

## 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)

None.

**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.

I think that for the most part, local services are able to adequately manage chronic pain (between primary & secondary care). Remote tertiary services may not add to this greatly – particularly if specialist non-pharmacological interventions are required (e.g. nerve block procedures) – since these cannot be done over a video link. Given that I therefore support a face-to-face approach, an out-reach service would be desirable, since many of the chronic pain cohort will not necessarily be fit to travel (e.g. advanced MS, post CVA, etc). I do accept however, that travel time considerably diminishes the availability of said specialists in their proposed role.

**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?**

N/A

**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.**

Additional training for frontline staff may reduce demand for specialist input, thus making options 1 or 3 more accessible.

**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.**

All of the above – plus as I've already indicated, not all patients are fit to travel (and air-ambulance transfers are often inappropriate or prohibitively expensive).

**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   | <input checked="" type="checkbox"/> |
| Supported one to one sessions to teach coping skills                  | <input checked="" type="checkbox"/> |
| Group sessions  | <input type="checkbox"/>            |
| Residential accommodation   | <input type="checkbox"/>            |
| Opportunity for immediate carer/support provider to accompany patient | <input checked="" type="checkbox"/> |
| Peer support  | <input type="checkbox"/>            |
| Tailored exercise programme   | <input type="checkbox"/>            |
| Medication assessment   | <input checked="" type="checkbox"/> |
| Other (please tell us in the comments box below)                      | <input type="checkbox"/>            |

Group sessions are cited as being 'off putting' for a significant minority. Tailored exercise programs – I would imagine that this can be undertaken by existing physiotherapy services (perhaps with a little extra support).

**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.**

N/A

**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.**

Whilst I've no objection to the Bath service per se, I would worry that this is only suitable for a selective minority.