

Redesign of an Integrated Community Pain Service

Homerton Locomotor Service

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Issues relating to Hackney's pain population

- 68 000 (27%) of Hackney's population are living with moderate to extreme pain
- 85% of patients entering the service demonstrate clinically significant levels of depression or anxiety, compared to 24% of people in the UK with chronic pain diagnosed with depression (Breivik et al. 2006)





Before redesign

- Few patients able to access the full pain team
- Long waiting times for psychology, occupational therapy & groups
- Too much reliance on medical interventions such as injections
- Patients with non-musculoskeletal pain had to travel out of area





Objective of redesign A1

Patients, GPs & Commissioners wanted:

- Specialist support in dealing with pain
- Low waits & ease of referral
- Access & choice to the full team at point of entry, including psychology, physiotherapist & prescriber/nurse
- Less reliance on medical management such as, medication, GP & A&E attendances, injection therapy
- Support for non musculoskeletal conditions e.g. Abdominal pain



Slide 4

A1

think it would be better to put stakeholders here and then you can briefly talk about gps/commissioners/patients in terms of context for redesign

Administrator, 15/02/2016



Innovative service

The Homerton Locomotor NHS Service is a therapist-led integrated physiotherapy & persistent pain service.

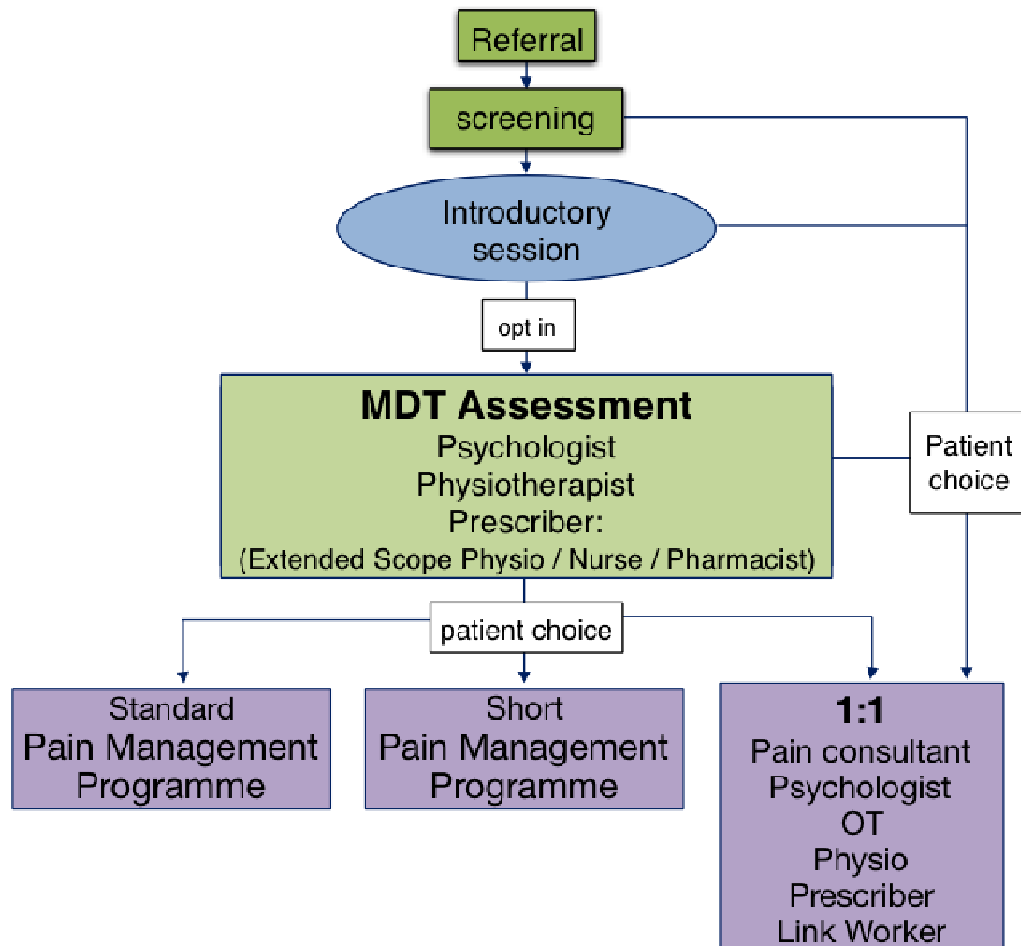
The service was redesigned & expanded in light of patient & GP feedback & best practice guidelines to provide a one-stop-shop pathway for patients:

- All patients have a comprehensive MDT assessment of their social, emotional & physical well being (with advocates if needed), ensuring timely referral into other services to maximise well-being
- Psychological principles are embedded across the service with holistic care plans

The new service went live in January 2015



Locomotor Pain Service pathway



Our innovative pathway is built around the patient, providing them with information in order to make informed choices about their care

Informed Choices

What do I want
to be more
able to do in
my life...

Group treatment

9 session
Multi-professional
Pain Management
Programme

5 session
Multi-professional
Short Pain Management
Programme

Individual treatment

Reducing
distress with
psychologist

Medication management with

- Nurse
- Prescribing physiotherapist
- Prescribing Pharmacist
- Pain consultant

Activity management with
Occupational Therapist or
Physiotherapist





Introduction session

(interactive pain education & informed decision making group)

Watch
the video
online

<http://www.homerton.nhs.uk/our-services/services-a-z/t/therapy-services/the-locomotor-pain-service/>



Patient testimonials

‘This is helping me to self-manage; I need to be able to live with this and keep my job’

‘I feel that there are many more options than I thought to manage pain’

‘Feels genuinely caring and supportive’





After redesign

- ✓ All patients able to access the full pain team assessment within 5 weeks
- ✓ Low waiting times for psychology, occupational therapy and groups
- ✓ Fewer injections replaced with supported self management
- ✓ Patients with non-musculoskeletal pain managed within Hackney





Added value of new service

- A focus on education & empowering self-management at point of entry
- Patient self selection of treatment pathways
- Earlier identification of psychosocial factors that impact on health & well being





Outcomes

74% of patients show a clinically significant improvement

90% of patients felt they were involved in decisions about their care

95% of all patients are achieving their goals, indicating greater confidence in self-managing their pain

96% of patients are likely to recommend the service to friends & family

95% of all musculoskeletal patients can be managed in the Locomotor service without referring to a hospital





Sustainability indicators

- ✓ Specialist pain service with low waits
- ✓ High patient satisfaction
- ✓ Increased psychosocial support & groups
- ✓ Cost effective
- ✓ Care closer to home
- ✓ Patients now have real & sustainable alternative to medical interventions
- ✓ Improving medicines management & links with community pharmacy
- ✓ Education of health professionals in community & acute medicine about pain





Transferability and dissemination

Service success instrumental in inspiring key London providers to follow Homerton's Locomotor Pain Service Pathway

Workshops done with the Royal Free, Islington, Barnet & Chase farm to adapt this blueprint model





Redesigning our pain service has allowed us to support patients with a more holistic, effective service, with low waits, closer to home in a one stop shop

Thank you

