

Consultation response

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)

Comments (box expands with text input - there is no word limit)

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.

The Peer support this could offer as well as a hub which in future could support the development of more local services to offer ongoing support e.g. within appropriate third sector services offering chronic pain management groups where on going learning and support for self management would compliment the experience from the centre of excellence to support people maintain new skills and coping strategies learned while at the centre, also gives a central place for learning which can then be shared with others working in this field and for people suffering chronic pain as e.g. there could also be a website/tele conferencing which provides further information or support complimentary to the core support offered by the centre for excellence

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?

Comments (box expands with text input - there is no word limit)

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.

Comments (box expands with text input - there is no word limit)

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.

If the person also suffers anxiety and depression this maybe a barrier to travel and being apart from people and surroundings which are familiar

The costs of travel

If the person relies on support from a carer would they also be at the centre

The person may have to use annual leave to stay at the centre if working which means they won't have annual leave to have holidays spend time with families, if they take sick time depending on local policies in their workplace and the number of periods of absence this may put their employment at risk, if they take unpaid leave this may cause financial difficulties, if they are allowed sick time but only receive statutory sick pay then lack of funds could be an issue as no wages

If the person receives housing benefit etc ensure if they are away from home for some time this doesn't affect their benefits

Do people have home insurance (often an issue for people facing issues of poverty who also can have issues of multi morbidity including chronic pain) so if the house is empty it is also ensured

If the person has children who are young to be away from them for 4 weeks could be quite challenging

Travelling home at weekends could be expensive and not an option

Keeping up the peer support element of the package as people maybe coming from all over the country e.g. would there be a face book however, if that were the case how would this be managed to ensure no issues (in our experience we have found facebook can be a source of communication for people however, it can also be a source of distress as things are said that are hurtful)

What would the waiting lists likely be as one centre will have a finite capacity and there will be more people wishing to use it at any one time than there will be places and how will it be decided who gets access

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)

Signposting to local services when person returns home which can offer additional support to compliment the centre for excellent e.g. 8 week Mindfulness Based Stress Reduction, opportunities to practice Mindfulness, chronic pain management groups, carers support, on going peer support through informal meet ups and social opportunities also education to employers on issues of chronic pain management in the workplace and what they can do to help employees who suffer chronic pain, also financial assessment to see what support the person needs for travel costs to the centre and a general holistic assessment to look at how the pain affects the rest of the person's life and their family and linking to other support where appropriate e.g. family learning centres also have an awareness of a response to supporting families where a member suffers chronic pain

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.

Comments (box expands with text input - there is no word limit)

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?

Comments (box expands with text input - there is no word limit)

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.

This is a welcome development however, should be part of an overall strategy for pain management for the country including links with third sector services who could compliment this work through the provision of on-going opportunities for peer support, tips on self management of chronic pain complimentary to what was offered at the centre and opportunities to attend 8 week Mindfulness Based Stress Reduction and on going practice as well as all the other supports the service offers carers etc.

Training for staff in all fields around issues of chronic pain management as well as employers, teachers and the public in general would also support more compassion and understanding for people suffering chronic pain