



A Bright Idea: Gabapentinoid and Opioid Tapering Toolbox (GOTT)

+

TEN FOOTSTEPS to improve primary care pain management



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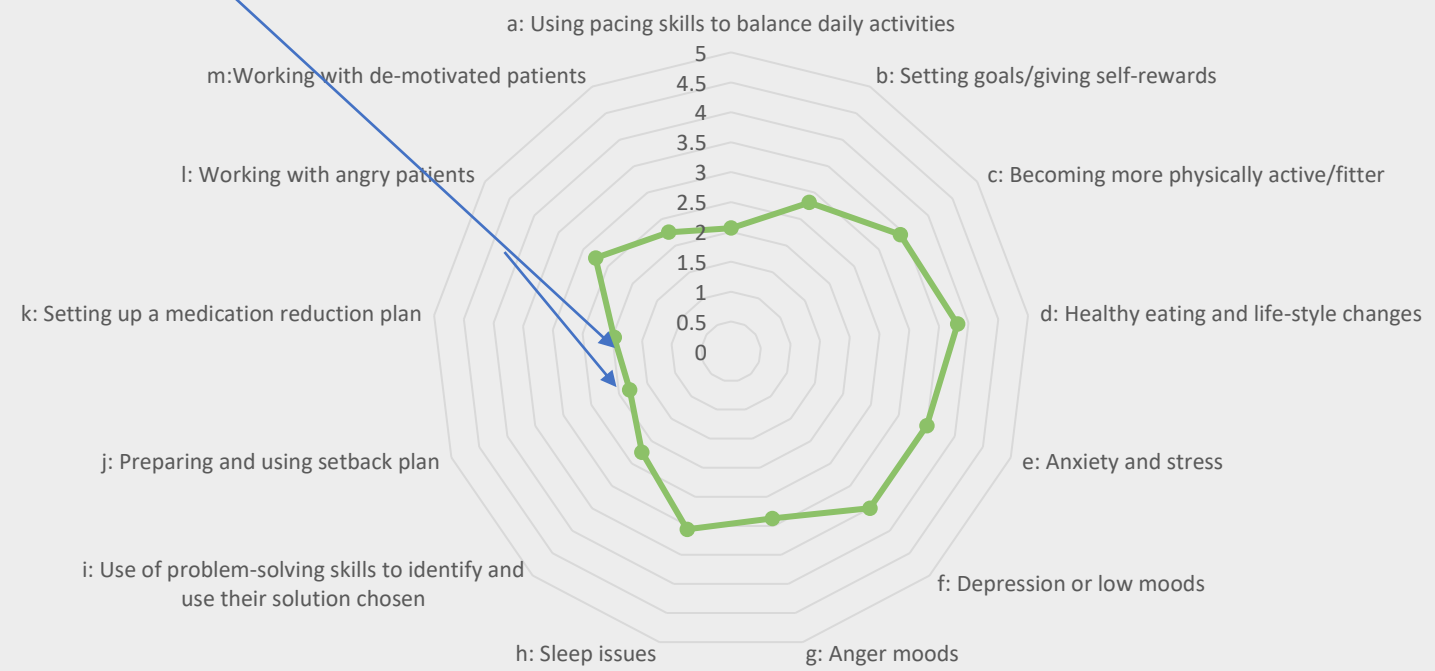
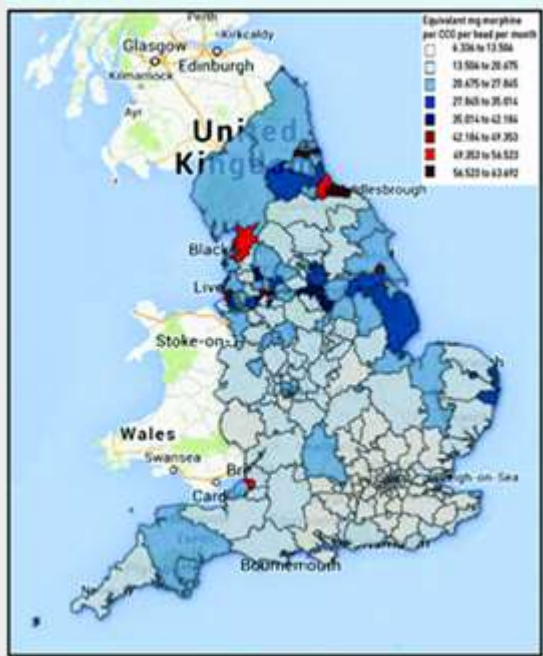
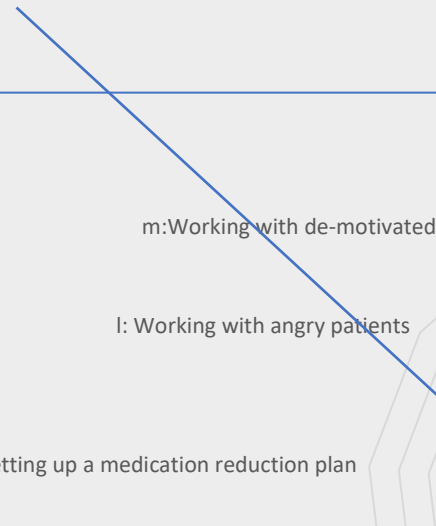


Durham 2022



Why develop GOTT?:

Clinicians knowledge + skills confidence levels in primary care = **LOW** and **NOT THEIR FAULT**



What clinicians shared from primary care

GOTT trial



1. Model / framework issues

Biomedical - no biopsychosocial approach

2. Lack confidence: to support self management;

- Knowledge, skills + resources & social prescribing – knowing non-drug options
- Specific skills e.g. pacing activities, goal setting, setback management

“knowing what they actually are & how far as a nurse can go without overstepping what I meant to do.

“I don’t have a clue where that line is..”

“just having knowledge, a session on it, so I know these thingsnot something I’ve ever dealt with.

3. Barriers to increasing confidence

- Use of skill + resources - time

“more consult time - chronic pain + if you’re deprescribing, can’t be done in 10 minutes – needs longer”

4. Factors that help – within 10 minute consultation

- Systematic approach review process..... framework

“a structure, knowing what you’re to do, so with practice more slick doing it. So 10 minute time slot becomes less of an issue....”

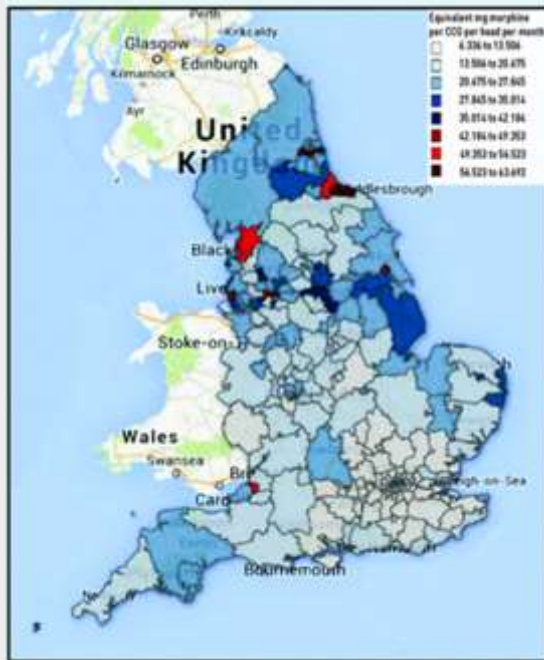


Why the GOTT was developed?



Clifton Court Medical Practice
Darlington, Country Durham

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



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

Increase knowledge, skills
and early access to tools and resources

1- Clinician confidence

2- Patient + Carer confidence

3 - Safer Prescribing



What is GOTT?

Focus on health through self care

Ten Footsteps programme



NOW = 12-hour online training programme

GOTT in practice

Role of Live Well with Pain Health Check

WHAT WE DID in the project

1. Systematic person-centred pain management reviews
2. Build patient confidence in self-management
3. Teamwork: lead clinician, practice manager & admin. team
4. 10 Footsteps training online + health coaching skills – clinicians
5. Integrate all assessment + reviews & LWWP resources into

GP System One templates etc = rapid access



What we learnt from the GOTT (Bright Ideas Winner 2021 AHSN NENC)



- **Everyone** both people with pain and clinicians, practice staff struggle with pain management.
- Patient/clinician = **partners working together** to experiment + create ways to live with pain, be healthier + happier.
- **Systematic approach** across the team
 - clear policies
 - integration of self-management resources/tool from LWWP or other into GP computer System
 - skills training
- **Happier engaged** staff + patients – less “angry patients”
- Evaluation showed GP’s - least skilled understanding + **supporting self-care improved**

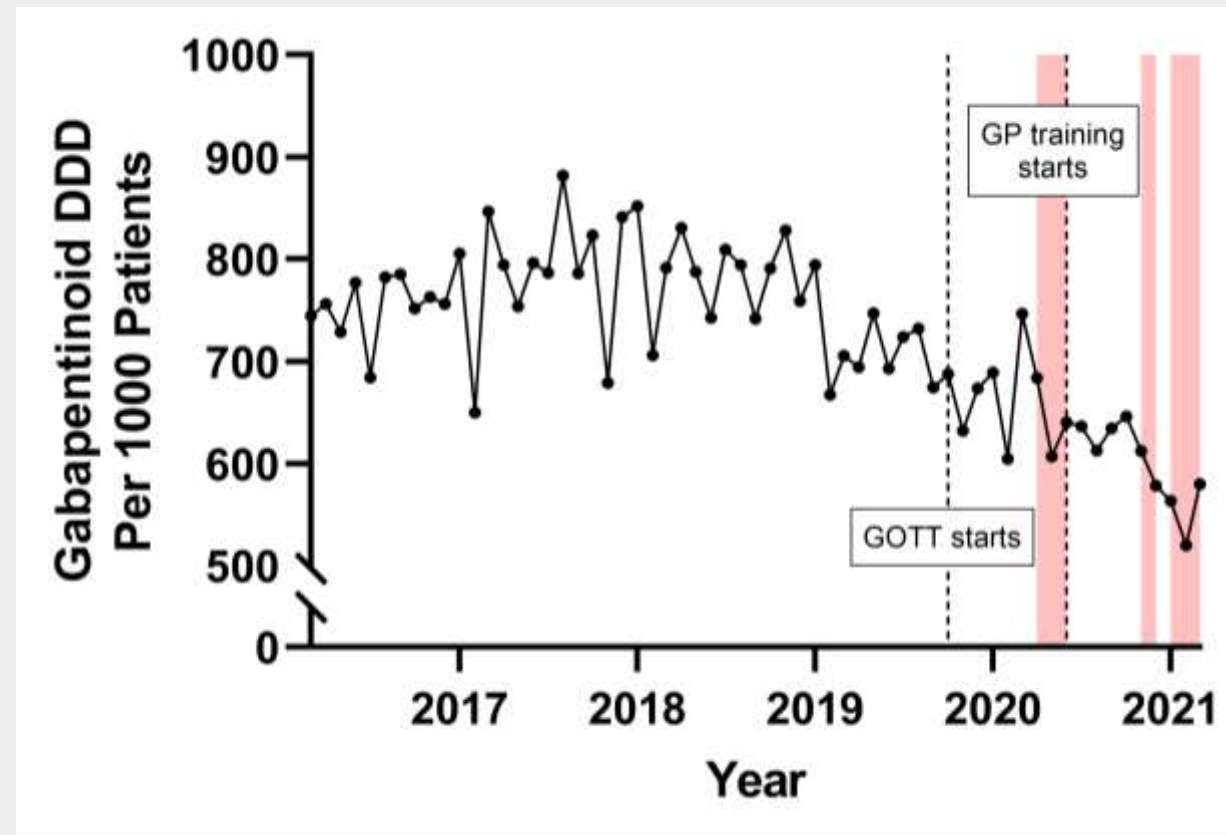
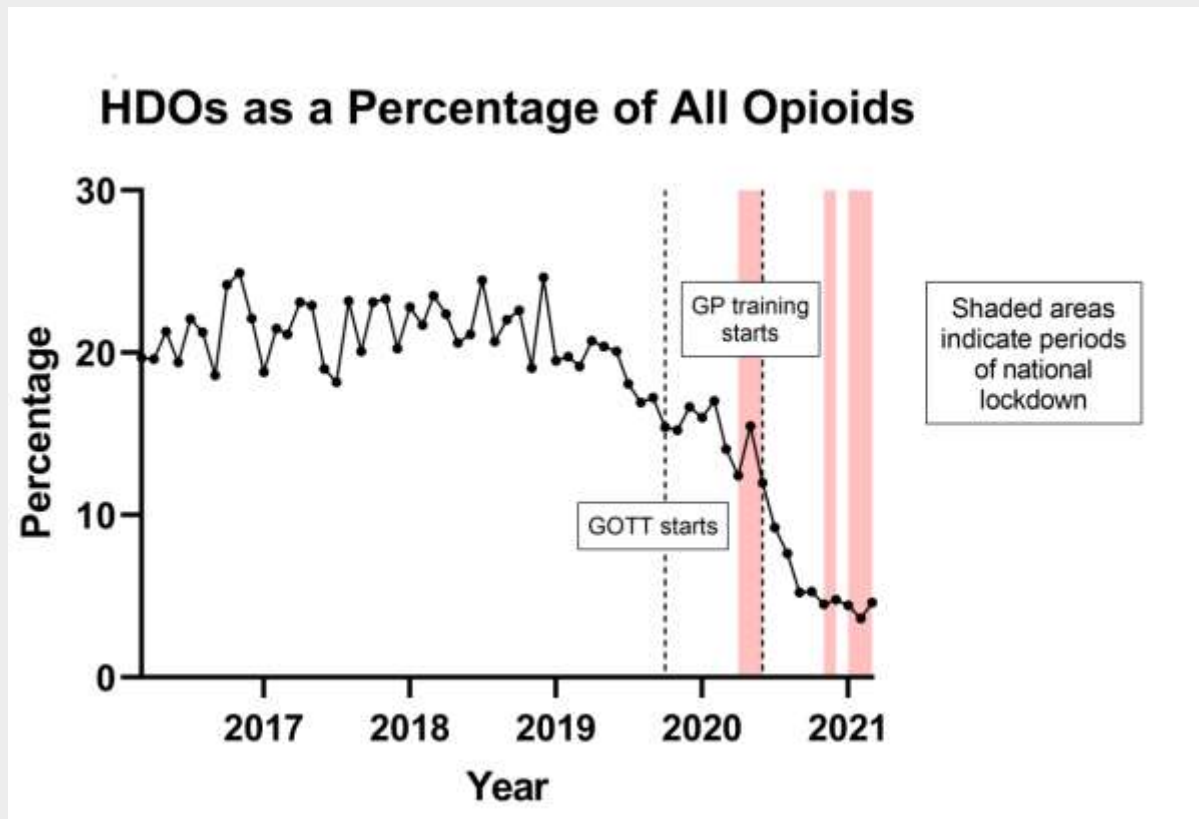
GOTT findings

Significant improvement in clinician confidence baseline vs. trial end

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



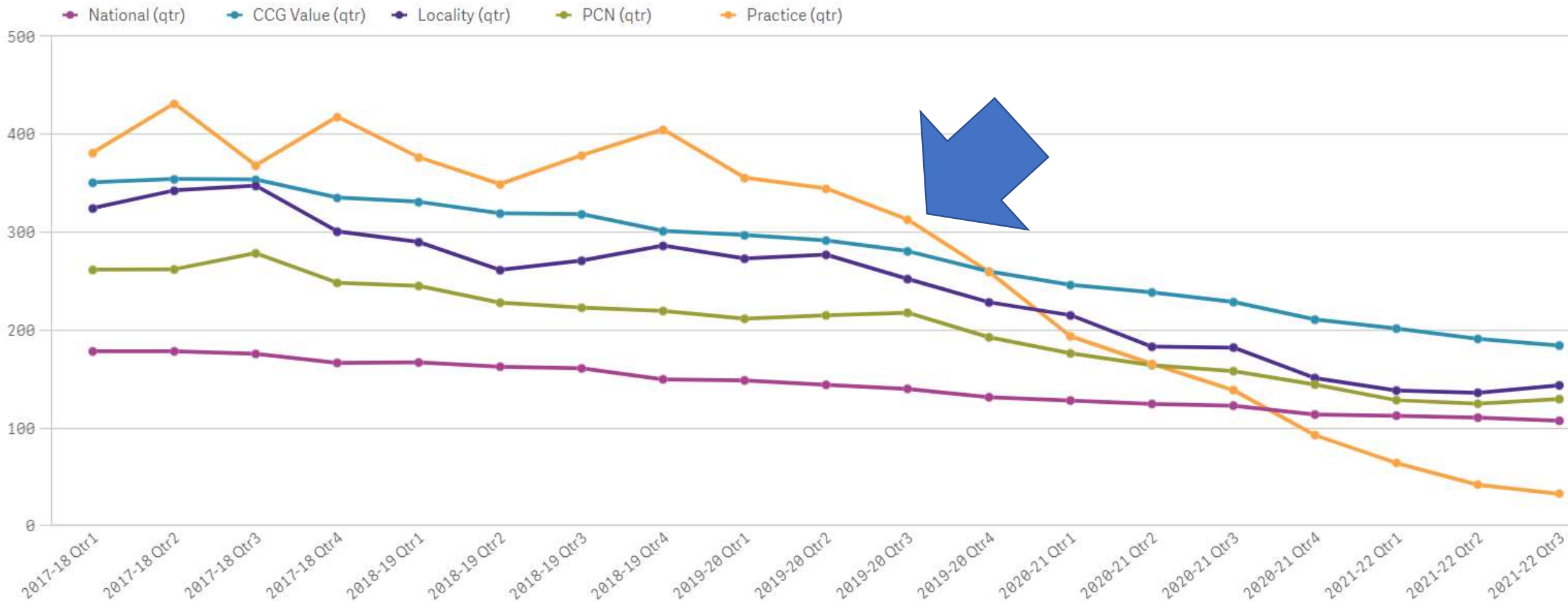
GOTT prescribing practices outcomes (Clifton Court)



GOTT prescribing practices outcomes (Clifton Court) update

Tees Valley Darlington Hub 1 Darlington PCN Clifton Court Medical Practice - Indicator Trend - High Dose Opiates Prescribing Volume (ADQ/1000 patients) - LPI90

Select a Locality, Primary Care Network or Practice to show trend lines



Savings in Darlington PCN = £310,000 in one year (opioids alone):

Ten Footsteps Online Training Courses

- 1- Co-designed and delivered by clinicians and Lived Experience Trainers.
- 2- Based on freely available web-based resources.
- 3- Mix of teaching methods to introduce, discuss and “try out” different ideas all supported by members of the team.
- 4- Two half-day sessions followed by optional sessions for troubleshooting and Q+A.
- 5- Evaluation and research built into Practice.

Ten Footsteps programme



Where are we now?



Accreditation

ASHN Award-winning Ten Footsteps Programme to support self-management of pain for non-clinicians and clinicians with **Personalized Care Institute accreditation** = Sept 2022

<https://www.personalisedcareinstitute.org.uk>

National Roll out

Online Training programme: Ten Footsteps Programme and Sharing Outcome of GOTT

>1,500 trained - clinical staff, Nurses, Pharmacists + Social Prescribers = more, growing every month

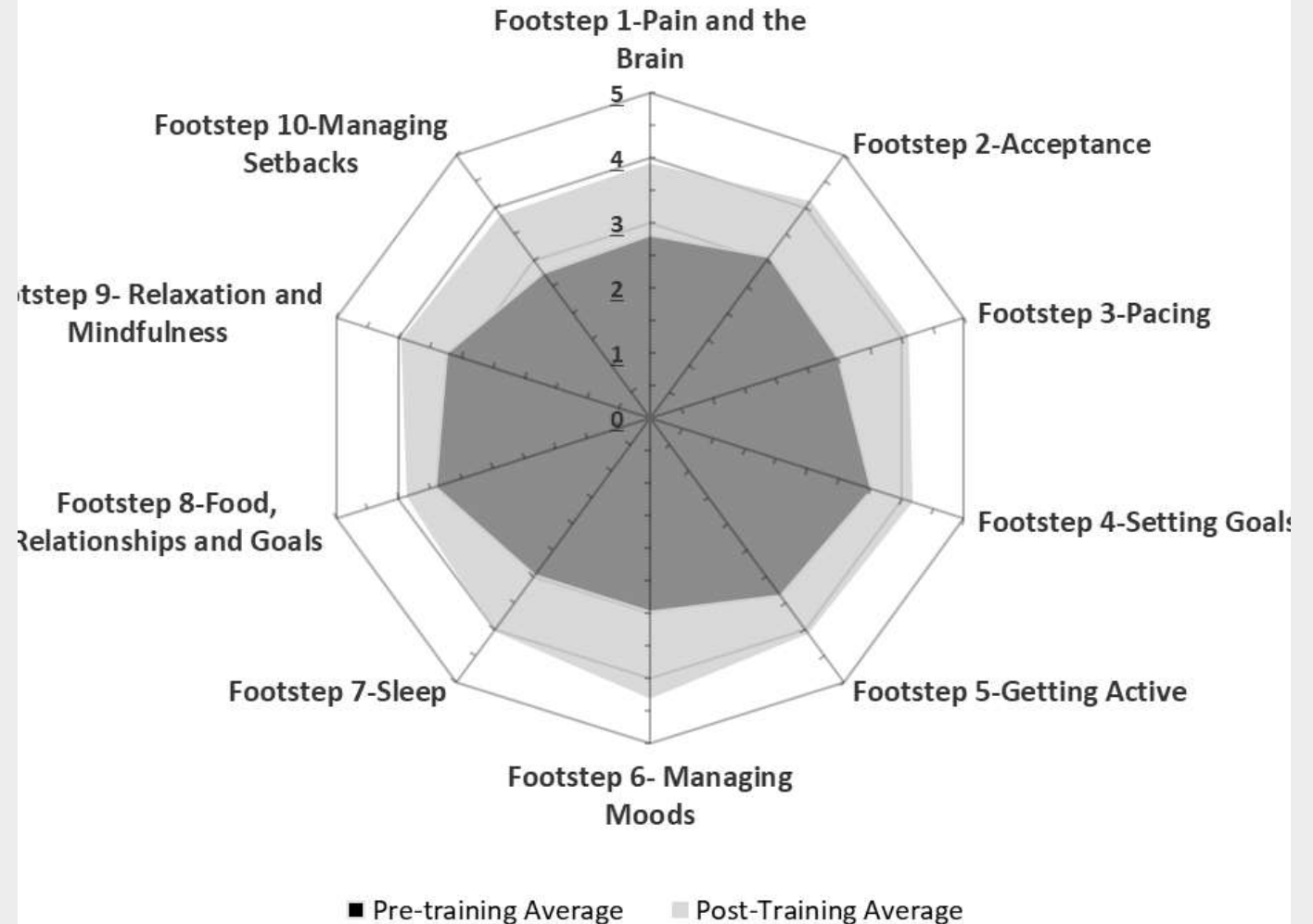
York, East Midlands, Darlington, Newcastle, N Tyneside, Cornwall, S Wales, Lincolnshire, Somerset, Bradford, Berkshire.....more to follow

Significant improvement in Social Prescriber knowledge and confidence

Alex Corline: Evaluation of Ten Footsteps Training for Social Prescribers.



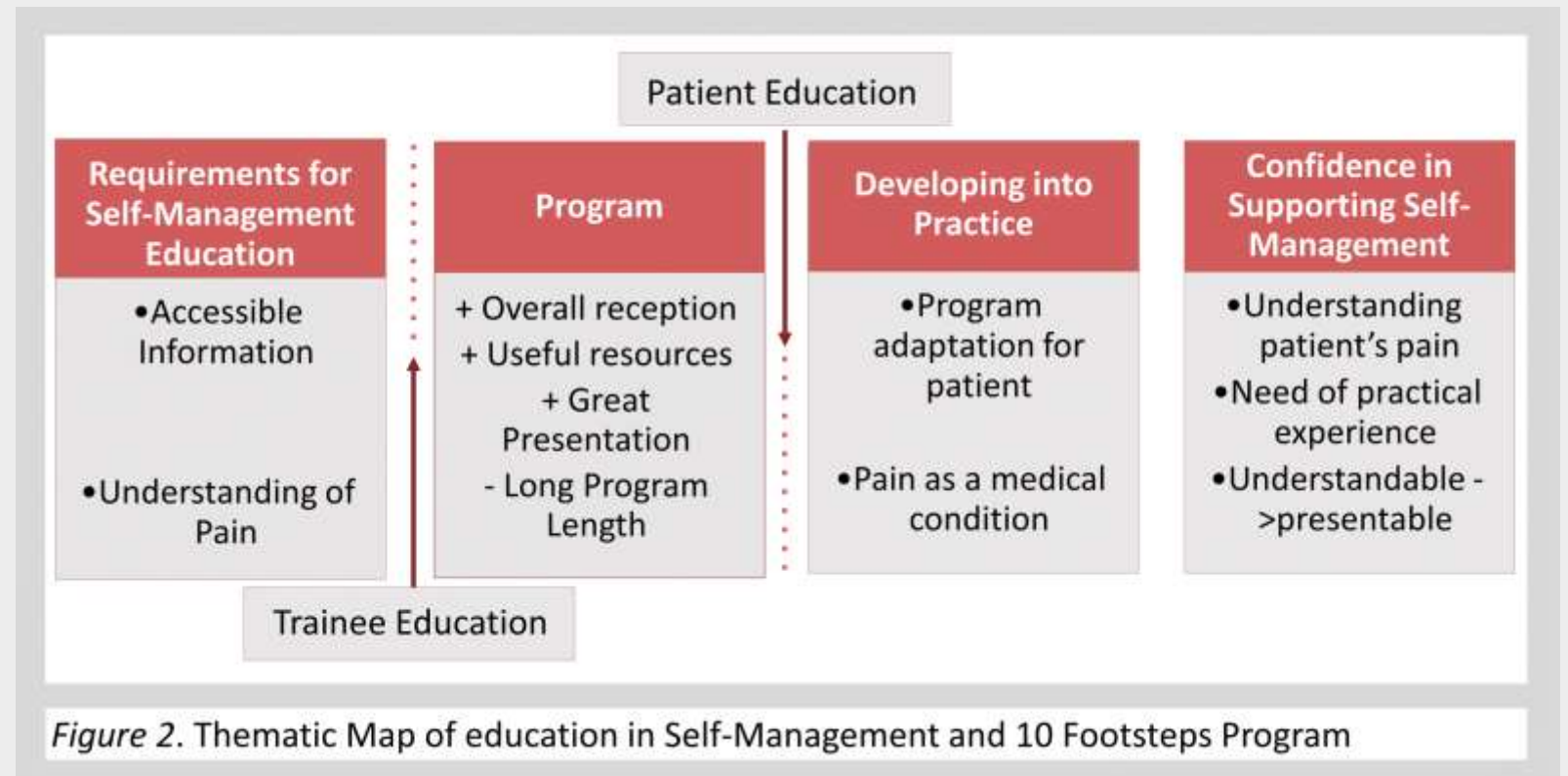
Knowledge and Skills Chart-Ten Footsteps programme of Pain Management



10 Footsteps Training on going Social Prescriber knowledge and confidence training

Social Prescribers

- Role is to help patients address the determinants of health by working to identify and address social needs and barriers.
- Aims to support people to access community resources for health and wellbeing.
- This role may be strengthened by skills in supporting the self-management of pain.



Key “Cs” to support a person’s self management of chronic pain

1. **Compassion** - empathic non-judgemental engagement in both partners to guide + explore, to take action to address self care health needs.
2. **Confidence** - own knowledge, skills, tools + resources to support the person with pain
3. **Continuity** of care over a series of reviews
4. **Communication + consistency** messages, knowledge about pain + management “move from a fix it to a manage mindset in practice”
5. **Connect** people to self management, support (online) social prescribing.... resources
6. **Co-production** working with people with pain & their carers “listen and walk with us on our side of this journey”

Thank you

Other key GOTT 10-Footsteps team members:
Lucy Johnson, Kate Hampshire, Andrea Francis, Michael Keen, Konrad Winiarek, David Andrassy,
UK Live well with Pain Team + Lived Experience Trainers, Patrick Hill, Laura Hissey, Kirsty Jackson, Louise Trewern.
GP CPD Red Whale team



LWWP INBOX: SOCIAL PRESCRIBER Somerset 16 November 2022

Firstly, I've been singing praises and banging on about LWWP with everyone I know (!!), & some friends have a daughter [] living with chronic pain, & so far, after a few years, is still undiagnosed. She is on a range of medication and feeling desperate. Do you know.....