

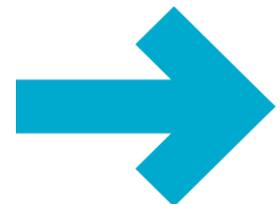
IAPT and chronic pain management services – working together in Buckinghamshire



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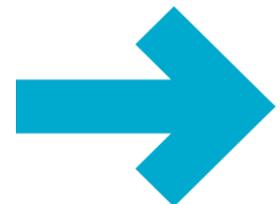
Service Lead, Chronic Pain and Fatigue Management Service, Buckinghamshire Healthcare Trust



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



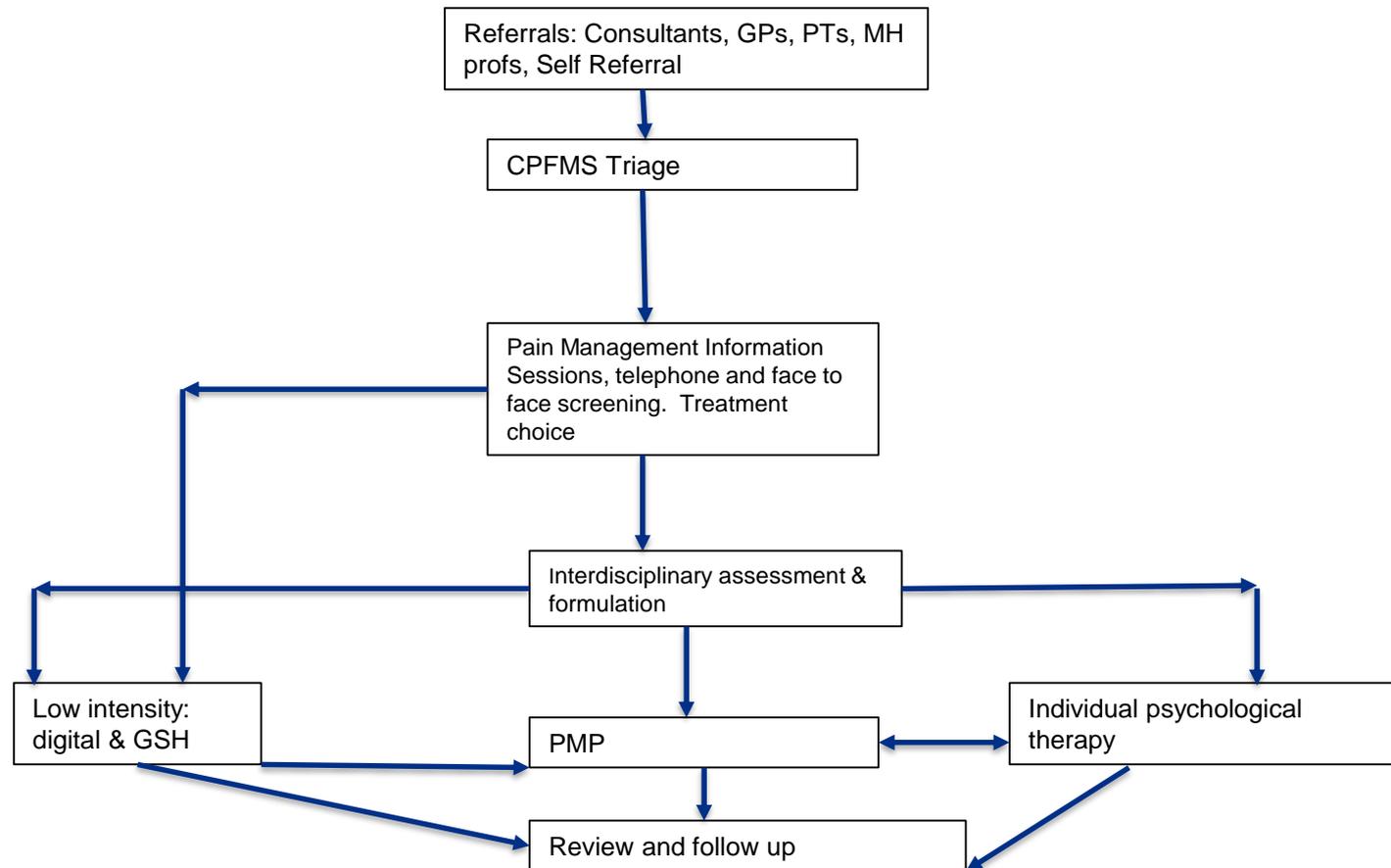
IAPT LTC: Pain Pathway

- 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

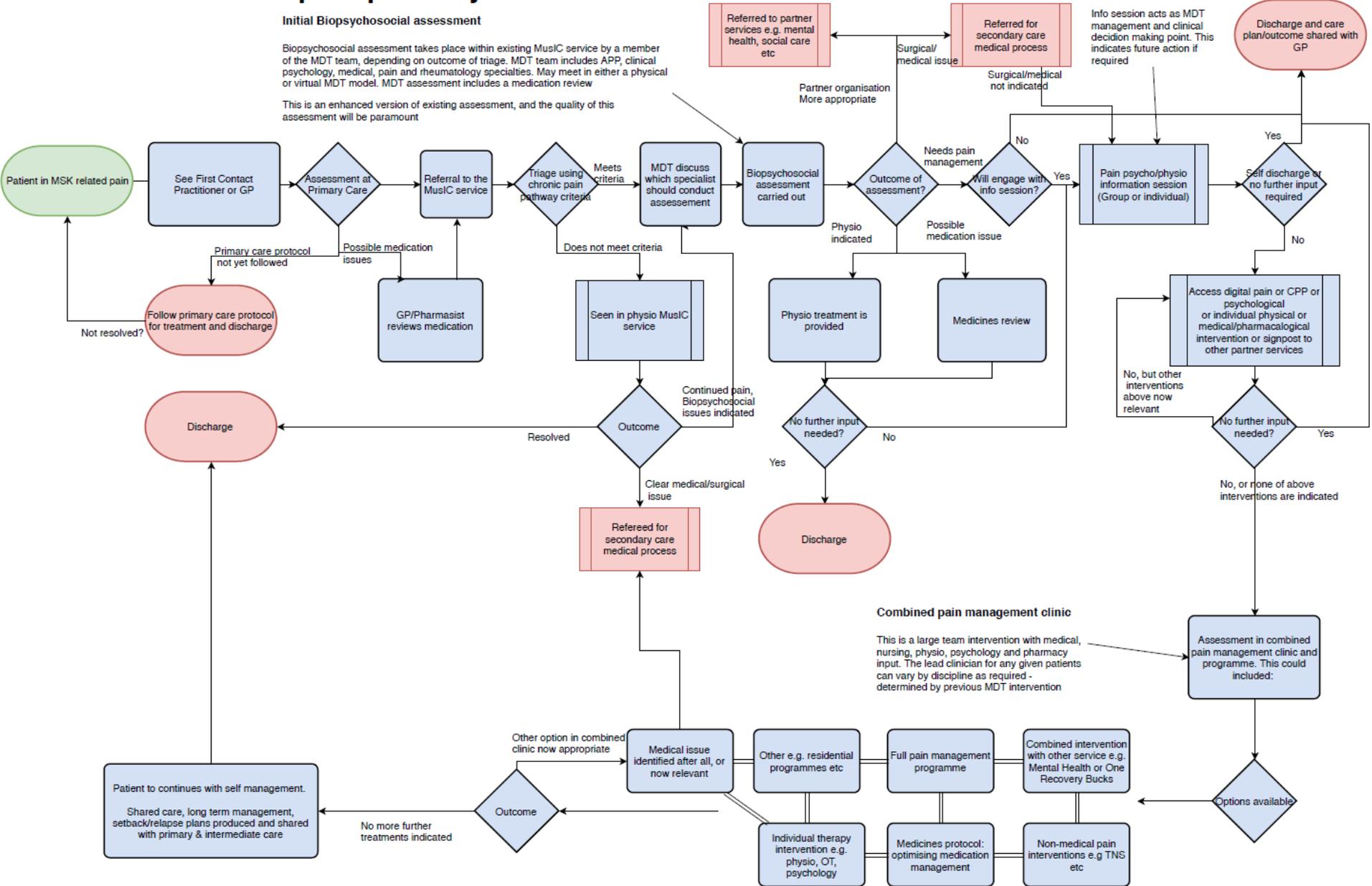


Draft 'to be' chronic pain pathway

Initial Biopsychosocial assessment

Biopsychosocial assessment takes place within existing MusiC service by a member of the MDT team, depending on outcome of triage. MDT team includes APP, clinical psychology, medical, pain and rheumatology specialties. 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



Info session

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

- Other e.g. residential programmes etc
- Full pain management programme
- Combined intervention with other service e.g. Mental Health or One Recovery Bucks
- Individual therapy intervention e.g. physio, OT, psychology
- Medicines protocol: optimising medication management
- Non-medical pain interventions e.g. TENS etc

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