



# 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?

**Benefits of  
successful self-  
management**

Gaun Yersel – the  
self-management  
strategy

SIGN Guidelines

Audit of pain  
services

**Anecdotal  
evidence of  
frustrations  
and difficulties  
of self-  
management  
for people in  
pain**



# Project Aims

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- 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

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### 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 life<sup>5</sup>

### Patients

People with chronic pain and their carers.

# What did we do?

## Who

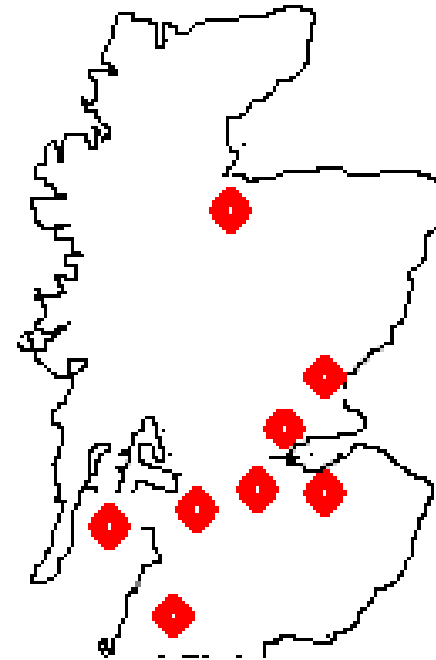
	No. of participants
People with chronic pain	54
Carers	9
GPs	16
Physiotherapists	15
Occupational Therapist	4
Practice Nurses	2
Community Pharmacist	1
<b>Total</b>	<b>101</b>

Table 1: Participant Breakdown

## Where

NHS Healthboard	No of groups
Lothian	5
GG&C	5
Fife	3
Highland	2
Dumfries & Galloway	1
Forth Valley	1
Tayside	1
<b>Total</b>	<b>18</b>

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**

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

Patient Experience

Limited Treatment  
Options

Organisational  
Constraints

Patient/ HCP  
Consultation

- **Timing of the self-management discussion**
- **Communication**
- **HCP/ patient relations**

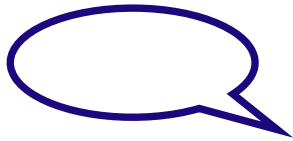
## Possible barriers to self-management of chronic pain in primary care

Patient Experience

Limited Treatment  
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Patient/ HCP  
Consultation



“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]



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

Patient/HCP  
consultation

**Patient  
Experience**

Limited Treatment  
Options

Organisational  
Constraints

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

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

Patient/HCP  
consultation

Patient  
Experience

Limited Treatment  
Options

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Constraints



“...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 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]

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

Patient/HCP  
consultation

Patient Experience

Limited  
Treatment  
Options

Organisational  
Constraints

- **‘Medicalisation’**
- **Third Sector Support**
- **Training**

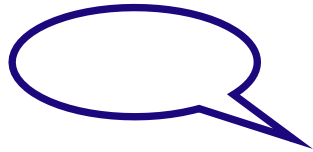
## Possible barriers to self-management of chronic pain in primary care

Patient/HCP  
consultation

Patient Experience

Limited Treatment  
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“...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]

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

Patient/HCP  
consultation

Patient Experience

Limited treatment  
options

**Organisational  
Constraints**

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

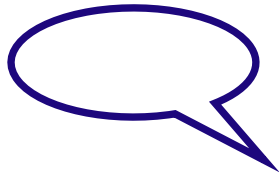
## Possible barriers to self-management of chronic pain in primary care

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]

# Barriers to Self-Management of Chronic Pain in Primary Care

**Phase 1: What are the  
barriers?**

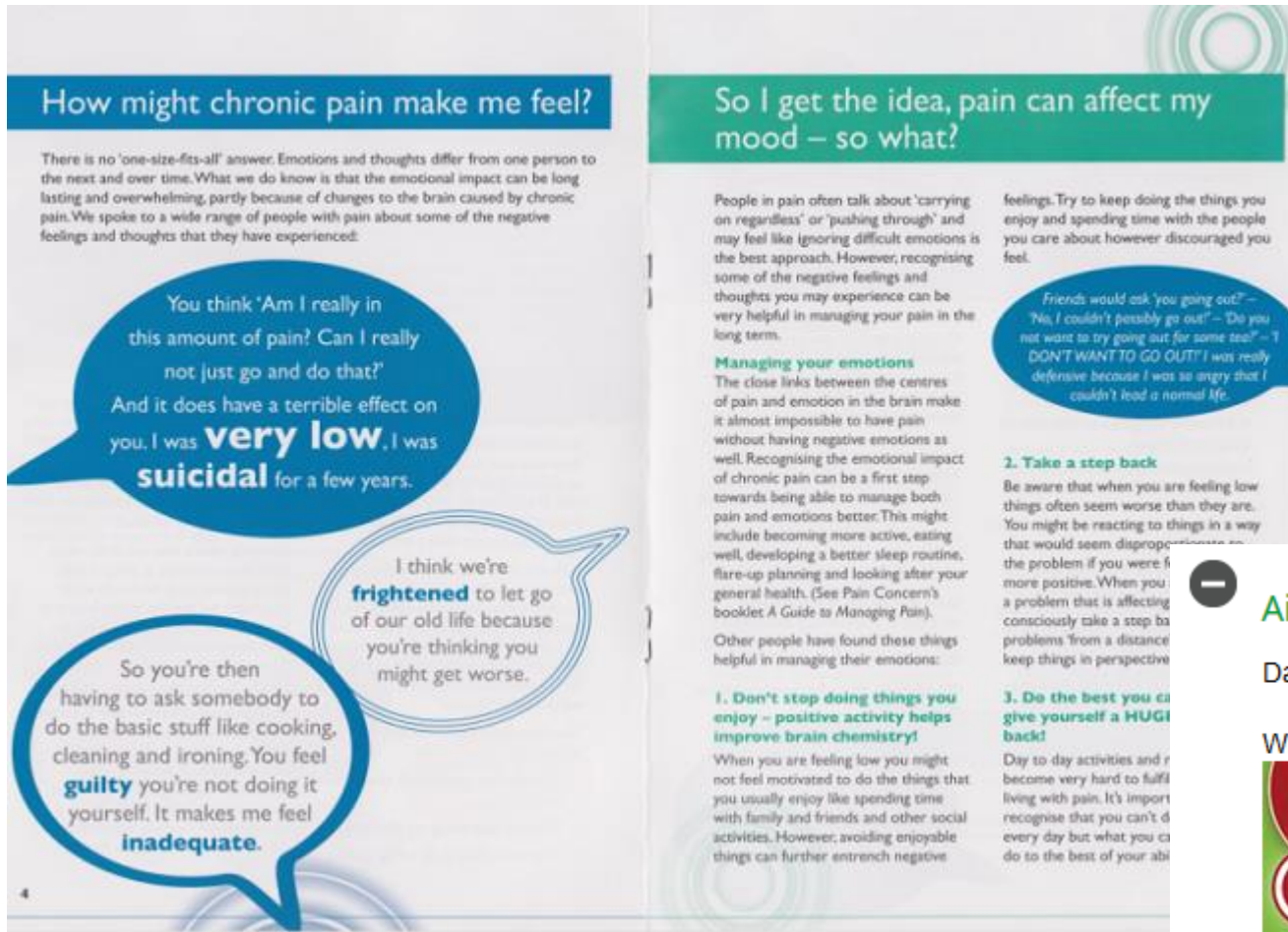
Research project:

- Why?
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**Phase 2: What can we do  
about them?**

- Increase awareness
- Share some resources to help
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# Increase awareness – leaflet and podcast



## Airing Pain Programme 72: Breaking the barriers to managing pain

Date of release: 13/10/2015

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



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



This edition is part of a project funded by the Health and Social Care Alliance.

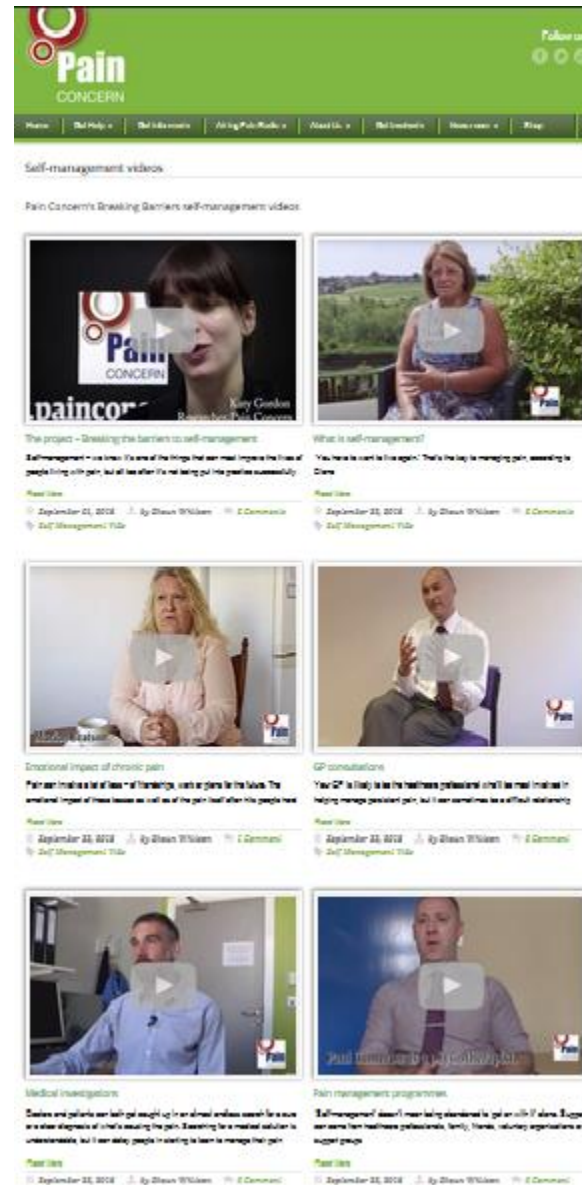


# Resources to help – self-management videos

## 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

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# 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

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[www.painconcern.org.uk](http://www.painconcern.org.uk)

# The Navigator Tool Video Series

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## 1. Background and Introduction

## 3. Questions to ask your Healthcare Professional

## 5. Setting and Managing Goals



## 2. The Pain Concerns Forms

## 4. Self Management strategies

## 6. Implementation

# Putting the team in pain management



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



[www.painconcern.org.uk](http://www.painconcern.org.uk)



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## Reference

**Barriers to Self Management of Chronic Pain in Primary Care, *The British Journal of General Practice*, 2016**