Service user outcomes from supported self-management 2021/22

Professor Sonia Cottom, Director of Pain Association Scotland and Visiting Professor at York St John University

"The session provided a positive and alternative insight into managing my daily struggles.

It certainly gave me a better understanding of potential causes of increased pain and how this could be dealt with physically and emotionally."

I" felt the course was very beneficial, as it gave a lot of more understanding of my condition. It make me think about what I can do to help myself and was I hindering myself, even if taking my medication. I am aiming to go to yoga for myself to help me relax. I have made myself slow down (e.g with housework) as I was always 110% but I have paced myself, with it now so hopefully I will continue. It's also made me realise worry, stress impacts my pain"



Introduction

Chronic pain is a major clinical challenge in Scotland and across Europe, resulting in a significant impact on people's quality of life, affecting their family, relationships and carers.

Pain Association Scotland provides professionally-led supported self-management education and training in the community providing key coping strategies and helping people explore new ways forward leading to an improved quality of life. These groups have enabled chronic pain sufferers to make changes to their everyday lives in a positive and practical way, resulting in improved levels of coping and wel-being.

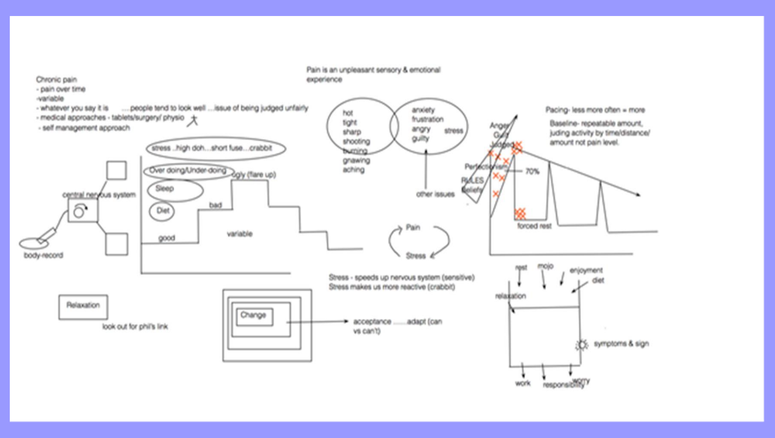
During the COVID-19 pandemic, all the group meetings have been delivered on-line via Zoom

Methods

People who had accessed the on-line monthly self-management group meetings were invited to complete a questionnaire via Survey-Monkey over the course of three months.

We had 110 responses and the questions were based on the following categories:-

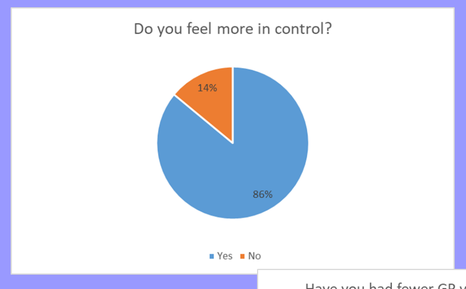
- Demographics
- Length of time they had the pain
- What benefits they experienced from attending the group
- The impact on their quality of life
- The relevance of the topics



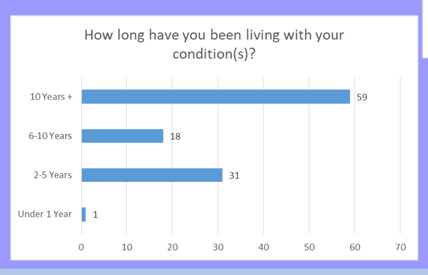
Results

Some of the key outcomes are:-

- More than half of respondents have been living with their chronic pain for more than 10 years, therefore supporting the importance of services to help people manage pain as a long term condition.
- The two main referral avenues were the Pain Clinic and GP's – it is not known whether on both counts this is a result of the longer wait times for access to a first appointment at a pain clinic and therefore part of the triage process.
- The rating of the topics was important in order to inform future program delivery
- 91% felt able to cope more on a daily basis
- Fewer visits to the GP regarding their pain not only has a positive effect on patients not being locked in a medical model unnecessarily, but can also have significant positive implications to reduce onward wait times and opioid prescribing.

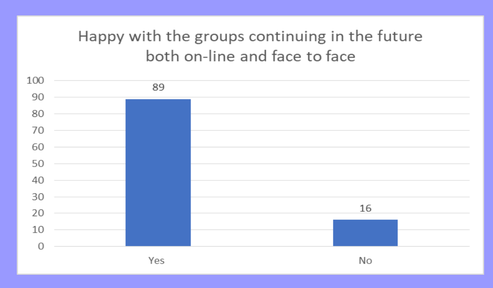


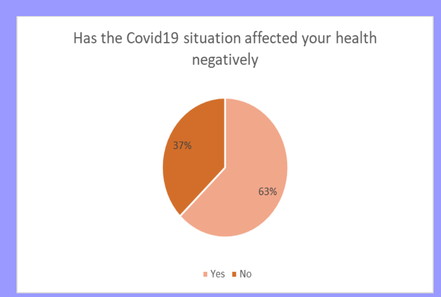




Discussion

It is interesting to observe how COVID-9 has not only had an impact on our lives, but has changed how we operate and react as individuals. Asking people how they wished for the service to be delivered going forward is part of our co-creation strategy. The fact that the majority wished for a more blended model of delivery will inform future delivery models in line with the needs of both NHS and Integrated Joint Boards





Conclusions

This survey has demonstrated that regular supported self-management in a group setting is beneficial to those suffering with chronic pain.

A well-managed supported self-management resource can therefore help sufferers understand and manage their chronic pain by seeking positive adaptive and coping mechanisms which can ultimately lead to a better quality of life.

Contact

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References

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2.

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