

## 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)

**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.

MY EXPERIENCE OF BEING AN INPATIENT AT THE CENTRE FOR INTEGRATIVE CARE AT GLASGOW HOMOEOPATHIC HOSPITAL MAKES ME BELIEVE THIS IS THE BEST OPTION TO HAVE A SERVICE OF THIS KIND FORWARDED. I HAVE RECEIVED PAIN RELIEF TREATMENT AT THIS AREA HOSPITAL WITH VERY SUCCESSFUL OUTCOMES DUE TO ① BEING IN A RESIDENTIAL SETTING WITH OTHER PATIENTS WITH SIMILAR CONDITIONS ② THE SUPPORT OFFERED BY PEERS WHICH CONTINUES BEYOND ADMISSIONS ③ THE SUPPORT OF HIGHLY SKILLED CLINICAL STAFF SUPPORTED BY SERVICES SUCH AS O.T., PHYSIOTHERAPY & COUNSELLING SERVICES. ④ CONTINUITY OF TREATMENT DUE TO LOW STAFF TURNOVER ⑤ SPECIALISED TREATMENT WITH CONTINUING SUPPORT. ⑥ GROUP THERAPIES WHICH ALSO CAN BE HELD FROM BOTH STAFF & PEERS.

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?

I Disagree with Option 2 Due to People feeling Isolated in many Areas. Rural Areas Do Not Have the Proper Support Network Required to Make this Treatment Successful and Staff in Some of those Areas Would Not Have Access to the Latest Technology Available in Areas of Higher Population. Would be Very Difficult to Recruit Staff with the Specialisms Required if they would not be treating Patients with a Variety of Conditions on a Regular Basis.  
Option 3 - No Previous Track Record of this Option and Recruitment and Staffing would be Difficult to Sustain with the Level of Specialism Required. Also Isolation for Patients.

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.

Empty comments box for Question 4.

**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.**

In comparison to distances being travelled people would have much shorter travelling distances with this being Scotland based rather than travelling to England as at present. The Glasgow Centre for Integrative Care could provide the accommodation and develop the specialist knowledge required which would be an extension of the services they have provided successfully for years. People have historically travelled from all over Scotland and the north of England for this service and it is proven that if the service is specialised and successful people will travel to get the appropriate treatment. Many people now realise the advantage of the holistic model of care and the benefits to be had of peer support and are therefore prepared to travel to hopefully get the long term benefits of this model of care. People will pay travel costs (subsidised if below the minimum monetary threshold) to get a service which has long term benefits to their health. Most people recognise that it is worth spending 2-4 weeks getting intensive pain treatment + management which they hopefully will have a longer lasting effect rather than ad hoc day treatments with add to lost time at work and to travel + home disruption.

**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)

**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?

N/A

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.

MY CHRONIC PAIN HAS BEEN TREATED VERY EFFECTIVELY BY THE STAFF AT THE GLASGOW CENTRE FOR INTEGRATED CARE. I HAVE RECEIVED ADVICE ON MANAGING MY CONDITION IN THE LONG TERM, GIVEN USEFUL EXERCISES, HAD MEDICATION REVIEWED AND THE DIFFERENCE IT HAS MADE TO ME IS BEING ABLE TO CARE/MANAGE MY CONDITION ON A DAY TO DAY BASIS MUCH BETTER THEREBY IMPROVING MY QUALITY OF LIFE. ALSO THE NUMBER OF HOSPITAL ADMISSIONS HAVE REDUCED CONSIDERABLY MAKING THINGS MORE COST EFFECTIVE FOR THE NHS AS WELL AS A BETTER QUALITY OF LIFE FOR ME.

I WOULD CERTAINLY LIKE TO SEE AN ESTABLISHED SCOTTISH PAIN CENTRE OF EXCELLENCE RUN IN WHAT IS A PURPOSE BUILT PREMISE IN A CENTRAL LOCATION IN GLASGOW RUN IN CONJUNCTION AND AS AN EXTENSION OF THE SERVICES CURRENTLY OFFERED AT THE CENTRE FOR INTEGRATED CARE. THIS WOULD GIVE THE ADVANTAGE OF DEVELOPING A SERVICE WHICH IS CURRENTLY DEVELOPING TO MEET THE NEEDS OF THE 21ST CENTURY.

(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.)