

Changing Lives Through Community Pain Support Programmes

Award Winning

Pain Support Programmes (PSP) run by Northern Ireland (NI) community Healthy Living Centres (HLC) were recently recognised with two prestigious [PrescQIPP](#) awards:

- **Winner:** Category: Developing or Working across Integrated Care/Sustainability and Transformation Partnerships
- **Silver Award:** Voted second place overall of all 2020 award winners.

Background: An estimated 1 in 5 people in Northern Ireland live with chronic pain. Medication relieves chronic pain by around 30% only, in most cases. The PSPs aim to help people with chronic pain to learn new ways to manage their pain, reduce their reliance on medication and improve their quality of life.



The Programmes

32 twelve week PSPs were run in 16 HLCs across NI between September 2019 and March 2020. These were attended by approximately 500 people with chronic pain. Each week is devoted to specific activities known to help chronic pain. For example, as keeping moving is important, every week involves some light physical activity. Other weeks cover looking after your mind, the role of medication (by a local pharmacist) and the importance of having a 'pain self-management toolkit'. Sessions are also devoted to peer learning and sharing.



Examples of outcomes and feedback from the programmes (Sept - Dec 2019):

- 78% of participants completed the programme
- At the beginning of the programme, only 15% used self management strategies in addition to medication. This increased to 83% at week 12, and 91% 3 months after the end of the PSP
- 68% of all participants attended 8+ sessions and this resulted in an increase in Pain Self Efficacy¹ score for each individual of between 6-8 points (out of a total of 16).

"I was in utter shock when we talked about tablets and how we can become dependent (I myself was going that way!) I've learned that they don't control me, I control them!"

"I found the programme life-changing, mentally as well as physically"

"My first thought was that it (the pain programme) was going to take my pain away. Then I realised it's not going to go away but that I can manage it much better"

Kathy, one of the participants in the HLC PSPs, has shared her experience in this short 2 minute video: <https://vimeo.com/456582883>

¹ Pain Self Efficacy measures a person's confidence in functioning in the presence of pain.

January — March 2021 Programmes

HLCs (23 centres) continue to run PSPs and are now planning for the January – March 2021 programmes (see overleaf for list of participating centres and contact details). The programmes are open for self-referral; no formal referral is required. Centres will host PSPs virtually (e.g. via Zoom) according to local needs, and/or host small groups in line with social distancing and health and hygiene requirements. Where groups are held virtually, participants must be internet ready.

Healthcare professionals are encouraged to:

- Contact local HLCs to find out more about the PSPs and other services which may benefit their patients
- Signpost patients who may benefit from the PSPs to a participating centre.

Further information on the NI Healthy Living Centres can be found at: <http://www.hcalliance.org/>.

**Healthy Living Centres hosting Pain* Support Programmes
January - March 2021 (*Chronic non-malignant pain)**

<p>The Old Library Trust Healthy Living Centre Central Drive, Creggan, Derry. BT48 9QG 02871373871 Pete Simms - ptrsimms@gmail.com</p>	<p>East Belfast Community Development Agency- EBCDA 55 Templemore Avenue, Belfast. BT5 4FP 02890451512 Marie Templeton - marie@ebcda.org</p>
<p>Bogside and Brandywell Health Forum 128 Lecky Road, Brandywell, Derry. BT46 6NP 02871365330 Lorraine Barbour - lorraine@bbhealthforum.org</p>	<p>Shaftsbury Community and Recreation Centre, 97 Balfour Avenue, Belfast, BT7 2EW 02890312377 Natasha Brennan - nbrennan@lorag.org</p>
<p>OAK HLC, LITE House, Cross Street Lisnaskea, Fermanagh, BT92 0JE 02867723843 Davina Coulter - Davina.Coulter@oakhlc.com</p>	<p>Ardoyne/Shankill HLC The Houben Centre, 432 Crumlin Road, BT147TF 02890391225 Donna Hawkins - donna@ashlc.com</p>
<p>The ARC HLC, 116-122 Sallyswood, Irvinestown, Fermanagh BT94 1HQ 028 6862 8741 Aidan Ormsby - aidan.ormsby@archlc.com</p>	<p>Northern Area Community Network Old School House Mill Street, Cushendall, BT44 0RR 028 2177 2100 Veronica McKinley - health@nacn.org</p>
<p>Derg Valley HLC 5 Parkview Rd, Castlederg BT81 7BN 028 8167 0764 Michael Connolly - michael@dergvalleycare.com</p>	<p>Cookstown Western Shores Area Network 2 Hillhead, Stewartstown, Dungannon, BT71 5HY 028 8773 8845 Anita Kelly - healthalliance@cwsan.org</p>
<p>The Maureen Sheehan Centre 106 Albert Street, Belfast BT12 4HL 02890310346 Liz McShane - lizmcshane@btconnect.com</p>	<p>Causeway Rural and Urban Network 1 Brook Street, Coleraine, BT52 1PW 028 7034 4934 Lorna O'Neill - lorna@crun.org</p>
<p>Top of the Rock HLC, 689 Springfield Road, Belfast BT12 7FP 028 9244 5748 Ciara McCay - ciara@usdt.co.uk</p>	<p>TIDAL Toome House, 55 Main Street, Toome, County Antrim, BT413TF, 02879659199 Úna Johnston - tidal_toome@hotmail.com</p>
<p>The Resurgam Trust Laganview Enterprise Centre 69 Drumbeg Drive, Lisburn, BT28 1NY 02892528233 Gillian Lewis - gillian.lewis@resurgamtrust.co.uk</p>	<p>Peninsula Healthy Living Partnership 4 Church Grove, Kircubbin, Newtownards BT22 2SU 028 4273 9020 Sarah Hugget - shuggett.phl@gmail.com</p>
<p>County Down Rural Community Network Ballymote Centre, 40 Killough Road, Downpatrick, BT30 6PY 028 4461 2311 Paula Nixon - paula@countydownrcn.com</p>	<p>The Verve Project - Brownlow HSSC, 1 Legahory Centre, Brownlow, Craigavon, BT65 5BE 028 3756 3952 Lisa McAliskey - lisa.mcaliskey@southerntrust.hscni.net</p>
<p>Poleglass Community Association, Sally Gardens Lane, Bell Steele Road, Dunmurry, Belfast BT17 0UJ 02890627250 Laura Kelly - laura@sallygardens.org</p>	<p>The Clanrye Group Drumlane Mill, The Quays, Newry, County Down, BT358QS 07866746423 Claire Convery - claire.convery@clanryegroup.com</p>
<p>West Armagh Consortium 20 Cathedral Road, Armagh City, BT61 7QX 02837522759 Stephen McCleary - smccleary@btinternet.com</p>	<p>Kilkeel Development Association, The Nautilus Centre, Rooney Road, Newry, BT344AG 02841762525 Kate Cunningham - Kate@mournematters.org</p>
<p>Rural Health Partnership South Armagh, Wald Centre, Tullynavall Road, Cullyhanna, Newry, BT350PU, 02830861220: Margaret Mc Guire - ruralhealthpartnership@hotmail.co.uk</p>	<p><i>This bulletin has been produced by the Northern Ireland Regional Pharmacy and Medicines Management Team.</i> <i>If you have any queries, please contact one of the pharmacy advisers in your local HSCB Office.</i></p>