

# Why Do We Need a Clinical Pain Network?

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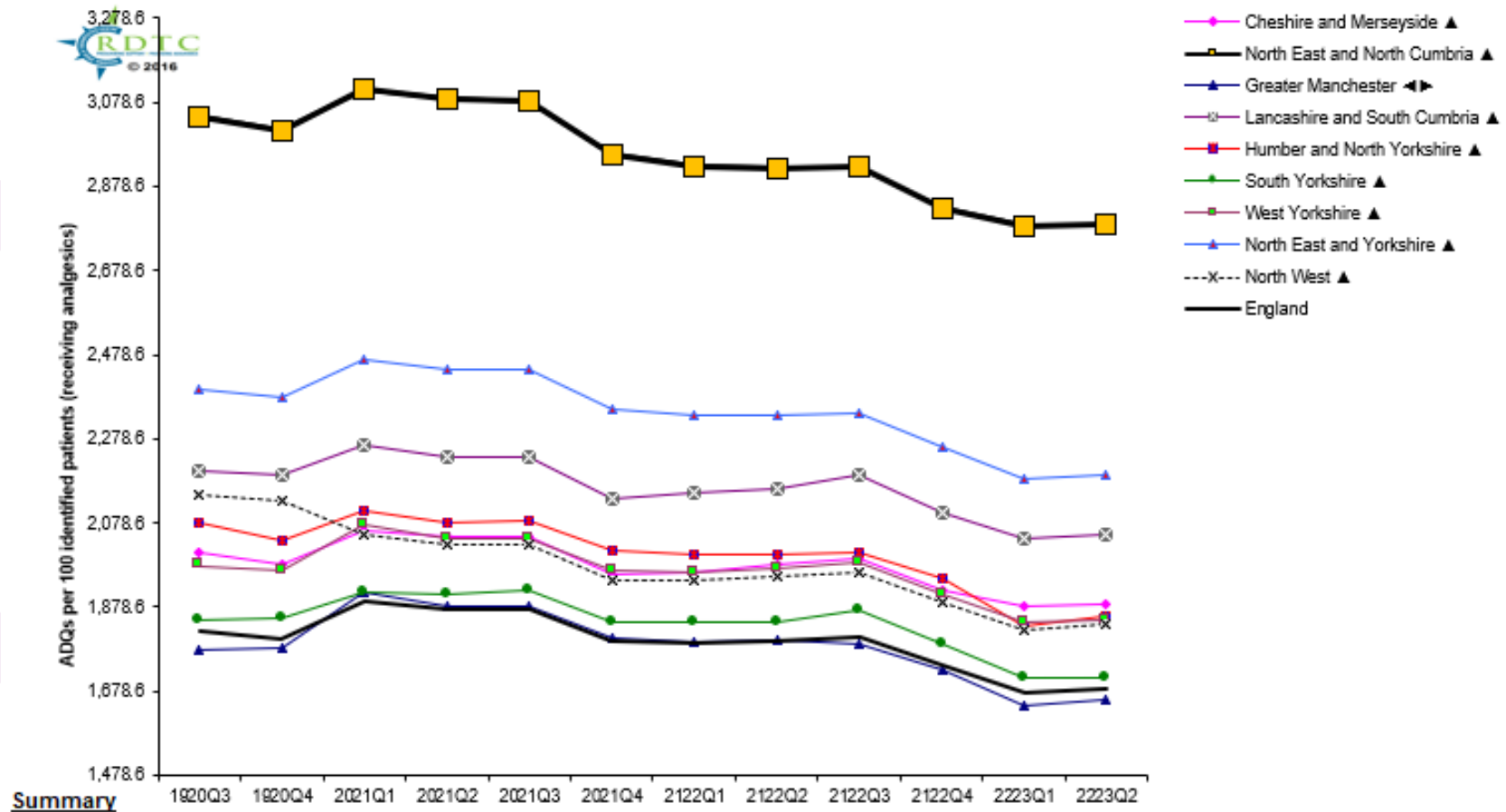
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# Introduction

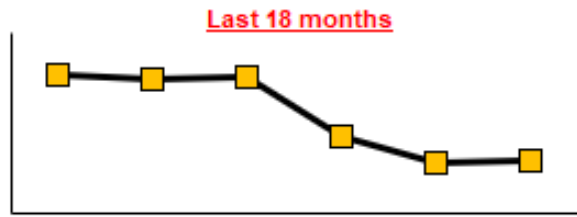
- NENC has the highest prescription rate of opioids in England
- Medicines Optimisation teams have been concerned by the over reliance on opioids in the management of chronic pain for some time and have been working, mainly at place, with their systems and prescribers to reduce use
- All places are reducing opioid prescription at a faster rate than seen nationally

Selected profile: NHS area



Summary

- 'weighted prescribing volume of opioid analgesics' shows a significant decreasing trend in North East and North Cumbria and a 95% prediction interval for next quarter is (2,630.42,2,907.78)
- Over the course of the 3 year period shown prescribing levels in North East and North Cumbria in relation to England are significantly higher ▲
- Actual growth between 1920Q3 and 2223Q2 was -8.47%



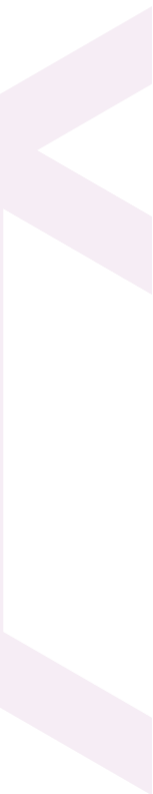
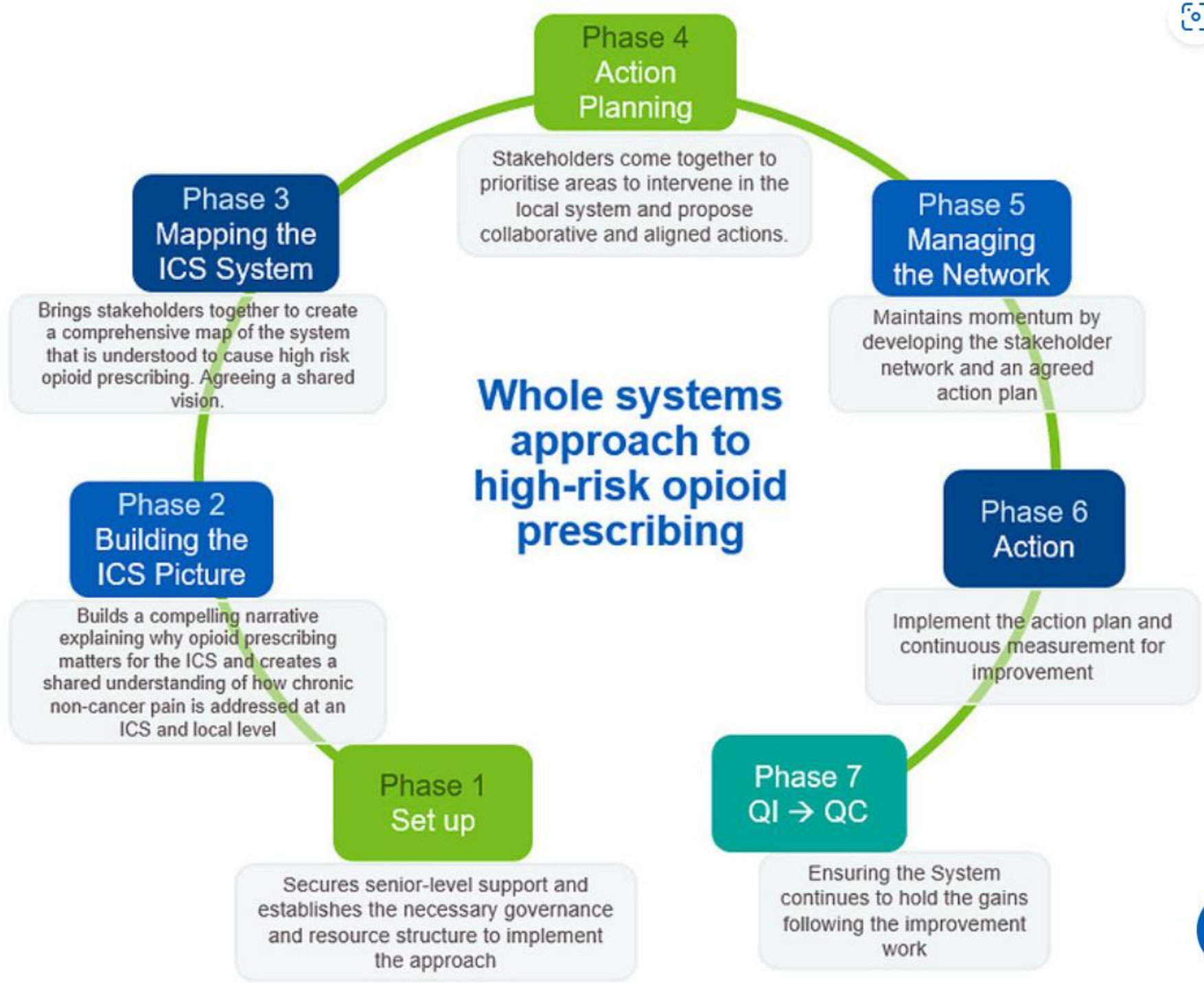
• no real trend can be seen in the last 18 months data



**Biopsychosocial  
model of pain**

**Medical Model of Pain**

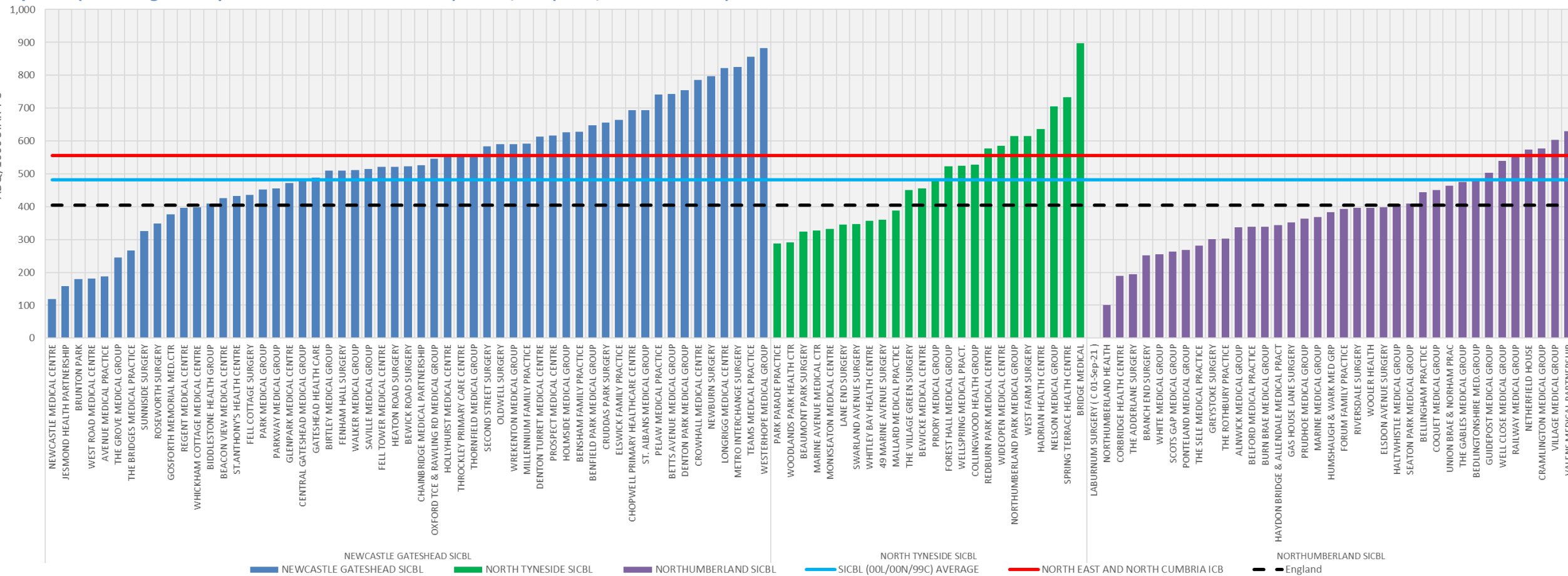




# How does everything Connect?



# Opioids (Including Non Opioid Combination Products) Q4 22/23: (ADQ/1000 STAR-PU)





# Solpadeine Max Soluble - 32 Tablets

Pain

Solpadeine Max soluble tablets is a painkiller that is fast acting and effective to treat a variety of pain.



Buy now for £12.99

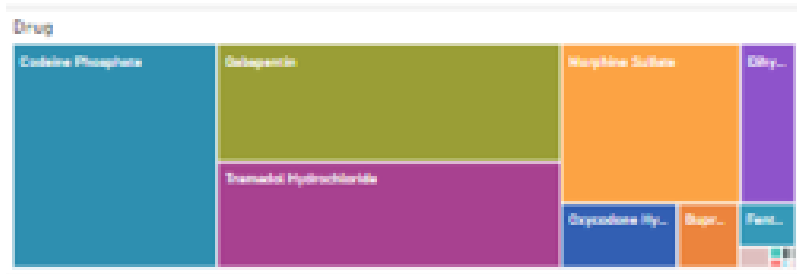


UK registered Doctors & Pharmacists



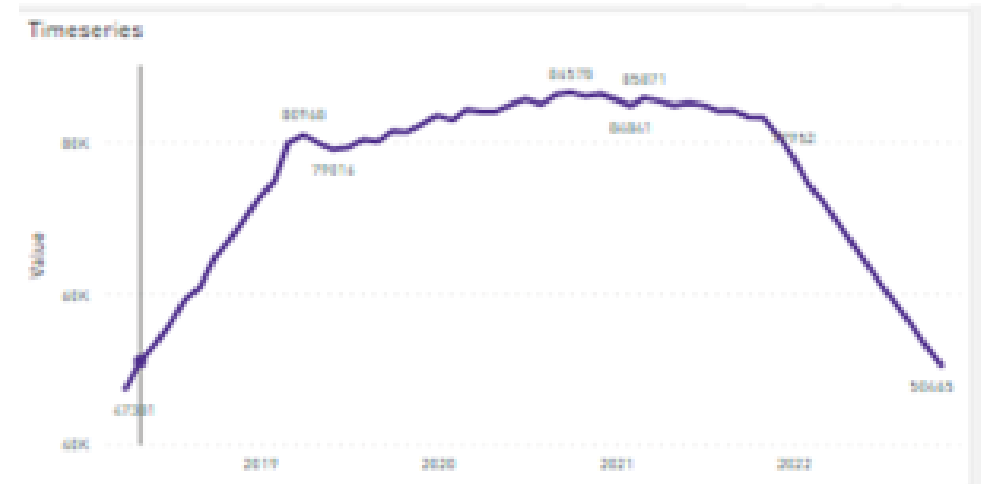
100% Discretion & Confidentiality

# Opiate Prescribing Dashboard - Elements

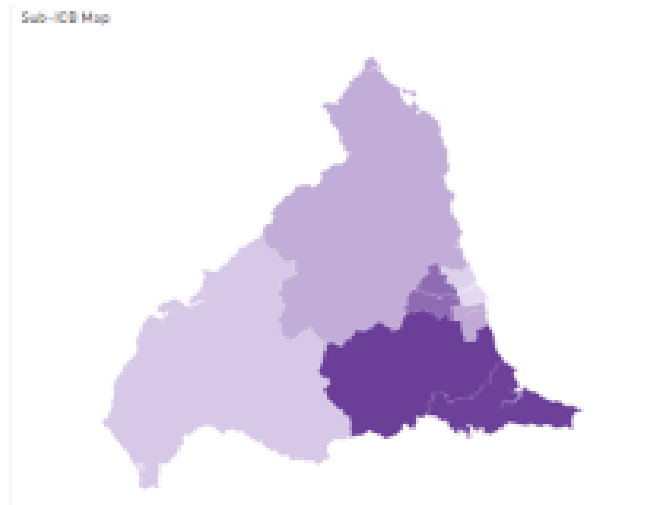
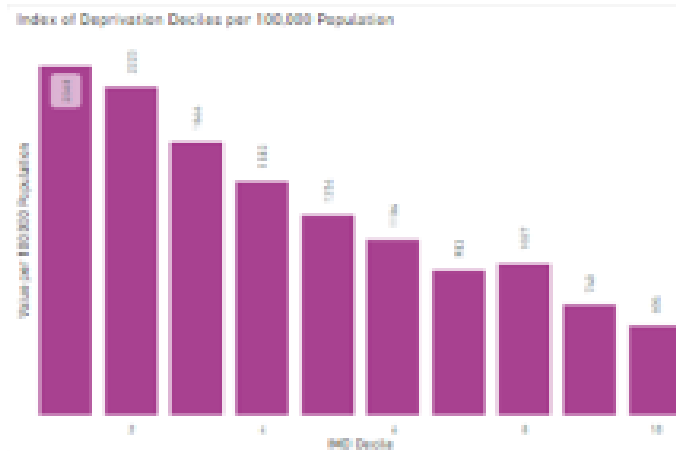


Drugs panel gives an instant view on which drugs are commonly prescribed

Time series chart allows trends in metrics to be monitored over time.



Value per 100,000 broken down by IMD deciles gives an indication of how relative deprivation affects the Opiate metrics



Maps available at three levels to show potential geographic areas of focus / deep dive

## Movement

[www.activecumbria.org](http://www.activecumbria.org)

ICAN Health & fitness [Home - iCan Health & Fitness CIC \(icanfitnesscumbria.co.uk\)](http://Home - iCan Health & Fitness CIC (icanfitnesscumbria.co.uk))

Together We Fitness [info@togetherwe.uk](mailto:info@togetherwe.uk)

Cumbria walking for health [Home page Ramblers](http://Home page Ramblers)

PPSS <https://php.cumbria.nhs.uk/patients/resources/ppss-allied-health-professional-resources>

Keswick Park run [home](http://home) | [Keswick parkrun](http://Keswick parkrun) | [Keswick parkrun](http://Keswick parkrun)

Watchtree nature reserve (walking, cycle hire, park run) <https://watchtree.co.uk/>

Escape pain online tool [ESCAPE-pain online – ESCAPE-pain](http://ESCAPE-pain online – ESCAPE-pain)

Moving medicine [Find support & local activities - Moving Medicine](http://Find support & local activities - Moving Medicine)

We are undefeatable [Home - We Are Undefeatable](http://Home - We Are Undefeatable)

## Specialist Chronic Pain service

Chronic Pain MDT at NCIC

Referral through EMIS referral

## PPSS

Psychological Therapists, Physiotherapists,  
Occupational Therapists and Living Well Coaches

Referral through EMIS referral

<https://php.cumbria.nhs.uk/about-our-services/ppss>

## Recovery Steps Cumbria

Referrals are sent to

[referrals@recoverysteps.cumbria.org.uk](mailto:referrals@recoverysteps.cumbria.org.uk)

Or call 01900512300

## Mental health

Talking therapies (GP or self-referral) [First Step - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(cntw.nhs.uk\)](http://First Step - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk))

MIND [Mind in Cumbria](http://Mind in Cumbria)

Always another way [Home | alwaysanotherway](http://Home | alwaysanotherway)

Together We Talk [info@togetherwe.uk](mailto:info@togetherwe.uk)

Together all <https://togetherall.com/en-gb/>

Every Life Matters - Suicide Safer Cumbria ([every-life-matters.org.uk](http://every-life-matters.org.uk))

Cruise bereavement care [cumbria@cruse.org.uk](mailto:cumbria@cruse.org.uk)

**PAIN**

## Social prescribers

Referral made by EMIS task to SP affiliated to practice

## Health & Wellbeing

Coaches: Allerdale and Copeland

0300 303 3589- Or EMIS task to individual coaches

[Health and Wellbeing initial contact form | Cumbria County Council](http://Health and Wellbeing initial contact form | Cumbria County Council)

Or EMIS task to individual coaches

NC Wellbeing service events: search for 'North

Cumbria Wellbeing Service' on [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Healthy Hopes

<https://www.healthyhopes.co.uk/#services>

Ground work (Choices Cumbria)

<https://www.groundwork.org.uk/projects/choices-cumbria/>

Women out West: Facebook/Instagram/twitter

## Patient education

Flippin Pain <https://www.flippinpain.co.uk/>

Live well with pain <https://livewellwithpain.co.uk/>

## Physiotherapy

Through EMIS referral or self refer

## Weight loss

Free tools at [www.nhs.uk/better-health](http://www.nhs.uk/better-health)

Free NHS weight loss App

Tier 2 Slimming World and NHS digital WM programme

Tier 3 WM programme

Tier 2 and 3: all through EMIS referral

# The Aims of a Pain Network:

- To promote best practice in the assessment and treatment of non-malignant persistent pain
  - Evidence-based
  - Holistic care
  - Personalized care
- To reduce harmful prescribing of medicines for persistent pain
- To consider how inequalities affect our citizens with persistent pain and how this may be addressed
- To inform commissioning decisions to ensure the best outcomes possible
- To promote research and evaluation of practice

# Principles of the Network:

- Be collaborative and multi-disciplinary in approach
- Build on existing networks and platforms
- Create an environment to share experience and learning
- Take a supportive approach to peers and partner organisations