaluation and individual evaluation will be made available to the referrer.

Pain Association Scotland
Monthly Self-Management Groups - 2016 Programme

This is a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help you to regain control and cope more effectively. You are welcome to attend at any point during the programme. You do not need to be referred by your Doctor.

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Dumfries Group

Mitchell Room, Holiday Inn, Bankend Road, Dumfries, DG1 4ZF

Meetings are held on Mondays, Tuesdays or Wednesdays 10.30 am - 12.30 pm

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|-----------|----|-----|------------------------------------|
| Wednesday | 13 | Jan | Understanding Pain |
| Monday | 15 | Feb | Stress Management |
| Monday | 21 | Mar | Pacing & Adaptation |
| Monday | 18 | Apr | Emotional Intelligence |
| Wednesday | 18 | May | Flare-up Management |
| Wednesday | 8 | Jun | Social Interaction & Communication |

Summer Break

| | | | |
|-----------|----|-----------|--------------------------|
| Wednesday | 17 | August | Sleep & Racing Minds |
| Wednesday | 21 | September | Goal Setting & Baselines |
| Tuesday | 18 | October | Confidence & Self Image |
| Wednesday | 16 | November | Models of Health |
| Wednesday | 14 | December | Visualisation & Metaphor |

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Stranraer Group

Conference Room, Wigtown Locality Office, Victoria Place, Stranraer DG9 7HX

Meetings are held on Tuesdays, Wednesdays or Thursdays 10.00am - 12.00 noon

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|----------|----|----------|------------------------------------|
| Thursday | 14 | January | Understanding Pain |
| Thursday | 11 | February | Stress Management |
| Thursday | 10 | March | Pacing & Adaptation |
| Tuesday | 19 | April | Emotional Intelligence |
| Thursday | 19 | May | Flare-up Management |
| Thursday | 9 | June | Social Interaction & Communication |

Summer Break

| | | | |
|-----------|----|-----------|--------------------------|
| Thursday | 18 | August | Sleep & Racing Minds |
| Thursday | 22 | September | Goal Setting & Baselines |
| Wednesday | 19 | October | Confidence & Self Image |
| Thursday | 17 | November | Models of Health |
| Thursday | 15 | December | Visualisation & Metaphor |

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Double check dates on website below - Programme continues in 2017

<http://www.painassociation.com/1-2/dumfries-and-stranraer-group/>

Secondary Care Pain Clinic Referral Criteria

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| <p>Resources to consider before referral to the Secondary Care Pain Clinic</p> <ol style="list-style-type: none"> 1. Pain Association Scotland – Intensive course &/or Monthly meetings (www.chronicpaininfo.org) 2. Self Help online resources – Pain Concern, NHS inform (painconcern.org.uk/; http://www.nhsinform.co.uk/) 3. WOS Opioid Guideline (D&G Joint Formulary Appendix 4) 4. D&G Neuropathic Pain Guideline (D&G Joint Formulary Appendix 5) |
| <p>Whom to refer</p> <ol style="list-style-type: none"> 1. Patients with pain symptoms greater than 3 months duration 2. Patients whose symptoms are causing significant distress/disability and/or their quality of life is significantly disrupted because of their pain symptoms (Pain Severity Numerical Rating Scale 0-10 for pain score > 5/10 And for pain interference of daily activities Numerical Rating Scale 0-10 score > 5/10 OR Oswestry Disability Index score > 40%) 3. Patients with Neuropathic Pain Syndromes like Complex Regional Pain Syndrome , Post-herpetic Neuralgia, Phantom Limb Pain or Radicular Extremity Pain, whose symptoms are not responding adequately to D&G neuropathic pain guidelines 4. Patients over 18 yrs of age 5. Patients who have been investigated as appropriate (e.g. MRI scan of lumbosacral spine for red flags) 6. Patients in whom standard analgesia is ineffective (See WOS Opioid Guidelines and D& G Neuropathic Pain guideline) 7. Patients who accept that a cure may not be possible 8. Patients with persistent pain and drug dependency problem in patients who are keen on considering alternative treatment options |
| <p>Patients who may not be appropriate for referral or may need referral to another service at the same time</p> <ol style="list-style-type: none"> 1. Patients who do not fulfil the above criteria 2. Patients who have been discharged from the pain clinic within the last 3 months and who are presenting with the same pain condition (i.e. with no new symptoms or signs) 3. Patients who are still seeking further investigations or specific treatments e.g. DMARDs for inflammatory arthritis 4. Red Flags (see D&G Low Back Pain Pathway & British Pain Society Widespread Pain Pathway). 5. Patients who have ongoing alcohol or drug dependency problems with or without pain in which case a referral to addiction services should be considered 6. Patients with Chronic Headache Disorders in which case a referral to the neurologist may be appropriate in the first instance <p>Caution should be exercised in relation to the following:</p> <ol style="list-style-type: none"> 1. Major Depression 2. Post Traumatic Stress Disorder 3. Personality disorder 4. Somatisation disorder 5. Psychosis <p>And any other unresolved/active mental health problems for which a referral to the Mental Health Services should be considered.</p> |