

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.

Because people experiencing chronic pain live all over Scotland. Travelling can be a very significant burden for them, and it is therefore best if services can be made available as close as possible to their homes. A single Specialist Service, like the one in Bath may provide invaluable support to the very few people who will have access to it, but should not be developed at the expense of adequately resourcing an effective and accessible multidisciplinary pain service (including Third Sector partners) for people living in pain all across Scotland who are inadequately supported currently.

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)

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)

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

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

Effective signposting and referral mechanisms to Third Sector self-management training and peer support and other complementary health interventions.

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)

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)

This consultation is focused on residential services for people with chronic pain. This is important, and it would be better if these services were available in Scotland, so as to maximise access. But it also needs to be remembered that there many, many people who suffer serious pain on a regular basis but for whom these specialised services are unlikely to be relevant or available. Arthritis Care's UK survey 'OA Nation 2012' showed that 8.5million people in the UK have OA and 71% of them are in constant pain; 1 in 8 – over 1 million in the UK – live day in, day out, with unbearable pain. That number is certain to rise in the coming years, and while those figures are for the UK as a whole, there is no suggestions that the specifically Scottish figures would be any better. It is therefore vital that we do not imagine that it is sufficient to support only the worst affected, and that access to effective pain services is made available across Scotland for all who need them.