



Pain in the NHS Strategy for Addressing Chronicity

Sonia García de San José,
Deputy Director of Quality and Cohesion
Spanish Ministry of Health, Social Services and Equality



Disclosure Statement of Financial Interest

**I, Sonia García de San José DO NOT
have a financial interest/arrangement
or affiliation with one or more
organizations that could be perceived
as a real or apparent conflict of
interest in the context of the subject
of this presentation.**



How the National Health System responds to the challenge of chronicity?



- **Strategies, Plans, and Programmes of the Autonomous Regions**
- **Health Strategies in the National Health System**



STRATEGY FOR ADDRESSING CHRONICITY IN THE NHS



This Strategy **does not focus on concrete diseases**: it considers all health conditions and chronic limitations of activity. **(PAIN)**

Co-coordination, with a team comprised of medical doctors and nurses.

It is accompanied by a **Plan** to facilitate its **Implementation** in the Autonomous Regions.





INSTITUTIONAL COMMITTEE

Representatives from the 17 **Autonomous Regions.**

Ministry of Health, Social Services, and Equality.

Ministry of Economy and Competitiveness.

TECHNICAL COMMITTEE

22 SCIENTIFIC SOCIETIES

5 ASSOCIATIONS OF PERSONS with chronic health conditions.

5 expert external reviewers



Guiding principles

- **Persons** are the **center** of the National Health System in their private and social sphere.
- Taking into account the **life cycle perspective** and the **social determinants** of health.
- Considering **all health conditions** and chronic **limitations** of activity.



Guiding principles

- **Primary Care is the core** of patient care for those with health conditions and chronic limitations of activity.
- **Continuum of care**, to avoid fragmentation and duplicity, and to improve communication and coordination.
- NHS health professionals have **to share with all citizens the responsibility** of health care, and the adequate utilization of health and social services.



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



20 Objectives

101 Recommendations

Estrategia para
el Abordaje
de la Cronicidad
en el Sistema Nacional
de Salud



PAIN IN THE STRATEGY FOR ADDRESSING CHRONICITY



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



HEALTH PROMOTION OBJECTIVES

Foster **intersectoral approach** in health promotion

Facilitate social participation in the prioritization, development, and evaluation of health policies related to address **PAIN**

Boost and reinforce the training of persons and the community in order to promote autonomy, selfcare, and healthy lifestyles



IMPLEMENTATION STRATEGIES



ESTRATEGIA NACIONAL DE PROMOCIÓN DE LA SALUD Y PREVENCIÓN DE LA ENFERMEDAD

Comité Institucional
Madrid, 3 de abril de 2013

SUBDIRECCIÓN GRAL DE PROMOCION DE LA SALUD Y EPIDEMIOLOGIA
-DG SALUD PUBLICA, CALIDAD E INNOVACION-

Promote health education interventions regarding chronic pain.

Guarantee quality information concerning health promotion, prevention, and treatment of chronic pain, fostering a culture of care and health demedicalization



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



OBJECTIVES IN THE PREVENTION OF HEALTH CONDITIONS AND LIMITATIONS OF CHRONIC ACTIVITY

Diminish prevalence of **risk factors**

Diminish **injuries and accidents that result in CHRONIC PAIN**

Early detection, diagnosis, and treatment of PERSONS WITH CHRONIC PAIN

Prevent the **functional loss**, related **complications**, and the emergence of new diseases derived from **CHRONIC PAIN**



1. Establish programs that promote the maintenance of functional capacity OF PATIENTS WITH CHRONIC PAIN.
2. Boost the participation of physical therapists and other professionals in multidisciplinary teams.
3. Guarantee appropriate care to psychological and emotional aspects.
4. Carry out specific actions aimed at careers and the environment of PATIENTS WITH CHRONIC PAIN.



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



CONTINUUM OF CARE OBJECTIVES

Caring for persons with **CHRONIC PAIN** in the health system, in their environment, and by the **appropriate** professionals

Continuum of care, avoiding duplication of interventions and facilitating the transition among care levels

Continuum of care for persons that need health and social care, and **care integration**



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



OBJECTIVES FOR THE REORIENTATION OF HEALTH CARE

Identify in each patient his/her level of need and facilitate specific interventions appropriate for each need

Guarantee effective, safe, efficient, sustainable, and well-balanced **health interventions**, based on the best available scientific evidence

Optimize **pharmacological therapy** for patients with **CHRONIC PAIN**



RECOMMENDATIONS FOR THE REORIENTATION OF HEALTH CARE

RECONCILIATION OF MEDICATION IN CARE TRANSITIONS
COMMUNICATION AMONG PROFESSIONALS: HOSPITAL
PHARMACY- PRIMARY CARE

**COMPLETE EVALUATION/MULTIDISCIPLINARY-
INDIVIDUALIZED** HEALTH CARE PLANS

DEFINE **RESPONSABILITIES** AND **TRAINING**

PATIENT **SAFETY** CULTURE AND SAFE PRACTICES

WORK WITH **PATIENTS** REGARDING RATIONAL USE OF MEDICATIONS

- PREVENTION OF ADVERSE EFFECTS, AND USE OF NON
- PHARMACOLOGICAL MEASURES



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



OBJECTIVES FOR HEALTH EQUITY AND EQUAL TREATMENT

DIMINISH HEALTH INEQUALITIES: SOCIAL DETERMINANTS AND GENDER INEQUALITIES

IMPROVE ACCESS TO HEALTH AND SOCIAL SYSTEMS, **EQUITY** FOR THE DIFFERENT SOCIAL GROUPS

ELIMINATE ANY TYPE OF DISCRIMINATION, or unequal treatment of persons for: disease or health problems, development disorders, disability, or dependency



STRATEGIC APPROACHES

HEALTH PROMOTION

PREVENTION OF HEALTH
CONDITIONS AND LIMITATIONS

CONTINUUM OF CARE

HEALTH CARE REORIENTATION

HEALTH EQUITY AND EQUAL
TREATMENT

INNOVATION AND RESEARCH



OBJECTIVES FOR INNOVATION AND RESEARCH

Comprehensive health **research** in order to establish more effective intervention strategies

Technological **innovation**, its evaluation and its practical, rational and evidence-based use from the needs of the citizens, professionals, and organizations

Innovation in services and organizational models that facilitate changes in health and social care services

Innovation in the process of evaluation , planning, and provision of services aiming to guarantee equity, efficiency, and sustainability of care



Link to download the Strategy:

<http://www.msps.es/organizacion/sns/planCalidadSNS/abordajecronicidad.htm>

Consultations and suggestions
sgcalidadcohesion@mssi.es