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
Referrals primarily from hospital based pain consultants, GPs and community physios

1:1 pain psychology waiting list

1:1 pain psychology treatment

Pain psychologist assessment

1:1 pain psychology treatment

Pain clinic generic assessment by physio or OT

Compassion Focused Pain Group (12 sessions)

Fibromyalgia Management Programme (9 week once weekly group)

Pain Management Programme (5 week, twice weekly group)

1:1 physio or OT input

MDT Discussion

Referral by Pain Psychologist

Talking Health Step 2 PWP (co-located in physio and pain clinic)

Talking Health Step 3 HIW (co-located in physio and pain clinic)

Triage by Clinical Lead

step up route

on-going liaison
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!