

**PAIN MANAGEMENT PROGRAMMES**  
**2013 National Directory of Services**

Compiled by Suzy Williams and The Walton Centre Pain Psychology Team

On behalf of the  
British Pain Society  
Pain Management Programmes Special Interest Group

## Introduction:

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The Pain Management Programme (PMP) Special Interest Group (SIG) of the British Pain Society is delighted to present to you the updated National Directory of PMP Services (2013).

Firstly, we would like to thank all those involved in compiling the Directory; we could not have achieved this without your prompt responses. Our thanks also to Ms Suzy Williams and colleagues at The Walton Centre, Liverpool for gathering and collating the information. It was a mammoth, but worthwhile, task.

The Directory, which was last produced in 2006, has proved a popular tool for those of us working in Pain Management Programmes as well as those seeking information about PMP services. At a time when new commissioning services are coming into being, the Directory has the potential to support the new BPS Recommended Guidelines for Pain Management Programmes for Adults (2013) by enabling us to share information, work together to promote and develop quality and excellence in pain management, and to network more effectively.

The current Directory was compiled by using the 2006 Directory data as a starting point, cross-referencing with the National Pain Audit database and by emailing British Pain Society Members in June 2013, requesting information about services for inclusion in the Directory. We would like to thank the authors of the 2006 Directory and the National Pain Audit team.

A new development is that we have asked PMPs to declare whether or not they are currently compliant with the 2007 BPS Recommended Guidelines for Pain Management Programmes for Adults. This self-assessment will be updated to the new 2013 Guidelines in future editions of the Directory, enabling the PMP community to move towards an audit of compliance in the future. The PMP SIG Committee believes this to be a crucial new development for the commissioning of Pain Management Programmes in the future.

The Directory will be launched as a draft document at the PMP Conference in Jersey in September 2013. Those present at the conference will be invited to make final amendments. The document will then be made available via the British Pain Society website. Updates will be sought annually, via email in April each year, with an updated version of the Directory being made available in June each year. If you are aware of any Pain Management Services not included in the Directory, we would be grateful if you would inform the PMP SIG Committee via the BPS Secretariat.

We hope that you find the Directory helpful and will share this with many colleagues.

**Dr Dee Burrows and Dr Kerry Mathews**

*(For, and on behalf of, the PMP SIG Committee)*

## Disclaimer:

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1. The information in this directory has been provided by the services themselves; the Pain Management Programme Special Interest Group Committee takes no responsibility for the accuracy of the information.
2. The document is a directory of known services and does not imply a quality standard of the treatment described.
3. Compliance with BPS Recommended Guidelines for Pain Management Programmes for Adults (2013) has not been checked or verified by the PMP SIG Committee; it is a self-declaration.

# Map of UK Locations

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**N.B. Map is in production.**

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Aberdeenshire

1) Grampian NHS

Information required	Details	Additional notes
Name of programme	Aberdeen Pain Management Programme	
Name of Provider	Grampian NHS	
Full Postal Address	Department of Anaesthesia, Aberdeen Royal Infirmary, Foresterhill, Aberdeen, AB25 2ZN	
Contact details: 1. Phone 2. Email	1. 01224-550644 2. <a href="mailto:lene.forrester@nhs.net">lene.forrester@nhs.net</a>	
Duration of programme/s (hours/weeks)	3½h/week	
Number of places available on each programme	10	
Number of programmes per annum	3	
Key inclusion/exclusion criteria	Multi-disciplinary (Psychology, Medicine, Physiotherapy & Nursing) assessment clinic decision	
Number and profession of team members delivering the programme.	Principal Clinical Psychologist & Specialist Physiotherapist with support from MDT speakers	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Cognitive Behaviour Therapy/Acceptance & Commitment Therapy (ACT)	
PCTS served / catchment area	Grampian	
How frequently is your service audited? When was it last audited?	Yearly 2012	
Do you regularly carry out clinical research? Please provide details	Yes, planned outcome research	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	



Antrim

2) Belfast Health & Social Care Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Belfast Health & Social Care Trust	
Full Postal Address	Chronic Pain Service BHSC Duke of Connaught Building Musgrave Park Hospital Stockmans Lane Belfast Northern Ireland BT9 7JB	
Contact details: 1. Phone 2. Email 3. Website	02895041261 <a href="mailto:chronicpainservice@belafasttrust.hscni.net">chronicpainservice@belafasttrust.hscni.net</a> www.belafasttrust.hscni.net chronic pain service	
Duration of programme/s (hours/weeks)	2 session per week, Monday & Wednesday ( 10 – 12.30pm) over a 5 week period	
Number of places available on each programme	10/programme	
Number of programmes per annum	8-9/year	
Key inclusion/exclusion criteria	Exclusion criteria includes:- <ul style="list-style-type: none"> <li>• Pain which has not been fully investigated/diagnosed or where the patient is not satisfied that this has been completed.</li> <li>• Patients who have previously completed a Multi-disciplinary Pain Management Programme.</li> <li>• Patient declines.</li> <li>• Patients expecting a 'cure' from attending the Pain Management Programme.</li> <li>• Patients experiencing significant mental health difficulties and/or cognitive impairment preventing active participation in the Programme.</li> <li>• Patients with disability/medical condition that precludes active involvement in the Programme i.e. severe angina.</li> </ul> Acceptance criteria includes: <ul style="list-style-type: none"> <li>• Usual referral acceptance criteria to include demographic details,</li> </ul>	

	<p>diagnosis, investigations and results, medications, past medical history, red/yellow flags.</p> <ul style="list-style-type: none"> <li>• Potential participants will include those with chronic pain that has been fully investigated and persists despite appropriate interventions.</li> <li>• Potential participants will include those with persistent pain causing significant disability and/or distress and have recoverable loss of function.</li> <li>• Prospective participant must be willing to attend and actively participate in all sessions.</li> <li>• Prospective participant must have clear goals that they want to achieve from participating in the Programme.</li> <li>• Is willing to participate as part of a group.</li> </ul> <p>Please note that patients with active inflammatory conditions such as rheumatoid arthritis may be more appropriately managed within the Arthritis Care Programmes and should be referred accordingly</p> <p>Acceptance onto the Programme is dependent on initial assessment.</p>	
Number and profession of team members delivering the programme.	<p>Consultant Anaesthetist = 2 sessions per programme  Clinical Psychologist/Assistant Psychologist, Senior Physiotherapist, Lead Occupational Therapist</p>	
Other e.g. Specialised services for adolescents	-	
Summary of programme content	<p>Understanding the mechanism of long term pain. Benefits of exercise and fitness. Self-paced graded exercise programme. Spinal/back anatomy and posture. Goal-setting and pacing activity. Coping skills for activities of daily living. The role of medication in chronic pain. Techniques to improve sleep. Healthy eating. Stress management. Overcoming depression. Returning to work and leisure. Relaxation training</p>	
PCTS served / catchment area	<p>While the PMP in BHSCT accepts patients from throughout NI. However it currently only has local status.</p>	
How frequently is your service audited? When was it last audited?	<p>Every programme is audited  Last presentation to the team</p>	
Do you regularly carry out clinical research?	No	
Do you use the HRG code for PMPs ?	No	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

3) South Eastern Health and Social Care Trust

Information required	Details	Additional notes
Name of programme	Living Well With Pain	
Name of Provider	South Eastern Health and Social Care Trust	
Full Postal Address	Chronic Pain Department, Ulster Hospital, Upper Newtownards Road, Dundonald, BT16 1RH	
Contact details: 1. Phone 2. Website	028 90561340 <a href="http://www.setrust.hscni.net/index.html">http://www.setrust.hscni.net/index.html</a>	
Duration of programme/s (hours/weeks)	3 hours x 8 weeks	
Number of places available on each programme	14	
Number of programmes per annum	-	
Key inclusion/exclusion criteria	Investigations completed, patient consent for referral, pain primary presenting problem, willing to attend group intervention	
Number and profession of team members delivering the programme.	3 staff: Clinical Psychologist, Physiotherapist and Pain Consultant	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	An ACT based Pain Management Program	
PCTS served / catchment area	South Eastern Health and Social Care Trust	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	Regular evaluation of PMP outcomes	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, as much as possible given limited resources.	

Avon

4) University Hospital Bristol NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	UH Bristol NHS Trust	
Full Postal Address	St Michael's Hospital, Southwell Street, Bristol BS2 8EG	
Contact details: 1. Phone 2. Email 3. Website	Phone 0117 3425091 Email: <a href="mailto:Rachel.goodwin@uhbristol.nhs.uk">Rachel.goodwin@uhbristol.nhs.uk</a> <a href="http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/st-michaels-hospital/what-we-do/pain-management/">http://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/st-michaels-hospital/what-we-do/pain-management/</a>	
Duration of programme/s (hours/weeks)	3hrs 15 minutes – 8 week programme	
Number of places available on each programme	Between 8 and 16	
Number of programmes per annum	2.5	
Key inclusion/exclusion criteria	Continuing pain, treatable pathology excluded	
Number and profession of team members delivering the programme.	1 x Clinical Psychologist 1 x Specialist Physiotherapist 1 x Specialist Nurse (+ input from pain consultant and programme graduate)	
Other e.g. Specialised services for adolescents / older adults	N/A	
Summary of programme content	CBT/Mindfulness biopsychosocial programme, incl. exercise, relaxation, understanding chronic pain, thoughts and feelings, loss and moving on, communication, perfectionism and self esteem etc.	
PCTS served / catchment area	Central and south Bristol, WSM	
How frequently is your service audited? When was it last audited?	Continuous patient satisfaction audit	
Do you regularly carry out clinical research? Please provide details	No	
Do you use the HRG code for Pain Management Programmes?	Unsure	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

Berkshire

5) Heatherwood and Wexham Park Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Heatherwood and Wexham Park Hospitals NHS Trust	
Full Postal Address	Pain Clinic, Wexham Park Hospital, Wexham Street, Slough. SL2 4HL	
Contact details: 1. Phone	01753 634438	
Duration of programme/s (hours/weeks)	8 weeks. Each session lasts for 3.5 hours	
Number of places available on each programme	20	
Number of programmes per annum	3-4	
Key inclusion/exclusion criteria	Assessment by consultant	
Number and profession of team members delivering the programme.	5 team members: psychologist, consultant, pain nurse, physiotherapist and administration support	
Other e.g. Specialised services for adolescents / older adults	Spinal Cord Stimulation Dorsal Root Ganglion Stimultaion	
Summary of programme content	-	
PCTS served / catchment area	Berkshire, Buckinghamshire	
How frequently is your service audited? When was it last audited?	Last Audit April 2013 Audit performed at end of each programme	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes, code always used	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, Used to redesign and redevelop programme	

**Bristol**

6) North Bristol NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme: we have a stratified service matching treatment intensity to level of need, with three kinds of group programme or 1:1 intervention. There is also an interface with the Chronic Fatigue Syndrome/ME service (which is also based in this hospital) for service users who may be at the boundary between the two.	
Name of Provider	North Bristol NHS Trust	
Full Postal Address	Ward 22, Frenchay Hospital, Bristol BS16 1LE	
Contact details: 1. Phone 2. Email 3. Website	0117 340 3890 <a href="mailto:painmanagementcentre@nbt.nhs.uk">painmanagementcentre@nbt.nhs.uk</a> <a href="http://www.nbt.nhs.uk/our-services/a-z-services/pain-management-centre">http://www.nbt.nhs.uk/our-services/a-z-services/pain-management-centre</a>	
Duration of programme/s (hours/weeks)	Dependent on which of the four intervention pathways is appropriate.	
Number of places available on each programme	Up to 14, dependent on course	
Number of programmes per annum	33	
Key inclusion/exclusion criteria	Pain >6 months, non-inflammatory, main medical interventions/investigations complete.	
Number and profession of team members delivering the programme.	Psychologist x 9      Occupational therapist x 4 Physiotherapist x 5      Pool of Lay tutors	
Other e.g. Specialised services for adolescents / older adults	Some courses may be client or condition-specific, but this varies according to demand.	
Summary of programme content	Follows British Pain Society Guidelines.	
PCTS served / catchment area	Reverted to Clinical Commissioning Groups	
How frequently is your service audited? When was it last audited?	Audit is ongoing	
Do you regularly carry out clinical research? Please provide details	Yes, details on enquiry	
Do you use the HRG code for Pain Management Programmes?	Not at present	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

Buckinghamshire

7) Buckinghamshire Healthcare NHS Trust (See Not Updated for 2013 Section at end of Document)

8) Milton Keynes Hospital NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Unit	
Full Postal Address	Milton Keynes Hospital NHS Foundation Trust	PMP is not held at the hospital, but at a community venue
Contact details: 1. Phone 2. Email	01908 826805 Pain.clinic@mkhospital.nhs.uk	
Duration of programme/s (hours/weeks)	36 hours	
Number of places available on each programme	12	
Number of programmes per annum	6	
Key inclusion/exclusion criteria	Must be able to get to the venue	
Number and profession of team members delivering the programme.	Health Psychologist Nurse Physiotherapist/ Exercise Therapist	Guest speakers include – disability employment advisors, citizen’s advice bureau
Other e.g. Specialised services for adolescents / older adults	Support Group for those people who have completed the PMP	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	-	

Cambridgeshire

9) Addenbrooke's Hospital

Information required	Details	Additional notes
Name of programme	Cambridge pain management programme	Commenced April 2013
Name of Provider	Addenbrooke's hospital	
Full Postal Address	Pain clinic Box 215 Addenbrooke's hospital Hills Road Cambridge CB2 0QQ	
Contact details: 1. Phone	01223 596476	
Duration of programme/s (hours/weeks)	90 hours / 3 weeks Follow-up days at one month, six months and one year	
Number of places available on each programme	8	
Number of programmes per annum	6	
Key inclusion/exclusion criteria	<p>People with chronic pain of duration more than three months can participate in the programme. Referrals are via the pain clinic pathway. These inclusion and exclusion criteria are used</p> <p>Inclusion :</p> <ul style="list-style-type: none"> <li>• All investigations and pain related consultations completed</li> <li>• All injections completed</li> <li>• Medication trials completed</li> <li>• Independence in self-care</li> <li>• Loss of physical function that may be regained</li> <li>• Psychological distress</li> <li>• Willingness to contribute to a group</li> <li>• Physical fitness to take part in rehabilitation and without major health condition</li> <li>• No primary psychological problems (this should either be treated or resolved before taking part, where they may affect ability to make gains from the programme)</li> <li>• No drug or substance misuse</li> <li>• Willingness to risk loss of benefits</li> </ul>	



	<p>Exclusion :</p> <ul style="list-style-type: none"> <li>• Active suicide risk</li> <li>• Active psychosis</li> <li>• Patient diagnosed with a primary psychiatric illness or disorder that may predict disruption of treatment for themselves or others</li> </ul>	
Number and profession of team members delivering the programme.	<p>1 clinical psychologist  1 physiotherapist  1 occupational therapist  1 nurse  Session input from consultant in pain medicine</p>	
Other e.g. Specialised services for adolescents / older adults	N/A	
Summary of programme content	<p>Cognitive behavioural strategies for self-management of chronic pain conditions. Patients are provided with information about chronic pain mechanisms and processes. Patients are encouraged to define health and well-being for themselves, in the context of living with chronic pain. They are taught skills in pain management and have opportunity to practice these. Skills include: individualised goal setting; pacing; graded exercise; activity management; relaxation and awareness techniques; graded exposure and communication skills. Cognitive methods introduced include identifying &amp; addressing unhelpful thoughts, use of behavioural experiments and cognitive restructuring techniques. Patients can invite two of their friends or family to participate in a day of the programme.</p>	
PCTS served / catchment area	Cambridgeshire	
How frequently is your service audited? When was it last audited?	Planned, annual	
Do you regularly carry out clinical research? Please provide details	Trainee clinical psychologist completed doctoral dissertation project this year	
Do you know what the HRG code for PMPs is?	Yes, this was referred to in commissioning the programme	
Are you aware of the BPS PMP Guidelines?	Yes, these were referred to in commissioning the programme	

### [Cheshire](#)

10) East Cheshire NHS Trust (See Not Updated for 2013 Section at end of Document)

Conwy

11) Betsi Cadwaladr University Health Board

Information required	Details	Additional notes
Name of programme	BCUHB Pain Management Service (Central) PMP	
Name of Provider	Betsi Cadwaladr University Health Board	
Full Postal Address	Abergele Hospital Llanfair Road Abergele, Conwy, LL22 8DP	
Contact details: 1. Phone 2. Email	01745 448395 Donna MaGuire@wales.nhs.uk	
Duration of programme/s (hours/weeks)	Six hours, one day per week for eight weeks.	
Number of places available on each programme	Twelve	
Number of programmes per annum	Four to five	
Key inclusion/exclusion criteria	As per BPS Guidelines (2006) Patients opt in after PMP Information session	
Number and profession of team members delivering the programme.	Three. One each; clinical psychology, specialist nurse, physiotherapist	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Psycho-education, Exercise and activity, pacing and diary monitoring, relaxation and mindfulness	
PCTS served / catchment area	North Wales Central	
How frequently is your service audited? When it was last audited?	Ongoing data collection Last collated into a service report January 2012	
Do you regularly carry out clinical research? Please provide details	Not at present	
Do you know what the HRG code for PMP is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

Derbyshire

12) Derby Hospitals Foundation Trust, in partnership with Derby Healthcare (MH) Trust

Information required	Details	Additional notes
Name of programme	The Pain Management Programme	
Name of Provider	Derby Hospitals Foundation Trust, in partnership with Derby Healthcare (MH) Trust	
Full Postal Address	Pain Management Department, Royal Derby Hospital, Uttoxeter Road, Derby. DE22 3NE	
Contact details: 1. Phone 2. Email 3. Website	PMP secretary/administrator: 01332 786086 tina.teesalu-bate@nhs.net www.derbyhospitals.nhs.uk	
Duration of programme/s (hours/weeks)	2 x 3 hours per week for 5 weeks (30 hours)	
Number of places available on each programme	>15	
Number of programmes per annum	4-5	
Key inclusion/exclusion criteria	Evidence of acceptance of and adjustment to chronicity of pain. Motivation to develop responsibility and self-management ethos. Commitment to attending all sessions Exclusion criteria: health issues that may limit ability to complete PMP. Potentially current Psychiatric disorders or Psychosocial factors that may prevent readiness for change or obtain most from PMP. Timing of PMP may not be suitable due to personal/physical/psychosocial factors.	An Agreement form is signed prior to commencing PMP
Number and profession of team members delivering the programme.	1 x Nurse Specialist. 1 x Physiotherapist 1 x Clinical Psychologist. Regular visiting observers ( Health Professionals )	
Other e.g. Specialised services for adolescents	All adults with persistent pain conditions	
Summary of programme content	Cognitive behavioural self management ethos with ACT approach on acceptance and adjustment and value-based goal setting	
PCTS served / catchment area	Derby City and County, East Staffordshire	
How frequently is your service audited?	Being audited continuously internally. Currently by Derby University also	
Do you regularly carry out clinical research?	No	
Do you use the HRG code for PMPs?	Unsure	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

Devon

13) Bideford Hospital

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Persistent Pain Service	
Full Postal Address	Persistent Pain Service, Bideford Hospital, Bideford, Devon, EX39 3AG	
Contact details: 1. Phone 2. Email 3. Website	01237 420277/01271 311565 <a href="mailto:matthewlund@nhs.net">matthewlund@nhs.net</a> <a href="http://www.northdevonhealth.nhs.uk/persistent-pain-team/">http://www.northdevonhealth.nhs.uk/persistent-pain-team/</a>	
Duration of programme/s (hours/weeks)	8 consecutive weeks, 3 hours each session	
Number of places available on each programme	12-15	
Number of programmes per annum	4	
Key inclusion/exclusion criteria	<p>Inclusion</p> <ul style="list-style-type: none"> <li>• Patients who have followed appropriate analgesic ladder and referrer is on the point of using opioids.</li> <li>• Primary complaint of pain &gt; 3 MONTHS.</li> <li>• No curative medical interventions.</li> <li>• &gt;16 years of age.</li> <li>• Medically stable.</li> </ul> <p>Willingness and ability to participate in Self Management</p> <p>Exclusion</p> <ul style="list-style-type: none"> <li>• Medically unstable including red flag pathology</li> <li>• Pain problems possibly related to treatable pathology that has not been adequately assessed e.g. abdominal pain or pelvic pain</li> <li>• Intractable headaches</li> <li>• Suspected but undiagnosed rheumatological conditions Pain related to active cancer signpost to palliative care.</li> <li>• Significant mental health problems</li> <li>• Person has an active primary drug or alcohol problem.</li> <li>• Chronic fatigue</li> <li>• Patients who have not followed appropriate analgesic ladder</li> <li>• Person still seeking a cure or further investigations for their</li> </ul>	

	pain and unlikely or unwilling to accept pain management coping strategies (Medically Unexplained Symptoms)	
Number and profession of team members delivering the programme.	2x physio 1x OT 1X psychologist (Not all present at all of the sessions)	
Other e.g. Specialised services for adolescents / older adults	None locally	
Summary of programme content	8 sessions Explain pain, the stress response, effects of pain and activity cycling Values Goal Setting Relaxation CBT Addressing the stress response Sleep Exercise and movement Medication Use of aids/illness behaviour Flare up management Session led by a patient who has previously attended the PMP or PP	
PCTS served / catchment area	Northern Devon Healthcare Trust	
How frequently is your service audited? When was it last audited?	Just started a new programme so has just been audited. Results regarding satisfaction demonstrate high levels of satisfaction compared to the previous programme, much better attendance and completion rates. Also change in the measurement of outcome now using PSEQ scores not yet calculated	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes Yes	

14) Plymouth Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Plymouth Pain Management Programme	
Name of Provider	Plymouth Hospitals NHS Trust	
Full Postal Address	Plymouth Pain Management Centre, Marlborough Level 10, Derriford Hospital, Derriford PL6 8DH	
Contact details: 1. Phone 2. Email 3. Website	01752 437707 <a href="http://www.plymouthhospitals.nhs.uk/ourservices/clinicaldepartments/pain/Pages/Home.aspx">http://www.plymouthhospitals.nhs.uk/ourservices/clinicaldepartments/pain/Pages/Home.aspx</a>	
Duration of programme/s (hours/weeks)	3 hours twice per week for 7 weeks = 42 hours	
Number of places available on each programme	12	
Number of programmes per annum	6 – 8	
Key inclusion/exclusion criteria	As per Main Spanswick and Watson PMP text and BPS guidelines	
Number and profession of team members delivering the programme.	2 Physio 1 Clin Psychologist 1 Clin Spec Nurse	Time split
Other e.g. Specialised services for adolescents / older adults	FMS specific programme	
Summary of programme content	As BPS guidelines and EBP literature	
PCTS served / catchment area	Broad Plymouth area with some from Cornwall	
How frequently is your service audited? When was it last audited?	Periodically 2010	
Do you regularly carry out clinical research? Please provide details	Yes Various	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes but still waiting for the update, due this Sept 2013	

15) Royal Devon and Exeter Hospital

Information required	Details	Additional notes
Name of programme	Exeter Pain Management Programme	
Name of Provider	Royal Devon and Exeter Hospital	(psychologist employed by Devon Partnership Trust)
Full Postal Address	Royal Devon and Exeter Hospital (Heavitree) Gladstone Road Exeter EX1 2ED	
Contact details: 1. Phone 2. Email 3. Website	1. 01392 405 018 2. <a href="mailto:dcrix@nhs.net">dcrix@nhs.net</a> , <a href="mailto:donna.batten@nhs.net">donna.batten@nhs.net</a> 3. <a href="http://www.rdehospital.nhs.uk/patients/services/pain_management/default.html">http://www.rdehospital.nhs.uk/patients/services/pain_management/default.html</a>	
Duration of programme/s (hours/weeks)	Pain Management Programme – 6 weeks (meets 2x weekly for 3 hours) Fibromyalgia Pain Management Programme – 8 weeks (meets 1x weekly for 3 hours )	
Number of places available on each programme	12	
Number of programmes per annum	3 PMP 2 FPMP	
Key inclusion/exclusion criteria	PMP patients are assessed jointly by OT or Psychologist and Physiotherapist to determine the most appropriate intervention. Patients with fibromyalgia assessed for suitability by the OT. <ul style="list-style-type: none"> <li>- Must be open to self management approach</li> <li>- If requires further medical intervention or alternative treatment first (e.g. a mental health support) then would not be eligible for a group programme</li> <li>- Would tend to make sure that the patient is offered the least intensive treatment needed to support them to move forward (i.e. if only needs physio/OT/psychology would provide a uni-disciplinary approach)</li> <li>- Patients with neurodegenerative condition as the cause of their pain are not eligible</li> </ul>	
Number and profession of team members delivering the programme.	1 x Occupational Therapist 1 x Physiotherapist 1 x Psychologist - In each session only two of the above therapists are present	
Other e.g. Specialised services for adolescents / older adults	N/A	
Summary of programme content	Exercise including intro. to Tai Chi	

	<p>Information about mechanisms of persistent pain</p> <p>Compassionate Mind Model- managing distressing thoughts and feelings</p> <p>Relaxation &amp; introduction to mindfulness</p> <p>Goal Setting</p> <p>Sleep strategies</p> <p>Work/volunteering advice</p> <p>Improving communication</p> <p>Friends and family session</p> <p>Flare up management</p>	
PCTS served / catchment area	Exeter, East and Mid Devon	
Do you regularly carry out clinical research? Please provide details	Partial – we support research within the department. At the moment we are supporting a research project investigating the experience of validation/invalidation within a Pain Management Consultant Appointment	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes – These inform the content and structure of the programme however we have adapted it locally based on practice based evidence and are also trialling the use of the Compassionate Mind Therapy Model	



16) South Devon Health Care Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	South Devon Health Care Foundation Trust	
Full Postal Address	Pain Management Offices, Chapel Corridor, Level 4, Torbay Hospital, Torquay. TQ27AA	
Contact details: 1. Phone 2. Email 3. Website	1) 01803 654590 2) <a href="mailto:rebecca.chasey@nhs.net">rebecca.chasey@nhs.net</a> ; <a href="mailto:steve.stewart@nhs.net">steve.stewart@nhs.net</a> ; <a href="mailto:linda.knott@nhs.net">linda.knott@nhs.net</a> 3) <a href="http://www.sdhct.nhs.uk/aboutus/services/painservice">www.sdhct.nhs.uk/aboutus/services/painservice</a>	
Duration of programme/s (hours/weeks)	5 hours a day once a week for 10 weeks	
Number of places available on each programme	Up to 10	
Number of programmes per annum	3	
Key inclusion/exclusion criteria	<p><u>PMP Referral Questions</u></p> <ul style="list-style-type: none"> <li>• Does the patient require an <u>intensive</u> and <u>combined</u> approach involving both psychology and physiotherapy?</li> <li>• Does the patient feel able to work in a group (of approximately 8-10 patients)?</li> <li>• Is the patient able to logistically attend and commit to a 10-week programme at Torquay Museum on Tuesdays from 9.30am-2.30pm?</li> <li>• Is the patient <i>relatively</i> satisfied that no further medical investigations or interventions are required at the present time?</li> <li>• Is the patient's medication regime <i>relatively</i> stable? (N.B. plans to change pain medication is not in itself an exclusion criterion, but the reasons behind this may require consideration e.g. if the patient believes changes to their medication will take away their pain, and would be an easier option than engaging with an intensive group programme).</li> <li>• Is the patient <i>relatively</i> satisfied with the explanations they have been given regarding their pain condition?</li> <li>• Are you <i>relatively</i> satisfied that there are no major psychological or social issues that need addressing in the first instance?</li> </ul>	

	<ul style="list-style-type: none"> <li>• Is the patient aware that the programme requires active participation and practice of both emotional management skills and a regular exercise schedule?</li> <li>• Is the patient demonstrating motivation to explore alternative ways of managing their pain? (This may be demonstrated by active listening, asking appropriate questions, reflecting on information provided and on their difficulties and concerns, responding to clinician feedback)</li> <li>• Exclusion criteria: people under 18, active treatment for inflammatory disease, known neurological conditions e.g. MS, post-stroke pain,</li> </ul> <p>If the answer to all of the above questions is 'yes', please provide the patient with a PMP leaflet and refer for a PMP Assessment. Please use these questions as a guide to assist with decision making. We recognise that it may not be possible to ascertain the answers to all questions prior to referral.</p>	
<p>Number and profession of team members delivering the programme.</p>	<p>Primarily Lead by One Clinical Psychologist and one specialist pain physiotherapist. Also significant input to programme from exercise instructor, pain consultant, trainee clinical psychologists and band 6 physiotherapists, representatives from community groups and agencies and expert patient.</p>	
<p>Other e.g. Specialised services for adolescents / older adults</p>	<ol style="list-style-type: none"> <li>1) We also run a specific group for patients needing only pain psychology input (Coping Skills Group) – which is run by two clinical psychologists as above over 8 weeks for two and a half hours a week.</li> <li>2) We have a well established Springback programme which is primarily led by pain physiotherapy with input from pain psychology and exercise coordinator – aimed at less distressed people more able to utilise self management approaches without intense levels of facilitation. This runs for two hours a week over 9 weeks.</li> <li>3) We offer individually tailored packages of therapy on a 1:1 level in both pain physiotherapy and pain psychology. This includes specific input and liaison with paediatric services which our Team is developing. We are developing services</li> </ol>	

	specific to the needs of older adults.	
Summary of programme content	Integrated psychology and physiotherapy. The current programme draws on ACT, supporting patients to work towards values-based goals and increase psychological flexibility. Also incorporates aspects of Compassion Focused Therapy. Specific sessions on explaining pain, managing sleep, different approaches to exercise and activity and managing anxiety, low mood, anger etc. Regular use of mindfulness. Also include a 'family day' (Week 8 of 10) where patients are invited to bring a family member, and a 'community day' (week 9) where we invite external speakers from local agencies (e.g. adult education, dietician etc)	We utilise CBT principles and also incorporate aspects of ACT and CFT, with Mindfulness where appropriate.
PCTS served / catchment area	Primarily South Devon Clinical Commissioning Group though patients may be referred through established Map of Medicine Pathways from other localities.	
How frequently is your service audited? When was it last audited?	We conduct our own internal service evaluations on a regular basis.	
Do you regularly carry out clinical research? Please provide details	Within the severe constraints of clinical pressures we do conduct some research.	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes, I have asked our business manager and finance dept to look into this.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes we are aware of them. Yes we apply them.	

### Durham

17) University Hospital North Durham (See Not Updated for 2013 Section at end of Document)

East Sussex

18) Conquest Hospital

Information required	Details	Additional notes
Name of programme	East Sussex Healthcare Pain Management Service	
Name of Provider	Conquest Hospital (East Sussex Healthcare NHS Trust)	
Full Postal Address	The Ridge St Leonards-on-Sea East Sussex, TN37 7RD	
Contact details: 1. Phone 2. Email 3. Website	01323 435 754 <a href="mailto:Monika.tuite@sussexpartnership.nhs.uk">Monika.tuite@sussexpartnership.nhs.uk</a> n/a	
Duration of programme/s (hours/weeks)	10 sessions of 3 hours each, either across 5 weeks (2x weekly) or 10 weeks (weekly)	
Number of places available on each programme	96 12 places per PMP We also run Fibromyalgia Management Programmes (FMPs) with 10 places on each	
Number of programmes per annum	8 PMPs per year (4 on each site; Conquest Hospital & EDGH – see entry above) + 3 FMPs per year (1 on each site + 1 cross-site)	
Key inclusion/exclusion criteria	Inclusion criteria <ul style="list-style-type: none"> <li>• The presence of persistent pain causing significant disability and / or distress</li> <li>• The patient is able to communicate (using a translator if need be)</li> <li>• The patient is willing to participate and prioritise attendance to sessions.</li> <li>• Physical symptoms have been investigated fully (treatable injury or disease addressed / ruled out). However, presence of an ongoing disease under management eg. Cancer, arthritis is not an exclusion factor.</li> </ul> Exclusion criteria <ul style="list-style-type: none"> <li>• There is active psychosis / cognitive impairment severe enough to prevent participation</li> </ul>	

	<ul style="list-style-type: none"> <li>• The patient is physically too unwell / disabled to cope with an outpatient setting (use of a wheelchair/scooter does not preclude participation in a group)</li> <li>• Communication difficulties which cannot be addressed and preclude ability to participate</li> <li>• Primary drug / alcohol problem</li> </ul>	
Number and profession of team members delivering the programme.	Psychologist Physiotherapist Nurse Specialist	
Other e.g. Specialised services for adolescents / older adults	Fibromyalgia Management Programmes are offered as an alternative to PMPs where appropriate.	
Summary of programme content	We base the programme content on the BPS guidelines.	
PCTS served / catchment area	East Sussex	
How frequently is your service audited? When was it last audited?	We write an annual report which incorporates audit of outcomes. We also complete other audit where appropriate, e.g we have recently completed an audit of our compliance with NICE guidance for depression in physical health.	
Do you regularly carry out clinical research? Please provide details	Yes, the psychologists in our service supervise doctoral research on a regular basis, the current rx studies are looking at relational factors and mentalising in fibromyalgia patients	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, we use these as a basis for our PMPs	

19) Eastbourne District General Hospital

Information required	Details	Additional notes
Name of programme	East Sussex Healthcare Pain Management Service	
Name of Provider	Eastbourne District General Hospital (East Sussex Healthcare NHS Trust)	
Full Postal Address	EDGH Kings Drive Eastbourne BN21 2UD	
Contact details: 1. Phone 2. Email	01323 435 754 <a href="mailto:Monika.tuite@sussexpartnership.nhs.uk">Monika.tuite@sussexpartnership.nhs.uk</a>	
Duration of programme/s (hours/weeks)	10 sessions of 3 hours each, either across 5 weeks (2x weekly) or 10 weeks (weekly)	
Number of places available on each programme	96 12 places per PMP We also run Fibromyalgia Management Programmes (FMPs) with 10 places on each	
Number of programmes per annum	8 PMPs per year (4 on each site; EDGH & Conquest Hospital – see entry below) + 3 FMPs per year (1 on each site + 1 cross-site)	
Key inclusion/exclusion criteria	<p>Inclusion criteria</p> <ul style="list-style-type: none"> <li>• The presence of persistent pain causing significant disability and / or distress</li> <li>• The patient is able to communicate (using a translator if need be)</li> <li>• The patient is willing to participate and prioritise attendance to sessions.</li> <li>• Physical symptoms have been investigated fully (treatable injury or disease addressed / ruled out). However, presence of an ongoing disease under management eg. Cancer, arthritis is not an exclusion factor.</li> </ul> <p>Exclusion criteria</p> <ul style="list-style-type: none"> <li>• There is active psychosis / cognitive impairment severe enough to prevent participation</li> <li>• The patient is physically too unwell / disabled to cope with an outpatient setting (use of a wheelchair/scooter does not preclude</li> </ul>	

	participation in a group) <ul style="list-style-type: none"> <li>• Communication difficulties which cannot be addressed and preclude ability to participate</li> <li>• Primary drug / alcohol problem</li> </ul>	
Number and profession of team members delivering the programme.	Psychologist Physiotherapist Occupational Therapist	
Other e.g. Specialised services for adolescents / older adults	Fibromyalgia Management Programmes are offered as an alternative to PMPs where appropriate.	
Summary of programme content	We base the programme content on the BPS guidelines.	
PCTS served / catchment area	East Sussex	
How frequently is your service audited? When was it last audited?	We write an annual report which incorporates audit of outcomes. We also complete other audit where appropriate, e.g we have recently completed an audit of our compliance with NICE guidance for depression in physical health.	
Do you regularly carry out clinical research? Please provide details	Yes, the psychologists in our service supervise doctoral research on a regular basis, the current rx studies are looking at relational factors and mentalising in fibromyalgia patients	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, we use these as a basis for our PMPs	

**N.B: There was one for East Sussex Healthcare Pain Management Service. They were based at separate locations so have been listed separately.**

20) Pain Management Solutions (Horder Healthcare)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Horder Healthcare, Wartling Road, Eastbourne, East Sussex, BN22 7PF	
Contact details: 1. Phone 2. Email 3. Website	0800 0340406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Monday mornings	
Number of places available on each programme	16	
Number of programmes per annum	7 dependant on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team including senior pain physiotherapist, pain psychologist, nurse consultant	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only. We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP) through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's) nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low	



	back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self-management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	Primarily CCG but open to any other patient through patient choice if agreed as a non-contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

Essex

21) Basildon and Thurrock University Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Basildon and Thurrock University Hospitals NHS Foundation Trust	
Full Postal Address	Rowley Road, Orsett Essex RM16 3EU	
Contact details: 1. Phone 2. Email	01268 592212 <a href="mailto:Kim.macleod@btuh.nhs.uk">Kim.macleod@btuh.nhs.uk</a>	
Duration of programme/s (hours/weeks)	6 ½ weeks, one day a week from 10.00 4.00pm	
Number of places available on each programme	8	
Number of programmes per annum	6-7	
Key inclusion/exclusion criteria	Inclusion: persistent pain. Exclusion: Severe depression or other mental health problem which may prevent engagement in the programme	
Number and profession of team members delivering the programme.	5 team members. Psychologist, nurse specialist, 2 physiotherapists and one physiotherapy assistant	
Other e.g. Specialised services for adolescents / older adults	No	
Summary of programme content	Understanding pain – the science, psychology (CBT including mindfulness and acceptance and commitment therapy) , stretching, exercise sessions, various physio talks including posture, strength/stamina, pacing, medication/counterstimulation, goals/values, relaxation sessions	
PCTS served / catchment area	South West Essex	
How frequently is your service audited? When was it last audited?	We have the information to audit but have not done so for few years. This is likely to change in the near future	
Do you regularly carry out clinical research? Please provide details	Yes	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

22) Colchester Hospital University NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Colchester Hospital University NHS Foundation Trust	
Full Postal Address	Pain Management Department Admin Block South Colchester General Hospital Turner Road Colchester, Essex, CO4 5JL	
Contact details: 1. Phone 2. Email	01206 742378 Tara.kipling@colchesterhospital.nhs.uk	
Duration of programme/s (hours/weeks)	8 week course, 3hours per session. 1 pre measure, 2 post measure and monthly support meetings	
Number of places available on each programme	14	
Number of programmes per annum	2	
Key inclusion/exclusion criteria	Exclusion: migraine, non speaking English	
Number and profession of team members delivering the programme.	4 on the course with guest speakers from the pain department	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Standard delivery less CBT more CCBT and mindfulness	
PCTS served / catchment area	Essex	
How frequently is your service audited? When was it last audited?	Not sure. Do not audit but the PMP is always evaluated and there is a rolling piece of research on this.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

23) Mid-Essex Hospitals NHS Trust Broomfield Hospital

Information required	Details	Additional notes
Name of programme	Mid-Essex Hospitals NHS Trust Pain Management Programme (PMP)	
Name of Provider	Mid- Essex Hospitals NHS Trust Broomfield Hospital	
Full Postal Address	Pain Service B241, South Wing, Broomfield Hospital Court Road, Broomfield, Chelmsford, Essex CM1 7ET	
Contact details: 1. Phone 2. Email 3. Website	Dr Carol McCartney, Lead Consultant. Lynne Mustard, Lead Nurse 1. 01245 515274 2. <a href="mailto:pain.service@meht.nhs.uk">pain.service@meht.nhs.uk</a> 3. <a href="http://www.meht.nhs.uk">www.meht.nhs.uk</a>	
Duration of programme/s (hours/weeks)	2 days a week for 4 weeks, plus one follow-up day (9 days)	
Number of places available on each programme	8	
Number of programmes per annum	Minimum of 3, maximum 6	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• currently under MEHT Pain Clinic</li> <li>• not undergoing active treatment for condition</li> <li>• able to understand the concept of PMP and assessed as able to commit</li> </ul>	<b>Pain clinic patients are assessed as suitable for the PMP by the pain consultant, psychologist and physiotherapist</b>
Number and profession of team members delivering the programme.	Clinical Psychologist x1, Group Psychotherapist x1 Physiotherapist x1, Clinical Nurse Specialist x1 Consultant x1, Yoga therapist x1, Programme graduates x2	
Other e.g. Specialised services for adolescents	No	
Summary of programme content	Cognitive behavioural based pain management programme run by Psychologists, physiotherapists, pain consultant and nurse and yoga therapist with lectures, discussion groups, physical activities	
PCTS served / catchment area	Mid Essex PCT commissioned but it is also for South and West Essex	
How frequently is your service audited? When was it last audited?	We collect data on all programmes and have correlated this last 6 months to check outcomes. The whole service was audited by the PCT 1 year ago	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for PMP is?	The service is commissioned by block payment at present	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes. These were used as a basis for the development of the programme, and with the exception of occupational therapist involvement, are adhered to.	

24) Southend University Hospital NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Southend Hospital Pain Management Programme	
Name of Provider	Southend University Hospital NHS Foundation Trust	
Full Postal Address	Chronic Pain Service, Southend University Hospital NHS Foundation Trust, Prittlewell Chase, Westcliff-on-Sea, Essex SS0 0RY	
Contact details: 1. Phone 2. Email 3. Website	01702 385189 <a href="mailto:chronicpainenquiries@southend.nhs.uk">chronicpainenquiries@southend.nhs.uk</a> <a href="http://www.southend.nhs.uk">http://www.southend.nhs.uk</a>	Email address is inbox only
Duration of programme/s (hours/weeks)	Patients attend 2 x 6.5hours per week for 4 weeks (total 8 sessions = 52 hours)	Plus 3 x 2.5 hour follow-ups in the first year – 1 at 4-6 weeks after completion, 1 at 3 months after that, 1 at 6 months after that
Number of places available on each programme	6-8	Limited by room size
Number of programmes per annum	6-7	
Key inclusion/exclusion criteria	<p>Inclusion criteria:</p> <ol style="list-style-type: none"> <li>1. Benign intractable pain persisting for longer than 3 months</li> <li>2. Further medical intervention would not be beneficial</li> <li>3. Willingness to commit to programme content and philosophy</li> <li>4. Available for all 8 sessions</li> <li>5. No further pain consultant clinic appointments following commencement of the programme</li> </ol> <p>Exclusion criteria:</p> <ol style="list-style-type: none"> <li>1. Patients awaiting imminent surgery (other than spinal cord stimulator or intrathecal pump)</li> <li>2. Patients known to be taking elicit substances</li> <li>3. People exhibiting symptoms of, or receiving psychological or psychiatric intervention for major emotional disorders e.g. clinical depression, psychosis, PTSD</li> <li>4. People with severe learning disabilities</li> <li>5. People who need an interpreter to communicate</li> <li>6. People with uncontrolled epilepsy</li> </ol>	

Number and profession of team members delivering the programme.	1 x Counselling Psychologist 1 x Clinical Specialist Physiotherapist	When staffing levels permit, one Associate Chronic Pain Nurse is also involved
Other e.g. Specialised services for adolescents / older adults	Nil	
Summary of programme content	Mindfulness Based CBT Programme incorporating ACT and mindful meditation. Participants are encouraged to take part in a range of mindful exercises and varied forms of physical activity.	
PCTS served / catchment area	South Essex PCT	
How frequently is your service audited? When was it last audited?	Annually Last Audit Feb 2013	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No - we do not use an HRG code	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes & Yes	These guidelines are under review and some of our practise is guided by more up to date research

Fife

25) NHS Fife

Information required	Details	Additional notes
Name of programme	The Kingdom Pain Management Programme (KPMP)	
Name of Provider	NHS Fife, Scotland	
Full Postal Address	Pain Management Department Queen Margaret Hospital Whitefield Road Dunfermline Fife KY12 0SU	
Contact details: 1. Phone 2. Email	Dr Jackie Fearn Consultant Clinical Psychologist (01334) 696336 <a href="mailto:jackie.fearn@nhs.net">jackie.fearn@nhs.net</a>	
Duration of programme/s (hours/weeks)	We run two programmes simultaneously to accommodate patients as close to their home address as possible. Programmes are based at Whytemans Brae Hospital in Kirkcaldy Fife and Queen Margaret Hospital in Dunfermline Fife. Each programme is 11 sessions, plus a 3 month group follow-up session. Each programme session is 2 and a half hours in duration	
Number of places available on each programme	Whytemans Brae can accommodate a maximum of 8 patients. Queen Margaret can accommodate a maximum of 8 patients. These numbers are dictated by room size/ health and safety.	
Number of programmes per annum	We aim to run 4 programmes a year, but this can be dependent upon numbers of appropriate referrals received	
Key inclusion/exclusion criteria	Inclusion Criteria: <ol style="list-style-type: none"> <li>1. The patient is no longer seeking further investigations and opinions as to the diagnosis for their pain</li> <li>2. The patient is no longer seeking a cure/pain relief as their primary reason for attending pain clinic and understands that the pain is likely to be long term in nature</li> <li>3. The patient has significantly reduced coping, or psychological difficulties, which are as a result of persistent pain and these difficulties can be addressed in a group setting</li> </ol>	

	<ol style="list-style-type: none"> <li>4. The patient has significantly reduced activity and exercise levels, or complex physical needs, as a result of persistent pain and these difficulties can be addressed within a group setting</li> <li>5. The patient has significantly reduced quality of life and wishes to reconnect with more meaningful, vocational occupational activities</li> <li>6. The patient demonstrates a willingness/readiness to engage with a self management approach and can offer the commitment required to make long term changes</li> </ol> <p>Exclusion Criteria:</p> <ol style="list-style-type: none"> <li>1. The patient presents with complex psychological difficulties which require 1:1 intervention and cannot be addressed within a group setting.</li> <li>2. The patient presents with complex physical difficulties which cannot be addressed within a group setting</li> <li>3. The patient demonstrates no willingness/readiness to engage in a self management approach.</li> <li>4. The patient is still seeking investigations, or a diagnosis for their pain.</li> <li>5. The patient is still seeking a cure/pain relief options</li> </ol>	
Number and profession of team members delivering the programme.	<p>1 Pain Management Clinical Psychologist  1 Pain Management Physiotherapist  1 Pain Management Occupational Therapist</p>	
Other e.g. Specialised services for adolescents / older adults	We are an adult pain management service and take referrals for patient who are over the age of 18 years. We have no upper age limit	
Summary of programme content	<p>Session 1: Introduction to KPMP icebreaker, group rules, expectations; Impact of pain on life; Creative Purposeful Activity; Gym Tour  Session 2: Explanation of Neurophysiology of pain; Discussion about doing tasks in different positions; Introduction to Relaxation; Qi Gong moves  Session 3: Pacing and why it is important for chronic pain; Introduction to mind-body link; Explanation of Cognitive Behavioural Therapy model; Biomechanics and Position; Indoor Gardening/Other task  Session 4: Negative automatic thoughts, Unhelpful patterns of thinking; Pacing in action; Flexibility and stretching Introduction to values base goal setting: reconnecting with values</p>	



	<p>Session 5: How to challenge negative thoughts; Values and goals, the bulls eye worksheet; Balance and challenging it safely</p> <p>Session 6: Introduction to mindfulness meditation and acceptance and commitment therapy; value based goal setting; Problem solving for difficult household tasks and practical application of ideas</p> <p>Session 7: Discussion about pain and communication; Improving cardiovascular fitness; Achieving values and goals through activity</p> <p>Session 8: Strengthening; Working with thoughts using mindfulness and cognitive defusion techniques; 24-hour activity analysis; Further work on value-based goals.</p> <p>Session 9: Pain and Sleep; Developing a personal exercise plan; Healthy living</p> <p>Session 10: Post programme Community opportunities workshop; Planning for and managing pain flare-ups; Lifelong learning and vocational opportunities</p> <p>Session 11: Summary and quiz on KPMP content and skills learnt; Maintaining skills and keeping things going</p> <p>There are regular homework tasks and practice of skills learned in each session to be completed between sessions</p>	
PCTS served / catchment area	Our service accepts referrals for patients living anywhere in the county of Fife, Scotland.	
How frequently is your service audited? When was it last audited?	As a service we regularly conduct clinical audits related to referral rates, waiting times and efficiency of service offered.	
Do you regularly carry out clinical research? Please provide details	We regularly collect questionnaire data at assessment, pre- programme, post-programme and at 3 month follow up. Data we collect is summarised and outcomes collated and disseminated to the patient, the rest of the team and relevant managers in NHS Fife.	
Do you use the HRG code for Pain Management Programmes?	No	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

[Gloucestershire](#)

26) Gloucestershire Hospitals NHS Trust (Gloucester Pain Self-Management Service)

Information required	Details	Additional notes
Name of programme	Gloucestershire Pain Self-Management Service	
Name of Provider	Gloucestershire Hospitals NHS Trust	
Full Postal Address	Gloucestershire Pain Self Management Service, Beacon House, Gloucestershire Royal Hospital, Great Western Road, Gloucester, GL1 3NN	
Contact details: 1. Phone 2. Email	03004 228469 painmgtadmin@glos.nhs.uk	
Duration of programme/s (hours/weeks)	<ul style="list-style-type: none"> <li>• Introductory session 2 hours</li> <li>• PMP 8 sessions 2.5 hours each plus 1 follow up session 1.5 hours</li> <li>• Mindfulness programme 7 sessions 2.25 hours and 1 session 6.5 hours plus 1 follow up session 1.5 hours</li> <li>• People are also seen individually</li> </ul>	
Number of places available on each programme	15	
Number of programmes per annum	16	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• Over 18 years</li> <li>• Chronic benign pain 6 months or more</li> <li>• Any pain location</li> <li>• Appropriately investigated</li> <li>• Treatment underway or complete</li> <li>• Person open to a self management approach</li> </ul>	
Number and profession of team members delivering the programme.	1 full time and 3 part time psychologists 3 part time physiotherapists 1 part time OT 2 Part time nurses 2 part time admin staff	
Other e.g. Specialised services for adolescents / older adults	No local service for children/ adolescents. Older adults seen within adult service.	
Summary of programme content	PMP CBT based includes exercise, relaxation, communication, medication management, goal setting, pacing.	

	MFN programme includes mindfulness meditation and mindful movement.	
PCTS served / catchment area	Gloucestershire and Herefordshire and out of county referrals	
How frequently is your service audited? When was it last audited?	On-going outcomes recorded. Yearly audit	
Do you regularly carry out clinical research? Please provide details	On-going programme with clinical research most recent Pain Plan and sleep.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes we know what the HRG code is and we use it.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	We are aware of the BPS PMP guidelines and they are used as the basis for our programme.	

**N.B: Gloucester & Herefordshire Pain Management Services were submitted as one service but were separated as they are delivered in different locations.**

Greater Manchester

27) Breathworks CIC

Information required	Details	Additional notes
Name of programme	Mindfulness for Health	A course teaching mindfulness skills for the self-management of chronic pain or ill-health.
Name of Provider	Breathworks CIC	
Full Postal Address	Breathworks CIC 16-20 Turner St Manchester M4 1DZ	Programmes are also provided across the UK by our network of accredited trainers
Contact details: 1. Phone 2. Email 3. Website	T: 0161 834 1110 info@breathworks.co.uk <a href="http://www.breathworks-mindfulness.org.uk">www.breathworks-mindfulness.org.uk</a>	
Duration of programme/s (hours/weeks)	8 week programme, 2.5 hour session per week.	Follow-on consolidation sessions also offered, as well invitation to join a peer support community, etc.
Number of places available on each programme	12-15.	
Number of programmes per annum	Our trainers around the UK provide approx 50 courses p.a.	
Key inclusion/exclusion criteria	The Mindfulness for Health programme is for anyone managing a chronic pain or ill health condition. The course works alongside participants' standard medical treatment to assist them in managing the challenges of their condition.	
Number and profession of team members delivering the programme.	Programmes are led by one or two accredited mindfulness teachers.	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	A comprehensive programme of mindfulness practices for the self-management of pain. These include conceptual approaches, mindfulness and compassion meditations, a mindful movement programme, and pacing.	
PCTS served / catchment area	Our network of accredited trainers cover much of the UK.	
How frequently is your service audited? When was it last audited?	We work within the good practice guidelines of the UK Network for Mindfulness-Based Teacher Training Organisations. As we provide a Mindfulness programme rather than a medical one, there is not currently	

	an audit process available.	
Do you regularly carry out clinical research? Please provide details	We have collaborative research relationships eg with the University of Manchester Human Pain Research Group at Salford Royal NHS Trust. We carry out on-going service evaluation, guided by a panel of senior health psychologists from UCL, Kings College and University of Leeds.	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	N/A	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Our programme covers the key skills and practices set out within the BPS PMP Guidelines.	

28) Salford Royal Hospital NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Salford Royal Hospital NHS Foundation Trust	Manchester and Salford Pain Centre
Full Postal Address	Salford Royal Hospital Stott Lane, Salford M6 8HD	
Contact details: 1. Phone 2. Email 3. Website	Mrs Karen Johnson (programme co-ordinator) 0161 206 4136 <a href="mailto:karen.johnson@srft.nhs.uk">Karen.johnson@srft.nhs.uk</a> <a href="http://www.srft.nhs.uk/about-us/depts/neuro-pain/">http://www.srft.nhs.uk/about-us/depts/neuro-pain/</a>	
Duration of programme/s (hours/weeks)	Intensive PMP 3 weeks, Mon-Fri, 09.30-16.30 (can include patients attending on a residential basis – hotel accommodation) Foundation PMP 2 days per week, 09.30-16.30 over 4 consecutive weeks	
Number of places available on each programme	12	
Number of programmes per annum	Up to 12 per year	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• Chronic pain causing significant distress and / or disability</li> <li>• Over 18 years old</li> <li>• All investigations and treatments for pain completed</li> <li>• Other health problems not a risk factor for active rehabilitation</li> <li>• Can manage basic activities of daily living and is self-caring</li> <li>• No major substance misuse</li> <li>• No major psychiatric disorders of current significance</li> </ul>	
Number and profession of team members delivering the programme.	Lead by a Clinical Psychologist, Specialist Physiotherapist, Consultant in Pain Management and Anaesthesia.	
Other e.g. Specialised services for adolescents	-	
Summary of programme content	Focus is on self-management & uses strategies to help patients address both the physical and emotional impact of chronic pain on their life.	
PCTS served / catchment area	The service accepts referrals from throughout the UK.	
How frequently is your service audited?	Internal audit annually for clinical outcome and patient satisfaction.	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for PMPs is?	-	
Are you aware of the BPS PMP Guidelines?	Yes	

29) Stockport Foundation Trust

Information required	Details	Additional notes
Name of programme	Stockport Pain Management Programme	
Name of Provider	Stockport Foundation Trust	
Full Postal Address	Stepping Hill Hospital, Poplar Grove SK2 7JE	
Contact details: 1. Email	Mrs G. Moore or Sr E Budge Estelle.Budge@stockport.nhs.uk	
Duration of programme/s (hours/weeks)	Currently three programmes per year. 9 sessions each with two 'taster' sessions to recruit those suitable and follow up at 3 months. Some consideration is being given to a fourth programme	9 sessions are weekly running on a Wednesday afternoon from 12.30-3.30pm
Number of places available on each programme	Usually 20 candidates are put forward, there is potential drop out rate and we usually end up with 14-16 patients.	
Number of programmes per annum	Currently three potentially increasing to four.	
Key inclusion/exclusion criteria	Must speak English, Should be able to get onto the floor. Need to be accepting situation and willing to change current 'pain philosophy'. Must have seen Pain Consultant and be medically discharged from treatment options. Aged over 18.	There is a plinth available for patients to use if they cannot get onto the floor e.g. hip replacement or knee problems
Number and profession of team members delivering the programme.	Dr M. Liddle, Dr K O'Sullivan, Dr N Fraser are 'guest speakers' Dr Susan Davies, Chartered Psychologist, Mr Tony Walmsley, psychologically informed physiotherapist, Sr E Budge and Sr E Sieff, specialist nurses.	
Other e.g. Specialised services for adolescents / older adults	None but we do have liaison with the disability employment advisor.	
Summary of programme content	PM philosophy, stress and relaxation, pacing, goal setting, challenging negative thinking, communication, medication reduction, benefits of exercise, pain transmission, central sensitisation, flare ups, sleeping difficulties,	Some mindfulness based meditation practises
PCTS served / catchment area	Unsure	
How frequently is your service audited? When was it last audited?	Psychological and physical measures are collected from patients pre programme immediately post programme and at three months.	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for PMPs is? If yes, do you use it?	This is currently being looked at.	
Are you aware of the BPS PMP Guidelines?	Yes	

30) University Hospital South Manchester NHS Trust

Information required	Details	Additional notes
Name of programme	South Manchester Pain Management Programme	
Name of Provider	University Hospital South Manchester NHS Trust	
Full Postal Address	South Manchester Pain Centre, Baguley Suite Wythenshawe Hospital Southmoor Road Wythenshawe Manchester M23 9LT	
Contact details: 1. Phone 2. Email 3. Website	0161 291 5316 (Pain Centre reception) <a href="mailto:Susan.barnes@uhsm.nhs.uk">Susan.barnes@uhsm.nhs.uk</a> <a href="http://www.UHSM.NHS.UK">www.UHSM.NHS.UK</a>	
Duration of programme/s (hours/weeks)	60 hours, 10 full days (2 full days per week for 5 weeks)	Monday/Wednesday or Wednesday/Friday
Number of places available on each programme	10	
Number of programmes per annum	4	Currently under review by South Manchester Clinical Commissioning Group
Key inclusion/exclusion criteria	<u>Inclusion:</u> Willingness to engage in gentle exercise Able to converse fluently in English Practically able to attend for 2 full days per week for 5 weeks (10 days in total) <u>Exclusion:</u> No ongoing injections or medical investigations No severe mental illness (e.g. dementia, psychosis or current addiction problems) No neurological diseases (e.g. MS) or inflammatory disorders (e.g. Rheumatoid arthritis)	
Number and profession of team members delivering the programme.	6 x Medical Consultant input to education session day 1. 1.5wte Clinical Specialist Physiotherapists 1.1wte Clinical Psychologists 2.6wte Clinical Nurse Specialist – medication sessions	
Other e.g. Specialised services for adolescents / older adults	-	Vulvodynia PMP in planning stage
Summary of programme content	Psycho-education –understanding chronic pain, Medication review (group and individual), Pain and Inactivity – the benefits of exercise, Graded exercise (stretches, strengthening, aerobic), Pacing and Activity scheduling, Chronic pain and Stress, Stress management - breathing and	CBT-based pain management rehabilitation



	relaxation exercises, Challenging Negative Thoughts, Problems solving Goal setting , Flare up planning, Intimate relationships, Sleep, Communication, Maintaining chance.	
PCTS served / catchment area	South Manchester, Trafford, Central Manchester, East Cheshire, Stockport	
How frequently is your service audited? When was it last audited?	Referral & Waiting list audit ongoing –monthly review, Patient satisfaction survey, PMP waiting list initiative – education session	
Do you regularly carry out clinical research? Please provide details	PMP outcome measures routinely administered, statistical analysis on annual basis	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Not currently used	In discussion with CCG
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes Yes	Establishing return to work links

[Hampshire](#)

31) Frimley Park Hospital - Out Patient Clinic

Information required	Details	Additional notes
Name of programme	Pain Management Programme "Living with Pain" Course	
Name of Provider	Out Patient Clinic at Frimley Park Hospital (Programmes also held at the Frimley Park Hospital – see entry above).	
Full Postal Address	Hospital Hill, Aldershot, Hampshire, GU11 1AY	
Contact details: 1. Phone 2. Website	Out-patient Pain Clinic 01252 33 53 45 www.frimleypark.nhs.uk	
Duration of programme/s (hours/weeks)	10 week course. 2 hours per week	
Number of places available on each programme	10	
Number of programmes per annum	12 (2 specifically for people with fibromyalgia, 1 for people with pelvic pain).	
Key inclusion/exclusion criteria	Pain duration 3 months + All options for pain relief explored Referral via pain consultant	
Number and profession of team members delivering the programme.	4 Clinical Psychologists, 2 Specialist Pain Physiotherapists 2 Specialist Pain Nurses	
Other e.g. Specialised services for adolescents / older adults	Specialist service for people with fibromyalgia / wide spread pain. Specialist services for people with pelvic pain Monthly patient-led resource group following completion of the programme for the duration of their pain. Annual Refresher Day for all participants	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited?	-	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for PMPs is?	-	
Are you aware of the BPS PMP Guidelines?	-	

**N.B:** Frimley Park Hospital Pain Service & the Out Patient Clinic at the Aldershot Centre were originally listed as one service. These were separated as they cover different areas. See 'Surrey' for the main Frimley Park Hospital site Pain Clinic details.

[Herefordshire](#)

32) Gloucester Hospitals NHS Trust (Herefordshire Pain Self-Management Service)

Information required	Details	Additional notes
Name of programme	Herefordshire Pain Self-Management Service	
Name of Provider	Gloucestershire Hospitals NHS Trust	
Full Postal Address	Herefordshire Pain Self-Management Service Ross Community Hospital, Alton Street, Ross on Wye, Herefordshire HR9 5AL	
Contact details: 1. Phone 2. Email	03004 228469 painmgtadmin@glos.nhs.uk	
Duration of programme/s (hours/weeks)	<ul style="list-style-type: none"> <li>• Introductory session 2 hours</li> <li>• PMP 8 sessions 2.5 hours each plus 1 follow up session 1.5 hours</li> <li>• Mindfulness programme 7 sessions 2.25 hours and 1 session 6.5 hours plus 1 follow up session 1.5 hours</li> <li>• People are also seen individually</li> </ul>	
Number of places available on each programme	15	
Number of programmes per annum	16	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• Over 18 years</li> <li>• Chronic benign pain 6 months or more</li> <li>• Any pain location</li> <li>• Appropriately investigated</li> <li>• Treatment underway or complete</li> <li>• Person open to a self management approach</li> </ul>	
Number and profession of team members delivering the programme.	1 full time and 3 part time psychologists 3 part time physiotherapists 1 part time OT 2 Part time nurses 2 part time admin staff	
Other e.g. Specialised services for adolescents / older adults	No local service for children/ adolescents. Older adults seen within adult service.	
Summary of programme content	PMP CBT based includes exercise, relaxation, communication, medication management, goal setting, pacing. MFN programme includes mindfulness meditation and mindful	

	movement.	
PCTS served / catchment area	Gloucestershire and Herefordshire and out of county referrals	
How frequently is your service audited? When was it last audited?	On-going outcomes recorded. Yearly audit	
Do you regularly carry out clinical research? Please provide details	On-going programme with clinical research most recent Pain Plan and sleep.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes we know what the HRG code is and we use it.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	We are aware of the BPS PMP guidelines and they are used as the basis for our programme.	

**N.B: Gloucester & Herefordshire Pain Management Services were submitted as one service but were separated as they are delivered in different locations.**

Hertfordshire

33) Hertfordshire Community NHS Trust

Information required	Details	Additional notes
Name of programme	Hertfordshire Chronic Pain Management Programme	
Name of Provider	Hertfordshire Community NHS Trust	Run at Maple Therapy Unit, St Albans City Hospital
Full Postal Address	Unit 1a Howard Court, 14 Tewin Road, Welwyn Garden City, Herts, AL7 1BW	Maple Therapy Unit, St Albans City Hospital Waverley Road, St Albans, AL3 5PN
Contact details: 1. Phone	01727 897542	
Duration of programme/s (hours/weeks)	3hrs x 10 weeks	
Number of places available on each programme	10 – 12	
Number of programmes per annum	4+ depending on numbers	
Key inclusion/exclusion criteria	-	
Number and profession of team members delivering the programme.	1 Clinical Psychologist 1 OT 1 Physiotherapist	
Other e.g. Specialised services for adolescents / older adults		
Summary of programme content	CBT based self management covering the nature and mechanism of chronic pain, pacing and activity management, graded exercise, posture, sleep, stress management, mindfulness meditation, relaxation, goal setting, communication, coping with unhelpful thoughts and flare-ups	
PCTS served / catchment area	Hertfordshire wide	
How frequently is your service audited? When was it last audited?	Data reviewed at the end of each programme and service generally audited 6 monthly	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	We are aware of the guidelines and we do use them as a basis for our PMP	

[Inverness](#)

34) NHS Highland

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Chronic Pain Management Service, NHS Highland	
Full Postal Address	Chronic Pain Management Service, Raigmore Hospital, Old Perth Road, Inverness, Highland, IV2 3UJ	
Contact details: 1. Phone 2. Email	Colette Barton, Service Administrator: 01463 706 583 <a href="mailto:Colette.Barton@nhs.net">Colette.Barton@nhs.net</a>	
Duration of programme/s (hours/weeks)	3 hours per week for 11 weeks followed by a three hour session at 3 months follow up	
Number of places available on each programme	10	
Number of programmes per annum	6	
Key inclusion/exclusion criteria	<p>Inclusion Criteria</p> <ul style="list-style-type: none"> <li>• Chronic benign pain for more than 6 months</li> <li>• Aged &gt; 18years</li> <li>• Significant decrease in quality of life due to chronic pain, ie impact on activities of daily living, work, sleep and social functioning</li> <li>• Problems pacing activity</li> <li>• High level of emotional distress associated with pain</li> <li>• Significant de-conditioning and decrease in physical activity due to chronic pain</li> <li>• Commitment to learning about pain management techniques and attending a group programme</li> </ul> <p>Exclusion Criteria</p> <ul style="list-style-type: none"> <li>• Awaiting significant further investigation/treatment for chronic pain judged likely to be a barrier to participating in self-management</li> <li>• Serious problems with literacy/learning disability/understanding of English</li> <li>• A rapidly deteriorating disease or condition, or very limited life-expectancy</li> <li>• Psychological or psychiatric problems which require urgent attention, or</li> </ul>	

	<p>which preclude the use of a cognitive-behavioural approach in a group</p> <ul style="list-style-type: none"> <li>• Current abuse of alcohol or drugs likely to limit ability to benefit from participation in a pain management programme</li> <li>• Focussed on finding medical solution - clear lack of interest in self-help approach</li> <li>• Severe disability or other health problem which would prevent safe attendance in the group setting</li> <li>• Overwhelmed by other psychosocial problems</li> </ul>	
Number and profession of team members delivering the programme.	Clinical Psychology (1), Nursing (1), Physiotherapy (1) per programme	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	CBT	
PCTS served / catchment area	NHS Highland	
How frequently is your service audited? When was it last audited?	The programme was established in 2010 and outcomes of our initial audit have been encouraging. We plan to audit the service on a regular basis.	
Do you regularly carry out clinical research? Please provide details	Not at this stage as our focus has been on service development, but we hope to carry out clinical research in the future.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	NA within NHS Scotland	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes we are aware of them and adhere to them.	

Jersey (St. Helier)

35) Jersey Pain Management Centre

Information required	Details	Additional notes
Name of programme	1 day Pain Education Programme (PEP) and 7-day Pain Management Programme (PMP) (1 day PEP part educational (Explain Pain) part skills (managing levels of activity and physio tips, as well as explanation of pathway in the service) 7 day PMP much more practical and including all MDT, heavy on Explain Pain components, with ACT and Breathworks principles, value-based goal setting, flare up management skills and Vocational Rehab links).	
Name of Provider	Jersey Pain Management Centre	
Full Postal Address	Pain Clinic Overdale Hospital Westmount Road St Helier Jersey , Channel Islands, JE1 3LP	
Contact details: 1. Phone 2. Email 3. Website	Dr Chad Taylor (medic) - 1. 01534444531 Julia Morris (physio) - 01534 444893 Rosy O'Doherty (OT) - 015340444536 Alessio Agostinis (psychology) - 01534444669 C.Taylor@health.gov.je julia.morris@health.gov.je R.ODoherty@health.gov.je <a href="mailto:a.agostinis@health.gov.je">a.agostinis@health.gov.je</a> www.gov.je (general States of Jersey website)	
Duration of programme/s (hours/weeks)	The programme is spread over four weeks and runs from 8.30 – 3.30 each day. It starts on a Monday and then it runs for the three next consecutive weeks on Mondays and Tuesdays. Whilst this is the main programme, patients in Jersey will have prep, additional and/or complementary work in addition to the programme in order to offer the flexibility for e.g. people at work.	
Number of places available on each programme	12 max	
Number of programmes per annum	4 to 5	
Key inclusion/exclusion criteria	Inclusion:Persistent or complex pain presentation, Medically cleared, willing and able to attend, willing (contract signed) to try all aspects of the programme.	



	Exclusion: Cognitive or memory impairment at a level that would prevent ability to engage or retain; psychiatric or behaviour condition that would be difficult to manage or challenging or potentially dangerous to other group users. Non- English speaking.	
Number and profession of team members delivering the programme.	Occupational Therapy, Physiotherapy, Medics, Psychology.	
Other e.g. Specialised services for adolescents / older adults	Specialist Vocational Rehabilitation service provided by the OT team.	
Summary of programme content	Mixture of: Explain Pain, CBT and mindfulness based approaches (ACT and Breathworks principles), linked in with prior (often co-ordinated) unidisciplinary work (vocational, physio, mindfulness based). This work is often additional to the PMP or follows the same so, whilst the main PMP is a block, we see all the above as forming part of it, in co-ordination with medical treatment (meds/injections) which is the first point of contact for patients and carries on alongside with the medical consultant being the responsible clinician.	
PCTS served / catchment area	n/a Jersey is not NHS or PCT linked	
How frequently is your service audited? When was it last audited?	We self-audit PMP. The service also offers individual discipline work, medication with nursing support, one-day educational packages and injections.	
Do you regularly carry out clinical research? Please provide details	Research interests (currently developing) on appropriate management of risk in opioid prescriptions (including changing prescribing behaviour/practice, managing complexity, etc.) Various research posters for World Congress (PMP outcome data, LBP linked with Return to Work and Sickness Absence). Predicting reduction in Pain interference measures following specific elements of input.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No & No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes but not of the latest ones (not had sight of these yet) Yes to the degree to which they complement the philosophy of the clinic and specialists' knowledge in terms of evidence (i.e. Pacing – is not incorporated in its traditional framework – therefore the programme focuses on activity tolerance and activity regulation).	

[Kent](#)

36) Kent Community Health NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Kent Community Health NHS Trust	Community Chronic Pain
Full Postal Address	Kent Community Health NHS Trust, St Augustine's Business Centre, 125 Canterbury Road, Westgate-on-Sea, CT8 8NL	
Contact details: 1. Phone 2. Email 3. Website	0300 123 1753 <a href="mailto:chronicpaincats@nhs.net">chronicpaincats@nhs.net</a> <a href="http://www.kentcht.nhs.uk">www.kentcht.nhs.uk</a>	Find Community Chronic Pain under 'Our Services'
Duration of programme/s (hours/weeks)	20 hours - 4 hours over 5 sessions	
Number of places available on each programme	We invite 30, plus carers on the basis on a 50% attendance rate	
Number of programmes per annum	16 (2013 data)	
Key inclusion/exclusion criteria	Inclusion: <ul style="list-style-type: none"> <li>• Patient's previous attendance at a Pain Education Session, (this is perhaps the best indicator of readiness to attend the fullPMP)</li> <li>• Emphasis on both a patients' readiness for change and acceptance of their pain.</li> <li>• Realistic expectation of what PMP can achieve (no cures).</li> </ul> Exclusion: <ul style="list-style-type: none"> <li>• Patients with severe mental health problems</li> <li>• Those stated as unsuitable by the initial assessor</li> </ul>	
Number and profession of team members.	3- Psychologist, Physiotherapist & Nurse	
Other e.g. Specialised services for adolescents / older adults	We also run a Pain Education Session which is offered to almost all patients who are seen in the service, at the beginning of their pathway. We invite 50, plus carers on the basis of a 50% attendance rate and there are 30 per annum (2013 data). We also offer an online PMP	
Summary of programme content	We cover a range of topics including acute & chronic pain, stress, medication, flare ups, anatomy, pacing, posture, living with pain, acceptance, relationships, sleep, relaxation.	
PCTS served / catchment area	Eastern & Coastal Kent	
How frequently is your service audited?	Annually, (most recent = 2012)	

37) Medway NHS Foundation Trust (See Not Updated for 2013 Section at end of Document)

Lancashire

38) Blackpool Teaching Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Blackpool Teaching Hospitals NHS Foundation Trust	
Full Postal Address	Pain Management Service, Whitegate Drive Health centre, Whitegate Drive, Blackpool NHS FY3 9ES	
Contact details: 1. Phone 2. Website	01253 655303 <a href="http://www.bfwh.nhs.uk/departments/pain/">http://www.bfwh.nhs.uk/departments/pain/</a>	
Duration of programme/s (hours/weeks)	One day for 9 weeks (9.30-3pm) = 40.5hrs when breaks taken into account	
Number of places available on each programme	9 maximum	
Number of programmes per annum	3 or 4 depending on staff availability	
Key inclusion/exclusion criteria	See British pain society guidance Chronic pain condition with no further medical intervention planned (no cure) Significant level of distress and disability related to pain No active psychosis/mental health, physical health or memory problems, life stressors, alcohol or drug issues that would affect their ability to attend/engage in the programme	
Number and profession of team members delivering the programme.	Clinical Psychologist, Physiotherapist, Physiotherapy Assistant, Nurse Specialist (able to prescribe who does the medication talk)	
Other e.g. Specialised services for adolescents	No	
Summary of programme content	Measures (psychological and functional) Psychoeducation: video of patients, BPS model, Pain pathways, Anatomy and diagnostic labels Intervention: pain dairies, pacing, stretches, circuit training, goal setting, thoughts 1 &2, values, goal setting, pacing, communication, assertiveness, memory,relaxation, sleep, pain and relationships, friends and family day Two follow ups: 1 & 3 months	

PCTS served / catchment area	Blackpool, Fylde and Wrye	
How frequently is your service audited? When was it last audited?	Data is kept for each programme and audited when staff time is available	
Do you regularly carry out clinical research? Please provide details	No, but are moving in this direction. Research around the effectiveness of the friends and family day about to start	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes we know what HRG codes are – not in use	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes and Yes – but the new draft guidelines do not state a friends and family day is needed on a PMP yet in the north west this is a norm on PMPs, hence the research.	

## 39) Bolton Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme (Foundation Level)	
Name of Provider	Bolton Hospitals NHS Foundation Trust	
Full Postal Address	Bolton Hospitals NHS Foundation Trust, Pain Management Office, Royal Bolton Hospital, Minerva Road, Farnworth, Bolton, BL4 0JR	
Contact details: 1. Phone 2. Website	01204 390763 <a href="http://www.boltonft.nhs.uk/services/pain-chronic-and-acute/">http://www.boltonft.nhs.uk/services/pain-chronic-and-acute/</a>	
Duration of programme/s (hours/weeks)	34 clinical hours per patient over 4 weeks (8 days in total)	
Number of places available on each programme	12	
Number of programmes per annum	2	
Key inclusion/exclusion criteria	Patients must be experiencing chronic pain-related functional disability and/or emotional distress. Patients must be willing to participate in a group programme involving psychological and activity-based interventions. All appropriate investigations and treatments for pain have been completed prior to the PMP. Patients are assessed for inclusion on an individual basis and may be offered alternative treatment instead of or in preparation for a future PMP if appropriate.	
Number and profession of team members delivering the programme.	Delivered by a Clinical Psychologist and Specialist Physiotherapist, with sessional input from a Chronic Pain Specialist Nurse and Consultant in Pain Medicine	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is?	-	
Are you aware of the BPS PMP Guidelines?		

40) Lancashire Teaching Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Improving the management of Pain and Confidence Together (IMPACT)	
Name of Provider	Lancashire Teaching Hospitals NHS Foundation Trust	
Full Postal Address	Royal Preston Hospital. Fulwood, Preston, Lancs, PR2 9HT	
Contact details: 1. Phone	01772 522687	
Duration of programme/s (hours/weeks)	8 days over 8 week period plus half day follow-up session at 3 months	
Number of places available on each programme	8	
Number of programmes per annum	4	
Key inclusion/exclusion criteria	<p>Criteria for selection:</p> <ul style="list-style-type: none"> <li>• Willing to commit to 8 session programme in group setting</li> <li>• Motivated to want to adopt self-management strategies for managing condition</li> <li>• Able to manage graded physical exercise component of programme</li> <li>• No or few ongoing medical investigations and no longer actively seeking 'cure'.</li> <li>• A number of aspects of life (e.g. work, social, relationships) significantly affected by pain</li> <li>• Reduced confidence in coping with daily activities</li> <li>• Not severely depressed/anxious &amp; no other major psychological problems</li> <li>• Would benefit from support gained in a group situation</li> </ul>	
Number and profession of team members delivering the programme.	4 professionals- psychologist, physio, clinical nurse specialist, pain management consultant- each deliver different components	
Summary of programme content	Largely CBT based	
How frequently is your service audited? When was it last audited?	Annually	
Are you aware of the BPS PMP Guidelines?	Yes	

[Leicestershire](#)

41) University Hospitals Leicester

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	University Hospitals Leicester	
Full Postal Address	Pain Management Programme, Leicester General Hospital, Gwendolen Road, Leicester, LE5 4PW	
Contact details: 1. Phone 2. Email 3. Website	1. 0116 2584803 2. Contact on above number if required. 3. <a href="http://www.leicestershospitals.nhs.uk/aboutus/departments-services/pain-management/pain-management-programmes/">http://www.leicestershospitals.nhs.uk/aboutus/departments-services/pain-management/pain-management-programmes/</a>	
Duration of programme/s (hours/weeks)	5.5 hours per day over 8 weeks with a review day 6 weeks later.	
Number of places available on each programme	8	
Number of programmes per annum	10	
Key inclusion/exclusion criteria	1. The patient is experiencing distress and /or has reduced functional performance primarily caused by chronic non-malignant pain. 2. The patient is having difficulty coping because of their chronic pain. 3. All proposed medical <u>investigations</u> have been completed. (Medical treatment may still be ongoing). 4. The patient must be willing to participate in a group. 5. Patient be able to communicate in language the PMP is conducted.	
Number and profession of team members delivering the programme.	One Psychologist/ one Occupational Therapist/ One Physiotherapist per programme (2 run simultaneously per week) with Pain Consultant and Pain Specialist Nurse input for certain sessions.	
Other e.g. Specialised services for adolescents	Separate Paediatric PMP at the Leicester Royal Infirmary site.	
Summary of programme content	Pain Management Programme based on cognitive behavioural principles and led by Psychology, Physiotherapy and Occupational Therapy.	
PCTS served / catchment area	Leicestershire, out of county referrals are accepted on request.	
How frequently is your service audited?	Service evaluation completed yearly.	
Do you regularly carry out clinical research?	Not currently but regular audits undertaken.	
Do you know what the HRG code for PMP is?	Yes but not currently used.	
Are you aware of the BPS PMP Guidelines?	Yes	

**N.B. No form was submitted for the Paediatric Pain Management Programme at the Leicester Royal Infirmary site mentioned in the above entry.**

London

42) St George's Healthcare NHS Trust

Information required	Details	Additional notes
Name of programme	St George's Pain Management Programme	
Name of Provider	Chronic Pain Service, St George's Healthcare NHS Trust	
Full Postal Address	Phoenix Centre, Perimeter Road, St George's Hospital, Tooting, LONDON SW17 0QT	
Contact details: 1. Phone 2. Email	0208 266 6545 (team administrator) <a href="mailto:Claire.copland@stgeorges.nhs.uk">Claire.copland@stgeorges.nhs.uk</a> (clinical lead)	
Duration of programme/s (hours/weeks)	4 days a week across three weeks with two follow-ups (65 + hours)	We are able to offer residential places and assistance with travel based on clinical need
Number of places available on each programme	8	
Number of programmes per annum	12	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• Must be independent with self-care and mobility</li> <li>• Medically stable</li> <li>• Level of spoken English adequate to participate in group discussion</li> <li>• Able to consider a self-management approach to chronic pain</li> </ul>	
Number and profession of team members delivering the programme.	Clinical psychologist – 1.5wte Physiotherapist – 0.6 wte Nurse – 0.5 wte Occupational therapist – 0.6wte Therapy technician - 0.5 wte Adminstrator – 0.5wte Medical consultation is provided on an as needed basis by Consultants in Pain Medicine	
Other e.g. Specialised services for adolescents / older adults	We are able to offer – <ul style="list-style-type: none"> <li>• Individualised input for people who do not meet criteria for the PMP or who require input to enable them to reach the point at which they can access the PMP</li> </ul>	



	<ul style="list-style-type: none"> <li>• Specialist clinical psychology input for chronic pain</li> <li>• A PMP approach / specialist pain management for individuals with sickle cell disease related pain.</li> </ul>	
Summary of programme content	As per British Pain Society Guidelines – Incorporating evidenced based elements from ACT	
PCTS served / catchment area	South West London, Surrey, Sussex and Kent	As we offer residential places we can offer input to people who live considerable distances from the centre and who are not able to access a PMP locally or who require a more intensive approach than their local programme can provide
How frequently is your service audited? When was it last audited?	We collect continuous clinical outcome data and patient satisfaction surveys. Satisfaction surveys data last analysed = Dec 2012 outcome data analysed = 2010	
Do you regularly carry out clinical research? Please provide details	Yes  We have a funded research project exploring the cognitive function in patients attending the PMP The service also regularly supports research by trainee clinical psychologists	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes to both.	

43) Guy's and St Thomas' NHS Foundation Trust (See Not Updated for 2013 Section at end of Document)

44) Hillingdon Hospital Foundation Trust

Information required	Details	Additional notes
Name of programme	We run three programmes: CBT Pain Management Programme ( 8 weeks) CBT Pain Coping Strategies Group (4 weeks) ACT Pain Management Programme (8 weeks)	
Name of Provider	Hillingdon Hospital Foundation Trust	
Full Postal Address	Greenacres Centre, Pield Heath Road, Uxbridge Hillingdon UB8 3NN	
Contact details: 1. Phone	01895 279049 / 01895 279374	
Duration of programme/s (hours/weeks)	Both the CBT and ACT Pain Management Programmes are 3 hours long, once a week for 8 weeks. The CBT Pain Coping Strategies is 3 hours long, once a week for 4 weeks. The service only runs on 2 days a week (Monday & Tuesday)	
Number of places available on each programme	13 patients	
Number of programmes per annum	12 per year	
Key inclusion/exclusion criteria	Chronic pain syndrome with reduced sense of control over life, loss of quality of life, reduced activity levels, loss of self confidence and has already tried physiotherapy. No serious pathology or neurology problems or significant psychiatric problems. Ability to understand written and verbal English, ability to cope with attending an outpatient programme and willing to be treated in a group.	
Number and profession of team members delivering the programme.	1 X clinical psychologist 1 X physiotherapist 1 X occupational therapist	
Other e.g. Specialised services for adolescents / older adults	We run a Pain Management Programme Asian Patients Group presented in Punjabi / Urdu as needed (on average once a year). We run a 'Maintenance Group' for patients who have completed one of our groups. This meets once every 5 weeks in a community setting. All patients are able to attend up to 10 times.	
Summary of programme content	The programme offers a bio-psycho-social intervention underpinned by a CBT/ ACT approach. It includes information and strategies on managing the more common symptoms associated with a diagnosis of Chronic Pain. Topics include pacing and activity management, exercise and graded exercise therapy, stress management, mindfulness and relaxation, seating	

	and posture, moving and handling, activities of daily living, sleep, unhelpful thought patterns, flare up plans, values and goal setting.	
PCTS served / catchment area	London Borough of Hillingdon and other boroughs if financed.	
How frequently is your service audited? When was it last audited?	Annually. Last audit – April 2013	
Do you regularly carry out clinical research? Please provide details	Yes- exploring cost effectiveness of providing PMP and reduction in costs of access to wider health care services	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	This cost is negotiated locally – we do not use the HRG code	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes.	

45) Lewisham Healthcare NHS Trust

Information required	Details	Additional notes
Name of programme	Centre for Active Lifestyle Management (CALM)	
Name of Provider	Lewisham Healthcare NHS Trust	
Full Postal Address	2nd Floor Ravensbourne Block University Hospital Lewisham Lewisham High Street London SE13 6LH	
Contact details: 1. Phone 2. Email 3. Website	020 8690 0174 (Mon/Tues service - answerphone on all other days) <a href="mailto:LH.calm@nhs.net">LH.calm@nhs.net</a> www.lewisham.nhs.uk Facebook.com/LH.CALM    Twitter @CALMProgramme	
Duration of programme/s (hours/weeks)	1 hour pre-session meeting 2.5 hour multi-disciplinary assessment 10 week programme – 3 hours a week 2 follow-up sessions (3 hours each) at 6 weeks and 6 months post programme Open access to a yearly booster session	
Number of places available on each programme	12	
Number of programmes per annum	3 full programmes 1-2 “mini programmes” (e.g. with interpreters) Individual sessions to prepare people for a programme/for people who are not appropriate for a group programme (e.g. social anxiety, severe depression, patients requiring individual physio/medication advice etc)	
Key inclusion/exclusion criteria	<p><b>INCLUSION CRITERIA</b></p> <ul style="list-style-type: none"> <li>• Musculoskeletal pain lasting &gt;6 months</li> <li>• Have been told that their pain is a chronic condition i.e. there is no medical ‘cure’.</li> <li>• Their diagnosis has been explained – or the fact that a diagnosis is not possible or applicable.</li> <li>• Have been told that they have been offered all possible/appropriate medical treatment at the moment</li> <li>• Pain interfering with activities of daily living/work</li> <li>• Pain/disability associated with psychological distress</li> <li>• Have been asked if they are willing to undertake an alternative</li> </ul>	



	<p>Evaluating a group for patients with English as a second language</p> <p>* Clare, A., Andiappan, M., MacNeil, S., Bunton, T., &amp; Jarrett, S. (2013). Can a pain management programme approach reduce healthcare use? Stopping the revolving door. British Journal of Pain, 7(3), 124-129.</p>	
<p>Do you Know what the HRG code for Pain Management Programmes is?</p> <p>If yes, do you use it?</p>	<p>No – our service is directly funded by the Clinical Commissioning Group (following submission of a detailed business plan) therefore the hospital does not charge for it separately using the HRG codes</p>	
<p>Are you aware of the BPS PMP Guidelines?</p> <p>If yes, do you use and adhere to these as a basis for your PMP?</p>	<p>We are aware of the BPS PMP guidelines and used them to help formulate our business plan and set up our service.</p>	

46) Homerton University Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Locomotor Service, Homerton University Hospital NHS Trust	
Full Postal Address	Locomotor Service, D Block, Nuttall Street, London, N1 5LZ	
Contact details: 1. Phone 2. Email	02076834903 Ingrid.bergson@hometon.nhs.uk	
Duration of programme/s (hours/weeks)	10-2.30pm 10 weeks on a Thursday. 1 & 6 Month Follow ups also 10-2.30.	
Number of places available on each programme	12	
Number of programmes per annum	3	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• Had pain longer than 1 year</li> <li>• Been unresponsive to (evidence based) or surgical or medical treatments (and unsuitable for further treatments)</li> <li>• No further pain interventions planned (except repeat injections and medication adjustments)</li> <li>• Pain having a significant impact on patient's quality of life; tick at least 2 of the following: <ul style="list-style-type: none"> <li>• <i>-Work impaired by pain</i></li> <li>• <i>-Non-work activity impaired by pain</i></li> <li>• <i>-Habitual over activity/under activity cycles</i></li> <li>• <i>-Significant distress attributable to pain</i></li> </ul> </li> <li>• <i>Exclusion:</i> <ul style="list-style-type: none"> <li>• <i>-Overuse of analgesic or psychotropic medication for pain</i></li> </ul> </li> <li>• Willingness to function within a group</li> <li>• A basic standard of reading and understanding of English. A basic ability to write in their preferred language is acceptable.</li> <li>• Active psychosis</li> <li>• Actively suicidal</li> <li>• Alcohol or illicit drug misuse that effects functioning or is seen to be problematic or would prevent participation on a programme</li> <li>• Severe cognitive impairment</li> <li>• High physical care needs that require nursing care</li> </ul>	

	<ul style="list-style-type: none"> <li>• Suitable for further investigations or medical/surgical treatment</li> <li>• Awaiting any other investigation and/or intervention that would impact upon ability to participate on programme at this point in time</li> <li>• Under 18</li> </ul>	
Number and profession of team members delivering the programme.	Senior Physiotherapist Physiotherapy assistant Clinical Nurse Specialist Highly Specialist Occupational Therapist Principal Psychologist Consultant Anaesthetist (1 session)	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	-	
PCTS served / catchment area	Serves people registered with Hackney GP's	
How frequently is your service audited? When was it last audited?	Rolling audit of outcome measures. Last analysed 12 months ago.	
Do you regularly carry out clinical research? Please provide details	Regular audits of data	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes and No-presently on a block contract.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes and Yes	



47) The National Hospital for Neurology & Neurosurgery

Information required	Details	Additional notes
Name of programme	LINK Pelvic Pain Programme	Specifically for men or women suffering pelvic pain (single sex groups)
Name of Provider	Pain Management Unit, National Hospital, Queen Square UCLH.	
Full Postal Address	The National Hospital for Neurology & Neurosurgery, Queen Square, London, WC1N 3BG	
Contact details: 1. Phone 2. Email	Dr Anna Mandeville, Consultant Clinical Psychologist (Clinical Lead) 0203 4483487 <a href="mailto:Anna.mandeville@uclh.nhs.uk">Anna.mandeville@uclh.nhs.uk</a>	
Duration of programme/s (hours/weeks)	Programme runs over one year. Initial 7 week course for one day per week and one month, 6 month and 1 year follow ups. 50 hours total.	
Number of places available on each programme	12	
Number of programmes per annum	5	
Key inclusion/exclusion criteria	Inclusion: screened and referred by pain Management consultant in urogenital pain pathway. Exclusion; psychosis, severe depression	
Number and profession of team members delivering the programme.	1 Consultant medic, 2 Psychologists, 1 Physiotherapist, 1 Clinical Nurse specialist, 1 Assistant psychologist	
Other e.g. Specialised services for adolescents	Service admits from 18. No upper limit.	
Summary of programme content	Standard PMP in terms of CBT content – but tailored to a urogenital pain population; Understanding pain – models of persistent pain, medication, anatomy of the pelvis, tissue repair and pain, Activity, mood, thoughts and pain, communication, sleep, stretch and movement, sex and relationships in the context of pelvic pain , relaxation and breathing space, pacing, goal setting, flare ups, maintaining changes.	
PCTS served / catchment area	Referrals accepted nationally.	
How frequently is your service audited?	We collect and audit outcome data on on-going basis.	
Do you regularly carry out clinical research? Please provide details	Recent evaluation of LINK outcome data benchmarked against general PMP outcomes. Presented as poster at BPS conference.	
Do you know what the HRG code for PMP is?	Unsure	
Are you aware of the BPS PMP Guidelines?	Yes, with adaptations we have developed appropriate to this specific pelvic pain population.	

Merseyside

48) Southport & Ormskirk NHS Hospital Trust

Information required	Details	Additional notes
Name of programme	Living Well despite Pain – Community PMP	
Name of Provider	Community Pain Service, Southport & Ormskirk NHS Hospital Trust	
Full Postal Address	164 Sandbrook Rd, Ainsdale PR8 3RJ	
Contact details: 1. Phone 2. Email 3. Website	Dr Becky Simm, Principal Clinical Psychologist 01704 387158 / 01704 387020 <a href="mailto:becky.simm@nhs.net">becky.simm@nhs.net</a> <a href="http://www.southportandormskirk.nhs.uk/community-pain-service.asp">http://www.southportandormskirk.nhs.uk/community-pain-service.asp</a>	
Duration of programme/s (hours/weeks)	8 weeks, comprising 3 hours discussion/topic facilitation/relaxation per week in community setting; 2 hours exercise in community gym per week Plus 2x 1 hour hydrotherapy with links to ongoing public sessions One group follow-up 10 weeks post PMP Drop in 'booster' sessions and relaxation and social groups throughout the year in the community open to all PMP graduates; plus Pain Clinic Plus patient led support group, and wellbeing choir, and wider links to 3rd sector; one off friends and family sessions as per demand (and capacity of team)	
Number of places available on each programme	10 (due to physio being able to take limited number into gym)	
Number of programmes per annum	Approximately 4 – 5	
Key inclusion/exclusion criteria	Difficult to summarise as this is a very fluid process and assessed in conjunction with the patient. We aim to be inclusive. If patients aren't suitable we aim to work with them one-to-one within the team (and/or with their GP) towards a point where they can attend PMP if they still wish this to happen.  Patients are identified by community pain service clinicians. Goals involve wanting to maximise 'living well' despite chronic pain. This is the main criteria. They are seen by a specialist physiotherapist and/or medical doctor to rule out any treatable disease and introduce the concept of pain management. At an information morning, patients are given more information about what they might expect from the programme, and also	

	<p>have a one to one consultation with one clinician (clinical psychologist /occupational therapist/ physiotherapist), and complete the pre PMP questionnaires. The main SF aim and ethos of this “assessment” or “information” process is to explore whether the person’s best hopes for the group are roughly in line with the aims of the group. Be prepared to commit to an 8 week course. Importantly, patients can be offered a place if they are still hoping for a fix or a cure, provided they also wish to explore living the best life they can in the meantime, with the professional inviting the patient to explore this with them.</p>	
Number and profession of team members delivering the programme.	Principal Clinical Psychologist, Advanced Specialist OT, Advanced Specialist Physiotherapist, Assistant Psychologist, GPSI Pain	
Other e.g. Specialised services for adolescents	No specialised PMP	
Summary of programme content	<p>The eight week MDT facilitated programme involves three weekly sessions (two exercise sessions lasting one hour each, plus a three hour discussion/education session) with groups of up to 10 patients. There are additionally 2 hydrotherapy sessions in the last half of the programme (with opportunity for maintenance at public sessions), and links to an ongoing ‘drop in’ relaxation skills class. Links to exercise-on-prescription schemes post-PMP. During week one, best hopes are further explored, together with an ice breaker which draws on the solution focused principle of ‘problem free talk’ (often helping patients recognise information about themselves which is not pain dependent). The discussion/education sessions are held in a community health centre, are based on recognised biopsychosocial topics of pain management but are facilitated using a solution focused approach. Clinicians are trained to explore and amplify what patients already know about living well. Group sessions are discursive rather than didactic. Each topic is followed by a relaxation or mindfulness session. Acceptance is explored.</p> <p>An interactive, evidence-based workbook compiled by clinicians and expert patients supports the topics facilitated during the PMP. A relaxation CD is also provided.</p>	
PCTS served / catchment area	Sefton. West Lancashire	
How frequently is your service audited? When was it last audited?	<p>Service is evaluated at the end of each PMP group and registered with R&amp;D department.</p> <p>Results recently submitted for publication in BJP (submitted June 2013). Measures focus on growth of wellbeing rather than the more traditional approach looking at a decrease of negative symptoms.</p>	

<p>Do you regularly carry out clinical research? Please provide details</p>	<p>Yes – but not regularly Research studies to date: <i>1. New approaches toward chronic pain: Patient experiences of a solution-focused pain management programme</i> Submitted to British Journal of Pain (Dargan, Murray &amp; Simm) Research has suggested that Solution-Focused Brief Therapy may be efficacious in facilitating meaningful change for those living with chronic pain. The present study aimed to further the understanding of this utility through exploring the experiences of people living with chronic pain, who had attended an eight week solution-focused pain management programme. The design of this study was conducted in consultation with a service user advisory group, and employed a qualitative and interpretative design rooted in critical community psychology and participatory research frameworks conjecturing with emancipatory disability research. Five participants opted-in to the study following an opportunity sampling method of persons who had attended a programme in the last 18 months. Interviews were transcribed verbatim and analysed using inductive thematic analysis. Five main themes were identified: ‘Accessing the pain management programme’; ‘The role of the group’; ‘The role of health professionals’; ‘Solutions and Changes’; and ‘Challenges and Improvements’. Clinical and research implications of the findings are discussed.</p> <p><i>2. The experience of living with chronic pain in the long term following a pain management programme: an interpretive phenomenological analysis.</i> Study currently at recruitment stage. (Muir, Kiemle &amp; Simm) Aims: To explore the experiences of living with chronic pain of a group of people who have completed a pain management programme in the previous one to three years.</p>	<p>Evaluation data from the PMP found significant statistical and clinical improvements in pre-post pain self efficacy, mental wellbeing and function (but findings were limited by internal and external validity and no significant effect was found on pain levels). Statistically significant change was maintained at 10 weeks for self efficacy and function (and for the latter clinically significant change was also maintained); improvements in mental wellbeing showed maintenance at all measured time points (up to 12 months) in terms of both statistical and clinical significant change</p>
<p>Do you Know what the HRG code for PMP is?</p>	<p>No</p>	
<p>Are you aware of the BPS PMP Guidelines?</p>	<p>Yes</p>	

49) The Walton Centre NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	The Walton Centre Pain Management Programme	
Name of Provider	The Walton Centre NHS Foundation Trust	
Full Postal Address	PMP Department , The Walton Centre, Jubilee House, Tenth Avenue, Aintree University Hospital Site, L9 7AL	Relocating to a new build in 2014
Contact details: 1. Phone 2. Email 3. Website	0151 529 5661 or 8473 <a href="mailto:kerry.mathews@thewaltoncentre.nhs.uk">kerry.mathews@thewaltoncentre.nhs.uk</a> or <a href="mailto:john.wiles@thewaltoncentre.nhs.uk">john.wiles@thewaltoncentre.nhs.uk</a> <a href="http://www.thewaltoncentre.nhs.uk/112/pain-management-programme-PMP.html">http://www.thewaltoncentre.nhs.uk/112/pain-management-programme-PMP.html</a>	
Duration of programme/s (hours/weeks)	5 day PMP (5 consecutive Mondays + ½ day booster & 6 month Follow up) 16 day PMP (2 weeks of 4 days followed by 4 weeks of 2 days a week and 6 month Follow Up)	
Number of places available on each programme	16 places for 5 day PMP. 2 groups of 16 for 16 day PMP Groups split into two smaller therapy groups of 8 for sessions	
Number of programmes per annum	5 day PMP runs approx 6 times a year. 16 day PMP runs continuously	
Key inclusion/exclusion criteria	<u>Inclusion Criteria</u> Presence of chronic pain & Aged 16+ Patient is practically able to attend Patient can walk or self-propel 50 metres and can open a fire door Patient is willing to engage in group work No general physical health problems that will make them unable to engage with the programme Patient is not currently waiting for, or receiving, ongoing medical investigations related to chronic pain Patients chronic pain has reached a level of stability. <u>Exclusion Criteria</u> Patients who may be a risk to staff or other patients (e.g. verbally and/or physically abusive) Pregnant women in the first or third trimester Inability to process and / or retain information	

	Patients with severely limited life expectancy. Significant mental health problems or alcohol/drug dependency that would limit engagement and progress on a self-management programme	
Number and profession of team members delivering the programme.	5 Clinical Psychologists, 4 Occupational Therapists, 5 Physiotherapist, Pain Consultants	
Other e.g. Specialised services for adolescents / older adults	Full MDT assessment for each patient referred to PMP Individual prep sessions prior to PMP from all 3 disciplines. Individual sessions can be offered during the PMP Residential programme for patients attending PMP from out of area.	Ongoing development of specialist PMPs (e.g. pelvic pain, CRPS)
Summary of programme content	CBT and ACT based multidisciplinary approach to physical and psychological rehabilitation from the long term effects of chronic pain. This includes psycho-educational and group therapy sessions from Psychology along with discussion based and practical sessions from Occupational Therapy, Physiotherapists and Pain Consultants.	On-going development of Family Involvement into PMP. Team of volunteers (ex PMP patients) adding to the support given to current patients whilst attending the PMP.
PCTS served / catchment area	Liverpool and Sefton PCT North West/National Centre	
How frequently is your service audited?	Annually	
Do you regularly carry out clinical research? Please provide details	Yes – when supported by local universities and research groups and within the clinical setting of the department	
Do you know what the HRG code for PMPs is?	Yes (currently used by the trust)	
Are you aware of the BPS PMP Guidelines?	Yes	

## 50) 5 Boroughs Partnership NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Halton and St Helens Pain Management Programme	
Name of Provider	5 Boroughs Partnership NHS Foundation Trust	
Full Postal Address	Musculoskeletal Clinical Assessment Service Community Health Services 5 Boroughs Partnership NHS Foundation Trust Therapy Suite, Lower Ground Floor, St Helens Hospital, Marshalls Cross Road, St Helens, Merseyside. WA9 3DA	
Contact details: 1. Phone 2. Email 3. Website	01744 646530 <a href="mailto:judith.neilson@5bp.nhs.uk">judith.neilson@5bp.nhs.uk</a> In development <a href="http://www.5boroughspartnership.nhs.uk/">http://www.5boroughspartnership.nhs.uk/</a>	
Duration of programme/s (hours/weeks)	6 - 6½ hours per week / 8 weeks (48 – 52 hours total)	
Number of places available on each programme	10	
Number of programmes per annum	15 (covering St Helens, Widnes and Runcorn)	
Key inclusion/exclusion criteria	<u>Inclusion criteria</u> 18+, chronic musculoskeletal pain, presence of physical dysfunction and psychological distress <u>Exclusion Criteria</u> On-going investigations / treatments for pain relief, on-going psychological therapy. Medical problems affecting mobility and safety to exercise, psychological or psychiatric problems disruptive to a self-help approach	
Number and profession of team members delivering the programme.	1 Clinical psychologist 1 Physiotherapist 1 Pharmacist	
Other e.g. Specialised services for adolescents / older adults	None	
Summary of programme content	Psycho-education, pain education, CBT & some elements of ACT approach, relaxation, mindfulness, physical reactivation, pacing / goal-setting, group and individualised medication information / management, links with local health improvement teams	
PCTS served / catchment area	St Helens, Widnes and Runcorn	
How frequently is your service audited?	Clinical Outcomes and patient experience surveys audited every 6	

When was it last audited?	months. To be audited again in approximately 1 month (as of 18/6/13)	
Do you regularly carry out clinical research? Please provide details	Regular research not undertaken. However, we are currently undertaking the following research study: <ul style="list-style-type: none"> <li>• A randomised controlled trial to investigate physical and psychological outcomes from a 60 hour versus 40 hour pain management programme</li> </ul>	
Do you know what the HRG code for PMP is?	We do not use the HRG code	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Aware of them, but unable to resource direct medical input to the PMP. However, the consultant anaesthetist is involved in the assessment process for the Programme. The contents of the PMPs meets the BPS guidelines (3.3. and 3.4).	



Middlesex

51) Royal National Orthopaedic Hospital

Information required	Details	Additional notes
Name of programme	Pain Management / Rehabilitation Programme	
Name of Provider	Royal National Orthopaedic Hospital	
Full Postal Address	Brockley Hill, Stanmore, Middlesex, HA74LP	
Contact details: 1. Phone 2. Email 3. Website	Andrew Lucas 0208 909 5521 <a href="mailto:andrew.lucas@rnoh.nhs.uk">andrew.lucas@rnoh.nhs.uk</a> rnoh.nhs.uk	
Duration of programme/s (hours/weeks)	3 weeks residential Monday to Friday	
Number of places available on each programme	10	
Number of programmes per annum	30	
Key inclusion/exclusion criteria	English speaker, no significant psychiatric diagnosis, willing to attend residential	
Number and profession of team members delivering the programme.	4 Medical Consultants, 10 Physiotherapists, 7 Occupational Therapists, 7 Therapy Technicians, 3 Clinical Health Psychologists, 4 Nurses and Health Care Assistants, Administrative staff	
Other e.g. Specialised services for adolescents / older adults	Separate programmes are delivered for patients with musculo-skeletal pain, chronic regional pain syndrome, hypermobility and Ehlers Danlos	
Summary of programme content	MDT input combining group and individual sessions underpinned by principles of cognitive behavioural therapy - Separate Hospital and Hotel programme options	
PCTS served / catchment area	National	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	The Programmes are evaluated using outcome measures and patient satisfaction. Other ad hoc research undertaken	
Do you know what the HRG code for Pain Management Programmes is?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes & Yes	

[Norfolk](#)

52) Norfolk & Norwich NHS Trust

Information required	Details	Additional notes
Name of programme	Norwich Pain Management Programme	
Name of Provider	Norfolk & Norwich NHS Trust	
Full Postal Address	Pain Management Centre Bowthorpe Road Norwich	
Contact details: 1. Phone 2. Email 3. Website	01603 288453 <a href="mailto:Katherine.dyer@nnuh.nhs.uk">Katherine.dyer@nnuh.nhs.uk</a> <a href="http://www.nnuh.nhs.uk">www.nnuh.nhs.uk</a>	
Duration of programme/s (hours/weeks)	1.Short course: 1.5hrs x 2 per fortnight 2. PMP: 5hrs weekly for 10 weeks 3. Preparation for Spinal Cord Stimulation: 2 hours x 2 per fortnight	
Number of places available on each programme	9 per session 9 per group	
Number of programmes per annum	Runs fortnightly. 4 x per annum. 4 per annum	
Key inclusion/exclusion criteria	1. Pts "opt in", exclusions fear of group work, psychological distress (severe) 2. Patients have to have been assessed by MDT – willingness to change	
Number and profession of team members delivering the programme.	Clinical Psychologist, Clinical Nurse Specialist, Specialist Physiotherapist, Occupational Therapist	
Summary of programme content	1. Introduction to exercise, pacing & activity, thoughts & feelings, role of medication & relaxation 2. Weekly goal review, exercise, psychology sessions – guest involvement from pilates, DEA, Active Norfolk	
PCTS served / catchment area	East of England – predominantly Norfolk & Suffolk	
How frequently is your service audited? When was it last audited?	1. Patient satisfaction biannually (2011) 2. Patient satisfaction (2010) Outcome measurement with every group	
Do you regularly carry out clinical research?	Intermittently with trainee psychology placements	
Are you aware of the BPS PMP Guidelines?	Yes, followed within local constraints	

North Yorkshire

53) Harrogate and District NHS Trust

Information required	Details	Additional notes
Name of programme	Harrogate chronic pain Management Programmes Craven Chronic pain management Programme	An ACT (acceptance and commitment therapy based programme ) and a skills (CBT ) based programme
Name of Provider	Harrogate and District NHS Trust	
Full Postal Address	The Chronic Pain Team , the Phoenix Unit, Briary Wing ,Harrogate District Hospital, Lancaster Park Road , Harrogate HG2 7SX	
Contact details: 1. Phone 2. Email	Harrogate: 01423 553526. Gail.brooke @hdft.nhs.uk Skipton: 01756 702336 <a href="mailto:rachel.philipps@hdft.nhs.uk">rachel.philipps@hdft.nhs.uk</a>	
Duration of programme/s (hours/weeks)	1 day a week for 8 weeks with three days follow up over the next 12months. Prior to the programme patients are invited to an information session where pain physiology and difference between chronic and acute pain is discussed, along with information re programme content.	
Number of places available on each programme	8-10	
Number of programmes per annum	4-6 across both sites	
Key inclusion/exclusion criteria	Chronic pain patients who attend the service and are felt to be suitable for the programmes and are willing to commit to the programme.	
Number and profession of team members delivering the programme.	There is a physio, OT and clinical psychologist facilitating in each programme	
Other e.g. Specialised services for adolescents	We also offer access to a programme for some chronic fatigue patients.	
Summary of programme content	Mindfulness, use of the ACT model of Psychopathology. Setting values, goals, mindful movement, stress management, activity management. Education re pain physiology, difference between acute, chronic pain	
PCTS served / catchment area	North Yorkshire and some referrals from Leeds, Airedale	
How frequently is your service audited?	Annually	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for PMPs is?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes , yes	

## 54) South Tees Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Program	Out patients. Adults. Chronic pain
Name of Provider	South Tees Hospitals NHS Trust	Delivered at James Cook University Hospital
Full Postal Address	James Cook University Hospital Pain Clinic Marton Road Middlesbrough TS43BW	
Contact details: 1. Phone 2. Email 3. Website	(01642) 282671 <a href="mailto:victoria.robinson@stees.nhs.uk">victoria.robinson@stees.nhs.uk</a> <a href="mailto:richard.king@stees.nhs.uk">richard.king@stees.nhs.uk</a> <a href="mailto:emma.drummond@stees.nhs.uk">emma.drummond@stees.nhs.uk</a> <a href="mailto:rebecca.jordan@stees.nhs.uk">rebecca.jordan@stees.nhs.uk</a> <a href="http://www.southtees.nhs.uk">www.southtees.nhs.uk</a>	
Duration of programme/s (hours/weeks)	3.5h/9weeks	
Number of places available on each programme	10-12	
Number of programmes per annum	3	We are aiming to increase this for 2014
Key inclusion/exclusion criteria	Inclusion criteria : Adult (>18 years of age). Able to provide consent. Chronic MSK pain (>6months duration). Clinical inclusion criteria via MDT assessment: Patient s who would benefit from several core element of the PMP. Evidence of the desire, and the ability to change behaviour in-line with the aims of the PMP. Exclusion criteria: <18 years of age. Unable to provide consent. Non English speaking (the PMP is delivered in English and therefore participant must be able to follow). Individual sessions with an interpreter are provided for non-English speaking patients. Unable to attend the full PMP. Non MSK pain i.e. cancer pain. Mental health issues that would impact the patient's ability to benefit. Unable to take part in group sessions. Unable to exercise in-line with the PMPs' exercise program. Clinical exclusion criteria via MDT assessment: Evidence of several failed attempts to complete therapeutic interventions. Low motivation to change. Illness behaviour associated with secondary gain.	Once inclusion exclusion criteria have been checked the MDT assesses the patients' suitability for PMP. This is done via a review of the medical notes and an interview with the patient.
Number and profession of team members	3 core members + 2/3 supporting members. Clinical psychologist, physiotherapist, occupational therapist, consultant pain doctor, specialist	

delivering the programme.	nurse.	
Other e.g. Specialised services for adolescents / older adults	Neuromodulation and intrathecal pump service, paediatrics and adolescent pain management service. Clinical psychology, specialist physiotherapy, TENS service, abdominal pain service.	We are aiming to develop a specialist CRPS pathway for 2013-14.
Summary of programme content	Goal setting, pacing, CBT, helpful thinking, communication, relaxation, family/partner session, exercise, reasons to exercise, posture and lifting, neurophysiology of pain education, use of small appliances, life after the program, medication, discussion of the biopsychsocial v's medical model of pain	
PCTS served / catchment area	Tees	
How frequently is your service audited? When was it last audited?	Every 2-3 years. Last service evaluation was 2013.	
Do you regularly carry out clinical research? Please provide details	Yes. We are currently conducting research into neurophysiology of pain education. We are also about to start a study involving CRPS patients. Our neuromodulation team is heavily involved in research.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	X668 (other specified CBT therapy)	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes and yes	

## 55) York Teaching Hospital

Information required	Details	Additional notes
Name of programme	York Pain Management Programme	
Name of Provider	York Teaching Hospital	
Full Postal Address	York Teaching Hospital NHS Foundation Trust, C/O Anaesthetic Dept Wigginton Road , York, YO31 3HE	
Contact details: 1. Phone 2. Email	01904 725395 Debbie.hunter@york.nhs.uk	
Duration of programme/s (hours/weeks)	12 sessions (3.5 hours) spread over 1 year	
Number of places available on each programme	12-15	
Number of programmes per annum	3 groups a year	
Key inclusion/exclusion criteria	Standard BPS exclusion inclusion criteria	
Number and profession of team members delivering the programme.	4 team members : Nurse specialist Clinical psychologist Occupational therapist Physiotherapist	
Other e.g. Specialised services for adolescents / older adults	No	
Summary of programme content	Holistic model, medication, exercise, sleep, thoughts and feelings, pacing, goal setting, set backs, relaxation, anatomy and posture, etc..	
PCTS served / catchment area	York and North Yorkshire PCT	
How frequently is your service audited?	Continuous internal audit	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for Pain Management Programmes is?	No	
Are you aware of the BPS PMP Guidelines?	Yes & Yes as a framework	

[Northumberland](#)

## 56) Northumbria Healthcare NHS Trust (See Not Updated for 2013 Section at end of Document)

[Nottinghamshire](#)

57) Nottingham University Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Nottingham University Hospitals NHS Trust	Nottingham Back and Pain Team.
Full Postal Address	Mobility Centre, Hucknall Road, Nottingham, NG5 1PJ	
Contact details: 1. Phone 2. Email 3. Website	Sarah White Advanced Practitioner - Physiotherapist 0115 9936626 <a href="mailto:Sarah.white@nuh.nhs.uk">Sarah.white@nuh.nhs.uk</a> <a href="http://www.nuh.nhs/backteam">www.nuh.nhs/backteam</a>	
Duration of programme/s (hours/weeks)	<u>Level 2</u> : 2 hours per week for 4 weeks <u>Level 3</u> : 3 hours per week for 7 weeks. Telephone review 8 weeks after the programme finish <u>Living Well with Pain</u> : a 10 week group programme	
Number of places available on each programme	Maximum of 14 patients	
Number of programmes per annum	Level 2: 6. Level 3: 7. Living Well with Pain: approx. 8-10	
Key inclusion/exclusion criteria	<u>Level 2</u> : Inclusion criteria <ul style="list-style-type: none"> <li>• Long Term Musculoskeletal Pain (12 weeks onwards)</li> <li>• Patients with persistent (chronic) benign musculoskeletal pain</li> <li>• Age 18 and over</li> <li>• Appropriate medical tests and investigations completed</li> <li>• Patients able to mobilise and maintain hygiene needs independently</li> <li>• Be able to communicate in a group setting without assistance</li> <li>• Not know to be pregnant</li> <li>• Referral from consultant</li> <li>• Patient willing to consider a self-management approach and contemplate behavioural change</li> <li>• Able to travel independently to appointments</li> </ul> In addition patients must have one or both of the following; <ul style="list-style-type: none"> <li>• Pain associated disability which significantly affects daily function</li> <li>• A degree of psychological distress affecting pain management</li> </ul>	

	<p>( anxiety/ depression/ unhelpful thoughts and beliefs)</p> <p><u>Exclusion Criteria</u></p> <ul style="list-style-type: none"> <li>• Red flags such as cancer pain and active inflammatory disease</li> <li>• Patients not meeting the referral criteria will be excluded</li> <li>• Unstable mental health problems such as active psychosis or current untreated drug or alcohol addiction</li> </ul> <p><u>Level 3</u> As above but referral from GP/Physio/Occ Health</p> <p><u>Living Well with Pain</u> As above but referral from consultant</p>	
Number and profession of team members delivering the programme.	<p><u>Level 2:</u> 2 members of staff band 6 and above deliver each programme</p> <p><u>Level 3:</u> 2 members of staff band 6 and above deliver each programme</p> <p><u>Living Well with Pain:</u> 3 members of staff band 6 and above deliver each programme. Staff include: Clinical Psychologist, Physiotherapist, Occupational Therapist, Cognitive Behavioural Therapist, Nurse</p>	
Other e.g. Specialised services for adolescents	No	
Summary of programme content	<p><u>Level 2:</u> A 4 week 'fast track' programme aimed at patients who are less physically disabled by their pain with minimal yellow flags</p> <p><u>Level 3:</u> Level 3 programme is a 7 week group treatment, focussing upon functional restoration. This includes education, exercise, pacing, goal setting and relaxation using a CBT model.</p> <p>Level 2 programme is a "Fast Track" Programme aimed at patient who are less disabled by their pain with minimal yellow flags.</p> <p><u>Living Well with Pain:</u> A 10 week group intervention based on Acceptance and Commitment Therapy and using mindfulness techniques</p>	
PCTS served / catchment area	<p><u>Levels 2 &amp; 3:</u> Nottingham City and Notts County Health Community</p> <p><u>Living Well with Pain:</u> 5 EM City of Nottingham, 5 N8 County of Nottinghamshire. 5ET Bassetlaw 5N6 Derbyshire 5PA Leicestershire and Rutland</p>	
How frequently is your service audited?	On a yearly basis, February 2013	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for PMP is?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes Yes	

**N.B. 3 separate entries were received for Nottingham Back & Pain Team's 3 PMPs. All programmes are ran at the same location therefore they have been combined.**



58) Pain Management Solutions (Balderton Primary Care Centre) (See Not Updated for 2013 Section at end of Document)

59) Pain Management Solutions (Carlton Forum Leisure Centre)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Carlton Forum Leisure Centre Coningswath Rd Carlton, Nottingham NG4 3SH	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Wednesday afternoon 1-4pm	
Number of places available on each programme	12	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team and can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General	

	Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for PMP is?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

60) Pain Management Solutions (Clifton Forum Leisure)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Clifton Cornerstone, Southchurch Road, Clifton, Nottingham, NG11 8EW	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Monday afternoon 2-5pm	
Number of places available on each programme	12	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management	

	programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

61) Pain Management Solutions (John Carroll Leisure Centre)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	John Carroll Leisure Centre Denman St Nottingham NG7 3PS	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Wednesday afternoon 2-5pm	
Number of places available on each programme	12	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend 2 -3 members of the multi-disciplinary team can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General	

	Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress. Not sure. Do not audit but the PMP is always evaluated and there is a rolling piece of research on this.	
Do you regularly carry out clinical research? lines If yes, do you use and adhere to these as a basis for your PMP?	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guide	Yes	

62) Pain Management Solutions (Retford Leisure Centre)

Information required	Details	Additional notes
Name of programme	Pain Management Programme held at Retford Leisure Centre	
Name of Provider	Pain Management Solutions	
Full Postal Address	Retford Leisure Centre Old Hall Drive Retford DN22 7EA	
Contact details: 1. Phone 2. Email 3. Website	0800 0340406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Friday afternoons 1.00- 4.00	
Number of places available on each programme	16	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	<p>Exclusion criteria;</p> <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> <p>Inclusion criteria;</p> <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team can include senior pain physiotherapist, clinical nurse specialist , hypno/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General	

	Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	Primarily NHS Bassetlaw CCG but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	



63) Pain Management Solutions (Under one Roof Community)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Under One Roof Community Centre, 3, Vine Terrace, Hucknall, Nottingham NG157HN	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Thursday afternoon 2-5pm	
Number of places available on each programme	10	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	<p>Exclusion criteria;</p> <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> <p>Inclusion criteria;</p> <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team and can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General	

	Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

64) Sherwood Forest Hospitals NHS Foundation Trust (See Not Updated for 2013 Section at end of Document)

Oxfordshire

65) Optimise Pain Rehab Unit

Information required	Details	Additional notes
Name of programme	Balanced Life programme BLP Get Back Active Programme GBA	Pain Management Programme Physio led programme for predominantly back pain
Name of Provider	Optimise Pain Rehabilitation Unit	
Full Postal Address	Physiotherapy Department, Nuffield Orthopaedic Centre, Windmill Road, OXFORD, OX3 7LD	
Contact details: 1. Phone 2. Email 3. Website	01865 738081 <a href="mailto:Optimise.PainRehabilitation@ouh.nhs.uk">Optimise.PainRehabilitation@ouh.nhs.uk</a> <a href="http://www.noc.nhs.uk/optimise/default.aspx">http://www.noc.nhs.uk/optimise/default.aspx</a>	
Duration of programme/s (hours/weeks)	BLP 45 hours 3 half days per week for 3 weeks GBA 50.5 hours 3 dyas per week for 3 weeks	
Number of places available on each programme	10	
Number of programmes per annum	10	
Key inclusion/exclusion criteria	Get Back Active Pain having an impact on quality of life Off work or low level of productivity at home, if working may have had significant periods of sick leave in the last year. Able to walk independently for periods of five minutes without a rest. Balanced Life Pain has a significant impact on quality of life. May have a very sedentary lifestyle. May be using a walking aid to mobilise. May not be able to walk for five minutes uninterrupted. Off work or low productivity at home. <u>Exclusion Criteria</u> Actively suicidal Substance misuse or prescription drug misuse Cognitive impairment Patients with pain which is non-musculoskeletal Patients under 18 years of age	

Number and profession of team members delivering the programme.	As a team 3.2 WTE physiotherapists 0.4 WTE psychology	
Other e.g. Specialised services for adolescents / older adults	Exercise groups for highly disabled people to build up to a full programme Group hydrotherapy Specialised CRPS rehabilitation	
Summary of programme content	<p><u>Balanced Life Programme (Pain Management Programme)</u> This multi-disciplinary programme runs for three days a week over three weeks.</p> <p>This programme offers lower intensity and slower paced exercises that are tailored to a level that patients with higher levels of disability can cope with. The aim is to gently help participants return to a balanced approach to activity and enjoy a better quality of life. We try to assist patients with their understanding and knowledge of pain, in order to decrease their worry and concern.</p> <p>A pain clinical psychologist uses psychological treatments drawn from Cognitive Behavioural, Mindfulness and Acceptance-based approaches, which can reverse some of the effects of living with pain and enable people to live a meaningful and valued life. Patients are given the opportunity to explore the effects of persistent pain on their mood, thinking, relationships, and maladaptive behavioural patterns.</p> <p>A consultant from the pain relief unit attends to provide information regarding rationalisation of medication and risks and benefits associated with medication.</p> <p><b>Get Back Active Programme (Pain Rehabilitation programme)</b> This runs for three days per week for three weeks or for six evening sessions (once per week). There is a bed and breakfast facility for patients who live outside of Oxfordshire. The programme involves group discussion, stretches, a graded circuit of exercises and hydrotherapy. In addition, there are optional sessions with the disability employment advisor.</p> <p>Family members will have an opportunity to attend for one day during the three week programme to participate in the programme and gain an</p>	<p>There are bed and breakfast facilities for patients that live outside Oxfordshire who wish to attend the three week programmes. Patients attending this programme are similar to the Get Back Active Programme patients but in addition, tend to use walking aids and have greater functional difficulties such as difficulty getting on and off the floor.</p>

	<p>understanding of the treatment philosophy. Patients attending this programme may or may not be in work and have often undergone multiple treatments for pain with no lasting benefit. They may also have had symptoms for a number of years or months.</p> <p>This course has been designed to help patients improve their quality of life and physical activity levels.</p> <p>A consultant from the pain relief unit attends to provide information regarding rationalisation of medication as well as risks and benefits associated with medication.</p> <p>Evidence for this programme is published in the MRC Spine Stabilisation Trial (Fairbank et al 2005)</p> <p>The evening Get Back Active programme is similar in content but there is no hydrotherapy or appointment with the disability employment advisor. It is run during the evening so that participants do not need to take time off work.</p>	
PCTS served / catchment area	Oxfordshire, Northamptonshire, Buckinghamshire, West Berkshire, Swindon PCT	
How frequently is your service audited? When was it last audited?	Different elements of the service are audited yearly.	
Do you regularly carry out clinical research? Please provide details	Yes. Please see <a href="http://www.noc.nhs.uk/optimize/professional-information/publications.aspx">http://www.noc.nhs.uk/optimize/professional-information/publications.aspx</a>	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes and No.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes and yes.	

Powys

66) Powys Teaching Health Board – Bronllys Hospital

Information required	Details	Additional notes
Name of programme	Residential Pain and Fatigue Management Programme Community Pain and Fatigue Management Programme	
Name of Provider	Powys Teaching Health Board	
Full Postal Address	Pain and Fatigue Management Centre, Bronllys Hospital, Bronllys Brecon, LD3 0LU	
Contact details: 1. Phone 2. Email 3. Website	P: 01874 712499 E: <a href="mailto:office@painandfatigue.co.uk">office@painandfatigue.co.uk</a> W: <a href="http://www.painandfatigue.co.uk">www.painandfatigue.co.uk</a>	
Duration of programme/s (hours/weeks)	Residential – 3 week      Community – 8 weeks (one day a week)	
Number of places available on each programme	Residential – 10      Community – 16	
Number of programmes per annum	Residential – 8      Community – 9	
Key inclusion/exclusion criteria	Inclusion criteria Widespread disruption of activity, Activity cycling (Overactivity/underactivity), Excessive medication use, High affective distress, Unnecessary aids, Work reduced or impaired, High levels of pain or fatigue Exclusion Criteria Inability to follow simple instructions, Active psychosis, Further physical target, Under 18 years of age, Drug abuse behaviour Not self-caring, Unwilling to participate in programme	
Number and profession of team members delivering the programme.	2 Psychologists, 1 Physiotherapist, 1 Clinical Nurse Specialist, 1 Occupational Therapist, 1 Consultant Anaesthetist PT	
PCTS served / catchment area	Whole of UK	
How frequently is your service audited?	Internal audit yearly	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

Portsmouth

67) Solent NHS Trust – ADAPT

Information required	Details	Additional notes
Name of programme	ADAPT Pain Services (west) Pain Management Programme	
Name of Provider	Solent NHS Trust	
Full Postal Address	Adelaide HC, William McLeod Way, Millbrook, Southampton, SO16 4XE	
Contact details: 1. Phone 2. Email 3. Website	02380608028 <a href="mailto:Deborah.joy@solent.nhs.uk">Deborah.joy@solent.nhs.uk</a> (staff only) www.solent.nhs.uk	
Duration of programme/s (hours/weeks)	Usually 12 sessions once a week for 3 hrs per session	
Number of places available on each programme	10-12	
Number of programmes per annum	4	
Key inclusion/exclusion criteria	Non-malignant, non-inflammatory, over 18. Local GP registration. Must have been assessed in Pain Assessment Clinic first. Stable co-morbidity; no other interventions planned; mental health assessed as suitable for programme; no active drug abuse. Communication is in English.	
Number and profession of team members delivering the programme.	Clinical Psychology, Occupational Therapy, Physiotherapy, Nurse (medic available but does not deliver the programme)	
Other e.g. Specialised services for adolescents / older adults	Non-group management of patients by same team. Close liaison with pain clinic for those with pain who do not meet criteria detailed above. Closely integrated with MSK pathways ensuring all interventions are completed/reviewed prior to referral if appropriate.	
Summary of programme content	ACT based programme.	
PCTS served / catchment area	Southampton CCG & part of SW Hampshire CCG	
How frequently is your service audited? When was it last audited?	Annually; 11-12 complete; 12-13 in progress	
Do you regularly carry out clinical research?	No, but have recently been used as research site by OBI	
Do you know what the HRG code for PMPs is?	No but we should.	
Are you aware of the BPS PMP Guidelines?	Yes; we base our service spec on them and discuss with commissioners from their benchmarks.	

## 68) Solent NHS Trust – Portsmouth Persistent Pain Team

Information required	Details	Additional notes
Name of programme	Portsmouth Persistent Pain Team: Pain Management Programme	
Name of Provider	Solent NHS Trust	
Full Postal Address	The Beeches St James Hospital Locksway Rd Portsmouth PO4 8LD	
Contact details: 1. Phone 2. Email 3. Website	02392684805 <a href="mailto:Deborah.joy@solent.nhs.uk">Deborah.joy@solent.nhs.uk</a> (staff only) <a href="http://www.solent.nhs.uk">www.solent.nhs.uk</a>	
Duration of programme/s (hours/weeks)	Usually 12 sessions once a week for 3 hrs per session	
Number of places available on each programme	10-15	
Number of programmes per annum	8 full plus education session for all referrals and smaller group work such as mindfulness & exercise separate from main PMP	
Key inclusion/exclusion criteria	Non-malignant, non-inflammatory, over 18. Local GP registration. GP holds responsibility for diagnosis. Stable co-morbidity; no other interventions planned; mental health assessed as suitable for programme; no active drug abuse. Communication is in English.	
Number and profession of team members delivering the programme.	Clinical Psychology, Physiotherapy, Exercise rehabilitation therapist	
Other e.g. Specialised services for adolescents / older adults	Non-group management of patients by same team. Some liaison with pain clinic for those with pain who do not meet criteria detailed above. Integrated with MSK pathways ensuring all interventions are completed/reviewed prior to referral if appropriate.	
Summary of programme content	ACT based programme.	
PCTS served / catchment area	Portsmouth CCG	
How frequently is your service audited?	Should be annually, but not complete for 11-12; 12-13 in progress	
Do you regularly carry out clinical research?	No, but have recently been used as research site by OBI	
Do you know what the HRG code for PMP is?	No but we should.	
Are you aware of the BPS PMP Guidelines?	Yes; and would like this team to match them but commissioners have very clear ideas what they want and do not take them into consideration.	



[Roxburgh](#)

69) NHS Borders

Information required	Details	Additional notes
Name of programme	Pain Self-Management Programme	Outpatient
Name of Provider	NHS Borders	
Full Postal Address	Borders General Hospital, Chiefswood Road, Melrose, Scottish Borders, TD6 9BS	
Contact details: 1. Phone 2. Email	01896 826000 <a href="mailto:Shona.smith@borders.scot.nhs.uk">Shona.smith@borders.scot.nhs.uk</a>	
Duration of programme/s (hours/weeks)	8 sessions spread over approx 16 weeks	
Number of places available on each programme	12 patients	
Number of programmes per annum	2 per year	Not currently running due to unfilled posts
Key inclusion/exclusion criteria	As per referral guidelines Usually pre-assessed by every clinician running programme	
Number and profession of team members delivering the programme.	4 clinicians – nurse specialist, physio, psychologist, OT	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Constantly evolves. Includes what is chronic pain, pain mechanisms, relaxation, mindfulness, medication reduction, flare-up management, pacing and goal setting, session with significant others present, “homework” to take away and practice	
PCTS served / catchment area	NHS Borders only	
How frequently is your service audited? When was it last audited?	Several years ago	
Do you regularly carry out clinical research? Please provide details	No Insufficient resources to do so	
Do you use the HRG code for Pain Management Programmes?		
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?		

Somerset

70) Royal National Hospital for Rheumatic Diseases

Information required	Details	Additional notes
Name of programme	Bath Centre for Pain Services	
Name of Provider	Royal National Hospital for Rheumatic Diseases	
Full Postal Address	Upper Borough Walls, Bath BA1 1RL	
Contact details: 1. Phone 2. Email 3. Website	01225 473427 <a href="mailto:Hannah.connell@rnhrd.nhs.uk">Hannah.connell@rnhrd.nhs.uk</a> <a href="http://www.bathcentreforpainservices.nhs.uk">www.bathcentreforpainservices.nhs.uk</a>	
Duration of programme/s (hours/weeks)	<ul style="list-style-type: none"> <li>• 3 week residential programmes</li> <li>• 4 week high intensity residential programme including hospital based admissions</li> <li>• 3 week residential adolescent programme</li> <li>• 3 week residential young adult residential programme</li> <li>• 4 day young persons complex regional pain service</li> <li>• Individual intervention for high intensity cases and children of all ages (hospital based or residential)</li> </ul>	
Number of places available on each programme	<ul style="list-style-type: none"> <li>• Adolescent: 6-7 plus parent/carer</li> <li>• Young Adult: 6-7 plus parent / partner / carer for the first week</li> <li>• Adult residential programmes: up to 10</li> </ul>	
Number of programmes per annum	<ul style="list-style-type: none"> <li>• Adolescent: 6/7</li> <li>• 3 week: 3</li> <li>• 4 week High Intensity Programme: 8</li> <li>• Individual admissions: 28</li> <li>• Young Persons CRPS (individual): 12</li> </ul>	
Key inclusion/exclusion criteria	<p>Inclusion:</p> <ul style="list-style-type: none"> <li>• Adults / Adolescents with longstanding pain associated disability that has not been responsive to secondary treatment interventions.</li> <li>• High pain associated disability.</li> <li>• Significant mood disturbance.</li> <li>• Reduced activity.</li> <li>• Previous participation in a pain management programme.</li> </ul> <p>Exclusion</p>	

	<ul style="list-style-type: none"> <li>• Unable to participate in a group environment; individual requiring acute medical / psychiatric services.</li> </ul> <p>The level and severity of the physical disability / mood disturbance will determine the length of the programme and whether a hospital based admission is required.</p> <ul style="list-style-type: none"> <li>• School attendance and engagement in age appropriate activities will have a bearing on inclusion for adolescents.</li> </ul>	
Number and profession of team members delivering the programme.	2 Clinical Psychologists, 2 Physiotherapists, 1 Occupational therapist 1 Senior Nurse, 1 Consultant pain clinician	
Other e.g. Specialised services for adolescents / older adults	<ul style="list-style-type: none"> <li>• Residential adolescent pain management programme (11-18).</li> <li>• Young Persons CRPS programme – 4 day admission joint physiotherapy and psychology intervention (8 upwards).</li> <li>• Residential Young Adult Programme (18-30).</li> </ul>	
Summary of programme content	<p>All pain management interventions are residential and involve a 8.45am – 4.30pm day. An acceptance and commitment therapy (ACT) based approach is used by all members of the inter- disciplinary team.</p> <p>On average there is total of 30 therapy hours per week, on a typical 3 week based intervention the person will receive 90 hours of therapy delivered by the interdisciplinary team.</p> <p>Therapy takes place inside the hospital and also in a public gym and in the city itself.</p>	
PCTS served / catchment area	National / international Service	
How frequently is your service audited?	Annually	
Do you regularly carry out clinical research? Please provide details	<p>Yes</p> <p>Please refer to website for recent publications <a href="http://www.bathcentreforpainservices.nhs.uk">www.bathcentreforpainservices.nhs.uk</a></p>	
Do you use the HRG code for Pain Management Programmes?	<p>HRG funding for paediatric CRPS (England only)</p> <p>Prior approval required for all other programmes / admissions</p>	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes	

South Yorkshire

71) Pain Management Solutions (Dovercourt Surgery)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Dovercourt Surgery 3 Skye Edge Avenue Sheffield S2 5FX	
Contact details: 1. Phone 2. Email 3. Website	0800 0340406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Thursday evenings 5.15- 8.15pm	
Number of places available on each programme	16	
Number of programmes per annum	6-7 dependant on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team, can include senior pain physiotherapist, clinical nurse specialist , hypno/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus	

	is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	Primarily NHS Sheffield CCG but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

72) Pain Management Solutions (Oaks Park Primary Care)

Information required	Details	Additional notes
Name of programme	Pain Management Programme held at Oaks Park	
Name of Provider	Pain Management Solutions	
Full Postal Address	Oaks Park Primary Care Centre Thornton Road Kendray Barnsley S70 3NE	
Contact details: 1. Phone 2. Email 3. Website	0800 0340406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Tuesday mornings 9.15- 12.15	
Number of places available on each programme	16	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team , can include senior pain physiotherapist, clinical nurse specialist , hypno/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management	

	programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
PCTS served / catchment area	Primarily NHS Barnsley CCG but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	No	

73) Pain Management Solutions (The Circle) (See Not Updated for 2013 Section at end of Document)

## 74) Sheffield Children's NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Sheffield Children's Hospital Pain Management Service	<i>(Individualised sessions only)</i>
Name of Provider	Sheffield Children's NHS Foundation Trust	
Full Postal Address	Western Bank, Sheffield, S10 2TH	
Contact details: 1. Phone 2. Email 3. Website	0114 2717397 or 0114 2260843 <a href="mailto:rebecca.reaney@sch.nhs.uk">rebecca.reaney@sch.nhs.uk</a> <a href="http://www.sheffieldchildrens.nhs.uk/our-services/pain-management">www.sheffieldchildrens.nhs.uk/our-services/pain-management</a>	
Duration of programme/s (hours/weeks)	Individualised pain management sessions are provided with group sessions when the need arises.	Scoping is underway to provide a residential pain management programme for children and young people
Number of places available on each programme	Individualised sessions	
Number of programmes per annum	N/A	
Key inclusion/exclusion criteria	Patients are to have completed all investigations and had results fed back to them. A full MDT assessment is performed before a treatment plan is drawn up.	
Number and profession of team members delivering the programme.	2 part time Psychologists, 2 part time Physiotherapists/Occupational therapists, pain nurse specialists	
Other e.g. Specialised services for adolescents / older adults	Solely a children's and young peoples service	
Summary of programme content	-	
PCTS served / catchment area	Yorkshire & Humber, North Yorkshire, North West England, East Midlands	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	-	



75) Sheffield Teaching Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	9 week Pain Management Programme One Day Pain Management Programme – acts as stand alone brief intervention and introduction to longer course.	
Name of Provider	Pain Clinic, Sheffield Teaching Hospitals NHS Foundation Trust	
Full Postal Address	Pain Clinic OPD4 Vickers Courtyard Northern general Hospital Herries Rd Sheffield Teaching Hospitals NHS Trust S5 7AU	
Contact details: 1. Phone 2. Email	0114 271 5210 jill.chanter@sth.nhs.uk	
Duration of programme/s (hours/weeks)	9 week PMP duration = half day session weekly for 9 weeks One day PMP duration = 4 hours	
Number of places available on each programme	15 places per 9 week PMP (normally two running concurrently) 10 places per One Day PMP	
Number of programmes per annum	9 week PMP @ 10 per annum One Day PMP @ 30 per annum	
Key inclusion/exclusion criteria	<p>Common inclusion criteria:</p> <ul style="list-style-type: none"> <li>• Presence of persistent pain causing significant disability and/or distress;</li> <li>• The patient is able to communicate in the language in which the PMP is conducted; a trained independent interpreter may facilitate successful participation;</li> <li>• The patient is willing to participate in a group.</li> </ul> <p>We aim to adhere to the BPS guidelines for exclusion criteria:</p> <ul style="list-style-type: none"> <li>• Psychological or psychiatric problems which require urgent attention, or which preclude the use of cognitive and behavioural methods in a group;</li> <li>• Severe disability such that the basic requirements of attending treatment exceed the patient’s current capacity. This in part on the physical characteristics of the treatment setting and</li> </ul>	

	access to it.	
Number and profession of team members delivering the programme.	2 Physiotherapists 2 Clinical Nurse Specialists 1 Occupational Therapist	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	<p>9 week PMP</p> <p><i>Weeks 1 – 3</i></p> <ul style="list-style-type: none"> <li>• The effects of living with pain on you and your life</li> <li>• Your experiences of trying to control pain</li> <li>• Understanding your body: What is chronic pain and why can't it be fixed?</li> <li>• Understanding your body: The "Pain Gate" – what it is and what affects it</li> <li>• The threat of pain and how we respond to this</li> <li>• How does medication fit in?</li> <li>• Understanding your body: – bones and muscles &amp; why we need to move them</li> <li>• The vicious circle of pain – the relationship between physiology, thoughts, feelings and behaviour</li> </ul> <p><i>Week 4 – 8</i></p> <ul style="list-style-type: none"> <li>• What is mindfulness and how may it help?</li> <li>• Working towards what's important to you – values and goals</li> <li>• Thoughts – understanding how thinking can cause problems for us (and learning strategies for helping with these thoughts)</li> <li>• Improving Sleep</li> <li>• Getting More Active</li> <li>• Things that get in the way of making changes</li> <li>• Understanding medical terms</li> <li>• Communicating with others about pain and our limitations</li> </ul> <p><i>Week 9</i></p> <ul style="list-style-type: none"> <li>• Pulling it all together</li> <li>• Keeping up the good work and dealing with setbacks</li> </ul>	

	<p>1 Day PMP</p> <p>The programme aims to provide an understanding of the difference between acute and chronic pain, pain mechanisms, central sensitisation and using this understanding to explore other pain management techniques introducing more options and flexibility in approaching day to day activities.</p>	
PCTS served / catchment area	Sheffield, Chesterfield, Rotherham, Doncaster, Barnsley, Bassetlaw, Lincoln	
How frequently is your service audited? When was it last audited?	<p>9 week PMP</p> <p>Continually monitored.</p> <p>Full Evaluation 2011</p> <p>Outcomes include participants own goals PSEQ and CPAQ</p> <p>One Day PMP</p> <p>Fully Evaluated in the last year using Content Analysis methodology</p>	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	<p>Healthcare Resource groupings</p> <p>X66.2 Yes we use the code</p>	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	We are aware of the guidelines. They have guided our staffing to the point that we have both Psychological and Medical supervision	

South Glamorgan

76) Velindre NHS Trust

Information required	Details	Additional notes
Name of programme	CPMP	
Name of Provider	Velindre NHS Trust	
Full Postal Address	Whitchurch, Cardiff, CF14 2TL	
Contact details: 1. Phone 2. Email	02920316943 <a href="mailto:Julia.Ahmed@wales.nhs.uk">Julia.Ahmed@wales.nhs.uk</a>	
Duration of programme/s (hours/weeks)	10 week CPMP – 3hrs a week, with 2 follow-up sessions at 6 weeks and 6 months. 6 week working CPMP.	
Number of places available on each programme	12 places on 10 week course.. 15 places on average 6 week course	
Number of programmes per annum	6 x 10 week CPMP . 1x 6 week CPMP	
Key inclusion/exclusion criteria	Chronic pain for over 3 months and all active interventions have been completed.	
Number and profession of team members delivering the programme.	Medical Consultant Clinical Psychologist Senior Physiotherapist Team Administrator	
Other e.g. Specialised services for adolescents / older adults	N/A	
Summary of programme content	Cognitive-Behavioural self- management course based on the Biopsychosocial model of pain.	
PCTS served / catchment area	Cardiff and Vale and Cwm Taff	
How frequently is your service audited? When was it last audited?	Annual Audit - 2012	
Do you regularly carry out clinical research? Please provide details	N/A	
Do you use the HRG code for Pain Management Programmes?	Unsure	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Use BPS PMP guidelines	

Staffordshire

77) Pain Management Solutions (Meir Primary Care Centre)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Meir Primary Care Centre Weston Road Meir Stoke on Trent ST3 6AB	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Thursday afternoon 2-5pm	
Number of places available on each programme	10	
Number of programmes per annum	4 in recent 6 month pilot	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> </ul> Inclusion criteria; <ul style="list-style-type: none"> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team and can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents /	Pain Management Solutions are independent providers of a chronic pain	

older adults	service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP)through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L PSEQ & StartBack tool every patient at assessment and discharge and reported to CCG quarterly.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

## 78) Staffordshire and Stoke on Trent NHS partnership Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Staffordshire and Stoke On Trent NHS partnership Trust	
Full Postal Address	Chronic Pain Management Service , Edwin House Centrum 100, Second Avenue, Burton On Trent DE 14 2 WF	
Contact details: 1. Phone 2. Email 3. Website	01283507131 <a href="mailto:sspct.chronicpain@nhs.net">sspct.chronicpain@nhs.net</a> <a href="http://www.staffordshireandstokeontrent.nhs.uk">www.staffordshireandstokeontrent.nhs.uk</a>	
Duration of programme/s (hours/weeks)	20 hours in group therapy and 10 hours self working at home. 6 weeks	
Number of places available on each programme	8 to 14	
Number of programmes per annum	24	
Key inclusion/exclusion criteria	<ol style="list-style-type: none"> <li>1. Persistent Pain and suffering for more than 12 weeks</li> <li>2. Motivation and readiness to engage with the PMP model.</li> <li>3. Ability to meet practical requirement of attendance to groups.</li> <li>4. Comfortable in group situation (some apprehension and mild anxiety is normal).</li> <li>5. Can come to first group session and is unlikely to miss more than one session after that.</li> </ol>	
Number and profession of team members delivering the programme.	Physiotherapist, Psychologist and Pharmacist deliver programme in turns, at one time there are 2 clinicians present.	
Other e.g. Specialised services for adolescents	-	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited?	-	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for Pain Management Programmes is?	-	
Are you aware of the BPS PMP Guidelines?	-	

Surrey

79) Ashford & St. Peter's Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	St Peters Hospital + Community Pain Management Programme	
Name of Provider	Ashford & St. Peter's Hospitals NHS Trust	
Full Postal Address	St. Peters Hospital, Nightingale House, Guildford Road, Chertsey Surrey KT16 OPZ	
Contact details: 1. Phone 2. Email 3. Website	01932 722432 <a href="mailto:Deirdre.higgins@asph.nhs.uk">Deirdre.higgins@asph.nhs.uk</a> <a href="http://www.asfordstpeters.nhs.uk/pain-management-chronic-pain">www.asfordstpeters.nhs.uk/pain-management-chronic-pain</a>	
Duration of programme/s (hours/weeks)	Main programme, 7 weeks, 42 hours Short programme, 7 weeks, 21 hours	
Number of places available on each programme	10-15	
Number of programmes per annum	10	
Key inclusion/exclusion criteria	Inclusion – poor quality of life, significant psychosocial difficulties related to pain, difficulties in coping with the impact of their condition, adults + older adults, referral from pain consultant for chronic pain condition. Exclusion – active suicidal ideation or other severe mental illness, unable to access an outpatient programme, language difficulties that preclude group work. Complex needs that preclude op delivery under 18's.	
Number and profession of team members delivering the programme.	5 team members, specialist physiotherapy, clinical psychologist, specialist nurse, administrators, assistant psychologist.	
Other e.g. Specialised services for adolescents /	No.	
Summary of programme content	ACT based self-management with emphasis on value based goals.	
PCTS served / catchment area	NW Surrey/Middlesex	
How frequently is your service audited? When was it last audited?	6-12 months April 2013	
Do you regularly carry out clinical research?	-	
Do you use the HRG code for Pain Management Programmes?	Unsure	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	yes	



## 80) Epsom &amp; St. Helier NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Epsom and St Helier NHS Trust	Centre of Pain Education (COPE)
Full Postal Address	Cheviot House Sutton Hospital Sutton Surrey SM2 5NF	
Contact details: 1. Phone 2. Email 3. Website	Tel: 020 8296 4315 <a href="mailto:Hilary.rankin@esth.nhs.uk">Hilary.rankin@esth.nhs.uk</a> <a href="http://www.epsom-sthelier.nhs.uk/cope/">www.epsom-sthelier.nhs.uk/cope/</a>	
Duration of programme/s (hours/weeks)	8 x 3hrs per week plus follow up at 1 month, 6 months and 1 year	
Number of places available on each programme	10	
Number of programmes per annum	10	
Key inclusion/exclusion criteria	Chronic pain minimum 6 months, distress and / or disability due to chronic pain underlying treatable pathology excluded by medical referrer, patient willing to consider self-management approach. Patients opt-in to initial ½ day education programme and opt-in again to multidisciplinary assessment and PMP if appropriate.	
Number and profession of team members delivering the programme.	2 x 0.5wte clinical psychologists, 0.5wte clinical physiotherapy specialist, 0.5wte clinical nurse specialist	
Other e.g. Specialised services for adolescents / older adults	Limited availability of 1:1 pain management for patients unable to access group programme eg due to language difficulties or needing additional help which cannot be provided in a group setting	
Summary of programme content	The pain management programme offers an 8 week, half day per week group outpatient course aimed at reducing distress and disability and promoting self-management, engagement in valued activities and quality of life despite continuing pain, including return to work. The multidisciplinary nature of the intervention targets fear-avoidance of activity and movement, excessive or ineffective medication use and distress. Repeated audits have shown consistent improvements in	

	<p>distress and disability which are maintained at 6 month follow-up as well as modest but significant reductions in self-report of pain and a 50% reduction in pain-related medical appointments. Patients are followed up for 1 year to ensure maintenance of therapeutic changes in the context of continuing chronic pain.</p> <p>The programme meets British Pain Society recommendations for staffing competencies and skill mix, programme content and evaluation of outcomes. It is continually updated to incorporate latest evidence.</p>	
PCTS served / catchment area	Sutton, Merton, Epsom, Croydon and surrounding areas in South West London and Surrey.	
How frequently is your service audited? When was it last audited?	Outcome data routinely collected. Last audit of data 2011.	
Do you regularly carry out clinical research? Please provide details	Occasional research projects with trainee clinical psychologists	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No, activity is recorded as outpatient attendance for pain management	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

## 81) Frimley Park Hospital

Information required	Details	Additional notes
Name of programme	"Living with Pain" Course	Pain Management Programme
Name of Provider	Frimley Park Hospital (Programmes also held at the Out-patient Pain Clinic – see entry below).	
Full Postal Address	Frimley Park Hospital Portsmouth Road Frimley, Camberley GU16 7UJ	
Contact details: 1. Email 2. Website	Frimley Park Hospital 01276 604 604 <a href="http://www.frimleypark.nhs.uk">www.frimleypark.nhs.uk</a>	
Duration of programme/s (hours/weeks)	10 week course 2 hours per week	
Number of places available on each programme	10	
Number of programmes per annum	12 (2 specifically for people with fibromyalgia, 1 for pelvic pain).	
Key inclusion/exclusion criteria	Pain duration 3 months + All options for pain relief explored Referral via pain consultant	
Number and profession of team members delivering the programme.	4 Clinical Psychologists 2 Specialist Pain Physiotherapists 2 Specialist Pain Nurses	
Other e.g. Specialised services for adolescents / older adults	Specialist service for people with fibromyalgia / wide spread pain. Specialist services for people with pelvic pain Monthly patient-led resource group following completion of the programme for the duration of their pain. Annual Refresher Day for all participants	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited?	-	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for PMPs is?	-	
Are you aware of the BPS PMP Guidelines?	-	

**N.B:** Frimley Park Hospital Pain Service & the Out Patient Clinic at the Aldershot Centre were originally listed as one service. These were separated as they cover different areas. See 'Hampshire' for the Out-Patient Pain Clinic details.

## 82) Kingston Hospital

Information required	Details	Additional notes
Name of programme	Pain Management Group Programme	
Name of Provider	Kingston Hospital NHS Foundation Trust	
Full Postal Address	Galsworthy Road, Kingston-upon-Thames, Surrey, KT2 7QB	
Contact details: 1. Phone 2. Email 3. Website	020 8934 2563/2453 <a href="mailto:Ann.gold@kingstonhospital.nhs.uk">Ann.gold@kingstonhospital.nhs.uk</a> <a href="http://www.kingstonhospital.nhs.uk/hospital-services">http://www.kingstonhospital.nhs.uk/hospital-services</a>	
Duration of programme/s (hours/weeks)	3 hours/week for 8 weeks + follow-up at 2 months	
Number of places available on each programme	12	
Number of programmes per annum	Up to 8	
Key inclusion/exclusion criteria	<p>Referral Criteria</p> <ul style="list-style-type: none"> <li>• Chronic benign pain for more than 3 months, unrelieved by treatment</li> <li>• Aged &gt; 18years</li> <li>• Significant decrease in quality of life due to chronic pain, ie impact on activities of daily living, work, sleep and social functioning</li> <li>• Evidence of problems with pacing of activity</li> <li>• High level of emotional distress associated with pain</li> <li>• Significant deconditioning and decrease in physical activity due to chronic pain</li> <li>• Problems with use of medication for pain</li> <li>• Some evidence of interest in learning about pain management techniques and participating in a cognitive-behavioural group programme</li> </ul> <p>Exclusion Criteria</p> <ul style="list-style-type: none"> <li>• Awaiting significant further investigation/treatment for chronic pain judged likely to be a barrier to participating in self-management</li> <li>• Serious problems with literacy/learning disability/understanding of English</li> <li>• A rapidly deteriorating disease or condition, or limited life-expectancy</li> <li>• Psychological or psychiatric problems which require urgent attention, or which preclude the use of a cognitive-behavioural approach in a group</li> <li>• Current abuse of alcohol or illegal drugs (refer to CDAT) judged likely to interfere with participating in self-management</li> </ul>	

	<ul style="list-style-type: none"> <li>• Focussed on finding medical solution - clear lack of interest in self-help approach</li> <li>• Severe disability or other health problem which would prevent safe attendance in the group setting</li> <li>• Unable to attend all (bar 1) session of programme</li> <li>• Overwhelmed by other psychosocial problems</li> </ul>	
Number and profession of team members delivering the programme.	For each programme: 1 clinical psychologist, 1 specialist physiotherapist, 1 Alexander Technique teacher, 1 acupuncturist, 1 acute pain nurse	
Other e.g. Specialised services for adolescents / older adults	We are piloting one-off Introductory Pain Management sessions and run physiotherapy-led post intervention exercise/pain education groups (4 x 1 hour sessions).	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	-	

## 83) Royal Surrey County Hospital

Information required	Details	Additional notes
Name of programme	We run 3 parts to our pain management programme all based on acceptance and mindfulness based approaches to living well with pain: IMPACT (Introducing Mindfulness to Pain and Acceptance and Commitment Therapy) MBSR (Mindfulness Based Stress Reduction for Pain) MOVE (Moving On with Valued Exercise)	
Name of Provider	Pain Department, Royal Surrey County Hospital	
Full Postal Address	Pain Department, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX	
Contact details: 1. Phone	01483 571122 extension 2735	
Duration of programme/s (hours/weeks)	IMPACT – 2 hours for 7 weeks & 2 follow up groups MBSR – 2 hours for 8 weeks MOVE – 1.5 hours for 6 weeks	
Number of places available on each programme	IMPACT – about 10 MBSR – about 15 MOVE – up to 8	
Number of programmes per annum	2 of each	
Key inclusion/exclusion criteria	Inclusion criteria: patients currently seen in RSCH chronic pain department Willingness to make a commitment to explore different ways of living with pain The capacity to commit to work required by the programme is likely to be limited if people have intense psychological problems or are preoccupied with overwhelming life events. They are unlikely to have the resources to make attendance at a course worthwhile MBSR inclusion criteria: a commitment to 1 hour/day mindfulness meditation practice during the course (Part of the assessment process is to enable collaborative decision making with patients about each treatment option, meaning that there are less clear inclusion/exclusion criteria applied).	
Number and profession of team members delivering the programme.	IMPACT & MOVE – Clinical Psychologist and Clinical Specialist Physiotherapist in Pain MBSR – Clinical and Health Psychologist	
PCTS served / catchment area	RSCH	

Tyne and Wear

84) Newcastle Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Newcastle Pain Management Programme	
Name of Provider	Newcastle Hospitals NHS Foundation Trust	
Full Postal Address	Elswick Health Centre Sceptre Court Newcastle upon Tyne, NE4 6SH	
Contact details: 1. Phone 2. Email	0191 298 6998 Anne.fidler@nuth.nhs.uk	
Duration of programme/s (hours/weeks)	5 hours/week for 7 weeks	
Number of places available on each programme	Maximum 16	
Number of programmes per annum	4 per year	
Key inclusion/exclusion criteria	Individually assessed by multidisciplinary team Over 18 years of age	
Number and profession of team members delivering the programme.	4 Physiotherapist, Clinical Psychologist, Assistant Psychologist Medical Consultant	
Other e.g. Specialised services for adolescents		
Summary of programme content	ACT based multidisciplinary programme utilising pain science	
PCTS served / catchment area	Newcastle upon Tyne PCT Will accept patient from other PCT/CCGs with funding	
How frequently is your service audited?	Every 2 years. Last audited 2012	
Do you regularly carry out clinical research?		
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes and Yes	

West Midlands

85) Dudley Group of Hospitals

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Dudley Group of Hospitals	
Full Postal Address	The Guest Hospital, Tipton Road, Dudley, West Midlands	
Contact details: 1. Phone 2. Email & Website	Claire Beddall - Lead Clinical Nurse Specialist Chronic Pain Management 01384 244735. claire.beddall@dgh.nhs.uk	
Duration of programme/s (hours/weeks)	48hrs plus homework	
Number of places available on each programme	12	
Number of programmes per annum	4	
Key inclusion/exclusion criteria	Inclusion – any long term non malignant pain condition problem Exclusion- any ongoing litigation, current severe mental health problems, psychoses, drug/alcohol dependency under 18	
Number and profession of team members	CNS, Psychologist, Physiotherapist, Occupational therapist	
Other e.g. Specialised services for adolescents / older adults	N/A	
Summary of programme content	Exercise, pacing, goal setting, relaxation, thoughts and feelings, assertiveness, stress management, sleep, fear/ avoidance behaviour, medication, pain theory and discussion of treatment options, memory, art, set back planning, carers'/relatives session, ex patient input	
PCTS served / catchment area	West midlands	
How frequently is your service audited? When was it last audited?	Yearly	
Do you regularly carry out clinical research? Please provide details	Yes. Current research being carried out by PhD Student using EEG and MRI to monitor pain sensation and brain activity pre and post course	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	Yes. In use	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes- basis for structuring and administering the programme	



## 86) Birmingham Community Healthcare NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Birmingham Community Healthcare NHS Trust	
Full Postal Address	Administration is at : The Dove Primary Care Centre, Dovedale Rd., Birmingham B23 5DD	
Contact details: 1. Phone 2. Email	0121 465 5693 Scott.waters@bhamcommunity.nhs.uk	
Duration of programme/s (hours/weeks)	30 hours minimum attendance, sessions are 3 hours once a week	
Number of places available on each programme	Up to 20	
Number of programmes per annum	A 'rolling' programme runs continuously in 2 locations, with new intake every 5 weeks	
Key inclusion/exclusion criteria	Chronic Musculo-skeletal Pain. Un-investigated pathology, inability to take part in group based programme eg because of poorly controlled mental health condition or identified physical impairment preventing participation in exercise eg difficulties with balance	
Number and profession of team members delivering the programme.	Psychologist, Physiotherapist, Physiotherapy and Psychology Assistants	
Other e.g. Specialised services for adolescents / older adults	Age range from 18 years upwards, no upper age limit. Closed 9 week interpreted group programmes are run on a single sex basis for non- English speakers	
Summary of programme content	Participants are expected to attend for a minimum of 10 weeks to complete 30 hours contact time, but can stay for longer if necessary and can attend for 'booster sessions' as needed.	
PCTS served / catchment area	Programme is run in 3 locations across East and North Birmingham	
How frequently is your service audited?	Yearly	
Do you regularly carry out clinical research? Please provide details	No occasional research is undertaken but service evaluation is conducted on a regular basis	
Do you know what the HRG code for PMPs is?	No	
Are you aware of the BPS PMP Guidelines?	Yes	

## 87) Royal Orthopaedic NHS Foundation Trust (See Not Updated for 2013 Section at end of Document)

## 88) Royal Wolverhampton Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Royal Wolverhampton Hospitals NHS Trust	
Full Postal Address	New Cross Hospital, Wolverhampton, West Midlands WV10 0QP	
Contact details: 1. Phone	Chronic Pain Help-line : 01902 307999 ext. 5123	
Duration of programme/s (hours/weeks)	We offer : An Introduction Session of 2hrs (explain programme content) Eight week programme (2hrs per week)	Held at an external locations in Wolverhampton
Number of places available on each programme	Currently 15 places available per eight week programme	Due to commence an additional programme offering 10 places (September 2013)
Number of programmes per annum	Currently four programmes per year (Tuesdays)	Due to commence additional two programmes on Friday (late 2013)
Key inclusion/exclusion criteria	We follow the British Pain Society guidelines for inclusion/exclusion	We offer PMP at the start of our Chronic Pain Pathway
Number and profession of team members delivering the programme.	2 Clinical Psychologists 1 Specialist Physiotherapist 2 Chronic Pain Nurse Specialists	Input from Occupational Therapist and guest lecturers from other departments/ external support services in local area
Other e.g. Specialised services for adolescents	-	
Summary of programme content	The eight week programme is a delivered utilising psychology and physiotherapy input based on the Acceptance and Commitment Therapy (ACT) Model.	
PCTS served / catchment area	Wolverhampton CCG; South East Staffs CCG	
How frequently is your service audited? When was it last audited?	We have not been audited however we hope to rectify this in the near future	
Do you regularly carry out clinical research? Please provide details	2013 - Currently involved in a clinical research trial with Birmingham City University - Nick Hylands-White (PhD Candidate-Pain Mgmt Group) - "The effect of psychological treatment upon brain activity related to pain processing" - This is our first involvement in Clinical research trial (2013).	
Do you know what the HRG code for PMPs is?		
Are you aware of the BPS PMP Guidelines?	Yes – our programme is based upon the British Pain Society PMP guidelines however we utilise the ACT Model for psychological elements	

89) Sandwell and West Birmingham Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme (PMP) & Community Pain Management Programme (CPMP).	
Name of Provider	Sandwell and West Birmingham Hospitals NHS Trust	
Full Postal Address	Sandwell and West Birmingham Hospitals NHS Trust City Hospital, Pain Service, Dudley Road, Birmingham, B17 8QH	
Contact details: 1. Phone 2. Email	Lynne Harrison /Rebecca Pardoe/Sarah Sherwood 0121 507 4344 <a href="mailto:lynneharrison@nhs.net">lynneharrison@nhs.net</a>	
Duration of programme/s (hours/weeks)	PMP: 10weeks -2 and half hours once a week. CPMP: 7 weeks -2 and half hours once a week	
Number of places available on each programme	Max 14 –group size usually between 8 and 10 (both programmes).	
Number of programmes per annum	PMP: 7 in total. 2 a year in Punjabi and 1 evening for people at work CPMP: 3 in total commissioned from community PCT 1 a year in Punjabi	
Key inclusion/exclusion criteria	<p>PMP: Programme aimed at patients referred from level 3 Pain clinic.</p> <p>Inclusion factors are:</p> <ul style="list-style-type: none"> <li>• Pain longer than one year (can be a shorter period if required)</li> <li>• No further surgical or medically significant interventions planned</li> <li>• Pain having a significant impact on patient’s quality of life</li> <li>• Ability to function within a group setting</li> <li>• A basic standard of reading and writing</li> </ul> <p>Exclusion factors are:</p> <ul style="list-style-type: none"> <li>• Active psychosis</li> <li>• Actively suicidal/severe psychological and emotional problems</li> <li>• No current alcohol or illicit drug misuse</li> <li>• Cognitive impairment</li> <li>• High physical care needs that require active supervision</li> <li>• Inability to speak English or Punjabi</li> <li>• Major travel issues to and from hospital</li> </ul> <p>Referral is normally made under the supervision/name of a consultant level clinician, and reassessed prior to commencement by member of PMP team.</p>	

	<p>CPMP: Programme aimed at patients referred from a level 2 community pain clinic.</p> <p>Inclusion factors are:</p> <ul style="list-style-type: none"> <li>• Pain longer than 6 month</li> <li>• No surgical or medically significant interventions planned in near future.</li> <li>• Pain having a significant impact on patient's quality of life</li> <li>• Ability to function within a group setting</li> <li>• A basic standard of reading and writing</li> </ul> <p>Exclusion factors are:</p> <ul style="list-style-type: none"> <li>• Active psychosis</li> <li>• Actively suicidal/moderate to severe psychological and emotional problems</li> <li>• No current alcohol or illicit drug misuse</li> <li>• Cognitive impairment</li> <li>• High physical care needs that require active supervision</li> <li>• Inability to speak English or Punjabi</li> <li>• Major travel issues to and from hospital</li> </ul> <p>Referral from community clinic staff.</p>	
Number and profession of team members delivering the programme.	<p>PMP: Nursing x2, Psychologist x1, Physios x 2</p> <p>CPMP: Nursing x1, Psychologist .25 wte, Physios x 1, HCA x 1</p>	
Other e.g. Specialised services for adolescents / older adults	<p>PMP: Punjabi groups</p> <p>Evening groups</p> <p>CPMP: Punjabi groups</p>	
Summary of programme content	Timetable attached	
PCTS served / catchment area	<p>PMP: Sandwell, Dudley, Walsall and Heart of Birmingham are main areas.</p> <p>CPMP: Heart of Birmingham are main areas.</p>	
How frequently is your service audited? When was it last audited?	Ongoing audit data collected for each group and annually extract aspects to look at in detail.	
Do you regularly carry out clinical research?	No	
Do you use the HRG code for Pain Management Programmes?	<p>PMP: Don't know, don't think so</p> <p>CPMP: No</p>	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	<p>PMP: Yes developed current programme based on these guidelines and aim to achieve these standards .</p> <p>CPMP: Yes used as a base but not strictly adhered to as a shortened version of hospital programme with emphasis on getting people active despite pain and reduced psychology input.</p>	

**N.B: Two separate entries were completed for Birmingham City Hospital. These have been combined in the above entry.**

90) The Robert Jones & Agnes Hunt Orthopaedic NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Oswestry Pain Management Programme	
Name of Provider	The Robert Jones & Agnes Hunt Orthopaedic NHS Foundation Trust	
Full Postal Address	OPMP Garden Cottage RJAH Orthopaedic Hospital Oswestry Shropshire SY10 7AG	
Contact details: 1. Phone 2. Email 3. Website	Telephone 01691 404473 <a href="mailto:Caroline.evans@rjah.nhs.uk">Caroline.evans@rjah.nhs.uk</a> <a href="http://www.rjah.nhs.uk">www.rjah.nhs.uk</a>	
Duration of programme/s (hours/weeks)	2 weeks and 3 weeks residential	
Number of places available on each programme	7	
Number of programmes per annum	17	
Key inclusion/exclusion criteria	<p>Inclusion Criteria: Aged from 18 years upwards, depending on individual capabilities. A history of chronic low back pain, ie greater than three months duration, where back pain is the predominant feature as opposed to leg pain. Chronic neck pain/whiplash syndrome. Fibromyalgia/ ME/ Complex regional pain syndrome. Post surgical patients, e.g. 'technically' successful decompression/discectomy and/or fusion surgery where pain still inhibits function to an unacceptable degree.</p> <p>Exclusion criteria: History of serious heart disease or cardiac surgery. Previous or present significant psychiatric history. Evidence of current alcohol or drug abuse. Equipment in situ at home e.g. stair lift or wheelchair. Insulin dependent diabetic, unless well controlled and self managed. Where mobility is severely restricted by pain, i.e. unable to walk more than 250 metres. Patients currently on a surgical waiting list. Pending compensation claim. It is preferable that a claim be settled prior to referral, however, patients'</p>	

	situations are assessed individually. Patients are required to be functionally independent and medically fit.	
Number and profession of team members delivering the programme.	5 core team members, plus Pharmacist and Dietitian. Clinical/Surgical Assistant and programme Team Lead Clinical psychologist, Senior Physiotherapist, Rotational Physiotherapist, Technical Instructor	
Other e.g. Specialised services for adolescents	-	
Summary of programme content	The programme helps patients to understand emotional and psychological influences in persistent pain as well as the consequences of poor general health and physical de-conditioning. Sessions are both educational and physical, encouraging interaction, problem solving and gently confronting individual challenges. It uses CBT, ACT, Mindfulness and body awareness techniques, directing patients towards values-generated goals. Areas covered in the educational elements include understanding pain, managing pain, activity approaches and environmental considerations, understanding injury and healing and effects of de-conditioning, health and fitness, sleep, stress management, medication, diet, employment. Activities are offered both on and off site and take a broad approach to health and fitness. These include hydrotherapy, fitness equipment, yoga and Pilates mat work/gym ball, indoor/outdoor games or sports, walking and cycling. Patients are followed up at 3 and 6 months.	
PCTS served / catchment area	Shropshire, Telford & Wrekin, Staffordshire, Worcestershire, Herefordshire, Mid Wales, North Wales	
How frequently is your service audited? When was it last audited?	Annually July 2012	
Do you regularly carry out clinical research?	No, although currently involved with external researcher	
Do you know what the HRG code for PMPs is?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes Yes	

[West Sussex](#)

91) Sussex Community NHS Trust

Information required	Details	Additional notes
Name of programme	Primary Care Chronic Pain Service	
Name of Provider	Sussex Community NHS Trust	
Full Postal Address	Chronic Pain Service Richard Hotham Unit Bognor War Memorial Hospital West Sussex PO22 9PP	
Contact details: 1. Phone	01243623910	
Duration of programme/s (hours/weeks)	Opt in session: pt are given an overview of course content meet with the course leads. Actual PMPCBT Course sessions = 4hrs x 6 sessions / Graduate session after 3months 8 WEEKS IN TOTAL: 4hr sessions over a 6 week period re Course followed by Graduate session after 3months.	
Number of places available on each programme	15	
Number of programmes per annum	3 up to 4 depending on the demand	
Key inclusion/exclusion criteria	<ul style="list-style-type: none"> <li>• The patient is able to communicate in the language in which the PMP is conducted; a trained independent interpreter may facilitate successful participation;</li> <li>• The patient is willing to participate in a group.</li> </ul> <p>Common exclusion criteria:</p> <ul style="list-style-type: none"> <li>• The patient has a limited life expectancy or rapidly deteriorating disease or condition.</li> <li>• Psychosis and severe cognitive impairment are contraindications.</li> <li>• Primary drug or alcohol problems;</li> <li>• Psychological or psychiatric problems which require urgent attention, or which preclude the use of cognitive and behavioural methods in a group;</li> <li>• Severe disability such that the basic requirements of attending treatment exceed the patient's current capacity. This depends in part on the physical characteristics of the treatment setting and</li> </ul>	

	<p>access to it.</p> <ul style="list-style-type: none"> <li>• Written and spoken English are poor;</li> <li>• Ongoing litigation may place patients in a dilemma in that improved function will reduce their anticipated compensation. Patients receiving welfare benefits which depend on poor function are often in a similar position. Evidence is inconsistent on whether this affects outcome adversely;</li> <li>• The individual is judged to be poorly motivated. It is important that potential participants receive an adequate explanation of the aims of the programme in relation to their pain-related problems. Clinician judgements of 'motivation' are most likely to exclude already disadvantaged patients.</li> </ul>	
Number and profession of team members delivering the programme.	3	
Other e.g. Specialised services for adolescents		
Summary of programme content	<p>Education about acute and chronic pain, activity pacing, goal planning, posture and anatomy, personalised exercise planning, stretches, stress and anxiety management, attitudes and beliefs about pain, benefits of exercise, medications for pain, sleep improvement, flare-up management, acceptance and commitment, mindfulness, relaxation techniques, communication skills, assertiveness, breaking the pain cycle, emotional factors and chronic pain, time management, problem solving, coping with pain. This is not an exhaustive list and the group facilitators respond to other needs of the participants whenever possible and appropriate for a group setting.</p>	
PCTS served / catchment area	-	
How frequently is your service audited? When was it last audited?	Our PMPs are audited for outcomes on an on-going basis. We have up to date outcome data on all groups up to May 2013	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for PMPs is?	-	
Are you aware of the BPS PMP Guidelines?	Yes. Our programmes were designed on the recommendations of the BPS guidelines and along with national and international agreed guidelines.	



## 92) Sussex Partnership NHS Trust

Information required	Details	Additional notes
Name of programme	Mid Sussex Pain Management Programme	
Name of Provider	Sussex Partnership NHS Trust	
Full Postal Address	Princess Royal Hospital, Lewes Road, Haywards Heath, West Sussex, RH16 4EX	
Contact details: 1. Phone 2. Email	01444 441881 x 5946 Rachel.negus@sussexpartnership.nhs.uk	
Duration of programme/s (hours/weeks)	6 weeks, 2 sessions per week (12 sessions total) 3 hours per session (6 hours per week).	
Number of places available on each programme	10	
Number of programmes per annum	5	
Key inclusion/exclusion criteria	Inclusion: long term pain, unresponsive to evidence based surgical or medical treatments and unsuitable for further treatments, no further pain interventions planned, pain having a significant impact on patients quality of life, a basic standard of reading and writing, willingness to function within a group setting. Exclusion: awaiting treatment/having treatment/suitable for further investigations or medical/surgical treatment, active psychosis, actively suicidal, excessive alcohol or illicit drug use, cognitive impairment, inability to speak English, under 18 years of age.	
Number and profession of team members delivering the programme.	4 - Clinical Psychologist, Occupational Therapist, Physiotherapist, Assistant Clinical Psychologist.	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Psychology Content: Acute vs. Chronic pain, Pain gates, Stress, Relaxation, Thoughts and feelings, Expectations, Sleep  Physio Content: Sensitisation, Breathing exercise , Body Mechanics, Theory and practical sessions on: a) Warm-up exercises b) Stretch c) Balance d) Core stability work e) Paced method of strengthening exercise  Occupational Therapy Content: Pacing and Activity Cycling, Goal Setting,	

	Seating and Cushions, Lifting and Back Care, Personal Activities of daily Living, Occupation, Domestic Activities of Daily Living	
PCTS served / catchment area	Sussex, mainly Mid Sussex.	
How frequently is your service audited? When was it last audited?	Annually. April 2012. current years audit in progress.	
Do you regularly carry out clinical research? Please provide details	No.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No.	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes.	

[West Yorkshire](#)

93) Bradford Teaching Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Bradford Living With Pain Service	
Name of Provider	Therapy Directorate, Bradford Teaching Hospitals NHS Foundation Trust	
Full Postal Address	Bradford Living With Pain Service, Rehabilitation Services, Level 2, The Horton Park Centre, 99, Horton Park Avenue, Bradford BD7 3EG	
Contact details: 1. Phone 2. Email	Tel. 01274 228767 <a href="mailto:Jackie.Shingleton@bthft.nhs.uk">Jackie.Shingleton@bthft.nhs.uk</a>	Website in development.
Duration of programme/s (hours/weeks)	Nine sessions of three hours thirty minutes over five-six weeks with a two hour follow up after three months.	
Number of places available on each programme	15	
Number of programmes per annum	8	
Key inclusion/exclusion criteria	Inclusion criteria: Adults with a chronic pain problem, such as intractable neck, back, shoulder, arm or leg pain, FMS, Rheumatological Conditions, abdominal & pelvic pain, head & face pain, able to speak & write fluently in the language in which the PMP is conducted (English), have had appropriate investigations to ensure the diagnosis is that of chronic non-malignant pain & are no longer seeking a cure for their pain. Exclusion criteria: Psychosis, major depression, dementia, personality disorder.	
Number and profession of team members delivering the programme.	3 Physiotherapists with special interest in pain 1 Occupational Therapist 4 Clinical Psychologists 1 GP with CBT training 1 GP with experience in Anaesthetics & Pain Management	Each programme has a lead Physiotherapist & a Psychologist with assistance from rotational physiotherapy staff. One session on medication is taken by a GP.
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	The programme has 10 sessions. The first 9 are 3 ½ hours long and take place over approx. 6 weeks. The 10th session is a 2 hour follow-up session 3 months after the main programme. The programme content includes: Understanding chronic pain, exercise, goal setting, pacing, managing medication, managing mood,	

	communication & relationships and managing set-backs. Participants work on their goals between sessions and plenty of time is given to problem solving any barriers identified.	
PCTS served / catchment area	Bradford, Airedale and West Yorkshire	
How frequently is your service audited? When was it last audited?	The service is audited regularly. Programme participants provide feedback including standardised questionnaires	
Do you regularly carry out clinical research? Please provide details	Yes. Collaborators in the development of the 'Pain Management Plan' – a CBT based workbook designed for use by healthcare staff with patients. Poster presentations of this work	
Do you use the HRG code for Pain Management Programmes?	-	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes.	

94) Calderdale & Huddersfield NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Calderdale and Huddersfield NHS Foundation Trust	
Full Postal Address	Pain Clinic, Calderdale Royal Hospital, Salterhebble HALIFAX HX3 0PW	
Contact details: 1. Email	marc.rocheteau@cht.nhs.uk	
Duration of programme/s (hours/weeks)	9x3 hours	
Number of places available on each programme	10	
Number of programmes per annum	2	
Key inclusion/exclusion criteria	-	
Number and profession of team members delivering the programme.	3	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Relaxation, pacing, goal setting, education	
PCTS served / catchment area	Calderdale, kirklees	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, not sure	

95) Leeds Teaching Hospitals NHS Trust (See Not Updated for 2013 Section at end of Document)

Wiltshire

96) Great Western Hospital Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Great Western Hospital Foundation Trust	
Full Postal Address	Marlborough Road, Swindon. SN3 6BB	
Contact details: 1. Phone 2. Website	01793 60 40 20 ext 4335 <a href="http://gwh-intranet/planned-care/pain-management/adult-pain-management.aspx">http://gwh-intranet/planned-care/pain-management/adult-pain-management.aspx</a>	
Duration of programme/s (hours/weeks)	3 hrs, 9 consecutive weeks + 3 and 6 month group follow-up for 1-1.5 hrs	
Number of places available on each programme	Up to 15	
Number of programmes per annum	2	
Key inclusion/exclusion criteria	Inclusion: Chronic pain at end of treatment. Significant distress (HADS). Unnecessary levels of disability. Recoverable function (physical or psychological). Willingness to participate in rehabilitation Understanding of the model of pain. Support of spouse/significant others & employer	
Number and profession of team members delivering the programme.	Clinical Psychologist, Clinical Specialist Nurse, Clinical Specialist Physiotherapist, (each member attends each of the 9 + 2 sessions)	
Other e.g. Specialised services for adolescents	None	
Summary of programme content	Based on Cognitive Behavioural and Acceptance and Commitment Therapy. Content includes: pain education, activity management (prioritising, planning and pacing of activities), managing unhelpful thoughts, assertive communication, goal setting based on values, stretches and exercise (circuits, Tai Chi, Pilates, Theraband), relaxation, medication talk, intimate relationships and a significant other session.	
PCTS served / catchment area	Swindon and Wiltshire	
How frequently is your service audited?	Data collected after each programme and auditing every few years	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for Pain?	No	
Do you use and adhere to the BPS PMP?	Yes and Yes	

97) Salisbury NHS Foundation Trust (See Not Updated for 2013 Section at end of Document)

## Services That Were Not Updated for 2013 (12 Services in Total)

### Buckinghamshire

#### 7) Buckinghamshire Healthcare NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	Bucks Chronic Pain and Fatigue Management Service
Name of Provider	Bucks Healthcare NHS Trust	
Full Postal Address	Rayners Hedge, Croft Road, Aylesbury, Bucks, HP21 7RD	
Contact details: 1. Phone 2. Email	01296 393319 Susan.cato@buckspct.nhs.uk	
Duration of programme/s (hours/weeks)	3 hours x 10 weeks	
Number of places available on each programme	8	
Number of programmes per annum	3	
Key inclusion/exclusion criteria	-	
Number and profession of team members delivering the programme.	5 - Consultant Clinical Neuro Psychologist (Service Lead), Clinical Psychologist, Assistant Psychologist, Clinical Specialist Physiotherapist, Clinical Specialist Occupational Therapist	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content		
PCTS served / catchment area	Bucks	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	Yes	
Do you use the HRG code for Pain Management Programmes?		
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?		

Cheshire

10) East Cheshire NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	East Cheshire NHS Trust	
Full Postal Address	Chronic Pain Management Service, Waters Green Medical Centre 1 <sup>st</sup> Floor, Sunderland Street, Macclesfield, Cheshire, SK11 6JL	
Contact details: 1. Phone 2. Email 3. Website	01625 264181 <a href="mailto:Joanne.clarke2@nhs.net">Joanne.clarke2@nhs.net</a> <a href="http://www.eastcheshire.nhs.uk">www.eastcheshire.nhs.uk</a>	
Duration of programme/s (hours/weeks)	10 weeks each session lasting 2hrs	
Number of places available on each programme	Average 12	
Number of programmes per annum	3-4	
Key inclusion/exclusion criteria	<b>Exclusion:</b> Severe depression and/or Severe social anxiety, Terminal illness, Psychosis, Organic cognitive impairment, Primary drug or alcohol addiction <b>Inclusion:</b> Pain present for more than 3 months, Age 18yr and over, Full clinical investigations completed, The patient is satisfied that symptom control is appropriate	
Number and profession of team members delivering the programme.	1 Cognitive Behavioural Therapist, 1 Specialist physiotherapist 1 Specialist Nurse.,2 Consultant Anaesthetists	
Other e.g. Specialised services for adolescents	N/A	
Summary of programme content		
PCTS served / catchment area		
How frequently is your service audited?		
Do you regularly carry out clinical research?		
Do you know what the HRG code for PMPs is?	Not at present but hoping to in the near future	
Are you aware of the BPS PMP Guidelines?		



[Durham](#)

17) University Hospital North Durham

Information required	Details	Additional notes
Name of programme	Pain Management Programme	Pain Management Unit
Name of Provider	University Hospital North Durham	
Full Postal Address	University Hospital North Durham, North Road, DH1 5TW	
Contact details: 1. Phone	0191 333 2601	
Duration of programme/s (hours/weeks)	10am to 2.30pm each Tuesday for 7 weeks	
Number of places available on each programme	12	
Number of programmes per annum	Approximately 5 times per annum	
Key inclusion/exclusion criteria	<u>Inclusion:</u> persistent pain causing distress, disability and a negative impact on life. <u>Exclusion:</u> cognitive impairment, difficulty tolerating group format.	
Number and profession of team members delivering the programme.	Delivered by HCPC registered clinical/counselling psychologist and a physiotherapist. Multidisciplinary programme, so sessions contributed by generic pain worker, occupational therapist and physician.	
Other e.g. Specialised services ?	-	
Summary of programme content	The anatomy and physiology of pain pathways, the differences between acute and persistent pain, the psychology of pain in terms of fear, avoidance, adjustment, stress, distress and depression, safety and risk in increased exercise and activity, the use of aids, treatments and medications, self-management of flare-ups and setbacks.	
PCTS served / catchment area	County Durham and Darlington foundation trust	
How frequently is your service audited? When was it last audited?	Pre and post Programme outcome data collected and analysed for each cohort, from February 2013. This includes a qualitative questionnaire, Hospital Anxiety and Depression Scale, Pain Self-efficacy Questionnaire and Brief Pain Inventory.	
Do you regularly carry out clinical research?	-	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	The UHND PMP is based on the BPS guidelines for pain management programmes and incorporates cognitive behaviour therapy principles and guided self-practice.	

[Kent](#)

37) Medway NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Medway Pain Management Programme	
Name of Provider	Medway NHS Foundation Trust	
Full Postal Address	Medway Pain Management Programme, Medway Maritime Hospital, Windmill Road, Gillingham, Kent ME7 5NY	
Contact details: 1. Phone 2. Email	01634 830000 ext 6690 Bob.Buist@medway.nhs.uk	
Duration of programme/s (hours/weeks)	35 hours face to face time, not including assessment. Programme runs for 8 days on consecutive Fridays	
Number of places available on each programme	14	Average 10
Number of programmes per annum	4	
Key inclusion/exclusion criteria	Consistent with BPS PMP Guidelines. Over 18yr only.	
Number and profession of team members delivering the programme.	1 Consultant in Anaesthesia and Pain Management 1. Consultant Clinical Psychologist 1. Specialist Clinician Physiotherapist	All team members are part time.
Other e.g. Specialised services for adolescents / older adults	No	
Summary of programme content	Programme run within a Cognitive Behavioural Framework that includes: Information re pain mechanisms; exercise; CBT; Pacing; Goal planning; Activity Management; Relaxation; Sleep; and Relapse management	
PCTS served / catchment area	Medway	
How frequently is your service audited? When was it last audited?	Outcome data audited and presented internally	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? Do you use it?	No	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	We are aware and use as a basis for the delivery of the Service.	

London

43) Guy's and St Thomas' NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	INPUT Pain Management Unit	
Name of Provider	Guy's and St Thomas' NHS Foundation Trust	
Full Postal Address	St Thomas' Hospital, Gassiot House Westminster Bridge Road London SE1 7EH	
Contact details: 1. Phone 2. Email 3. Website	Tel: 020 7188 3255 Fax: 020 7188 4719 <a href="http://www.guysandstthomas.nhs.uk/our-services/pain/input/overview.aspx">http://www.guysandstthomas.nhs.uk/our-services/pain/input/overview.aspx</a>	
Duration of programme/s (hours/weeks)	<ul style="list-style-type: none"> <li>- Four-week residential programme</li> <li>- Two-week residential pre-neuromodulation programme</li> <li>- Three-week, five-session, 20-hour outpatient programme</li> </ul>	
Number of places available on each programme	About 10 participants per programme	
Number of programmes per annum	27 4-week programmes, 10 pre-neuromodulation programmes, three outpatient programmes	
Key inclusion/exclusion criteria	<ol style="list-style-type: none"> <li>1. Adults, 18 years and older.</li> <li>2. Chronic pain.</li> <li>3. Significantly reduced daily functioning.</li> <li>4. No need for further medical procedures for pain.</li> <li>5. Not considered more appropriate for a lower intensity service.</li> <li>6. Ability to function within the requirements of group participation.</li> <li>7. Absence of any conditions or circumstances expected to significantly interfere with treatment response.</li> </ol>	
Number and profession of team members delivering the programme.	17+ clinical team members, including nurses, occupational therapists, physicians, physiotherapists, psychologists, and psychology assistants.	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	Interdisciplinary treatment based on processes of psychological flexibility and methods of Acceptance and Commitment Therapy (ACT). This	

	includes physical exercise, skills training, education, and psychological methods that are experiential, exposure-based, sensitive to relationship issues, and focused on promoting acceptance, cognitive defusion, present-focused flexible awareness, self-as-context, and values-based and committed action.	
PCTS served / catchment area	Southwark, Lambeth, and national	
How frequently is your service audited? When was it last audited?	Continuously.	
Do you regularly carry out clinical research? Please provide details	Yes. We have an active research programme into treatment outcome and process in specialty care and the development of more widely accessible services in primary care and the community.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes, aware. Yes, follow them.	

Northumberland

56) Northumbria Healthcare NHS Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Northumbria Healthcare NHS Trust	
Full Postal Address	Pain Management, Dept of Anaesthetics, Wansbrook General Hospital, Woodhorn Lane, Ashington, Northumberland NE63 9JJ	
Contact details: 1. Phone	01670 529 540	
Duration of programme/s (hours/weeks)	6 full days over 6 weeks	Subject to change
Number of places available on each programme	Up to 15 places	
Number of programmes per annum	2	
Key inclusion/exclusion criteria	Inclusion: Patient physically able to attend; Impression that they have positive thoughts about increasing their function; patient seems to be on board with philosophy and time commitment of programme.	
Number and profession of team members delivering the programme.	1 x physio; 1 x clinical psychologist. Sessions from Consultant Anaesthetist and nurse specialist.	
Other e.g. Specialised services for adolescents / older adults	-	
Summary of programme content	-	
PCTS served / catchment area	-	
How frequently is your service audited? When was it last audited?	-	
Do you regularly carry out clinical research? Please provide details	-	
Do you use the HRG code for Pain Management Programmes?	-	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	-	

[Nottinghamshire](#)

58) Pain Management Solutions (Balderton Primary Care Centre)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	Balderton Primary Care Centre Lowfield Lane Balderton Nottingham shire NG24 3HG	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Friday afternoon 2-5pm	
Number of places available on each programme	10	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	<u>Exclusion criteria;</u> Not motivated or unwilling to participate. Unable to speak adequate English. Have an active, major mental disorder. Have a primary addiction problem. <u>Inclusion criteria;</u> StartBackTool yellow flags score above 3. Has not progressed in rehabilitation due to pain. Has become reliant on medication/aids to cope with their pain. Has become distressed/disabled due to their pain. Willing and able to attend	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team and can include senior pain physiotherapist, clinical nurse specialist , clinical psychologist/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the Commission for Quality Care (CQC) accept referrals from General Practitioners (GP)through the Choose and Book system & have several	

	contracts with Clinical commissioning groups (CCG's )nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	NHS Nottingham County and City Clinical Commissioning Groups but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked against RCA standards 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you Know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

64) Sherwood Forest Hospitals NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	'Back In Control'	
Name of Provider	Sherwood Forest Hospitals NHS Foundation Trust	The Back Pain Unit
Full Postal Address	King's Mill Hospital, Mansfield Road, Sutton-In-Ashfield, Notts NG17 4JL	
Contact details: 1. Phone 2. Email 3. Website	01623 676015 <a href="mailto:Jacqueline.goodall@sfh-tr.nhs.uk">Jacqueline.goodall@sfh-tr.nhs.uk</a> <a href="http://www.sfh-tr.nhs.uk/index.php/back-pain-unit">www.sfh-tr.nhs.uk/index.php/back-pain-unit</a>	
Duration of programme/s (hours/weeks)	1 day a week for 10 weeks plus individual review after 3 months.	
Number of places available on each programme	12	
Number of programmes per annum	9	
Key inclusion/exclusion criteria	Inclusion criteria: Back pain for 9 months or longer despite having had appropriate individual investigations and treatments. Exclusion criteria: Under 18 years; major disability unrelated to pain	
Number and profession of team members delivering the programme.	Physiotherapist (1 part-time) Occupational Therapist (2 part-time) Clinical/Counselling psychologist (1 of each part-time) Also input from: Specialist Nurse, Technical Instructors (OT and Physio), Consultant (at assessment only).	
Summary of programme content	Graded exercise programme, activity management and engagement techniques (pacing and ergonomics), understanding pain mechanisms, values exploration, weekly goal setting, relaxation techniques, mindfulness, experiential activity sessions in OT heavy workshop, sleep, coping with stress and pain, thoughts and feelings, posture and gait, medication, communication, coping with relapse, maintenance of pain management strategies.	
PCTS served / catchment area	Most patients come from mid-Nottinghamshire, but patients also attend from Derbyshire, Lincolnshire and Nottingham.	
How frequently is your service audited? When was it last audited?	We are currently in the process of evaluating our service. Our last service evaluation was carried out in 2009.	
Do you regularly carry out clinical research?	No	
Do you know what the HRG code for PMPs is?	No	
Do you use and adhere to the BPS PMP Guidelines as a basis for your PMP?	Yes and Yes	



South Yorkshire

73) Pain Management Solutions (The Circle)

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Pain Management Solutions	
Full Postal Address	The Circle 33 Rockingham Lane Sheffield S1 4FW	
Contact details: 1. Phone 2. Email 3. Website	0800 034 0406 <a href="mailto:info@pmsltd.co.uk">info@pmsltd.co.uk</a> <a href="http://www.pmsltd.co.uk">www.pmsltd.co.uk</a>	
Duration of programme/s (hours/weeks)	3 hour sessions every week for 6 consecutive weeks. Held on Tuesday mornings 9.30- 12.30	
Number of places available on each programme	16	
Number of programmes per annum	6-7 dependent on demand	
Key inclusion/exclusion criteria	Exclusion criteria; <ul style="list-style-type: none"> <li>• Not motivated or unwilling to participate.</li> <li>• Unable to speak adequate English</li> <li>• Have an active, major mental disorder.</li> <li>• Have a primary addiction problem.</li> <li>• Inclusion criteria;</li> <li>• StartBackTool yellow flags score above 3</li> <li>• Has not progressed in rehabilitation due to pain.</li> <li>• Has become reliant on medication/aids to cope with their pain.</li> <li>• Has become distressed/disabled due to their pain</li> <li>• Willing and able to attend</li> </ul>	
Number and profession of team members delivering the programme.	2 -3 members of the multi-disciplinary team and can include senior pain physiotherapist, clinical nurse specialist , hypno/psychotherapist	
Other e.g. Specialised services for adolescents / older adults	Pain Management Solutions are independent providers of a chronic pain service to the NHS for adults only . We are registered with the	

	Commission for Quality Care (CQC) accept referrals from General Practitioners (GP) through the Choose and Book system & have several contracts with Clinical commissioning groups (CCG's) nationally. Our focus is on rehabilitation through individual and group pain management programmes and we can offer injection therapy, acupuncture for low back pain, TENs and medication advice if necessary. Patients may also receive additional cognitive behavioural therapy or other psychological input to support pain management. All passive treatments are seen as a window of opportunity to pursue self management strategies aimed at increasing activity and function.	
Summary of programme content	Delivered through a CBT approach, content includes; Education on mechanism and management of pain, Breathing/relaxation techniques, attentional techniques, pacing, goal setting, thought management, flare up planning, sleep hygiene, Physical rehabilitation including stretch, strengthening, functional exercise routine, advice on improving posture and ensuring sound ergonomics in activities of daily life.	
CCG served / catchment area	Primarily NHS Sheffield CCG but open to any other patient through patient choice if agreed as a non contracted activity	
How frequently is your service audited? When was it last audited?	Patient evaluation every programme. Outcomes through EQ5D-5L & StartBack tool every patient at assessment and discharge and reported to CCG quarterly. Formal PMP audit benchmarked RCA standards for PMP 1 <sup>st</sup> year presented at British Pain Society poster presentation. Repeat audit in progress.	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	AB112	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	Yes	

West Midlands

87) Royal Orthopaedic NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Pain Management Programme	
Name of Provider	Royal Orthopaedic NHS Foundation Trust	Pain Service
Full Postal Address	Bristol Road South Birmingham B31 2AP	
Contact details: 1. Phone 2. Email	0121 685 4101 <a href="mailto:Brian.hughes1@nhs.net">Brian.hughes1@nhs.net</a>	
Duration of programme/s (hours/weeks)	1 day	
Number of places available on each programme	12	
Number of programmes per annum	Dependent on various factors	
Key inclusion/exclusion criteria	Generally for Lower Back Pain	
Number and profession of team members delivering the programme.	3	
Other e.g. Specialised services for adolescents / older adults	None	
Summary of programme content	Psychology/mindfulness/relaxation Medication/pacing/structure of spine and mechanism of pain	
PCTS served / catchment area	West Midlands	
How frequently is your service audited? When was it last audited?	Generally 3 monthly, has not been audited for a year and half	
Do you regularly carry out clinical research? Please provide details	No	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	No	

[West Yorkshire](#)

95) Leeds Teaching Hospitals NHS Trust

Information required	Details	Additional notes
Name of programme	Leeds Living with Long Term Pain Group	Provisional
Name of Provider	Leeds Teaching Hospitals NHS Trust	
Full Postal Address:	C/O Dr Nigel Wainwright & Dr Vivienne Laidler Department of Clinical and Health Psychology Fielding House St James's University Hospital Leeds LS9 7TF	
Contact details: 1. Phone 2. Email	0113 2065897 <a href="mailto:nigel.wainwright@leedsth.nhs.uk">nigel.wainwright@leedsth.nhs.uk</a> , <a href="mailto:vivienne.laidler@leedsth.nhs.uk">vivienne.laidler@leedsth.nhs.uk</a>	
Duration of programme/s (hours/weeks)	12 x 3 hour sessions. 8 weekly sessions plus 4 maintenance sessions spread over a 10 month period.	Provisional
Number of places available on each programme	12	
Number of programmes per annum	2	Likely that 2 will run over a 14 month period - to be confirmed.
Key inclusion/exclusion criteria	<p>Inclusion:</p> <ul style="list-style-type: none"> <li>• Is under the care of a Pain Management Consultant in the Leeds Pain Management Service.</li> <li>• Would benefit from contact with multiple specialties within the MDT.</li> <li>• Has expressed an interest in psychological/self-management of their pain.</li> </ul> <p>Exclusion:</p> <ul style="list-style-type: none"> <li>• Patient receiving psychological treatment elsewhere</li> <li>• Substance misuse</li> <li>• Complex mental health problems</li> <li>• English language communication not sufficient to enable participation in PMP</li> <li>• Patient not independent with self-care to allow their attendance</li> </ul>	

	<p>during a three-hour session (we are not able to accommodate carers to attend the session).</p> <p><i>The above is not intended as a strict exclusion criteria and the programme team would be happy to discuss any patient who the referrer feels may benefit from the group.</i></p>	
Number and profession of team members delivering the programme.	<ul style="list-style-type: none"> <li>• Clinical Psychologist x2</li> <li>• Consultant Anaesthetist x1</li> <li>• Physiotherapist x1</li> <li>• Clinical Nurse Specialist x 1</li> </ul>	Exact staffing to be confirmed.
Other e.g. Specialised services for adolescents / older adults	The group is open to older adults as well as working age adults. There is a pain management group based on ACT run by a Clinical Psychologist for children.	
Summary of programme content	The programme is based on Acceptance and Commitment Therapy (ACT) and so is strongly influenced by mindfulness and aims to help people increase their psychological flexibility and move toward living a more vital life based on their values. Sessions covering the physiology of pain, exercise, pacing, sleep, diet, lifestyle, and medication are also delivered by team members in an ACT consistent way.	
PCTS served / catchment area		
How frequently is your service audited? When was it last audited?	The service will be audited after every full completion of the programme. It is yet to be audited as the new programme has not yet commenced.	
Do you regularly carry out clinical research? Please provide details	Service evaluation/audit will be an ongoing part of the programme. There are no plans at present to engage in clinical research.	
Do you know what the HRG code for Pain Management Programmes is? If yes, do you use it?	-	
Are you aware of the BPS PMP Guidelines? If yes, do you use and adhere to these as a basis for your PMP?	The programme team are aware of the most recent PMP Guidelines from the BPS and these will form the basis for the group programme.	

Wiltshire

97) Salisbury NHS Foundation Trust

Information required	Details	Additional notes
Name of programme	Cope Pain Management Programme	
Name of Provider	Salisbury NHS Foundation Trust	Wessex Rehabilitation Centre
Full Postal Address:	Salisbury NHS Foundation Trust, Salisbury, Wiltshire, SP2 8BJ	
Contact details: 1. Phone 2. Email	01722 336262 EXT 2387 or 2105 <a href="mailto:Sue.ford@salisbury.nhs.uk">Sue.ford@salisbury.nhs.uk</a> or <a href="mailto:nigel.north@salisbury.nhs.uk">nigel.north@salisbury.nhs.uk</a>	
Duration of programme/s (hours/weeks)	3 weeks – Monday – Friday . Total programme is 75.5hrs	
Number of places available on each programme	Maximum of 12 patients per course	
Number of programmes per annum	3 or 4 depending on patient numbers	
Key inclusion/exclusion criteria	<p>The programme is for:</p> <ul style="list-style-type: none"> <li>• Patients aged 16 years and above who have chronic spinal pain with no surgical option for a “cure”.</li> <li>• Patients no longer seeking a cure for their pain, with acceptance of improving their lives with their pain.</li> <li>• Patients must be able to get up and down from the floor</li> <li>• Patients must be independent with washing, dressing and personal care</li> <li>• Be able to mobilise a minimum of 50 meters independently or using walking aids as appropriate</li> </ul> <p>It is not suitable for patients: Less than 16 years old. Red flags. Chronic pain caused by life threatening illness. Psychotic or acute mental illness or Severe current depression. Current substance abuse. Acute inflammatory conditions, e.g. Rheumatoid Arthritis. Patients requiring nursing care or manual handling. No fixed address / Not registered with a GP.</p>	
Number and profession of team members delivering the programme.	Consultant Clinical Psychologist x1 and psychology team, Consultant in pain management x2, senior rehabilitation nurse x1 physiotherapy team x4, Occupational therapy team x5 ,Carpentry and Engineering technicians x2, Secretarial team x3	