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Background

- Primary care has a key role to play in supporting self-management of chronic pain.
- Knowledge of the current barriers in primary care could be used to inform future decisions and interventions to help more people better self-manage their pain.

Method

- 18 focus groups were held throughout Scotland.
- The 101 participants included 54 people with chronic pain & 9 carers (classified as 'patients'), 16 GPs, 15 Physiotherapists, 4 Occupational therapists, 2 practice nurses & 1 community pharmacist (classified as healthcare professionals (HCPs)).
- All focus groups were recorded, transcribed and analysed by two researchers.

Results

Four categories of barriers were found:

Patient/ HCP consultation

Timing of self-management discussion, communication, patient/HCP relations

Patient Experience

Patient wellbeing, patient journey, ability & readiness, lack of support

Limited Treatment Options

'Medicalisation', 3rd sector support, training

Organisational Constraints

Appointment duration, waiting lists, continuity/consistency

Conclusion

The project found qualitative evidence of potential barriers to self-management of chronic pain in primary care from both the patient and HCP perspective.

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