

PainSense Programme for Chronic Pain

John Eaglesham, CEO
Advanced Digital Institute



The challenge of chronic pain

5M people with chronic pain present to health care every year in the UK

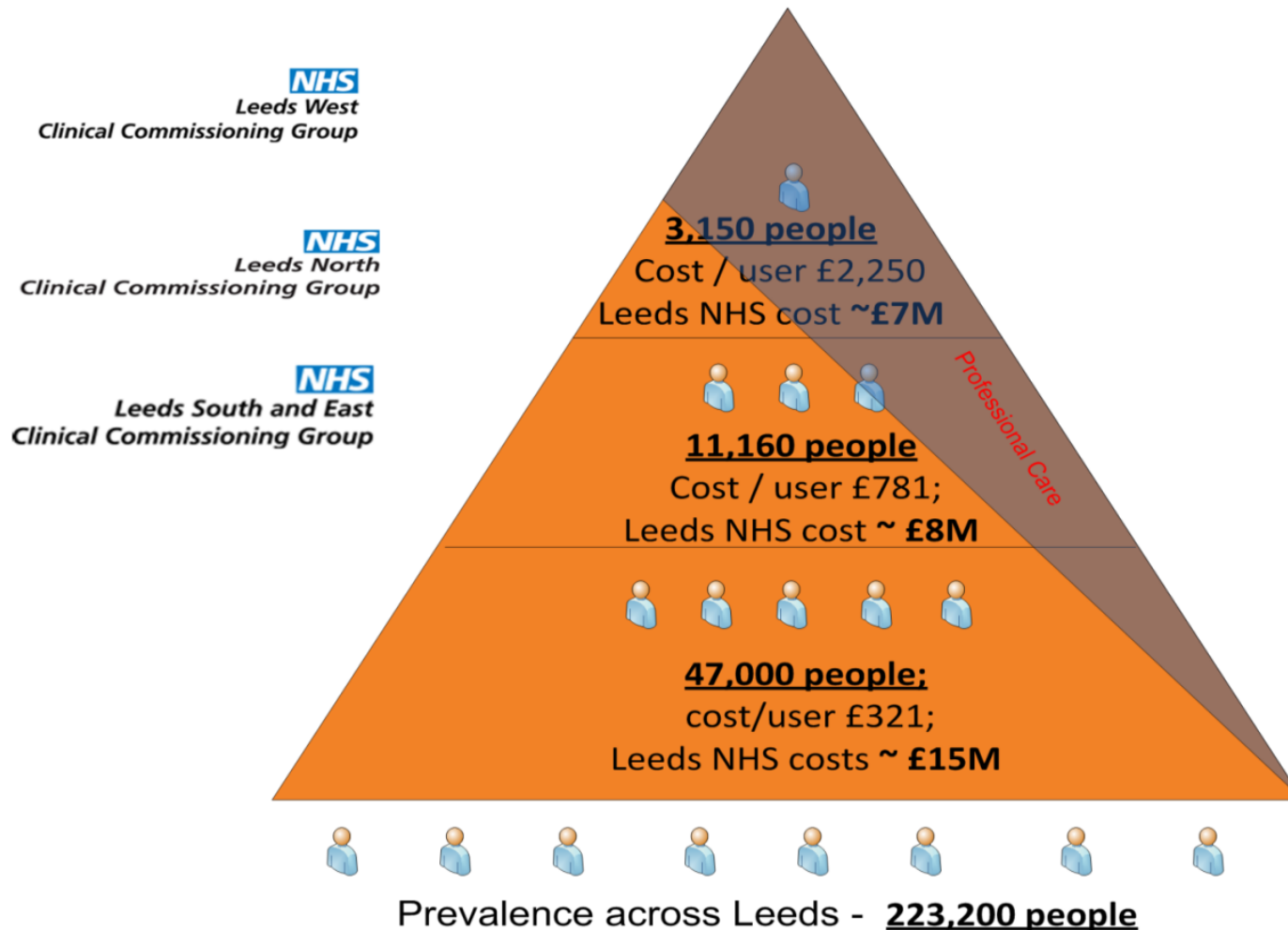
Most are managed with analgesics including opioids , or referred to medical specialists ... now viewed as mainly ineffective high cost, low value interventions, cause dependence and fail to improve health .

IASP stresses pain is a disease of the person, requires effective interdisciplinary care, graded fitness programmes, medicines management and CBT focused self management skills. This is neither generally delivered nor available.

Our digital Painsense service provides integrated digital resources to make the support available to all those who need it.

Current situation assessment - Leeds

Chronic Pain in Leeds Today : Total costs to NHS around £30M



Future Vision for a new pathway

Leeds following adoption of Pathways through Chronic Pain – Ideal Case/
100% adoption reduces cost from around £30M pa - £16M pa

Co-ordinated, creative use of digital resources integrated throughout the system within a stepped care pathway can transform the picture..

PMP Online Care package



Life sensor



Multi-media content

Motivation, Vignettes, Relaxation



Personal needs assessment



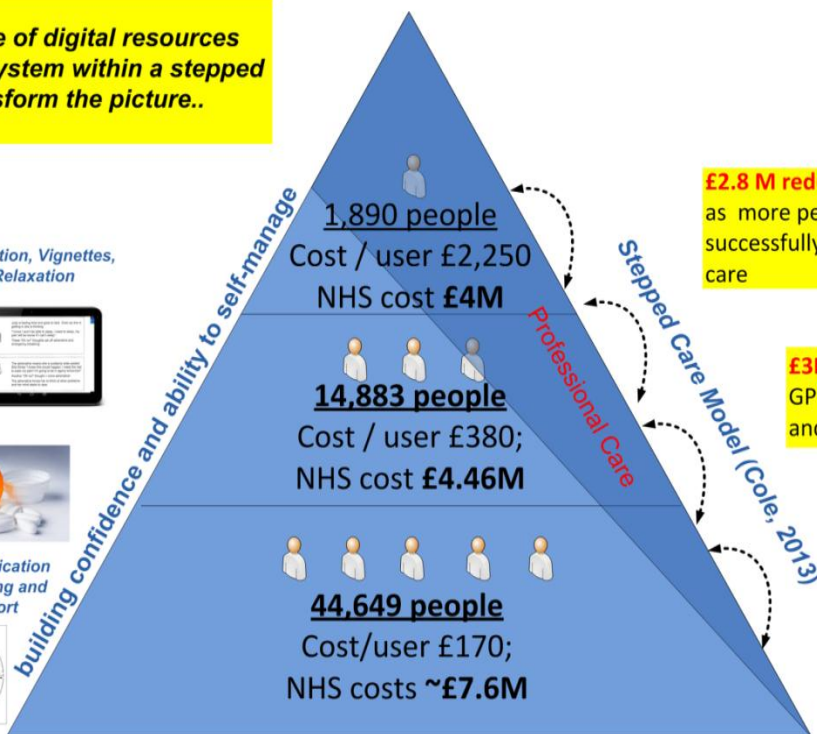
Pain medication monitoring and support



PROMs



Localised directory of resources

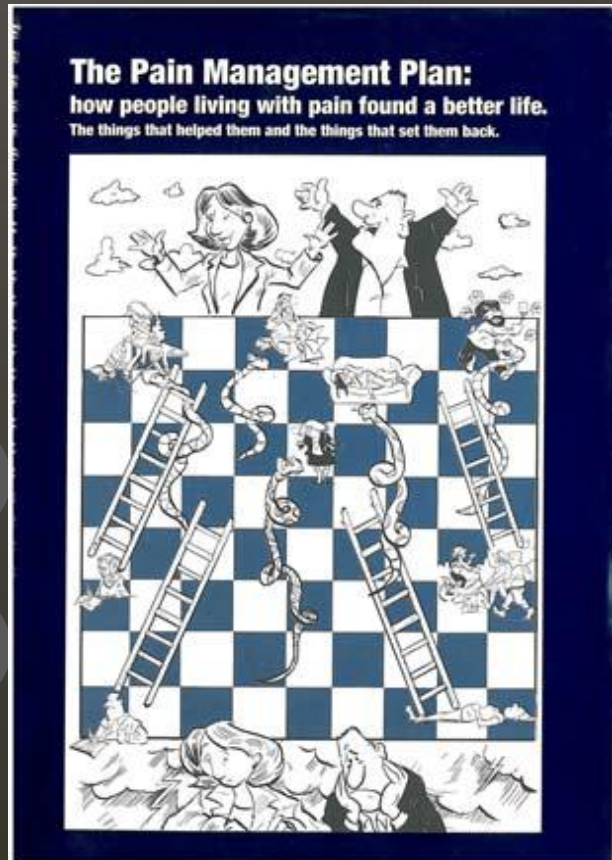


£2.8 M reduction due to reduced demand as more people being supported successfully in primary and intermediate care

£3M reduction due to reduction in GP attendances, reduced therapy and major reduction in prescribing

£7M reduction due to reduction by 1 GP visit, 13 weeks of pills reduction and 50% reduction in therapy sessions

Start from proven resources..



*30 x NHS Trusts
4 x IAPT schemes
Imperial Trust*



*Booklet issued by DH
Website with 100,000+ users*

New Leeds Pathway for Chronic Pain – within SystmOne

Based on British Pain Society Map of Medicine 2013

Designed by Dr Cole with Leeds West CCG, launching spring 2014

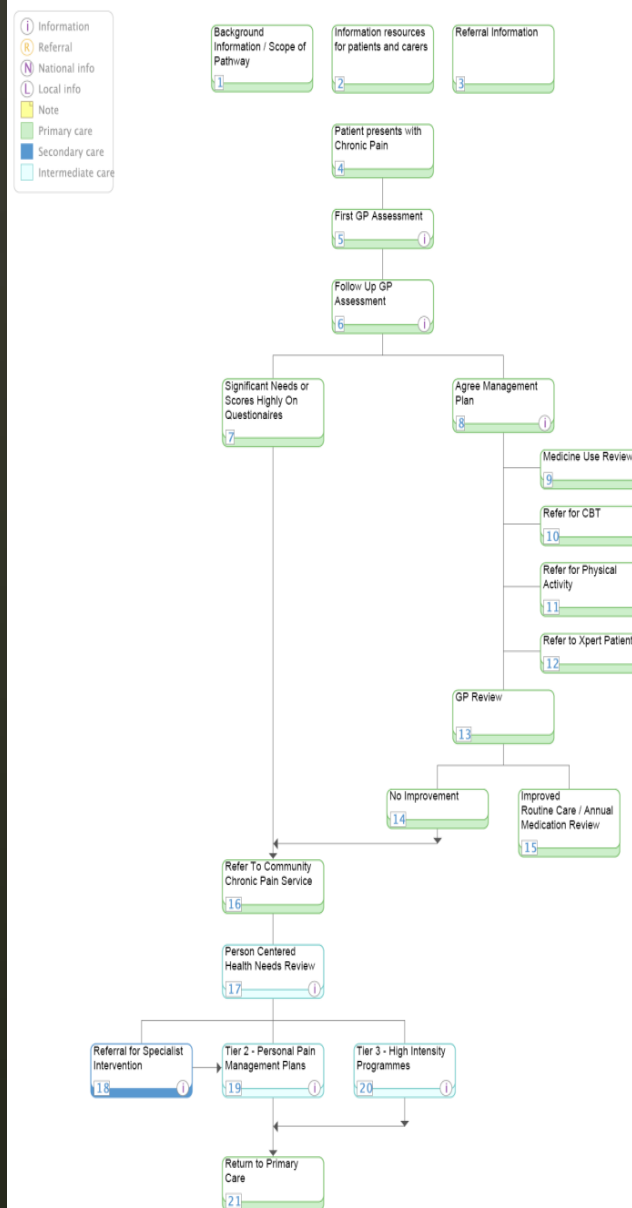
NHS
Leeds West
Clinical Commissioning Group

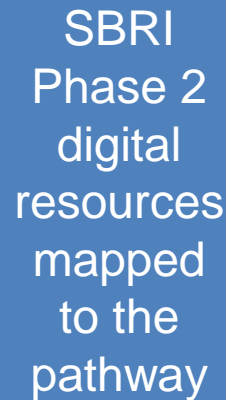
NHS
Leeds North
Clinical Commissioning Group

NHS
Leeds South and East
Clinical Commissioning Group

Chronic Pain Pathway - Leeds

Development - Leeds > Pain Management > Analgesia



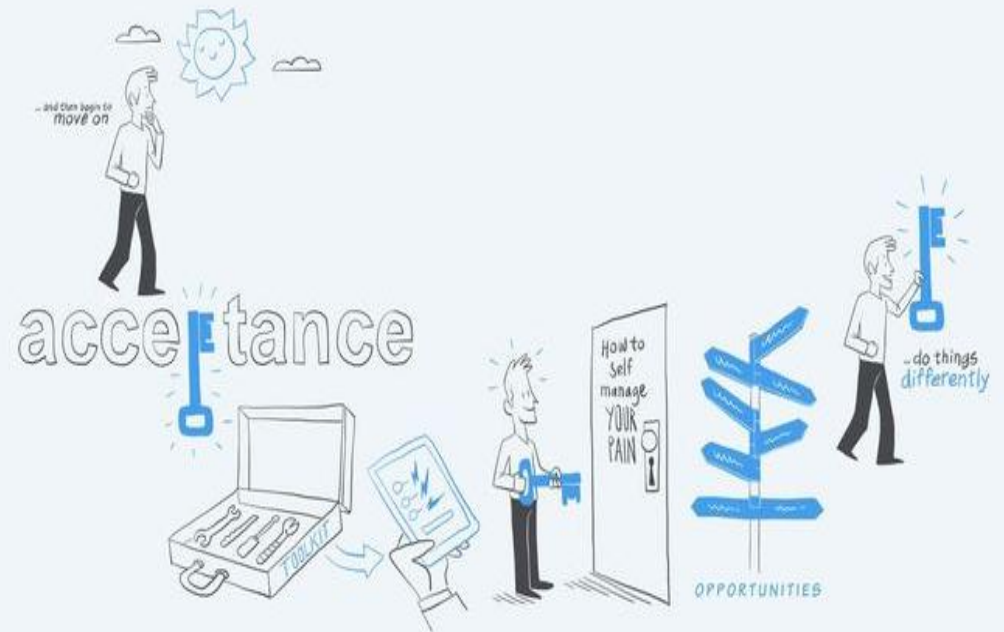
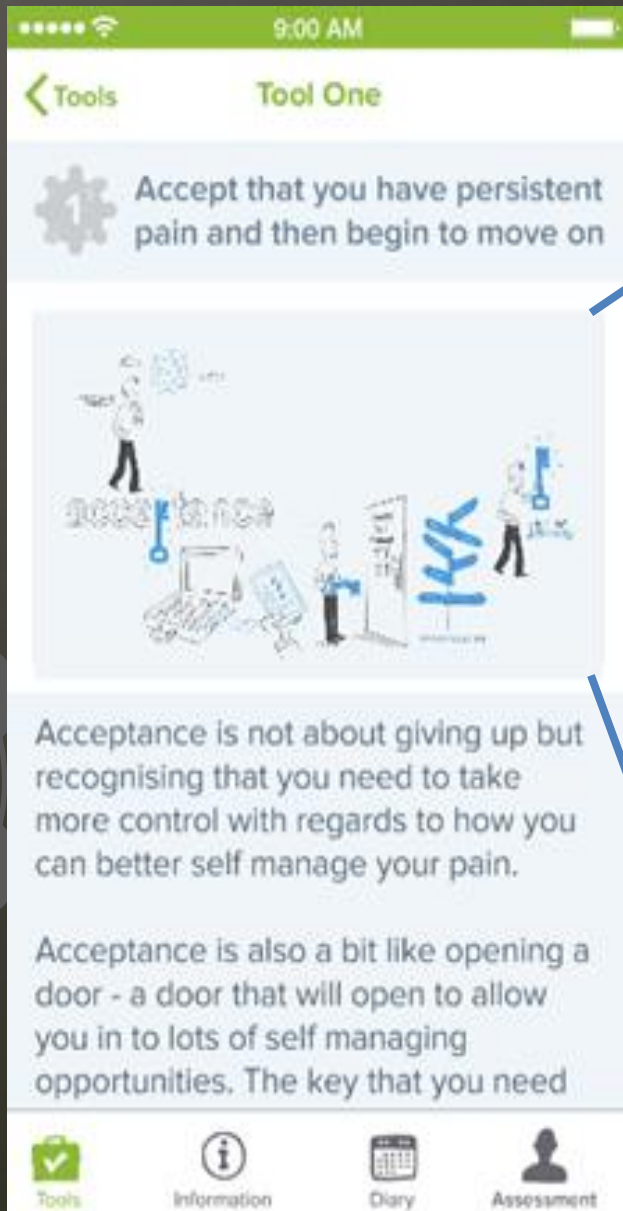


Apps – PainToolKit

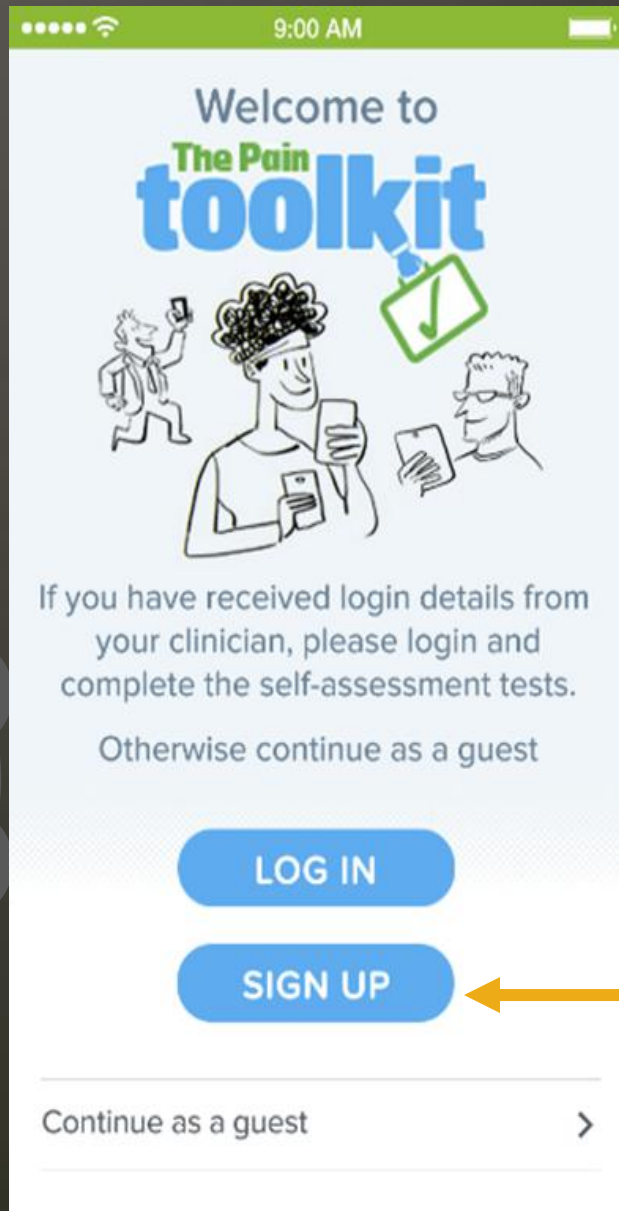


12 self-help tools

Apps – PainToolKit



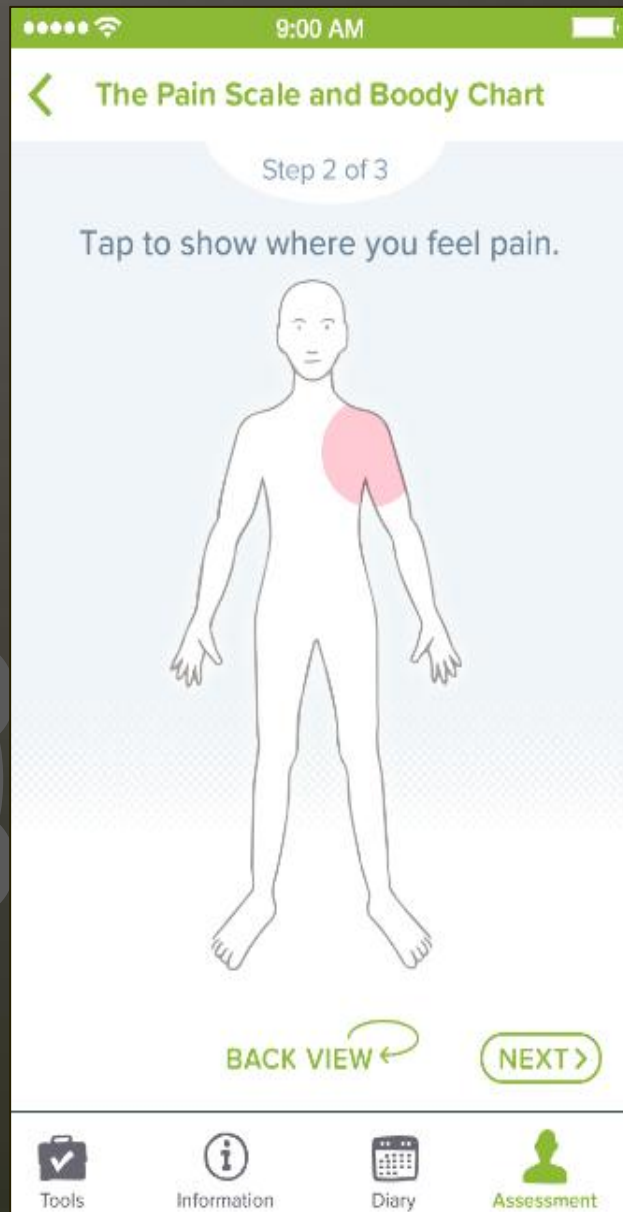
Narrated and animated 'scribble'



Apps – PainToolKit

Clinician authorised, tied to NHS #

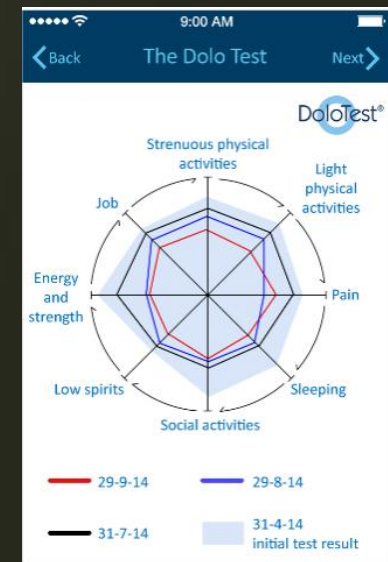
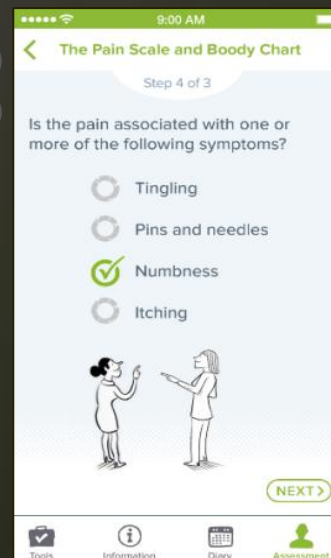
'token' (eg N12345df)
NHS Number
DoB



Apps – MyPainToolKit


Patient Self Assessment questionnaires:

- Health Needs Assessment
- Self Efficacy PSEQ
- Pain Body Chart
- Dolotest®



Apps – MyPainToolKit

... Reports visible to clinician on desktop clinical systems

MyPainToolKit 

Fabian Stedman
NHS # 123-456-7881 DoB: 03/11/1942 Gender: Male

Health Needs Assessment

Completed on 18th July 2014

Patient rating: **Severe**

Summary

Number statements ticked: 7

< 5 ticks	Mild
5 < 10 ticks	Moderate
>= 10 ticks	Severe

Pain categories
P – physical
EM – Emotional/Medical
S – Social


Categories ticked: 3 – **Severe**
(P + EM + S)

Questionnaire results

[Those highlighted were identified as being the most important to change]

1	✓ Walking or moving about, lack of fitness and stamina	P
2	Balance or recurrent falls	P
3	Side effects or problems with current pain medication e.g. tablets etc.	M
4	✓ Pain symptoms or pain relief	EM
5	Understanding why persistent pain occurs	P
6	An unhelpful cycle of activity of less pain, so do too much, so more pain, so rest more often or for longer	P
7	✓ Eating the right sort of foods, weight changes	S
8	✓ Disturbed sleep, tiredness or lack of energy	P
9	Managing mood changes of depression, anger, anxiety or worry	EM
10	✓ Relationship difficulties, with partner, family, work etc. or sex life concerns	EM
11	Remaining in work or returning to work and/or training	S
12	✓ Financial or money difficulties	S
13	✓ Other difficulties important to change, for example, concerns about housing, hobbies, leisure or social events with friends, family issues or visiting the church, temple or mosque.	S

Am worried about becoming a burden to my best friend who takes me to bingo and shopping

MyPainToolKit 

Fabian Stedman
NHS # 123-456-7881 DoB: 03/11/1942 Gender: Male

Pain Self Efficacy Questionnaire (PSEQ)

Completed on 18th July 2014

Patient rating: **moderate**

Summary


Patient score: 28/60

0-15	Mild
16-30	Moderate
40+	Severe

Questionnaire results

The statements below were scored from 0 (not at all confident) to 6 (completely confident):

I can enjoy things, despite the pain	4
I can do most of the household chores (e.g. tidying-up, washing dishes, etc.) despite the pain.	2
I can socialise with my friends or family members as often as I used to do, despite the pain.	5
I can cope with my pain in most situations.	3
I can do some form of work, despite the pain ("work" includes housework, paid and unpaid work).	1
I can still do many of the things I enjoy doing, such as hobbies or leisure activities, despite the pain.	5
I can cope with my pain without medication.	2

MyPainToolKit 

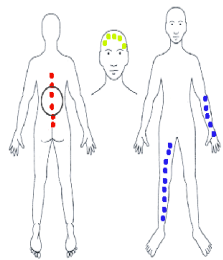
Fabian Stedman
NHS # 123-456-7881 DoB: 03/11/1942 Gender: Male

Body Chart

Completed on 18th July 2014


Duration of main pain: 4 years 8 months

The patient indicated chronic pain being present in the following areas:
[Main pain site indicated by dark grey circle]



Legend:

- Burning
- Pins & needles
- Ache
- Electric Shock
- Painful cold
- Tingling
- Numbness

MyPainToolKit 

Fabian Stedman
NHS # 123-456-7881 DoB: 03/11/1942 Gender: Male

DoloTest®

Completed on 18th July 2014

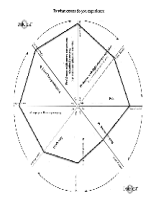
Patient rating: **Moderate**

Summary

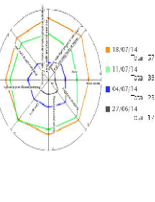
Total score: 57/80

0-19	Mild
20-59	Moderate
60-80	Severe

DoloTest results



Recent History





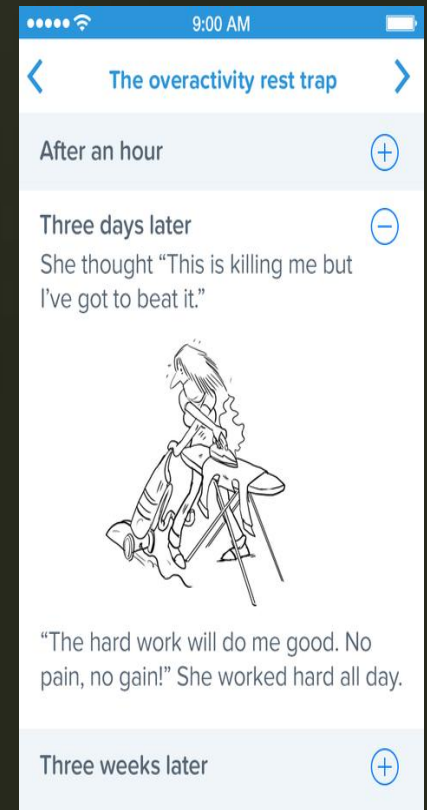
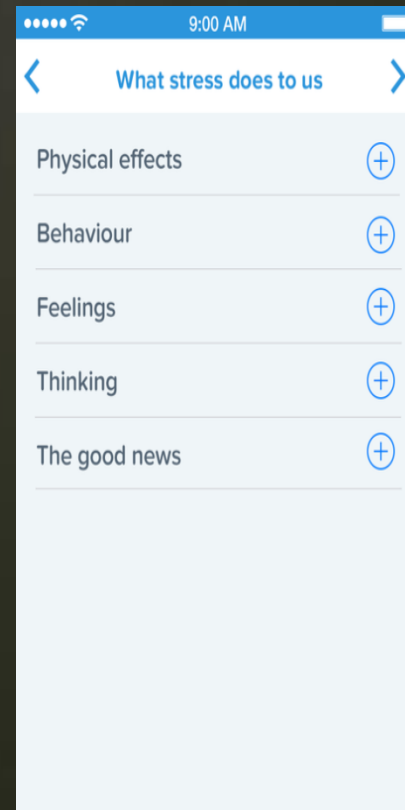
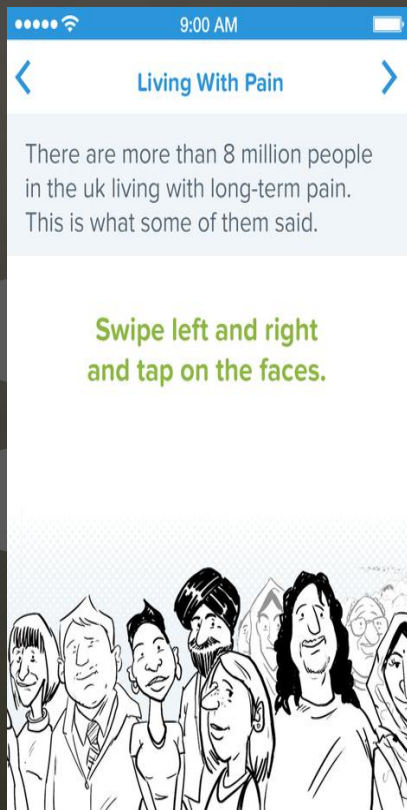
Apps – Pain Management Plan

Referred by clinician to Cognitive Behavioural Therapy (CBT) based programme

Apps – Pain Management Plan

Narrated

‘on-boarding’



Sample patient feedback



"I feel much healthier since using the app. I'm less tired and stressed."

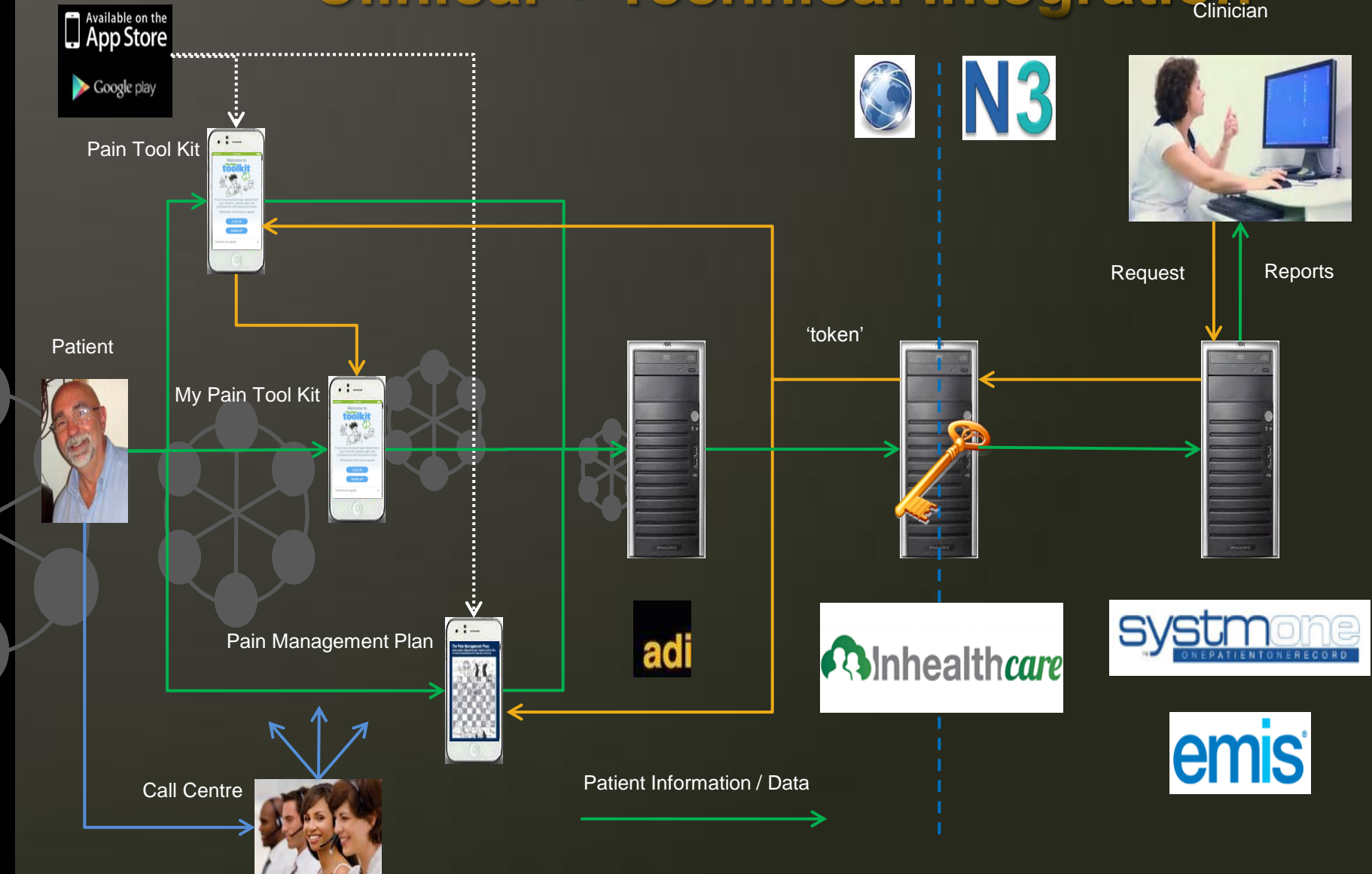


"It's like having an advisor in your pocket"



"One of things I really loved about it was that I got quite poorly for a few days and I started struggling with my activity goals, and kept recording 'I struggled, I struggled'. After a couple of times the app flashed up and said 'are you sure this goal isn't too high for you - do you want to adjust your goal'. I thought this is brilliant and so I changed it and started meeting it again and that was so much better than keeping failing."

Clinical + Technical Integration



Proven interventions, delivered digitally, integrated clinically + technically = PainSense Programme



Launching as part of
the new Chronic Pain
Pathway across
Leeds from April 2015

“... with a little tool like this you can chip away and eventually you will win the fight – the pain will still be there but it won’t dominate your mind (Phase 1 user)”



**Care and confidence with compassion,
living well with pain**