

The PainSense Programme

Transforming the way services respond to the needs of people with chronic pain



PainSense is a whole system approach that focusses the clinical care pathway on supporting self management of pain – putting the patient at the heart of the journey to a better quality of life.

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The PainSense Programme allows CCGs and service providers to deliver:

- improved services for people with chronic pain
- reduced demand on face to face services
- significant cost reductions

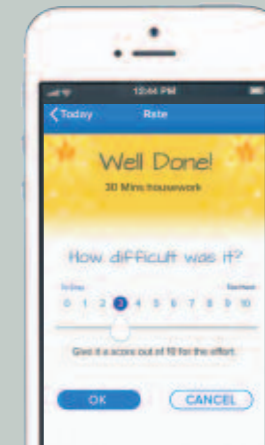
through a fundamental redesign of the clinical care pathway enabled by innovative digital resources for clinicians and patients.

Supported by highly effective e-learning for clinicians ensuring adoption of the programme across clinical services, PainSense frees up GP and clinician time by developing their confidence and skills to guide patients towards effective self management of their pain.

And, at the heart of the programme, engaging and easy-to-use digital apps give patients the knowledge, skills and resources they need to manage chronic pain, so they become more independent, and able to live happier, healthier, fulfilling lives.



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Self assessment and reward are built into the experience, so users' commitment to self management is reinforced on a regular basis

The digital apps at the heart of the programme

Three key pain management resources form the core of the PainSense Programme: *The Pain Toolkit*, *My Pain Toolkit* and the *Pain Management Plan*.

In printed form these resources already enjoy an international reputation as highly effective tools for building the self management skills of people with chronic pain.

Now, as part of the development of PainSense, they have been completely re-worked and adapted for today's digital world.

The apps' underlying CBT-based approach is presented in an intuitive, easy to use interface. The 'user experience' is rich and immersive, with audio commentary, interactive features and – crucially – data collection capabilities.

Patients can self assess using Health Needs Assessment, Self Efficacy PSEQ, Pain Body Charts and DoloTest®.

And, because all three apps are fully integrated with existing systems, clinicians can access patient information through SystmOne or EMIS, generate reports on patient progress, and utilise the insights gained to work more effectively with patients.



The Pain Toolkit developed by Dr Frances Cole and expert patient Pete Moore and the *Pain Management Plan* by Professor Bob Lewin are both internationally renowned for their effectiveness in developing self management skills and self efficacy among people with chronic pain.

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The benefits to commissioning organisations

Produces significant in-year cost reductions

- reducing face-to-face consultations
- refocussing interventions away from high-cost low impact interventions
- freeing up clinician time for more useful high-value work
- reducing patients' reliance on medication

Releases capacity to focus on greater elements of need

- reducing the need for GP face-to-face consultations
- reducing onward referrals to secondary care
- supporting self care

Demonstrates your organisation's excellence

- putting you in an excellent position to win tenders
- positioning your organisation as a leader in the shift to self care and digital delivery

Significantly improves outcomes for patients with chronic pain

- shaping the clinical care pathway so that interventions are driven towards the goal of increased patient self-efficacy
- developing clinical practice to enable clinicians' effective support of patients on their self-management journey



“with a little tool like this you can chip away and eventually you will win the fight – the pain will still be there but it won't dominate your mind.”

PainSense app user



The Phase one pilot versions of the apps received overwhelmingly positive feedback from testers, one describing it as “a companion in my pocket”



The impact for clinicians

The PainSense Partnership's extensive experience of GP training in CBT-based interventions has been harnessed to create a high quality e-learning programme which supports clinicians as they adopt the patient self management focus of the PainSense Programme. The resulting impact for practitioners is far-reaching. Integrating the PainSense Programme into clinicians' practice:

- results in less frequent presentation by patients with chronic pain, as their increased self efficacy leads to reduced dependence on services
- makes a noticeable difference to GPs' daily rota, by having a significant effect on capacity
- frees up clinician time / resources so they can focus on other areas of work where continued face-to-face consultation is more beneficial
- seamlessly integrates with existing data systems so clinicians can keep in touch with patient progress

The impact of PainSense on patients' lives

- ✓ patients learn how to become pain self managers
- ✓ become less dependent on health professionals
- ✓ learn to work with healthcare professionals 'in partnership' as they develop self efficacy
- ✓ become 'a person, not a patient'
- ✓ many people who learn to self manage also reduce their use of medication over time
- ✓ learn to take control of their pain
- ✓ and begin to focus on other things that matter, so they can get on with living their life

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“Well done to the PainSense team. I've shown it to patients and they all want to know when it will be available to them.”

Clinician



Users develop positive techniques built on the highly regarded 'pain cycle', turning it instead into a 'virtuous cycle' of self management routines

The PainSense Programme at a glance

Clinical care pathway refocussed to maximise cost benefits and clinical impact of adopting digital approach:

- Nationally recognised experts in clinical care pathway design work closely with commissioners and providers
- Existing resources mapped to the PainSense digital tools
- Integration with GP workflows
- Digital reports visible to clinician on desktop clinical systems

E-learning programme for clinicians develops key skills for supporting patients to self manage their chronic pain, including:

- The vicious cycle of pain
- Goal setting, action planning and pacing
- Negotiation
- Effective use of medicines reviews
- Guided discovery techniques

Digital apps support patients as they learn how to better manage their pain, by:

- Understanding 'the pain cycle' – and how to reverse it
- Learning pacing, prioritising and goal setting
- Creating weekly or long term action plans
- Using motivational pain self management techniques
- Overcoming setbacks
- Sleeping better
- Becoming active again



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