

# TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

**NHS**

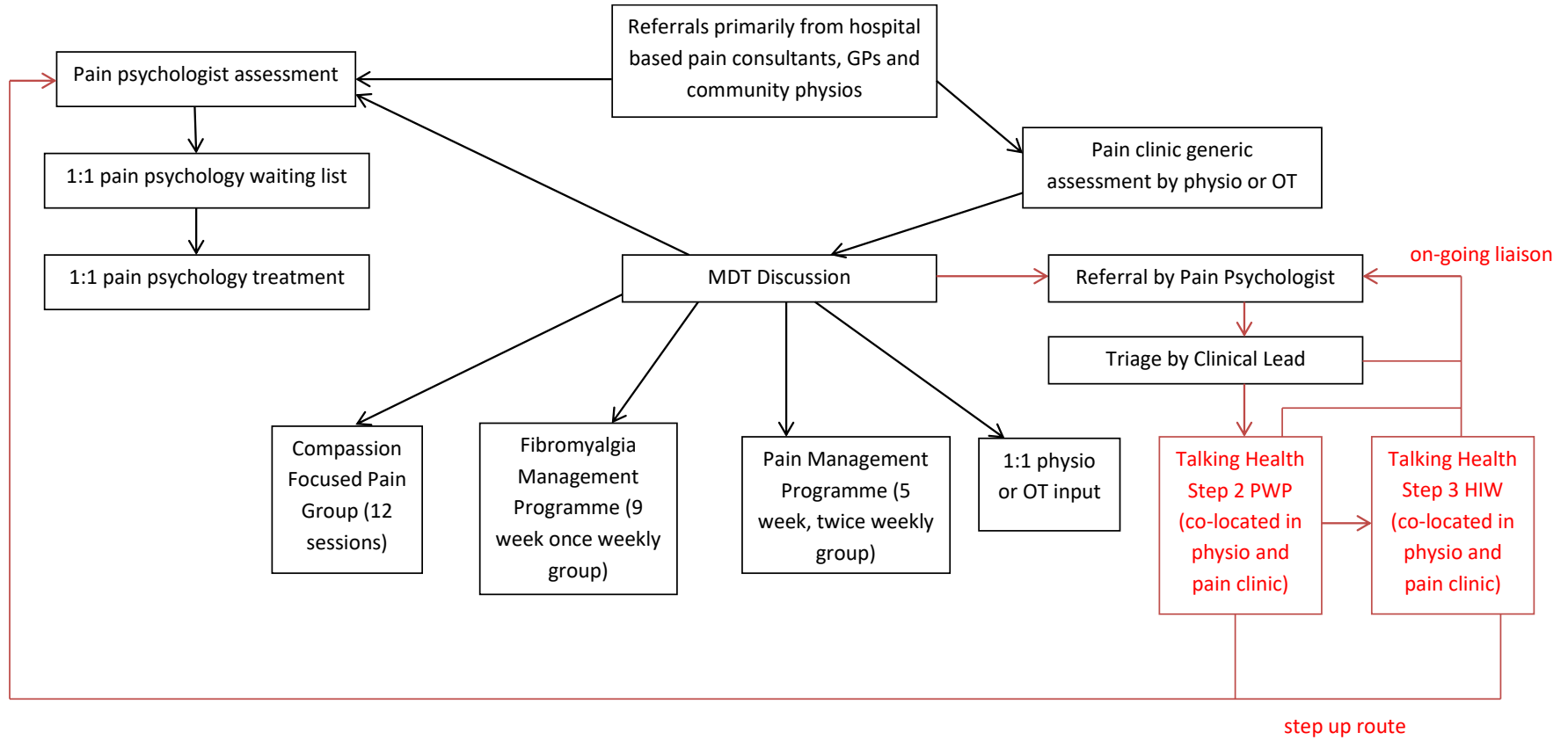
Devon Partnership  
NHS Trust

## Talking Health – a specialist IAPT team working with pain management services across Devon

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TALKWORKS – Talking Health  
Devon Partnership NHS Trust

- TALKWORKS – IAPT provider across Devon for 10 years
- 3 years ago became a ‘first wave site’ for IAPT LTC expansion
- Created ‘Talking Health’ Team which operates across the whole county (excl. Plymouth) working exclusively with people with common MH problems and long term health conditions
- Sit within (now) one CCG but have 4 acute hospital Trusts locally with different pain management (and MSK, Rheumatology etc) services

- 2 years ago we started setting up pain management pathways with existing services
- For purpose of presentation focus will be on Exeter services based out of Royal Devon & Exeter Hospital
- Over 120 referrals so far (excluding signposted self referrals) but referral rates are increasing



- In addition to Pain Management Rehabilitation Team links we also have:
- Screening embedded and referral pathway from Rheumatology department, with Talking Health attendance at Rheumatology MDT
- Co-located clinical space, referral pathway and inter-service learning with CFS/ME service

In recognition that patients with chronic pain may have a long journey through multiple medical specialities, we have just embarked on a new project:



**“BIG ROOM”**

- Quality Improvement methodology to drive change
- Very successful project running with Exeter Gastroenterology Dept
- Big Room led by Exeter pain services will bring together:
  - Pain management clinicians
  - Rheumatology clinicians
  - CFS/ME clinicians
  - GPs
  - Health Psychology
  - IAPT (Talking Health)
  - Patients
  - 3<sup>rd</sup> Sector organisations

- Top tips:
  - IAPT sits within a stepped care model
  - Whole system works best when all steps are available (2,3 & 4)
  - Links with health/pain psychology have been crucial for us
  - Interested and engaged physical healthcare clinicians are also key
  - Co-location and MDT presence makes everything easier
  - Requires willingness to work across systems/budgets without being protective
  - Talk and meet regularly!