



**SIP**

Societal Impact of Pain

# Persistent pain: Improving health outcomes

# Disclosure statement of conflict of interest in the context of the subject of this presentation

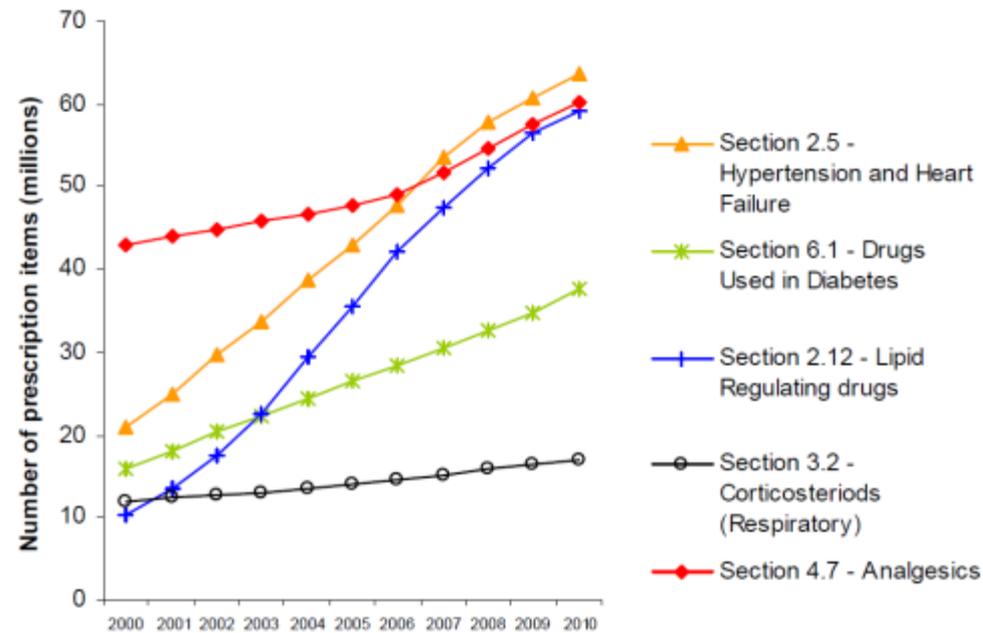


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<b>Affiliation/Financial Relationship</b>	<b>Company</b>
<ul style="list-style-type: none"><li>• <b>Support for travel</b></li></ul>	<b>Astellas Pharma Ltd</b>
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# Trends in analgesic prescribing

- Increasing number of prescriptions and drug costs
- Sub-optimal use of analgesics is well documented among chronic pain patients
- 10.5 % of patients dispose of unused analgesics



NHS Information Centre 2010.

# Community pharmacies are very accessible for healthcare

- Community pharmacies are easily accessible
  - 99% of the population can get to a pharmacy within 20 minutes by car and 96% by walking or using public transport
  
- Pharmacies are open at times which suit patients and consumers
  
- Pharmacies provide a convenient and less formal environment than other healthcare settings for sound professional advice

# Self-care agenda

- On average, people in the UK experience nearly four symptoms every fortnight
  - feeling tired/run down (41.3 %)
  - headaches (38.7 %)
  - joint pain (31.3 %)
  - back pain (30.3 %)
  - difficulty sleeping (28.2 %)
  
- However, people often abandon self care earlier than they need to, typically within a period of 4 - 7 days
  - 57 million GP consultations a year for symptoms that could be self-treated
  - Cost to the NHS of £2 billion and taking up an hour a day on average for every GP

# Supporting the self-care agenda



- Equip people with the knowledge to be able to self care and manage long term conditions
  - Supported self care – where people monitor their own condition but may seek help and advice from time to time or carers ask on their behalf
  - Disease management – supporting people on multiple, complex medicines regimes and their carers
  - Case management – working alongside others, especially case managers and community matrons, supporting high-risk patients, such as those with multiple comorbidities, to help people who often have highly complex needs and multiple conditions
  
- Increased range of OTC medicines

# Potential roles for pharmacy



- Support people with long term conditions to improve their quality of life, health and wellbeing and to lead as independent a life as possible
- Help consumers to interpret the many sources of information now available about medicines
- Take on a much more visible and active role in improving health
- Have greater involvement in developing clinical pathways that support integrated care
- Ensure better use of medicines – particularly for those newly starting a medicine

# Medicines optimisation

- Pharmacists working with doctors and other health professionals, have an important and expanding role in optimising the use of medicines and in supporting better health
- Aims to deliver much improved quality, value and outcomes from medicines use
- Requires high degree of patient engagement
- Require a level of inter and intra professional collaboration not previously seen
- Essential that value for money approach to partnership working



# Fife's Integrated Pain Management Service

Patient requiring Pain Management -Referred by GP/ Physio/ Other

Central Point of referral  
Pain Clinic QMH

Questionnaire sent to patient to be returned within 2 weeks

Questionnaire/ Referral letter triaged to intervention depending on complexity

Less complex: Primary Care

More complex: Secondary

Patients attend information session x 2

Physio Pre-assessment

CONSULTANT

Pharmacy Med review Pilot

NEW Community Pharmacy Med review clinics

Pharmacy Appt

One to one appts  
NURSE- PHYSIO – OT- Psychology

Kingdom Pain Management Programme  
10-12 weeks  
2 venues across Fife

RIVERS  
5 weeks ( Exercise & Education & Medication Review)- Group of 10- 12 pts 4/5 venues across FIFE

'Keeping Afloat' exercise class

Voluntary Sector Maintenance- Pain Association Scotland/ Pain Concern/

# Educational Interventions by Pharmacists to Patients With Chronic Pain

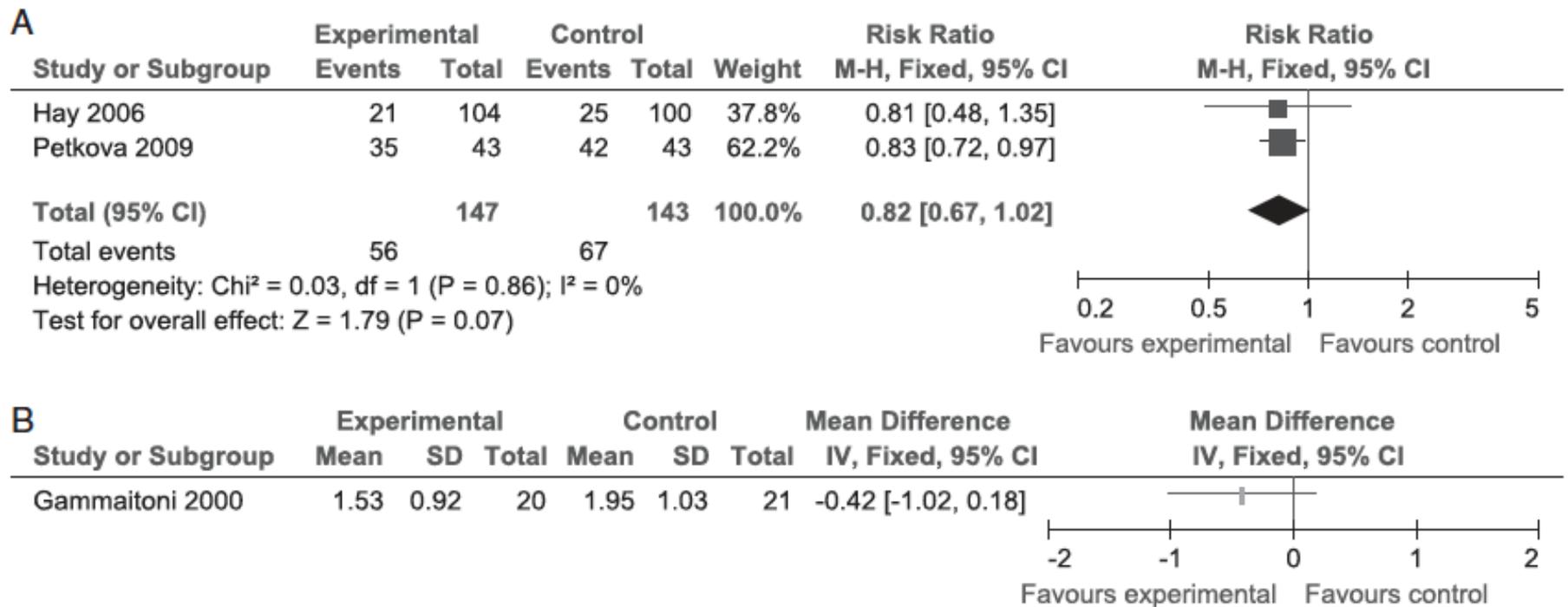
## *Systematic Review and Meta-analysis*



- Four studies that randomized 400 patients with chronic pain
- Follow up between 1 and 16 weeks
  
- Patients experienced statistically significant benefits:
  - a reduction in average pain intensity of 0.5 on a 0 to 10 rating scale
  - a reduction in adverse effects by more than 50%
  - an improvement in satisfaction with treatment equivalent to approximately 1 point on a 0 to 10 rating scale
  
- No effect on reducing interference on daily life, nor on improving self-efficacy

# Educational Interventions by Pharmacists to Patients With Chronic Pain

## Systematic Review and Meta-analysis



**FIGURE 2.** A, Number of consultations with a General Practitioner at 4 to 6 month follow-up. B, Mean number of consultations with General Practitioner at 3 month follow-up. CI indicates confidence interval.



## Relieving Persistent Pain, Improving Health Outcomes

- Increased use of pain assessment tools in community pharmacy may assist in identifying individuals who are 'at risk', and in finding early stage persistent pain cases
- Improving public understanding of what types of pain are self-limiting and those that should be referred to their GP
- Better self care support, including improved public protection against potentially harmful side effects and over-use of OTC analgesics
- Signposting consumers to psychological and other care providers
- Continuing innovation in drug development is required

# Talking About Pain



*Eight '**LESS PAIN**' questions to discuss with your pharmacist when you are troubled by pain*

- Duration
- Precipitating event
- Severity
- Sensation
- Rx and OTC medicines
- Activity
- Previous interventions
- 'Not mentioned' issues

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## Doctors told to collaborate with community pharmacists to improve pain management

Geoff Watts

London

- “There is a crucial role for pharmacists in advising patients. This is a real opportunity for improving care.”  
Professor Richard Langford, President British Pain Society
- “In the current economic climate it is vital to use what we already have to best effect.”  
Professor David Taylor, Professor of pharmaceutical and public health policy



“You could just ignore it and hope it goes away. I do that with customers who ask too many questions.”