

## 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.

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

Because there will be all specialists there.  
Peer support after treatment is more likely if you've spent more time with them.  
A wider range of treatments might be available.  
There are not enough surgeons/clinicians available locally so unless more money is put into local pain clinics, other options won't work.

**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)

Option 3 - outreach service where specialist have to travel for 2-4 weeks (to each NHS board area). I can't see you getting any staff willing to do this.

**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.**

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

distance away from home.  
work commitments.  
Childcare whilst away (I am a single parent + my mother is now in a home, father deceased, sister severely disabled) so childcare is a huge issue - up front travel costs although if reimbursed isn't too bad.  
Getting someone to take me + bring me back if I am unable to drive or use public transport due to pain.

**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)

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

- Other therapies that might help - like 'mindfulness' courses, psychology sessions etc. These are helpful as a group as well as in one to one sessions.
- Spinal injections + treatments. Chiropractors + alternative therapies.

**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)

I have never been offered this. (Don't know why)

**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.**

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

- Currently the injections are offered to me in Gt Spise, which is a five hour car journey from where I live. It would be helpful to not have to travel so far.
- My last injection was in March 2013 and it lasted a few months. I was told in May, that there was a 26 week waiting list until the next injection. This is not <sup>an</sup> acceptable length of time to have to wait.
- There are only 2 surgeons that can do these injections and one of them is off long term at the moment so I will probably have to wait several months more (I have been told). This is unacceptable. I shouldn't have to live in this much pain for any length of time - It affects everything I try and do.

Gill Gunn

The Scottish Government

Clinical Priorities Team

Area AER St Andrews House

Regent Road

Edinburgh EH1 3DG