

# GRÜNENTHAL PAIN AWARDS 2017

## Widening access to Pain Education: an initiative to support the Global Year for Excellence in Pain Education in 2018

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### Summary

Lack of knowledge is a significant obstacle to improving the lives of people in pain. Pain Concern will produce *Airing Pain* podcasts featuring NHS Greater Glasgow and Clyde (NHS GGC)'s acclaimed community-based pain education sessions which are run in collaboration with Pain Concern. *Airing Pain* is an internet radio programme. Our award-winning producer will create podcasts to publicise the importance of pain education to the public, policy makers, care-givers and patients.

### Aims & Objectives

Our overall aim is widening access to Pain Education: an initiative to support the 2018 the Global Year for Excellence in Pain Education. The widespread lack of knowledge and understanding of pain and its appropriate management is probably the single greatest obstacle we must overcome to improve the lives of people in pain.

Our objectives are:

- To use broadcasting to support and promote the International Association for the Study of Pain (IASP)'s Global Year for Excellence in Pain Education in 2018.
- To champion the importance of early access to peer-led, evidence-based pain education in a community setting.
- To inform and empower patients in practical steps they can take to manage their pain more effectively every day.

### Methodology

Education sessions on self-management of pain have been developed, tested and refined by the NHS GGC Pain Management Programme and the NHS GGC Chronic Pain Managed Clinical Network. They are delivered by trainers who have personal experience of chronic pain. The sessions last for two hours, and are a 'one-off' introduction to various topics relevant to the self-management of chronic pain. Pain Concern works in partnership with NHS GG&C, running the day-to-day administration of the classes.

Interviews for *Airing Pain* would be planned so that we cover key self-management topics from the sessions, including:

- Understanding pain and the science of pain
- Pacing and managing activity
- Stress management
- Sleep management
- Medical vs self-management
- Flare up management

*Airing Pain*'s producer will conduct the interviews with the trainers and with NHS GGC pain management programme staff.



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### Results

Participants at the Pain Education Sessions fill in a questionnaire after the session. 98% of participants report that they would recommend the sessions to others. From the results of previous evaluation, some 80% will report some health gain. We will ask people to fill in a short questionnaire. We will make it easy to give feedback; we use a rating system on our website and we invite comments. We anticipate that the extra publicity from the Global Year will promote the Pain Education Sessions in Greater Glasgow and Clyde and we estimate that an additional 150 will attend a session as a result.

A formal evaluation of *Airing Pain* showed it to be well received by listeners, with 80% saying they were helped by listening and over 90% saying they would recommend it to others. We anticipate 6,500 listens to each podcast made for the Global Year. We will monitor listener numbers and the geographical spread of listeners.

### Conclusions

Setting a standard of excellence in pain education is as important as setting a new clinical standard. Globally there is the potential to transform countless lives. That is why IASP's Global Year of Excellence in Pain Education matters so much and why it deserves support.

*"There is a continuing gap between what is known about effective pain management and the delivery of effective patient care. The presence of an education gap allows inappropriate treatments to be normalised and misunderstandings to bloom. Against this backdrop, there can be no better time than now to use the power of an IASP global initiative to shine a spotlight on pain education and help bridge the gap between knowledge and practice"* Professor Paul Wilkinson, Chair of IASP's Global Year Taskforce

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