

Consultation response: the provision of specialist residential chronic pain services in Scotland

Question 1: We would like to know in what context you are responding. Please choose one of the following:

I am responding as:

- a) an individual who experiences chronic pain
- b) a family member or carer of someone who experiences chronic pain
- c) a health professional
- d) an organisation representing people who experience chronic pain
- e) other stakeholder (please tell us in the comments box below)

Question 2: Please choose your preferred option (Chapter 2 provides details).

- Option 1 – a centre of excellence in a single location
- Option 2 – a service delivered by local chronic pain clinicians
(supported by other clinical advisors in another part of the country)
- Option 3 – a service delivered in different locations
(by a team of chronic pain specialists – an outreach or roving service)

Please tell us why this is your preferred option in the comments box below. The factors listed in Chapter 2 of the consultation paper may help you.

This would eliminate the postcode lottery experience of care and treatment availability to sufferers.
It could also compliment the gp treatments offered.
Eliminate the feeling of isolation experienced by many who suffer with daily chronic pain.
Ease of information access regarding chronic Pain.
A recognised centre of Excellence in Scotland.

Question 3: Are there any of the options you disagree with? (If No, move straight to Question 4.)

If yes, please tell us which one(s) in the comments box, and why?

Option 3.

Why have an allocated Centre for Excellence located for National Service to sufferers and then dilute the services to local availability?
It defies the need for one central focused one stop centre of Excellence providing the specialist care required.

Question 4: If you have other ideas that have not been covered, please tell us about these in the comments box below. You may want to include the advantages and disadvantages of each.

The only service I have experienced in Scotland which looks at the patient's pain and wellbeing and their ability/inability to deal with the pain on a day to day basis is the homeopathic hospital - however where it was available to day for 2/3 weeks if deemed necessary by the medical team, that is no longer an option as it only opens Mon/Fri now.
A residential placement would need to be available 24/7 in order for the patient to fully experience the benefits of the service.

Question 5: What do you think the barriers are to accessing a residential pain management service? (For example, distance away from family, work or family commitments, upfront travel costs.)

Please list as many as you wish in the comments box below and include any others that are important to you.

Distance,
Time - length of time away from home,
Finance - Travel etc.
Work Commitments -
Psychological Fears: Increase Pain etc.
Unknown outcome
Expectations etc.

I would not want to have to go home at the weekend and return on a Monday, I believe the residential/commitment in Scotland would need to be the 3/4 wks made available in bath + elsewhere.

Question 6: Please choose from the list below which aspects of residential pain management services should be included in a Scottish service.

(choose as many as apply)

- A chronic pain assessment
- Supported one-to-one sessions to teach coping skills
- Group sessions
- Residential accommodation
- Opportunity for immediate carer/support provider to accompany patient
- Peer support
- Tailored exercise programme
- Medication assessment
- Other (please tell us in the comments box below)

Wellness and wellbeing - education in dealing with pain - taking the control back and not letting pain control your life.

Physiotherapy

Alternative therapy options

Hydrotherapy - Many who suffer chronic pain do not have availability to this.

Question 7: Irrespective of the final service model selected, should access to the current service provided in Bath (or elsewhere in the UK) be retained for occasional use?

Yes No Don't Know

Question 8: Have you previously attended, or supported someone attending a residential service outside Scotland?

Yes (please answer Question 9)

No (please move straight to Question 10)

Question 9: If you have attended, or supported someone attending a residential service outside Scotland, please tell us about any advantages and disadvantages of the experience.

Question 10: If you, or someone close to you, has been offered but declined a residential service outside Scotland what were the reasons for this?

Too far to travel when in chronic pain.

Question 11: If you wish to add any further comments on issues raised in the consultation paper or current chronic pain services in Scotland, please use the comments box below.

Many sufferers are sick of the sight of hospitals, that's why I believe the centre should be a more relaxed, less clinical environment.

In my opinion the homeopathic hospital in Glasgow already has the facilities and the ability to create the excellence of service that many sufferers crave. I s'd know it was available to patients TEN years ago I would have used it as since attending over just three years my quality of life has improved, I just wish I could attend more often on a residential basis.

(End of questions. If you require more space to write answers, you may submit as many additional pages as you wish. If doing so, please clearly state the question numbers that your answers relate to.)