North Cumbria Place Opioid Workstream

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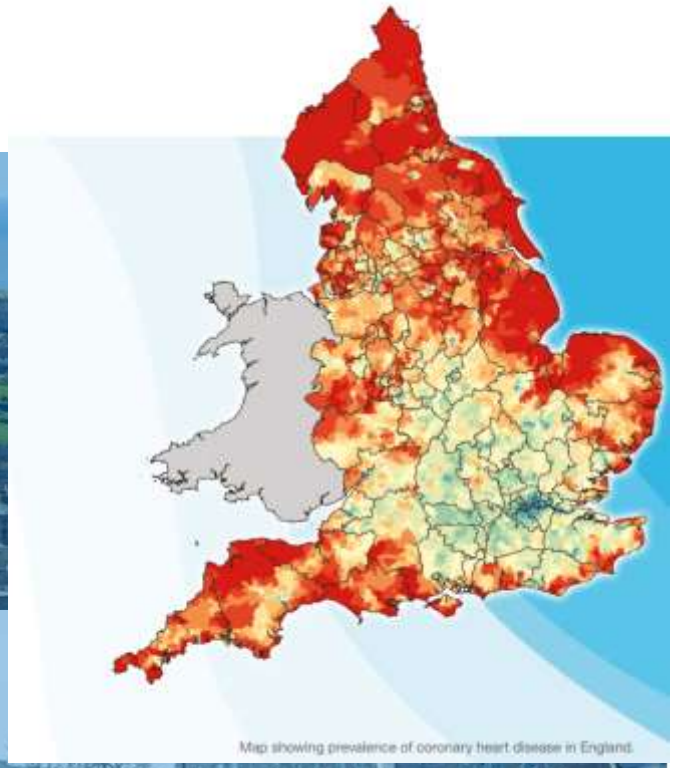
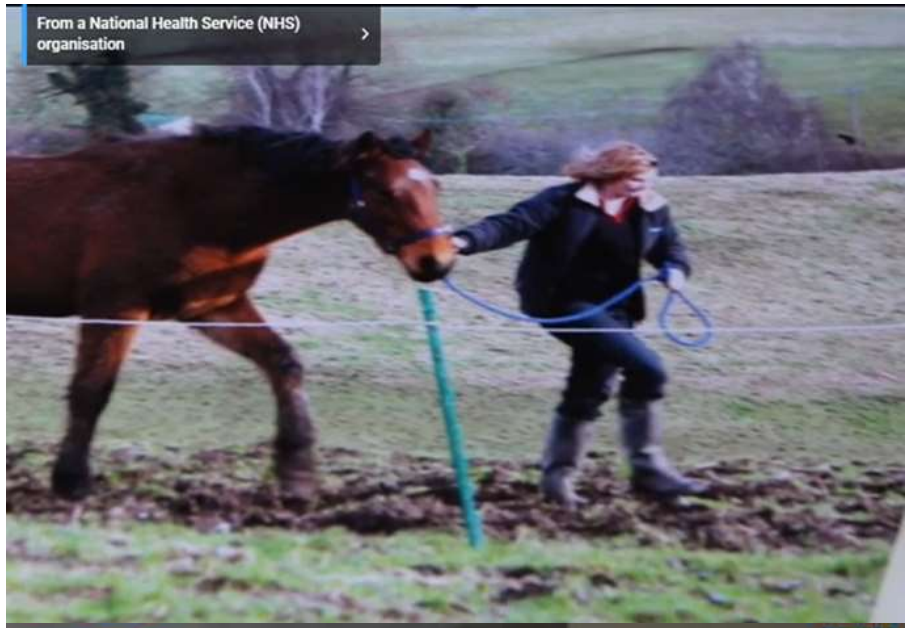
North east and North Cumbria Integrated Care Board
November 2022

North Cumbria



Our opioid story…..



What’s changed for you in the last 10 years?

- For reflection – no need to feed back.
- One minute to discuss with neighbours.

Recent history of NICE Guidance

1986	• World Health Organisation Analgesic Ladder
2013	• NICE CG193 - Neuropathic pain in adults: pharmacological management in non-specialist settings
2016	• NICE NG59 - Low back pain and sciatica in over 16s: assessment and management
2021	• NICE NG193 - Chronic pain (primary and secondary) in over 16s: assessment of all chronic pain and management of chronic primary pain
2022	• NICE NG215 - Medicines associated with dependence or withdrawal symptoms: safe prescribing and withdrawal management for adults
2022	• NICE NG 226 - Osteoarthritis in over 16s: diagnosis and management

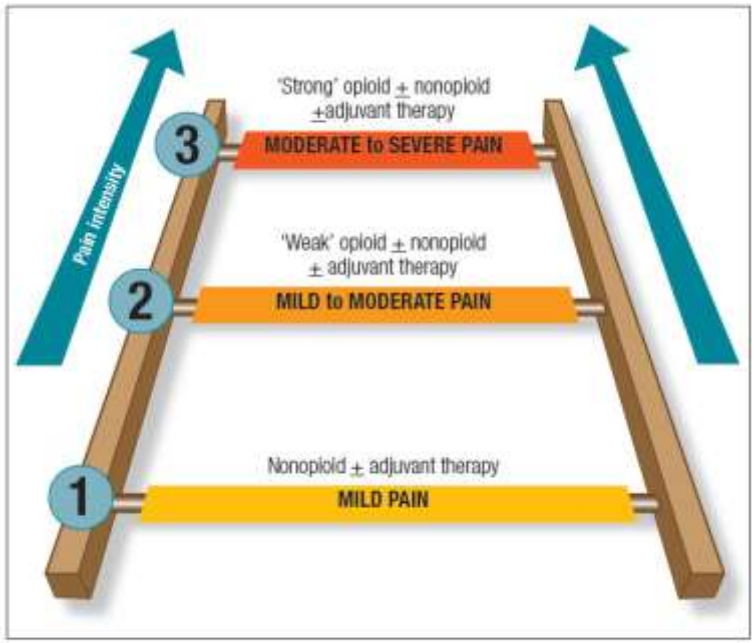
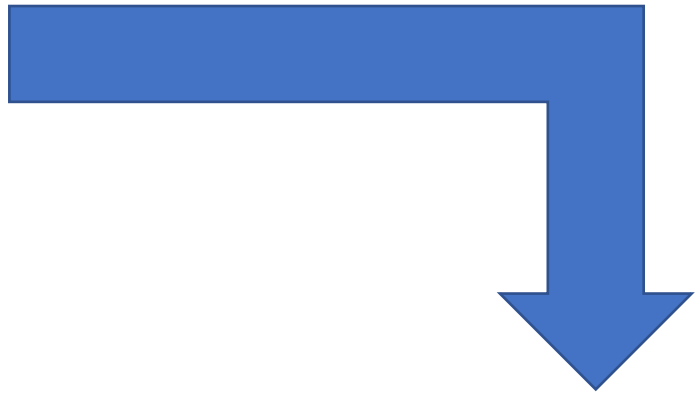
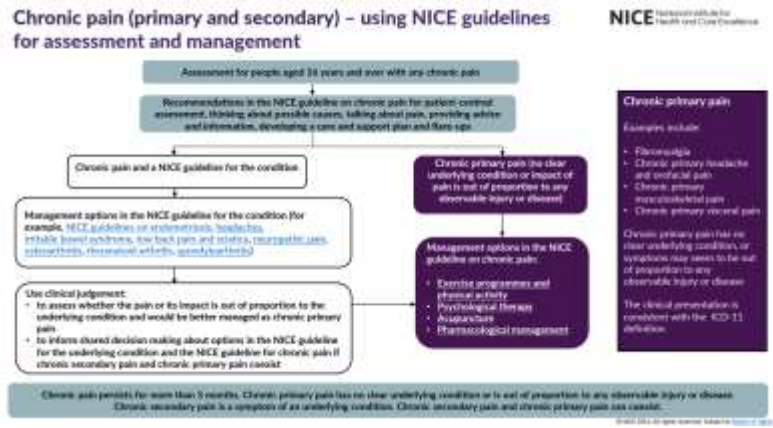
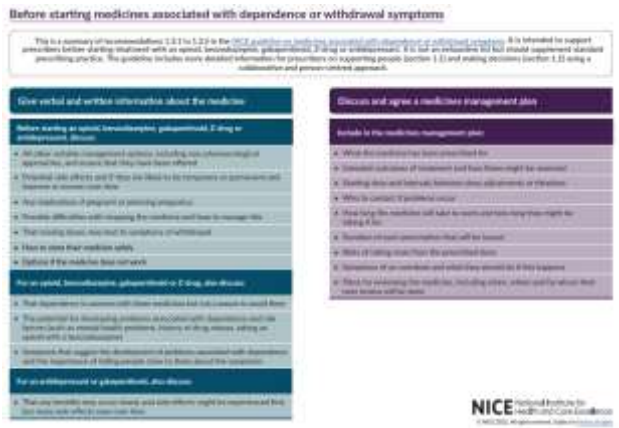
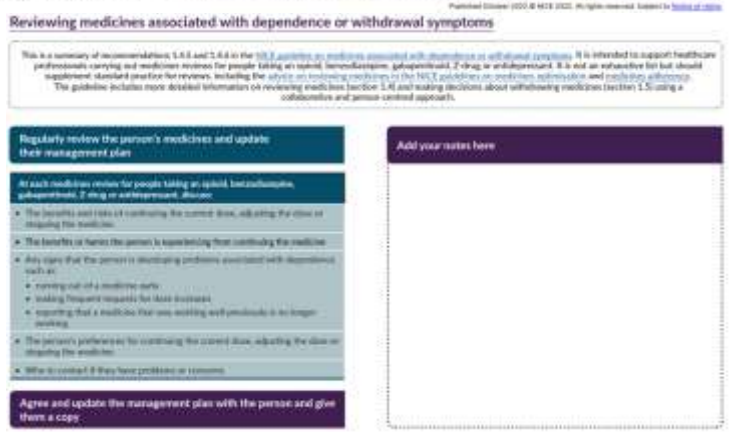


Figure 1. A modern rendition of the original 1986 WHO pain ladder with 3 steps. Patients begin at the first rung and then based on pain intensity progress, rung by rung, up the ladder as pain worsens.



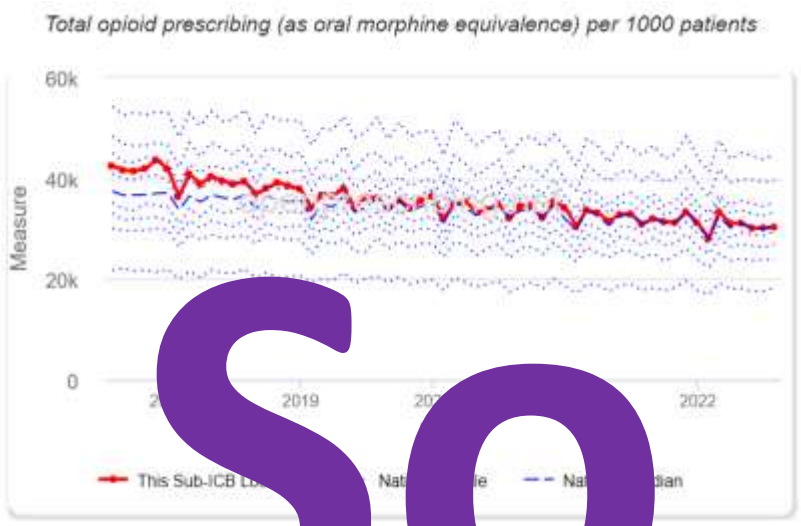


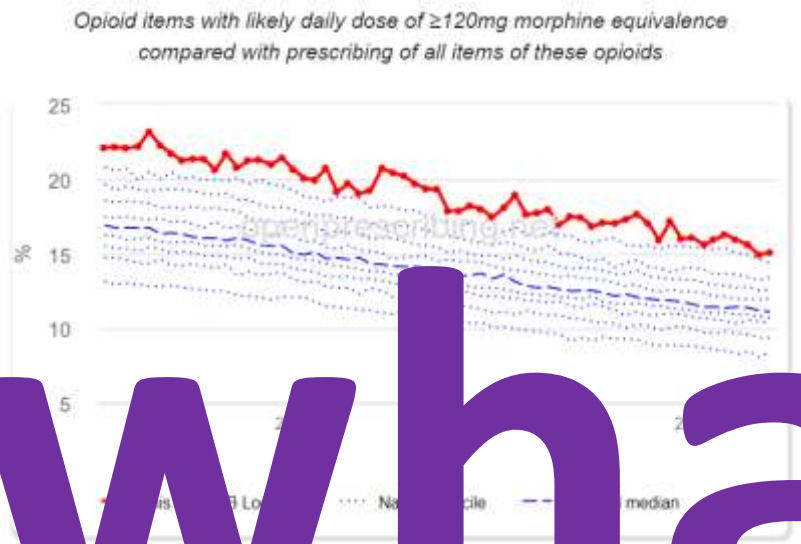


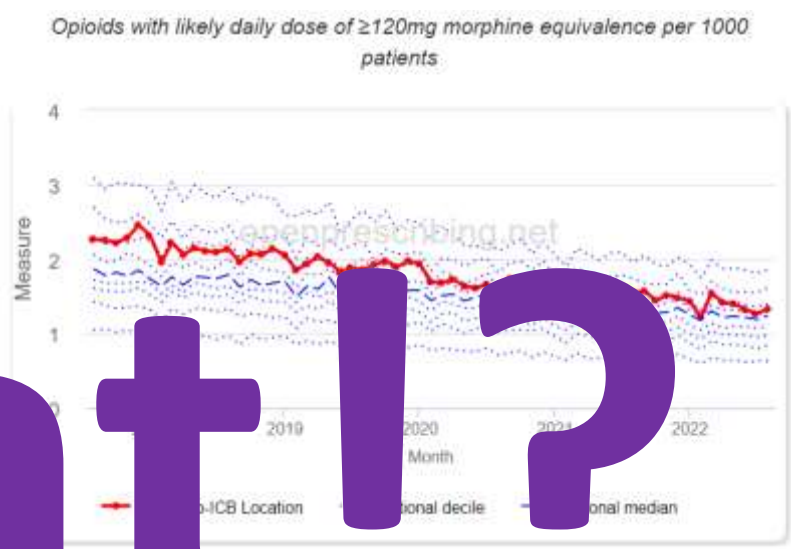


my LiveWell with pain

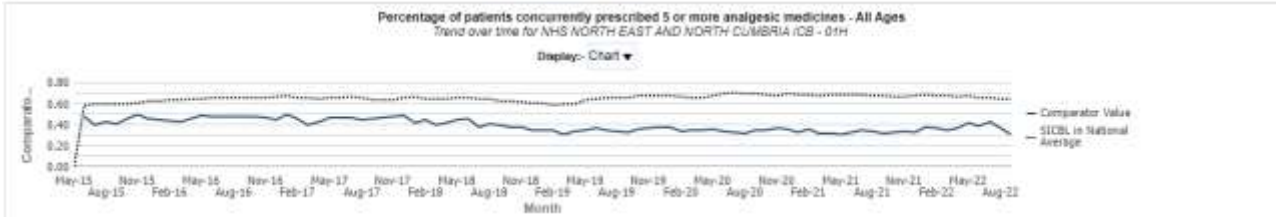
Data driven

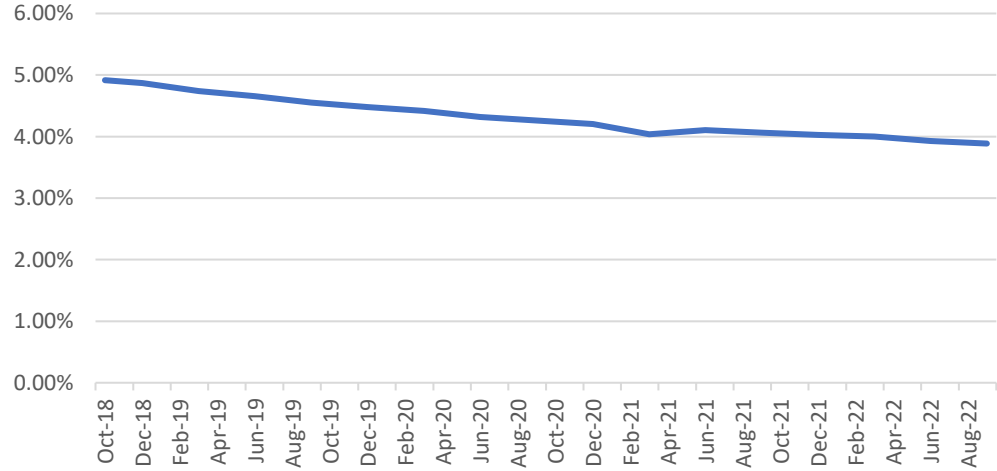






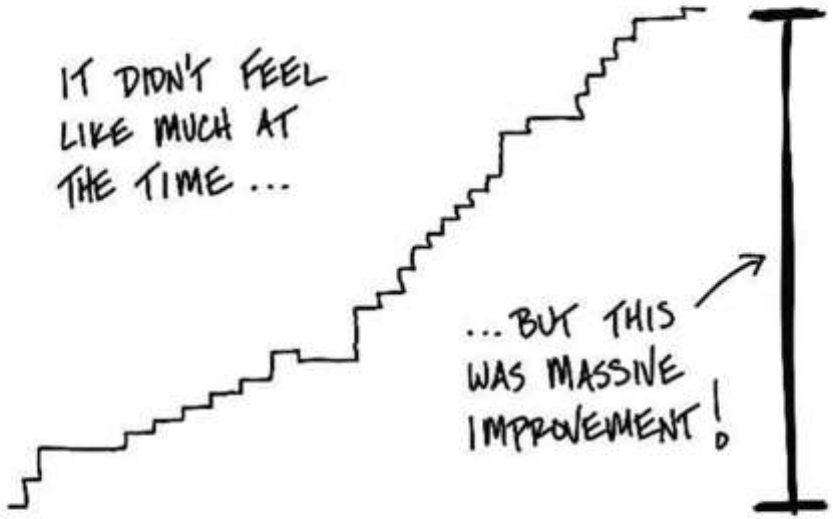
So what!?



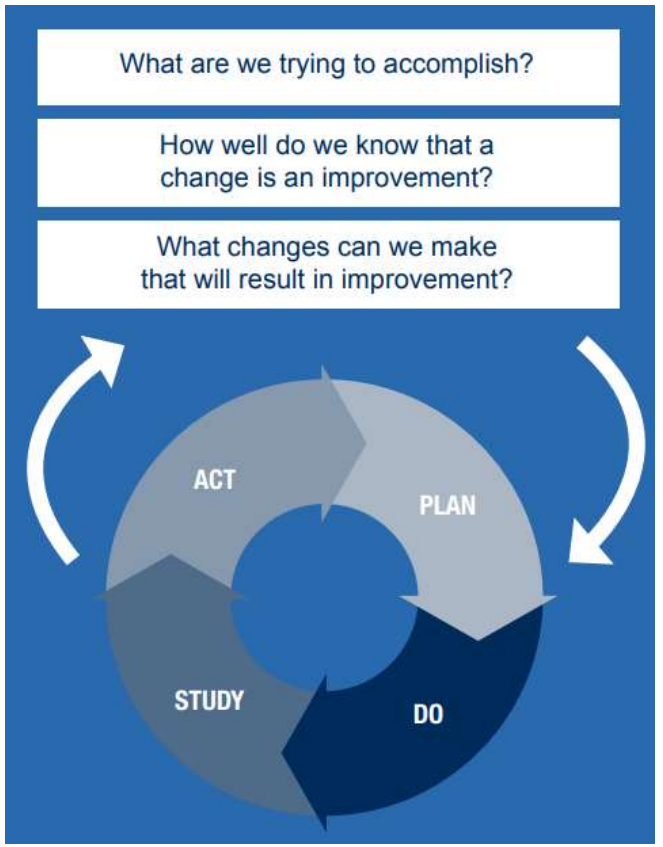


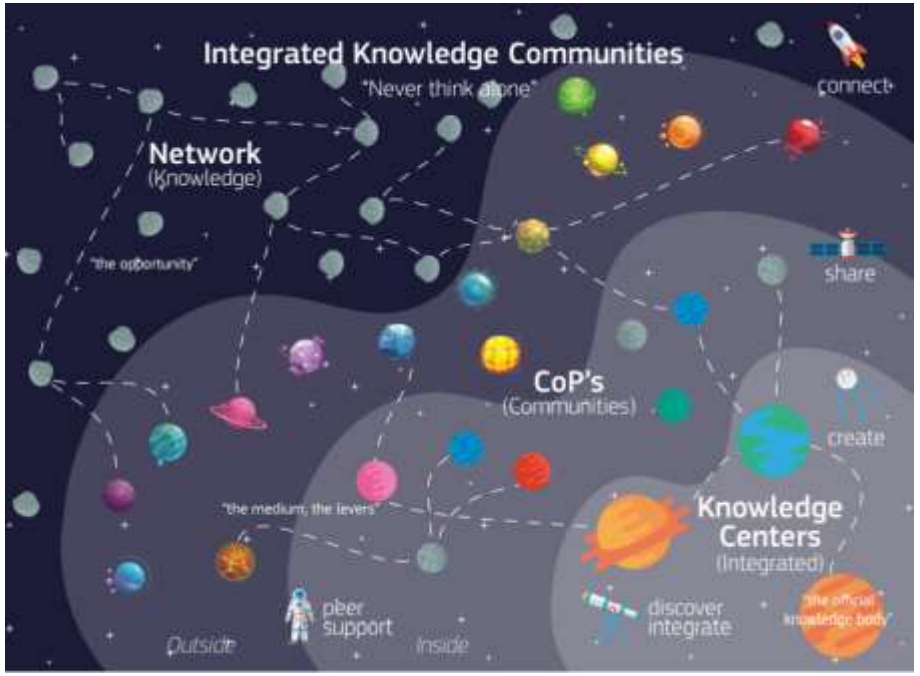
Where/ when do you explore opioid data?

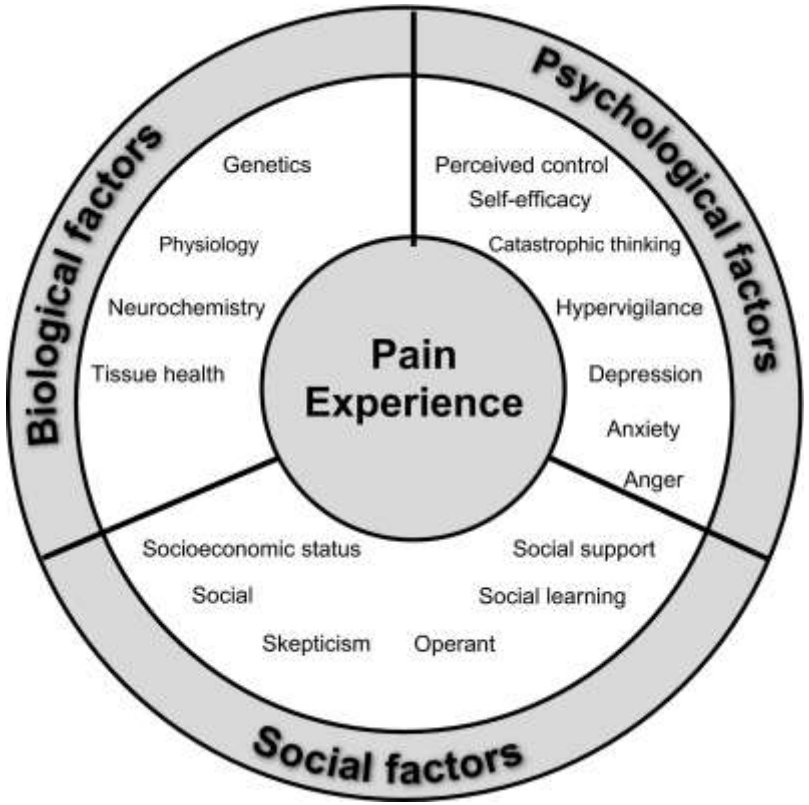
- For reflection – no need to feed back.
- One minute to discuss with neighbours.


IT DIDN'T FEEL LIKE MUCH AT THE TIME ...
...BUT THIS WAS MASSIVE IMPROVEMENT!


BEHAVIOR GAP

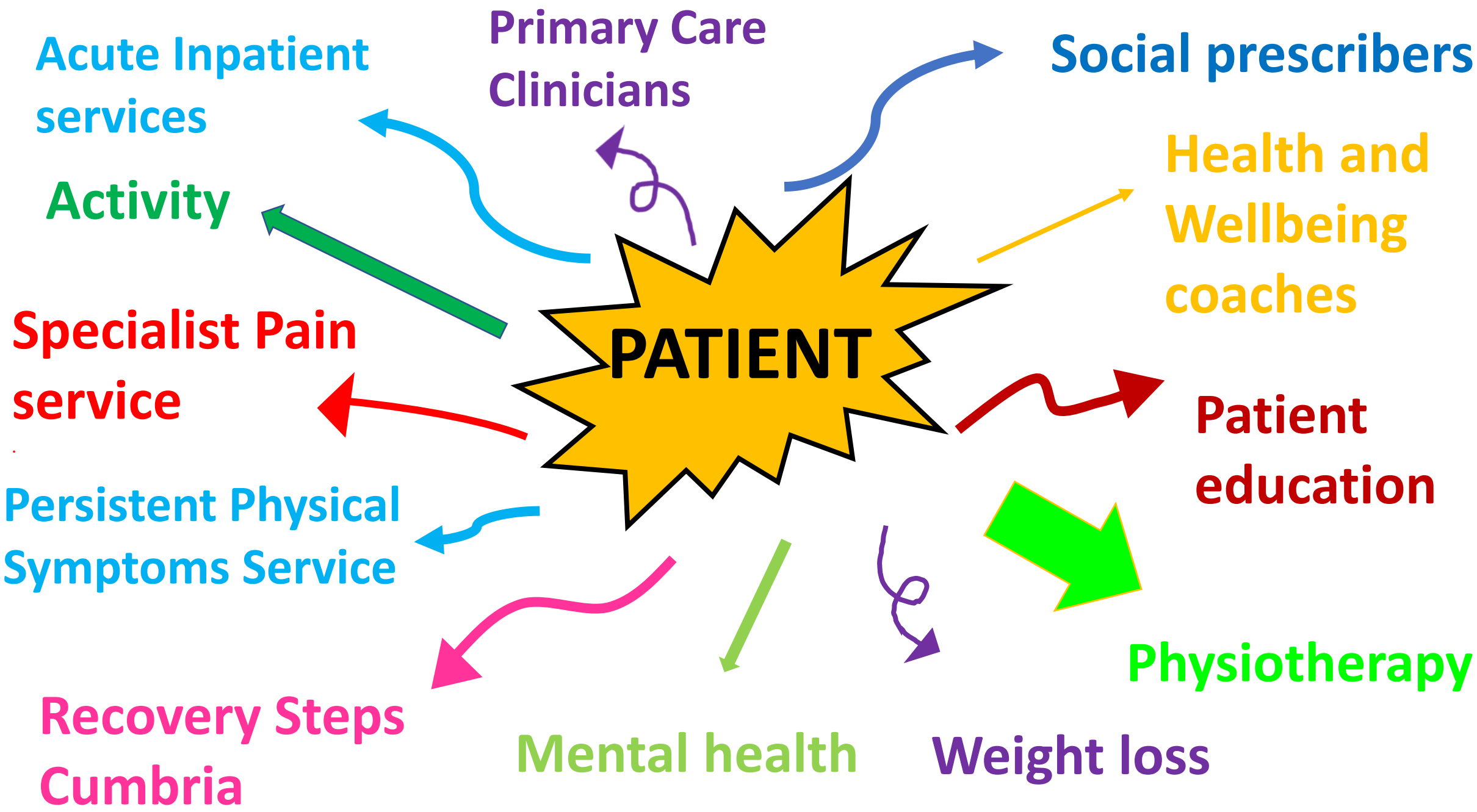

What are we trying to accomplish?
How well do we know that a change is an improvement?
What changes can we make that will result in improvement?
ACT
PLAN
STUDY
DO





Helena Gregory
@HelzGregory

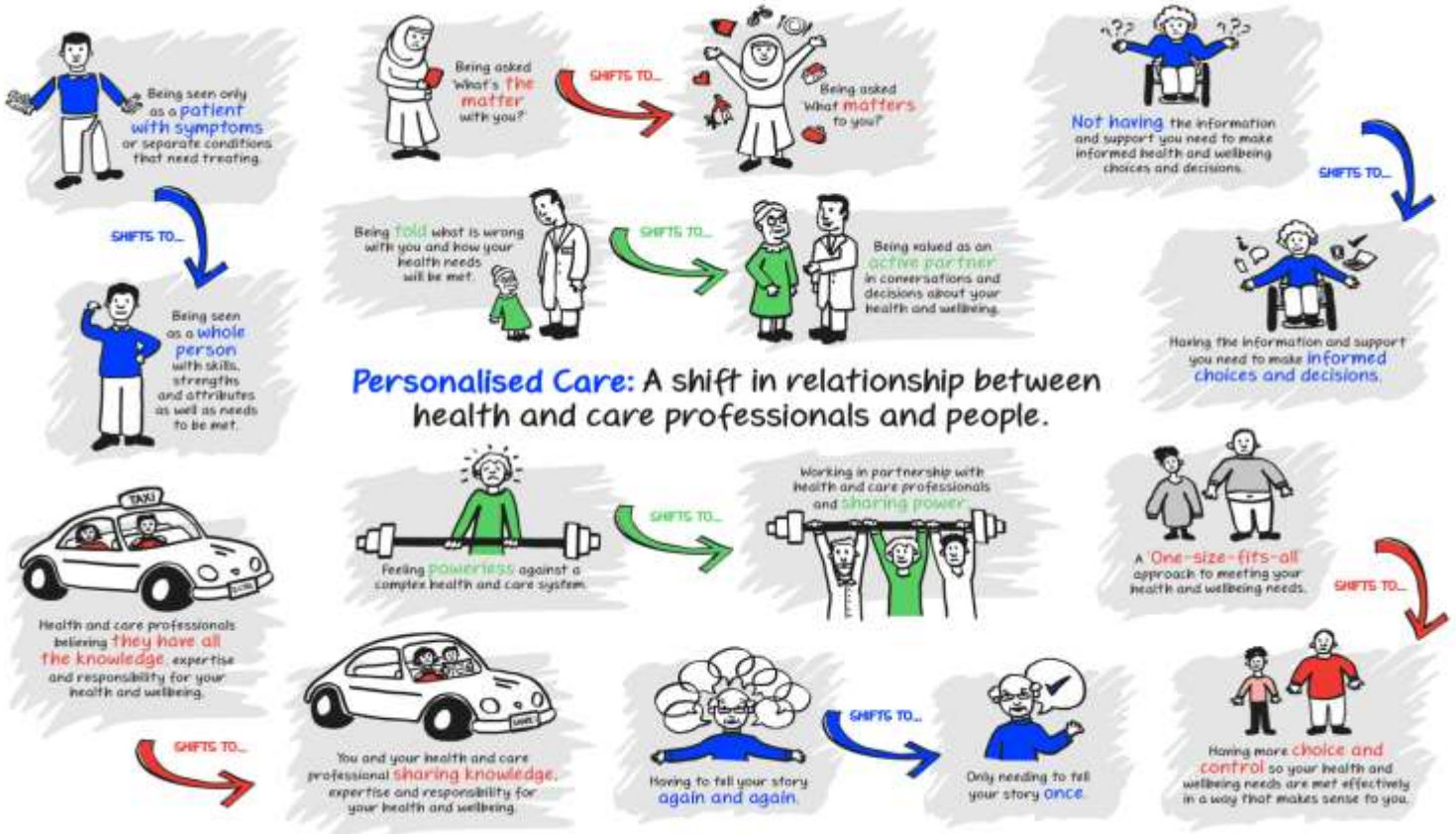
The most inspirational meeting in my calendar is our opioid workstream, so proud of our teams working together to improve services for people with chronic pain. Such a good learning and sharing environment 🤩 Kirsty talking about her MDT working 😊 @pauldaylive @ElspethDesert

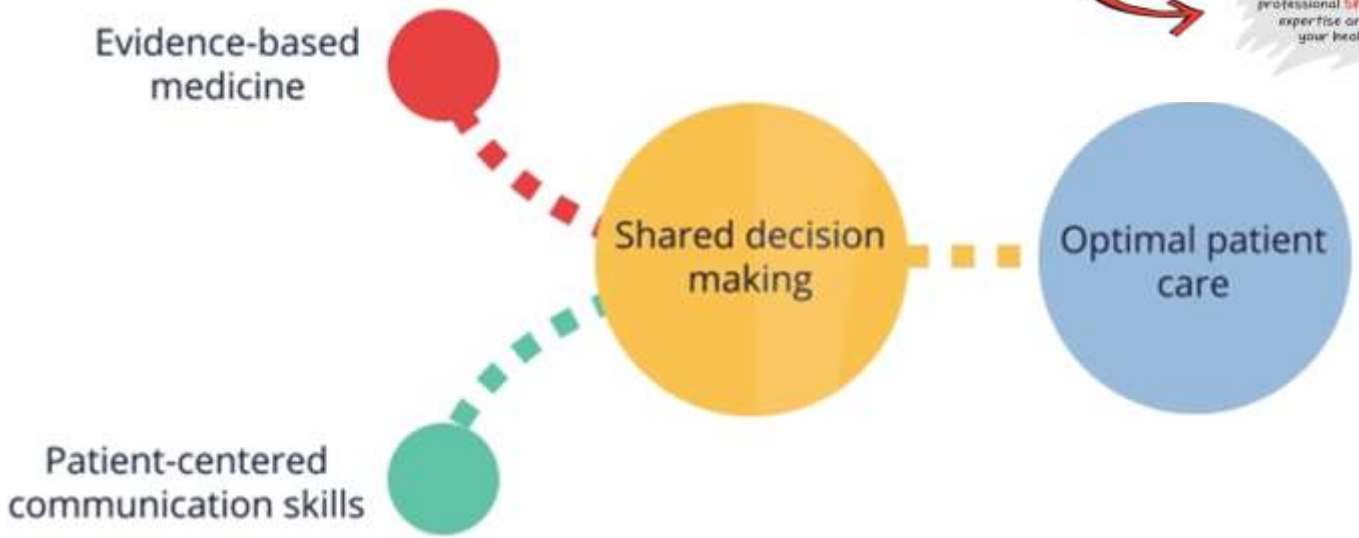

Acute Inpatient services
Primary Care Clinicians
Social prescribers
Activity
Health and Wellbeing coaches
PATIENT
Specialist Pain service
Patient education
Persistent Physical Symptoms Service
Physiotherapy
Recovery Steps Cumbria
Mental health
Weight loss

How do you hear about events/ services/ opportunities near you?

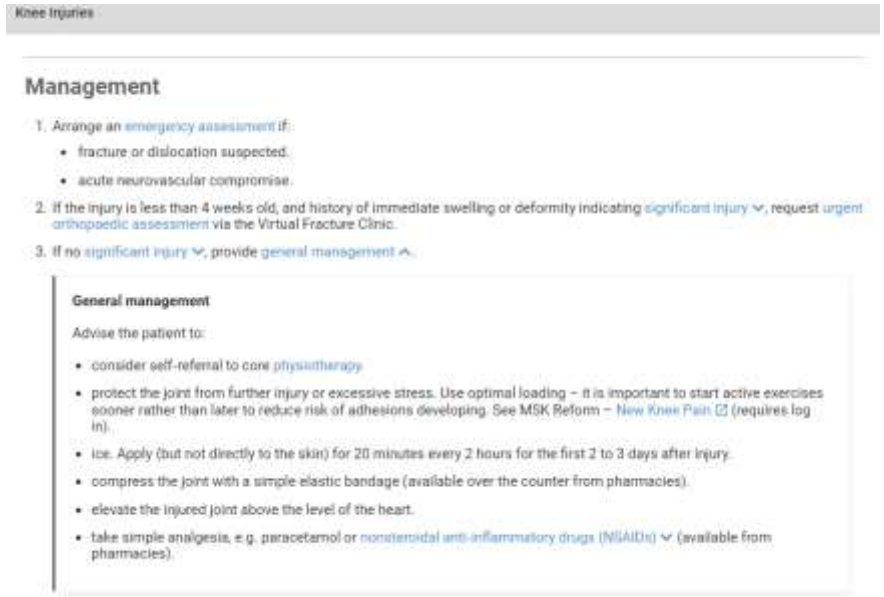
- For reflection – no need to feed back.
- One minute to discuss with neighbours.

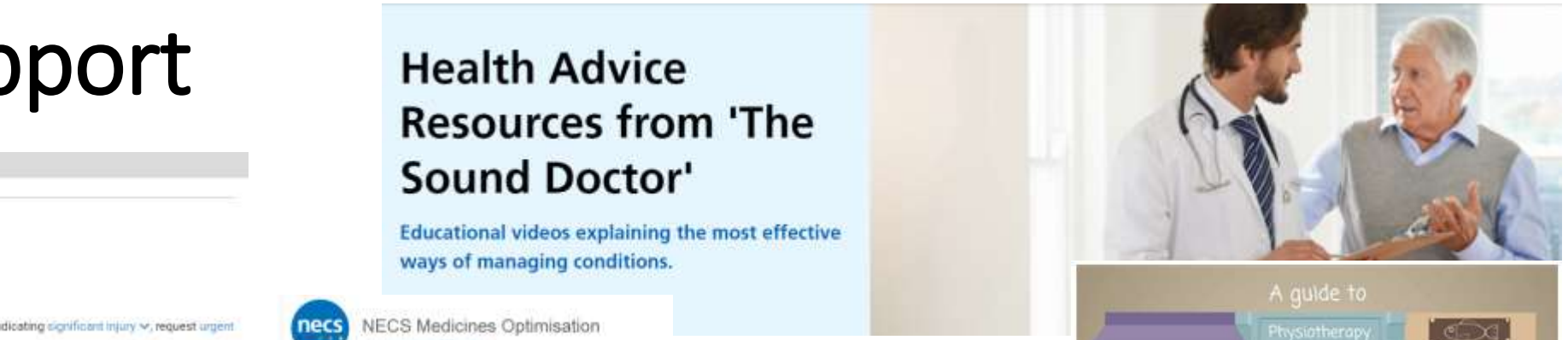
Personalised care

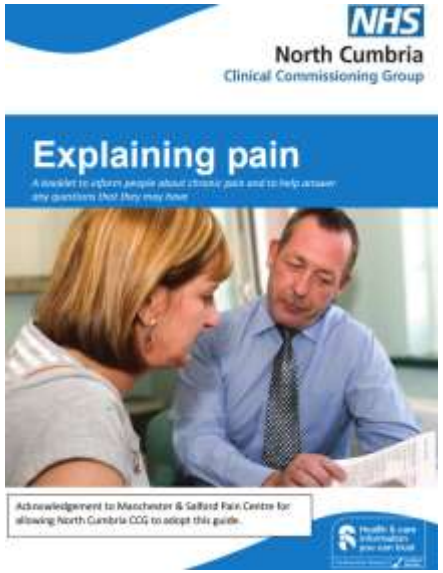




Digital support







A GUIDE TO PHYSIOTHERAPY

KEEPING ACTIVE

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