



**SIP**

Societal Impact of Pain

**2017**

**Structured Cooperation  
between Health Care  
Systems tackling the  
societal impact of pain!**

Working group 4  
Challenges, lighthouses and  
best practices in pain policy

Main findings &  
recommendations

## We recommend...

1. Health authorities should regard chronic pain as a multidimensional health condition which requires a biopsychosocial approach.
  - Health authorities and national governments must come together to address the fact that chronic pain is associated with an increase in somatic morbidity, mortality and higher rates of depression, anxiety and sleep disturbances with significant negative social interference, like loss of work.
  - Persistent pain and comorbid psychological disorders produce significant disability (as measured by impairment of daily activities)
  - Chronic pain should be considered as a public health priority and it's linked with social and economic determinants of health.

We also recommend...



2. Health authorities, national governments, patients and professional organizations must pool forces and act in concert to reach coverage of high quality pain management empowered by networks.

3. Pain management should be an integral part of all phases and stages of a comprehensive cancer management. It needs to become both a part of clinical/research protocols.

4. Health authorities and national governments must develop a structured approach to implement screening programs for early detection of patients at risk of chronification , particularly in low back pain and postoperative pain, and a care system with stratified multimodal interdisciplinary programs for in- and outpatients. Self-management programs and psychoeducation are effective and cost-effective tools to enable patients to autonomously manage their pain.

## We also recommend...



5. Health authorities should follow up on the common position reached under the 2014 Italian presidency of the council of the European Union by the Ministers from the 28 EU member states on the need to create a European network ensuring training of professionals in the sector and exchange of information on the effectiveness of therapies for the weakest population groups.
  - Health authorities should recognize that chronic pain in youths is a neglected, highly misunderstood problem, and undertreated. But this can and must be changed.
  - Health authorities should recognize that as the percentage of older adults increases in our society, that have a high incidence of pain, we need to work with them to develop communication and self-management strategies.
- “The people have the right and duty to participate individually & collectively in the planning & implementation of their healthcare”, Alma Ata Declaration – Principle IV, 1978 World Health Organisation.



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