

# **Welsh Pain Society**

## **Policies & Objectives**

The Welsh Pain Society has during the AGM in November 2014 ratified the following set of Policies and Objectives on which to measure and develop pain services in Wales.

*Pain : An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. (IASP)*

### **General**

1. To support the biopsychosocial concept of pain and recognise its multifactorial nature.
2. To commit to a multidisciplinary/multidimensional team work approach to acute and chronic pain treatment.
3. To co ordinate and support the activites of the Pain Services of the 7 Health Boards in Wales.
4. To promote best practice.

### **Political**

1. To develop a critical awareness of the political, social economic and institutional factors that influence Pain Services.
2. To play an active role in the shaping of Pain Services in Wales via direct involvement with NSAG and WAG.

### **Research & Development**

1. To develop an All-Wales audit regarding Treatment Sites and Treatment Types to evaluate current practice and to inform future practice.
2. To develop appropriately structured Pain Pathways in Wales.
3. To develop robust outcome data across Wales which may be used to inform future management strategies.
4. To aim towards achieving a consensus in Wales regarding outcome measures.
5. To increase investment in all aspects of research, and to improve the evidence base in Wales.

### **Training & Education**

1. To provide targeted education for health professionals, health service managers, civil servants, politicians, individuals with pain, and to society in general when required.

2. To support the advancement of both medical and non-medical pain management education in undergraduate and post graduate medical training, the curricula of Health Professional Training and within Institutes of Higher Education in Wales.
3. To promote the prominence of Pain Medicine and to support both medical and non medical treatment of pain in the curricula of training establishments.
4. To work collaboratively with the Welsh Medical Training College.
5. To work collaboratively with all of the Welsh Professional Training Schools.
6. To work collaboratively with all Welsh Health Educational Organisations to promote and advance pain medicine and pain management education.

### **Evidence Base**

1. To ensure that service provision is based on the best clinical evidence available, and conforms to national guidelines and recommendations.
2. To ensure that clinicians are provided with clear guidelines regarding the efficacy of interventions.
3. To inform practitioners that reducing reliance on conventional medical strategies will not be achieved without appropriate levels of input from other members of the MDT.

### **Clinical**

1. To acknowledge that appropriate management of pain in its early history is likely to reduce the possibility of a long term chronic pain problem.
2. To accept that some patients may only need an assessment by one suitably trained and skilled health professional.
3. To accept that some patients may require an assessment by a multi-disciplinary team (MDT) of health professionals.
4. To ensure that appropriate systems are in place to allow the most appropriate assessment to take place.
5. To encourage the development of multi-speciality MDT meetings eg palliative, surgical, medical.
6. To ensure that all aspects of pain management modalities are available throughout Wales.
7. To ensure that Pain Management Programmes (PMP) comply with BPS recommendations.
8. To accept that simultaneous application of a number of different strategies for relief of pain is more beneficial than monotherapy.
9. To ensure that a broad range of outcome measures are collected.
10. To ensure that the patient/person is at the centre of clinical practise, and that pain management planning is orientated to each patient. The aims are to empower the individual and to develop self management skills.

11. To support the inclusion of health professionals of all disciplines who wish to gain experience and expertise in the field of Pain Medicine.
12. To promote an environment of integration and teamwork within a clinical setting.
13. To ensure that equality and diversity is practised.

#### **Sites and Treatment Type**

1. To acknowledge that locality variations will dictate the setting for a chronic pain clinic.
2. To encourage the placements of PMPs in a community setting.
3. To acknowledge that some pain treatments and interventions will require a hospital setting, ideally within a day surgical setting or fluoroscopy suite.
4. To discourage practice involving surgical theatre space and utilising hospital beds for interventions unless clinically indicated.

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