Implementing Evidence-Based Practices for Persistent Pain, Primary Care

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Red Kite Health Solutions CIC

The Impact of Persistent Pain

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- One-third to one-half of the UK population
- 22% of primary care consultations
- 41% unable to work due to their condition
- Demand increasing

The Impact of Persistent Pain

'It's exhausting, depressing, hopeless and I feel completely inadequate. I try to control my pain, rather than let it control me, but I am losing the fight'

Joe, 2023

Rationale for a Primary care Intervention

- Living with Persistent pain – Welsh Government, 2023
- The International Classification of diseases 11th (ICD-11,2022)
- NICE guidelines NG193 (2021)
- All Wales Medicines Strategy Group (AWMSG, 2022)

Challenges for a Primary Care Intervention

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- Capacity Issues
- Inconsistent knowledge
- Lack of primary care training
- Opioid prescribing in Wales has risen by **30%** (2008/9 – 2018/19)

Aims and Objectives

- Introduce an MSc Pharmacy Technician service based in a primary care setting (GP Practice), South Powys

  - Maximise function and quality of life
  - Influence opioid prescribing and culture
  - Reduce waste
  - Educate patients and clinicians
  - Improve partnership working

Outcomes March 23 – March 24

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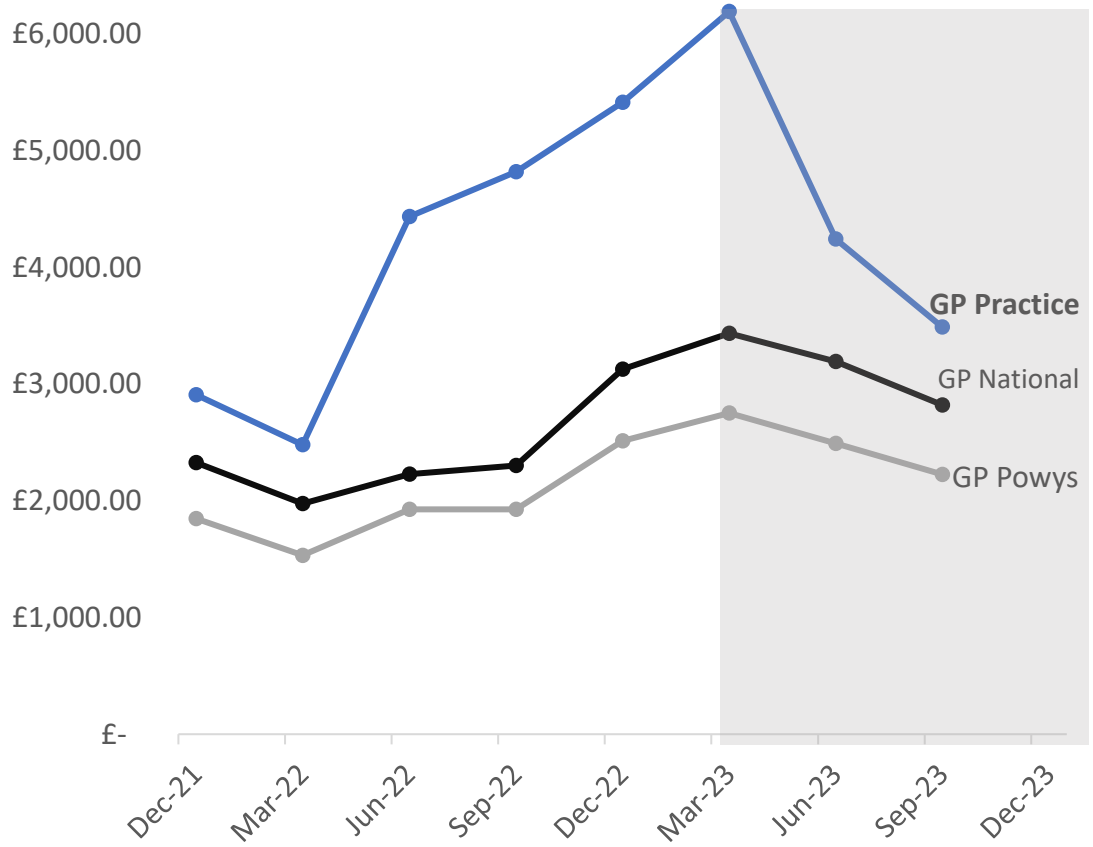
- Service embedded in GP practice
- 265 patients identified on Gabapentin or Tramadol
- 164 patients referred for clinic management
- Enhanced referral and partnership working processes

Impact on Prescribing and Culture

- **44 % reduction** Gabapentin
- Potential **£1.7 million** across Wales
- Tramadol **not prescribed** as a first-choice medication
- Introduction of **opioid contracts**



Impact on Clinician Time

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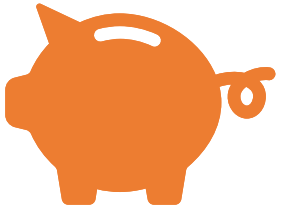
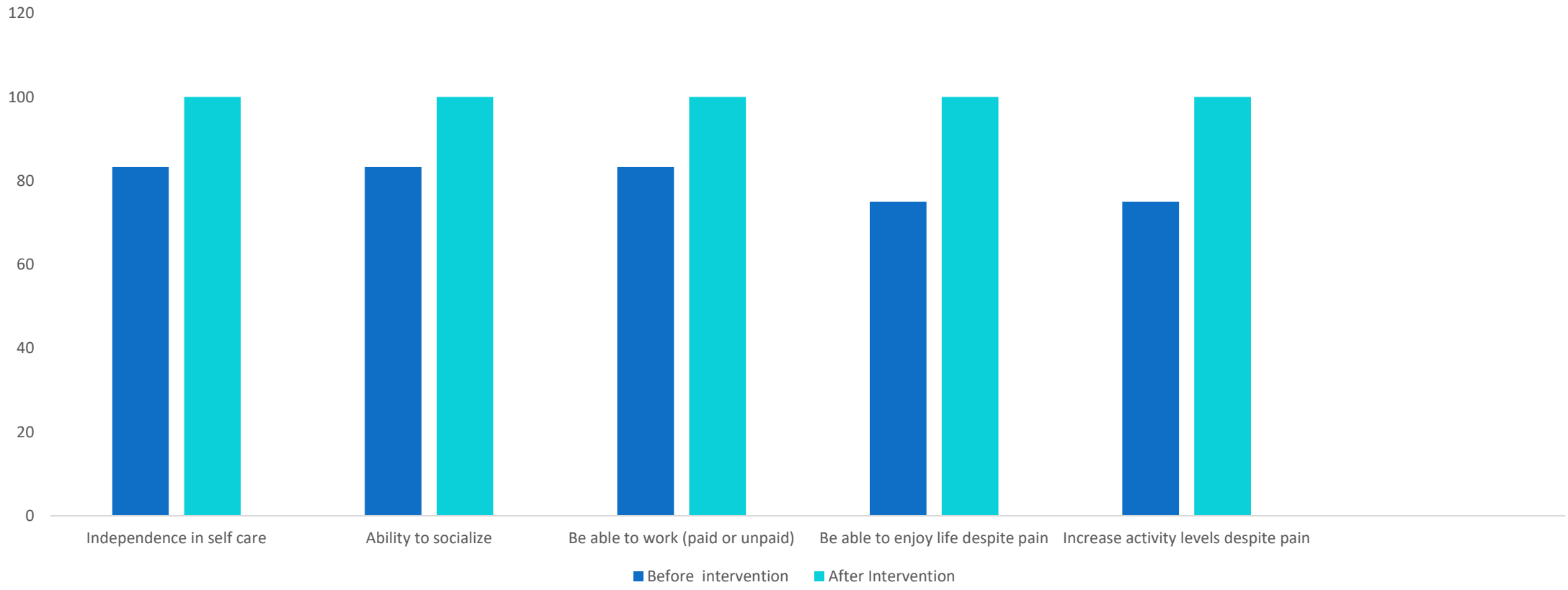
90 minutes of GP time, per patient

1,035 GP appointments



£43, 470 of clinical time avoided

Maximising Function and Quality of Life



Feedback

'The pain service is excellent. Patients are happier because they feel supported and are more confident about reducing their opiate use. The workload for the GP in this area has significantly decreased, and the practice is prescribing fewer opiates in the long term. I think if we are serious about getting on top of long-term opiate misuse, then every practice needs access to a practitioner like M.' GP
'I have benefited a great deal in the last few months (from the service) and can for a change see light at the end of the tunnel.' Patient
'This service has been of huge benefit to patients and has educated us as GPs about prescribing. We simply cannot increase the capacity to give these patients the time and that is what the service has. We have already seen a benefit to long-standing issues within practice and will be utilizing the service for further clinician training around nice guidelines, etc.' GP
'A sensible approach to pain management. Reduced prescribing, appropriate follow-up, and reduced workload for GPs as a consequence' GP
'Please ensure people like me have access to this service as it really makes a massive difference to my life, and I'm certain, to many, many others! '
Patient
'I cannot stress how important the service is. '
Patient
'In the past, I've never felt as if anyone had the time for me. M has the time to listen to your problems and gives advice that makes sense,' Patient.

The Impact of Quality Care

‘*We are working together to reduce my medication and I have also started speaking to MIND. This service makes a massive difference to my life and I’m certain to many, many others’*

Joe 2024

Key Conclusions

- Potential to revolutionise the management of persistent pain
- Reduce waste and costs to the NHS
- Align with national guidance - PHW and Social Care priorities
- Improve care for patients living in Wales

Future

- Permanently embed specialist knowledge in primary care
- Expand and share our learning and training
- Reduce the burden of persistent pain in Wales