IAPT and chronic pain management services – working together in Buckinghamshire

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IAPT LTC services developing Pain pathways

Area
- Dorset
- Nottingham City
- Buckinghamshire
- Herts Valleys & West Essex
- North Staffordshire
- North Tyneside
- Nottingham West
- Portsmouth
- Sunderland
- Greater Huddersfield
- Derbyshire
- Sheffield
- Swindon
- Devon
- North Central London
IAPT LTC: Pain Pathway

• Problem descriptor
• LTC chronic pain competencies – step 3
• Interventions – integrated multi-disciplinary pain management programmes
• Outcome measures – IAPT MDS and Brief Pain Inventory.
• IAPT pathway for people with long-term physical health conditions and medically unexplained symptoms

http://www.rcpsych.ac.uk/workinpsychiatry/nccmh/mentalhealthcarepathways/improvingaccess.aspx
Buckinghamshire Chronic Pain and Fatigue Management Service and Healthy Minds

Referrals: Consultants, GPs, PTs, MH profs, Self Referral

CPFMS Triage

Pain Management Information Sessions, telephone and face to face screening. Treatment choice

Interdisciplinary assessment & formulation

Low intensity: digital & GSH

PMP

Individual psychological therapy

Review and follow up
Draft 'to be' chronic pain pathway

Initial Biopsychosocial assessment

Biopsychosocial assessment takes place within existing MusiC service by a member of the MDT team, depending on outcome of trait. MDT team includes APP, clinical psychology, medical, pain and physiotherapy specialists. May meet in either a physical or virtual MDT model. MDT assessment includes a medication review.

This is an enhanced version of existing assessment, and the quality of this assessment will be paramount.

Refer to primary services e.g. mental health, social care etc

Surgical/medical issue

Partner organisation More appropriate

Surgical medical not indicated

Patient in MSK related pain

See First Contact Practitioner or GP

Assessment at Primary Care

Primary care protocol not yet followed

Follow primary care protocol for treatment and discharge

Possible medication issues

Discharge

Not resolved?

MDT discuss which specialist should conduct assessment

Biopsychosocial assessment carried out.

Outcome of assessment?

Needs pain management

Engage with info session?

Pain psychology/ informative session (Group or individuals)

Discharge and care plan/outcome shared with GP

Yes

No

Info session acts as MDT management and clinical decision making point. This indicates future action if required.

See in physio MusiC service

Physio indicated

Possible medication issue

Discharge

Discharge as no further input required

Combined pain management clinic

This is a large team intervention with medical, nursing, physio, psychology and pharmacy input. The lead clinician for any given patients can vary by discipline as required determined by previous MDT intervention

Assessment in combined pain management clinic and programme. This could include:

No further input needed?

Options available

No, but other interventions above now relevant

No further input needed?

Yes

Outcomes identified after all, or now relevant

No more further treatments indicated

Combined intervention with other service e.g. Mental Health or Other Recovery Backs

Individual therapy intervention e.g. physio, CBT, psychology

Medication protocol optimising medication management

Non medical pain interventions e.g. TENS etc

Other e.g. Residential programmes etc

Full pain management programme

Other e.g. residential programmes etc

Medical issue identified after all, or now relevant

Other option in combined clinic now appropriate

Shared care, long term management, set back/restart plans produced and shared with primary & intermediate care

Patient continues with self management

Outcome
Q & A
What can we do to develop integrated MSK services for people with pain incorporating MSK teams and IAPT teams?

- IAPT provider
- Pain services
- Commissioners