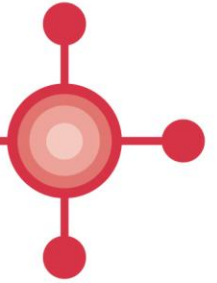


All Wales Medicines Strategy Group

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan



Persistent Pain Resources

Signposting to Persistent Pain Resources

October 2016

This document has been prepared by a multiprofessional collaborative group, with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC), and has subsequently been endorsed by the All Wales Medicines Strategy Group (AWMSG).

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SUMMARY OF USEFUL RESOURCES

- [Opioids Aware](#) is a resource for patients and healthcare professionals to provide information on the safe and effective prescribing of opioid medicines for pain.
- The [British Pain Society website](#) has a variety of professional and patient publications.
- NICE has published guidance in a number of areas known to be associated with persistent pain, such as neuropathic pain, low back pain and sciatica, and osteoarthritis.
 - [NICE Clinical Guideline \(CG\) 173 – Neuropathic pain in adults: pharmacological management in non-specialist settings](#)
 - [NICE Guideline \(NG\) 59 – Low back pain and sciatica in over 16s: assessment and management](#)
 - [NICE CG177 – Osteoarthritis: care and management](#)
 - [NICE CG91 – Depression in adults with a chronic physical health problem: recognition and management.](#)
- [Scottish Intercollegiate Guidelines Network \(SIGN\) 136: Management of Chronic Pain](#) provides recommendations based on current evidence for best practice in the assessment and management of adults with persistent non-malignant pain in non-specialist settings.
- Educational videos for patients:
 - GP Access and the Hunter Integrated Pain Service: [Understanding pain in less than 5 minutes, and what to do about it!](#)
 - [Low back pain](#)
 - [Best advice for patients taking opioid medication](#)
 - [23½ hours: what is the single best thing we can do for our health?](#)
- [The Welsh Medicines Resource Centre \(WeMeReC\)](#) is a source of independent information that supports the appropriate, safe, effective, and economical prescribing of medicines in Wales. WeMeReC have produced resources including:
 - [Management of chronic non-malignant pain](#) (2014)
 - [Stopping compound medications containing codeine](#) (2010)
- Welsh Government published its [Service Development and Commissioning Directive for Chronic Non-malignant Pain](#) in 2008, which sets out to improve the service provision and care for people living with persistent pain.
- The RCoA Faculty of Pain Medicine's [Core Standards for Pain Management Services in the UK](#) (2015) is a collaborative multidisciplinary publication providing a robust reference source for the planning and delivery of Pain Management Services.

Audits

There are a number of audits available covering various areas of prescribing in persistent pain. The audits help to promote safe and appropriate prescribing with regular review in persistent pain conditions. Audits also allow benchmarking of prescribing, the identification of areas of good practice and enable yearly review.

- [AWMSG](#) has produced All Wales audits for the review of tramadol prescribing and towards appropriate non-steroidal anti-inflammatory drug (NSAID) prescribing.
- [PrescQIPP audits](#) cover areas such as neuropathic pain, NSAIDs, opioid patches, pregabalin in neuropathic pain, and oxycodone modified-release preparations.

Health boards in Wales have produced various local guidance and resource materials. Further examples of these are included in the Signposting to Persistent Pain Resources document.

RESOURCES FOR HEALTHCARE PROFESSIONALS

AUDITS		
AWMSG National Prescribing Audits – AWMSG has produced All Wales audits for the review of tramadol prescribing and towards appropriate NSAID prescribing		
PrescQIPP audits – these cover areas such as neuropathic pain, NSAIDs, opioid patches, pregabalin in neuropathic pain and oxycodone modified-release preparations		
LEARNING RESOURCES		
MHRA Opioids Learning Module – this module is aimed at helping healthcare professionals to reduce the risks associated with opioid prescribing		
Pain Community Centre: Opioids Learning Materials		
WeMeReC Bulletin: Management of chronic non-malignant pain (2014)		
WeMeReC online content: Stopping compound medications containing codeine (2010)		
PAIN ASSESSMENT TOOLS		
Tool	Evidence	
Brief Pain Inventory	Pain assessment: global use of the Brief Pain Inventory (1994)	
Painxchange: Tailoring Pain Management Online (LANSS)	The LANSS Pain Scale: the Leeds assessment of neuropathic symptoms and signs (2001)	
painDETECT	painDETECT: a new screening questionnaire to identify neuropathic components in patients with back pain (2006)	
	Pharmacological management	Non- pharmacological management
INTERNATIONAL GUIDANCE		
International Association for the Study of Pain		
Brings together scientists, clinicians, healthcare providers and policymakers to stimulate and support the study of pain. Includes publications, news and resources	✓	✓
UK GUIDANCE		
British Pain Society		
Guidance on the management of pain in older people (2013)	✓	✓
The assessment of pain in older people (2007, currently under review) – in conjunction with the British Geriatrics Society and the Clinical Standards Department of the Royal College of Physicians		
Pain and substance misuse: improving the patient experience (2007, currently under review) – in collaboration with the Royal College of General Practitioners and the ACMD	✓	✓
Use of medicines outside of their UK marketing authorisation in pain management and palliative medicine (2012) – in consultation with the Association for Palliative Medicine of Great Britain and Ireland	✓	
Guidelines for pain management programmes for adults (2013) – updated guidance on what constitutes a pain management programme, its position within care pathways for people with persistent non-cancer pain and desirable content	✓	✓
Map of Medicine [®] – the Map of Medicine and British Pain Society developed easy-to-use pathways for clinicians that map the journey from initial presentation through to ongoing management of persistent pain	✓	✓
Faculty of Pain Medicine of the Royal College of Anaesthetists (RCoA)		
Opioids aware: A resource for patients and healthcare professionals to support prescribing of opioid medicines for pain (launched in January 2016) – this website provides information for patients and healthcare professionals about the different types of long-term pain, and best professional practice for opioid prescribing	✓	
Helping People with Chronic Pain – key messages by the Faculty of Pain Medicine and part of the Right Patient, Right Professionals, Right Time initiative	✓	✓

Persistent Pain Resources

Core Standards for Pain Management Services in the UK (October 2015) – a collaborative multidisciplinary publication designed to provide a framework for standard settings in the provision of Pain Management Services for healthcare professionals, commissioners and other stakeholders to optimise the care of patients	✓	✓
The National Institute for Health and Care Excellence (NICE) Guidance		
NICE CG173 Neuropathic pain in adults: pharmacological management in non-specialist settings (updated December 2014)	✓	
NICE CG91 Depression in adults with chronic physical health problems: recognition and management (October 2009)	✓	✓
NG59 Low back pain and sciatica in over 16s: assessment and management (November 2016)	✓	✓
NICE CG140 Palliative care for adults: strong opioids for pain relief (updated August 2016)	✓	
NICE NG46 Controlled drugs: safe use and management (April 2016)	✓	
Workplace health: support for employees with disabilities and long term conditions (expected publication date to be confirmed)		✓
Public Health England		
Managing persistent pain in secure settings (2013) – written in association with the RCoA Faculty of Pain Medicine, the Royal College of General Practitioners and the British Pain Society. A guide for professionals working in custody settings, offering advice on confirming a diagnosis of persistent pain and giving an overview of best practice in managing persistent pain in secure environments	✓	✓
Advice for prescribers on the risk of the misuse of pregabalin and gabapentin (2014) – a document by Public Health England and NHS England with advice for prescribers on the misuse of pregabalin and gabapentin, and suggestions for a balanced and rational use of these medicines	✓	
Scottish Intercollegiate Guidelines Network (SIGN)		
SIGN 136 Management of chronic pain – includes pharmacological, self-management, psychological, physical, complementary and dietary therapies for persistent non-malignant pain in adults	✓	✓
The Health Foundation		
The Health Foundation – an independent charity with information on projects, tools and resources	✓	✓
NHS Choices website		
NHS Choices – Cognitive behavioural therapy (CBT)		✓
NHS Choices – Mindfulness		✓
Chartered Society of Physiotherapy		
Physiotherapy works: Chronic pain (in English) – sets out the evidence-base for the clinical effectiveness and cost-effectiveness of physiotherapy to treat people suffering with persistent pain Ffisiotherapi ar waith (yn Gymraeg)		✓
Other guidance used nationally		
The Pain Toolkit – website providing information for patients suffering from persistent pain and the healthcare professionals who support them. It includes a Pain Toolkit App, resources and workshops. On this website is a Pain Toolkit Booklet, which provides patients with tips and skills to manage persistent pain		✓
National Pain Audit. Phase 1 Report: Organisational Audit of NHS Chronic Pain Services (2011) - highlights some differences between England and Wales	✓	✓
Books		
10 minute consultation for persistent pain – a book written by M. Johnson and A. Taylor for the general practitioner to help in the accurate assessment and management of pain. It contains information on the necessary tests and examinations within a standard '10-minute' framework	✓	✓
Transcutaneous electrical nerve stimulation (TENS) and acupuncture		
Although TENS and acupuncture are no longer recommended in NICE clinical guidelines, some patients may find some benefit from these alternative approaches. More information on these can be found at: NHS Choices – TENS The British Medical Acupuncture Society		✓

WELSH GUIDANCE		
National Prescribing Indicators 2016–2017 (February 2016) – gabapentin and pregabalin use (defined daily doses [DDDs] per 1,000 patients) DDDs of tramadol and tramadol-containing products per 1,000 patients	✓	
National Prescribing Indicators 2015–2016 (February 2015) – items of morphine as a percentage of strong opioid prescribing (UDG) DDDs of tramadol and tramadol-containing products per 1,000 patients	✓	
National Prescribing Indicators 2014–2015 (January 2014) – total items per 1,000 PUs for all opioid analgesics (including combination products containing codeine and dihydrocodeine 30 mg) Items of morphine as a percentage of strong opioid prescribing (UDG) DDDs of tramadol and tramadol-containing products per 1,000 patients	✓	
Safeguarding Users of Opioid Patches by Standardising Patient/Caregiver Counselling (September 2016) – opioid patch counselling checklist for healthcare professions in community pharmacies, primary care and secondary care. Also includes an opioid checklist for patients/ caregivers. It aims to improve the safe use, storage and disposal of opioid patches	✓	
Tramadol Educational Resource Materials – contains general good practice messages as part of an overall pain management strategy and focuses on the appropriate prescribing and review of tramadol	✓	
Wales Centre for Pharmacy Professional Education (WCPPE) – includes Medicines Use Review (MUR) quick practice guides covering topics such as chronic non-malignant pain, and high risk medications such as tramadol and opioids	✓	
Faculty of Pain Medicine, Wales – this article by Dr Khot describes how research in pain medicine is fraught with difficulties due to its individual nature. However, large whole population audits involving patients subject to similar regional variability may adequately support improvement and standardisation of clinical practice nationally and ensure delivery of evidence-based patient care based on best available national evidence for Wales		
Service development and commissioning directives for chronic non-malignant pain (2008) – Welsh Government document which aims to ensure that the right services for persistent non-malignant pain are provided at the right time, by the right person, and in the right place	✓	✓
Welsh Government Arthritis and Chronic Musculoskeletal Conditions (2013) – Service Development and Commissioning Directives	✓	✓
Audit of chronic pain services in Wales – produced by the National Specialist Advisory Group for Wales, RCoA, and Pain Sub-Group	✓	✓
Welsh Local Government Association (WLGA) – National Exercise Referral Scheme		✓
HEALTH BOARDS AND LOCAL GUIDANCE		
Abertawe Bro Morgannwg University Health Board Chronic Pain Service webpage includes links to PILs for medicines used in neuropathic pain. ABMU have also developed a local guideline on the pharmacological management of persistent non-malignant pain in primary care/non-specialist centres	✓	✓
Aneurin Bevan University Health Board Pain Guidelines and Resources – includes local guidelines covering topics such as opioid analgesic review, neuropathic pain, pain ladders and advice on specific medicines used in pain	✓	✓
Betsi Cadwaladr University Health Board resources include a persistent non-malignant pain protocol, a persistent non-malignant pain management algorithm, a gabapentin and pregabalin dose conversion guide and an opioid written agreement for patients prescribed strong opioids for persistent pain	✓	✓
Cardiff and Vale University Health Board has developed a persistent pain resource pack. Their website also contains useful information about Pain Management Services	✓	✓
Cwm Taf University Health Board persistent pain web page includes signposting and links for patients. Cwm Taf have also developed guidelines for the pharmacological treatment of persistent non-malignant pain in adults	✓	✓
Hywel Dda University Health Board Analgesic Pain Ladder and information on Education Programmes for Patients	✓	✓
Powys Teaching Health Board occupational therapy guidance for Chronic Benign Intractable Low Back Pain		✓
Velindre NHS Trust – focuses on cancer pain, but includes information on opioids, physiotherapy, complementary therapy and occupational therapy	✓	✓

RESOURCES FOR PATIENTS

BACK PAIN	
Educational videos	
Low Back Pain	A video produced by Dr Mike Evans educating patients about low back pain: www.evanshealthlab.com/low-back-pain-video/
COGNITIVE BEHAVIOURAL THERAPY (CBT)	
NHS Choices – CBT	Information about the pros and cons of CBT and how it works: www.nhs.uk/Conditions/Cognitive-behavioural-therapy/
MANAGEMENT OF PERSISTENT PAIN	
The British Pain Society	Includes information explaining what pain is, what can be done about it and who can help: www.britishpainsociety.org/british-pain-society-publications/patient-publications/
Scottish Intercollegiate Guidelines Network 136 Management of chronic pain	A booklet for patients and carers produced in Scotland – aims to make patients, carers and families aware of the care and treatment they should expect to receive when living with persistent pain: http://sign.ac.uk/guidelines/fulltext/136/index.html
Educational videos	
Understanding Pain in less than 5 minutes, and what to do about it!	A video produced by Hunter Integrated Pain Service to help patients understand what current research has been saying about persistent pain: www.youtube.com/watch?v=C_3phB93rvI
NHS Choices Health Today Radio: Dealing with chronic pain	Clinical Psychologist Dr Jon Freeman explains the difference between acute and persistent pain and gives tips on how to manage pain: http://webarchive.nationalarchives.gov.uk/+www.nhs.uk/video/Pages/health-today-radio-programme8-chronic-pain.aspx
23 1/2 Hours: What is the single best thing we can do for our health?	A video produced by Dr Mike Evans educating people on how we can improve our health: www.evanshealthlab.com/23-and-12-hours/
MINDFULNESS	
NHS Choices – Mindfulness	Information on what mindfulness is and how it may help. Available at: www.nhs.uk/conditions/stress-anxiety-depression/pages/mindfulness.aspx
PAINKILLERS (INCLUDING OPIOIDS AND TRAMADOL)	
Opioids aware: A resource for patients and healthcare professionals to support prescribing of opioid medicines for pain	Produced by the Faculty of Pain, Royal College of Anaesthetists (launched in January 2016) – this website provides information for patients about the different types of pain and information regarding opioid treatment for pain: www.rcoa.ac.uk/node/21133
Opioids in palliative care – a patient information manual (2012)	The All Wales Medicines Strategy Group (AWMSG) produced a patient information leaflet for opioids in palliative care, medicines for mild to moderate pain relief (bilingual), and tramadol: www.awmsg.org/medman_patient_leaflets.html
Tramadol (2013)	
Medicines for Mild to Moderate Pain Relief (2011)	
Educational video	
Best Advice for patients taking opioid medication	A video produced by Dr Mike Evans educating patients about opioids: www.evanshealthlab.com/opioids/
PHYSIOTHERAPY AND EXERCISE	
Patient information webpage	A Chartered Society of Physiotherapy webpage, detailing information on physiotherapy in patients suffering from persistent pain. Includes exercise guides and advice on how to stay healthy and active: www.csp.org.uk/your-health
NHS Fitness Studio	Online exercise videos ranging from 10 minutes to 45 minutes in duration to help you lose weight, get fitter, improve your strength or de-stress: www.nhs.uk/conditions/nhs-fitness-studio/Pages/welcome-to-nhs-fitness-studio.aspx
THE PAIN TOOLKIT	
The Pain Toolkit	Website providing information for patients suffering from persistent pain and the healthcare professionals who support them. It includes a Pain Toolkit App, resources and workshops, and a Pain Toolkit Booklet (which provides patients with tips and skills to manage persistent pain): www.paintoolkit.org/

Your GP will be able to signpost you to your local persistent pain services and resources.