

Barriers to Self-Management of Chronic Pain in Primary Care

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Barriers to Self-Management of Chronic Pain in Primary Care

Phase 1: What are the

barriers?

Research project:

- Why?
- How?
- What?

Phase 2: What can we do

about them?

- Increase awareness
- Share some resources to help
- The Navigator Tool

Why did we undertake the research?



Gaun Yersel – the self-management strategy

Benefits of successful self-management

SIGN Guidelines

Audit of pain services

Anecdotal
evidence of
frustrations
and difficulties
of selfmanagement
for people in
pain



Project Aims



- To ascertain the opinions of primary care healthcare providers on possible barriers to the facilitation of self-management within their role.
- To ascertain opinions of people in chronic pain of possible barriers to the facilitation of self-management based on their experience of primary care.

Definition of key terms

Self-Management

A single approach or combination of approaches that can be initially taught by any health professional or learned by an individual to enable them to minimise the impact their chronic pain can have on everyday life⁵

Patients

People with chronic pain and their carers.

What did we do?



Who

	No. of participants
People with chronic pain	54
Carers	9
GPs	16
Physiotherapists	15
Occupational Therapist	4
Practice Nurses	2
Community Pharmacist	1
Total	101

Table 1: Participant Breakdown

Where

NHS Healthboard	No of groups	
Lothian	5	
GG&C	5	
Fife	3	Ÿ
Highland	2	3, 3,
Dumfries & Galloway	1	
Forth Valley	1	
Tayside	1	
Total	18	

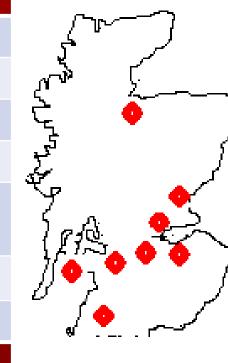


Table 2: Location and number of focus groups by NHS Healthboard.

What did we find?



Possible barriers to self-management of chronic pain in primary care

Patient/ HCP Consultation

Patient Experience

Limited
Treatment
Options

Organisational Constraints

Limited Treatment

Options

Organisational

Constraints

Patient/ HCP
Consultation

• Timing of the self-management

discussion

Patient Experience

- Communication
- HCP/ patient relations

Patient/ HCP Consultation

Patient Experience

Limited Treatment Options

Organisational Constraints

"I was at physiotherapy... they said, 'describe your pain'. And I says, 'ten'. 'Och', they laughed at me! 'Och, don't be silly! Describe your pain, what number is it?'" [Patient]

"I think unless you are in chronic pain you don't know what they feel. And it is very difficult to relate to them. I think that's what I find quite difficult to understand..." [GP]

Patient/HCP consultation

Limited Treatment
Options

Organisational Constraints

Patient Experience

- Patient well being
- Long and inconclusive patient journey
- Ability/ Readiness to self-manage



"...that's what can make the whole self-management thing so difficult to stick to – wanting to be your old self" [Patient]

"I think that is probably the challenge, when they are stuck at the point of looking for a diagnosis and you are spending all your time and energy on that." [GP]

Patient/HCP consultation

Patient Experience

Constraints

Constraints

Constraints

Constraints

Constraints

- 'Medicalisation'
- Third Sector Support
- Training

Patient/HCP consultation

Patient Experience Constraints

Limited Treatment Options

"...at medical school it's: 'here is a problem, there is a solution.'
And the solutions most times are to do with giving patients
prescriptions." [GP]

"So those kind of softer things, like community activity groups could be hugely helpful, but they're much less easy to tick boxes and to audit." [GP]

Patient/HCP consultation

Patient Experience Limited treatment options

Organisational Constraints

- Appointment Duration
- Waiting Lists
- Consistency and continuity of care

Patient/HCP consultation

Patient Experience Limited treatment options

Organisational Constraints

"...we are in a spiral at the minute that that is the only thing we can do in ten minutes — 'let's give you a prescription'." [GP]

"Well you're not treated holistically. You're hacked off into bits and separated out into separate parts of the NHS and one part deals with one part and another part deals with another part..." [Patient]

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Increase awareness – leaflet and podcast



How might chronic pain make me feel?

There is no 'one-size-fits-all' answer. Emotions and thoughts differ from one person to the next and over time. What we do know is that the emotional impact can be long lasting and overwhelming, partly because of changes to the brain caused by chronic pain. We spoke to a wide range of people with pain about some of the negative feelings and thoughts that they have experienced:

You think 'Am I really in this amount of pain? Can I really not just go and do that?'

And it does have a terrible effect on you. I was VETY IOW, I was suicidal for a few years.

So you're then having to ask somebody to do the basic stuff like cooking, cleaning and ironing. You feel guilty you're not doing it yourself. It makes me feel inadequate.

I think we're frightened to let go of our old life because you're thinking you might get worse.

So I get the idea, pain can affect my mood – so what?

People in pain often talk about 'carrying on regardless' or 'pushing through' and may feel like ignoring difficult emotions is the best approach. However, recognising some of the negative feelings and thoughts you may experience can be very helpful in managing your pain in the long term.

Managing your emotions

The close links between the centres of pain and emotion in the brain make it almost impossible to have pain without having negative emotions as well. Recognising the emotional impact of chronic pain can be a first step towards being able to manage both pain and emotions better. This might include becoming more active, eating well, developing a better sleep routine. flare-up planning and looking after your general health. (See Pain Concern's booklet A Guide to Managing Pain).

Other people have found these things helpful in managing their emotions:

Don't stop doing things you enjoy - positive activity helps improve brain chemistry!

When you are feeling low you might not feel motivated to do the things that you usually enjoy like spending time with family and friends and other social activities. However, avoiding enjoyable things can further entrench negative

feelings. Try so keep doing the things you enjoy and spending time with the people you care about however discouraged you feel.

Friends would ask 'you going out."— No, I couldn't perably go out."— Do you not want to try going out for some teal."—I DON'T WANTTO GO OUT!! was really defensive because I was so angry that I couldn't lead a normal Me.

2. Take a step back

Be aware that when you are feeling low things often seem worse than they are. You might be reacting to things in a way

that would seem disproper the problem if you were it more positive. When you a problem thus is affecting consciously take a step ba problems from a distance keep things in perspective

Do the best you ca give yourself a HUGI back!

Day to day activities and r become very hard to fulfil living with pain. It's import recognise that you can't d every day but what you co do to the best of your abi



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Why self-management isn't working and what we can do about it.





Airing Pain Programme 72:Breaking the barriers to ...

Airing Pain











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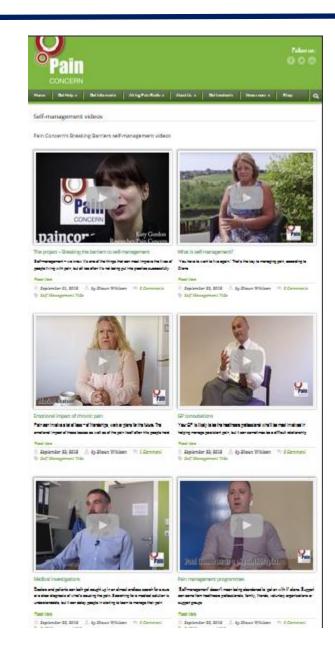
Resources to help – self-management videos



1. The project – Breaking the barriers to self-management

3. Emotional impact of chronic pain

5. Medical investigations



2. What is self-management?

4. GP consultations

6. Pain management programmes

What is self-management video





The Navigator Tool: Living Well With Pain



Pilot research project showed that it

facilitated 4 aspects of communication

Holistic Picture
Of Pain

Engaged
Efficient
Consultations

Self
Management
Strategies

Positive **Emotions**

So what is The Navigator Tool?

Navigator Tool Introductory Video





www.painconcern.org.uk

The Navigator Tool Video Series



1. Background and Introduction

3. Questions to ask your Healthcare Professional



2. The Pain Concerns
Forms

4. Self Management strategies

5. Setting and ManagingGoals

6. Implementation

Putting the team in pain management





""Thank you, just the reminder I needed on a very bad day"





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Reference

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