



THE BRITISH PAIN SOCIETY

Pain & Physical Disability in Adults 10th November 2008

The British Pain Society Patient Liaison Committee Voluntary sector Seminar on Pain and Physical Disability in Adults was held on 10th November 2008 at the Royal College of Anaesthetists, Churchill house, Red Lion Square, London

It was attended by 51 delegates; both professionals and representatives of patient groups and organisations. Please see the list at the end of this report.

Dr Joan Hester, President of the British Pain Society gave an address on the causes and mechanisms of persistent pain.

Professor Chris Main from Keele University explained the psychological impact of pain and its effect on disability.

Professor Paul Watson, specialist in rehabilitation, talked about the physical treatment of pain in disability, and

Mr Stephen Neale from Leonard Cheshire Disability gave the patients and carers perspective on living with chronic pain and some alternative therapies that are available.

After lunch the attendees divided into groups and were asked to participate in workshops to share ideas for improving the management of pain in physical disability.

The following is a summary of the ideas:

What strategies can be used to improve services for carers?

- Information about pain and a patient centred pain management course for carers
- An expert patient programme for carers
- Respite care provision
- Liaison between pain healthcare professionals and social services
- Support for carers eg a buddy
- Carer to keep a pain diary and to know what to do when the pain is severe

What community services do people with pain and disability require?

- Information for patients
- Cohesive services from GP, a better understanding of pain
- Psychological support eg a "drop in" service, relapse prevention
- Availability of physical therapies
- Swimming and exercise therapies on prescription, separate times for the disabled
- Volunteer support
- Dietician
- Information about relevant benefits
- Support for workers, workplace adjustments, correct seat heights etc.

How can access to services be improved?

- Access to internet packages in GP surgery with guidance from a support worker
- Links to voluntary groups eg arthritis care
- Improved education about pain for all healthcare professionals, patients and carers
- Disability and advice centre in the community

What hospital services are needed by adults with physical disability?

- Healthcare professional who understands pain, listens and treats each person as an individual

- Education
- Support groups for patients, of different types
- Physio and osteopathy
- Self referral, streamlined referral
- Information for patients and carers
- Rehabilitation assessment
- Help from a multidisciplinary team

The themes that emerge from these discussions are, in summary:

- The ongoing need for education about persistent pain, for healthcare professionals, patients and carers
- Individualised support and treatment plans, one does not fit all
- Need for physical therapies to be freely available on a long term basis
- Use of innovative ways of delivering information for example a computer programme available in a GP surgery
- Support groups

What can the British Pain Society do to help?

- Provide continuing education for healthcare professionals
- Consider educational package for patients and carers, using DVD.
- Promote the benefits of physical therapies

Arthritis & Musculoskeletal Alliance, (ARMA)
 Arthritis Care
 ASBAH South East
 Brent Primary Care Trust
 British Brain & Spine Foundation
 British Polio Fellowship
 British Wheel Of Yoga
 Buckinghamshire Hospitals NHS Trust, Stoke Mandeville Hospital
 Department of Health
 Expert Patients Programme
 Frimley Park Hospital NHS Foundation Trust
 Heatherwood & Wrexham Park Hospital NHS Trust, Wrexham Park Hospital
 Help the Aged
 Kingston Hospital, Pain Management Programme
 Leicester General Hospital
 Leonard Cheshire Disability
 Milton Keynes General NHS Trust, Milton Keynes Hospital
 Mind Association
 National Association for the Relief of Paget's Disease
 National Rheumatoid Arthritis Society
 North West Wales NHS Trust, Ysbyty Gwynedd
 Northumberland Tyne & Wear NHS Trust
 Pain Concern
 Pelvic Pain Support Network
 Royal Berkshire & Battle Hospital NHS Trust, Royal Berkshire Hospital
 Royal College of Anaesthetists
 Salford Royal Hospitals NHS Trust, Hope Hospital
 The Dystonia Society
 The Princess Royal Trust for Carers
 The Relatives & Residents Association
 Tourettes Action
 University Hospital Coventry & Warwickshire NHS, Walsgrave General Hospital