


## Event Summary

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### GP Cluster Improvement Network Chronic Pain Management in Primary Care

6 March 2024

 his.pcpteam@nhs.scot

 @SPSP\_PC

#### Aims

1. Learn about quality improvement (QI) work done on chronic pain management in primary care.
2. Come together with colleagues to discuss how to drive a chronic pain QI project.
3. Network and connect with Cluster Quality Leads (CQLs), Practice Quality Leads (PQLs) and others supporting clusters across Scotland.

#### Engagement

**103** people registered for the event. This included **32** CQLs, **17** PQLs and **13** pharmacists, as well as HSCP/health board members and Public Health Scotland colleagues.

#### Presentations

##### **Approaching chronic pain in practice**

Blair Smith – Professor of Population Health Science, University of Dundee

Blair introduced the topic of chronic pain, sharing data on its prevalence and impact across Scotland and association with morbidity and mortality. He put forward a multidisciplinary approach to managing chronic pain that can enable patients to live well with chronic pain. He also highlighted a number of useful resources, including the Scottish Pain Service Model, SIGN Guidelines, and the Scottish Government Framework for Pain Management Service Delivery.

##### **Resources**

[Pain management service delivery framework: implementation plan update](#)

[Presentation slides](#)

##### **Data to support improvement work on chronic pain management in primary care**

Duncan Sage – Principal Information Analyst, Local Intelligence Support Team (LIST), Public Health Scotland

Duncan presented a guide to some of the sources of data and information available to support quality improvement (QI) work on chronic pain management in primary care collated by LIST. These included prescribing data sources, secondary care pathways, the patient perspective, policy and guidance, and patient support.

##### **Resources**

- Links to these resources were included in the [presentation slides](#).

## Presentations continued

### Chronic Pain QI Cluster Project

Mark Kirk, Locality Lead GP, Hamilton, NHS Lanarkshire

Mark shared a cluster QI project he led as a cluster quality lead in the Larkhall/Stonehouse cluster, which sought to reduce prescriptions of opioid analgesics and gabapentanoids.

His honest and realistic delivery of the challenges they faced during this project really captured the audience. He encouraged attendees to make a start on their own projects, involve the wider MDT, use the LIST team and other data support available, and be patient, as change doesn't always happen quickly.

[Presentation slides](#)

### Supporting successful cluster working throughout Lanarkshire

Veronica Rainey, Associate Medical Director, South Lanarkshire HSCP  
Judith Cain, Senior Improvement Manager, NHS Lanarkshire Primary Care Improvement Team

Judith and Veronica shared an overview of the supports in place for cluster working in NHS Lanarkshire via their Primary Care Improvement Team, which includes Improvement Advisors and admin support staff. These include:

- A biannual programme of cluster events with a focus on education, sharing and learning
- Support with administration, improvement, data, QI skills and sharing of learning, delivered via the Primary Care Improvement team
- A series of lunchtime QI sessions to support change and quality improvement across primary care.

There was a clear emphasis on a commitment to listening to CQLs and providing support based on their needs.

[Presentation slides](#)

## Breakout Discussions



### Chronic Pain

Small group discussions on chronic pain considered the following questions:

1. Taking into account the conversation earlier in the session about chronic pain, please consider the patient journey and clinician experience. Where are the areas in need of improvement? Considering the Scottish Framework areas of person-centred care, timely access to care, safe & effective treatments and improved QOL and wellbeing could help focus your discussions.
2. Which changes could make a difference in these areas?
3. What would you try first? What would have the greatest impact? What would be easiest to achieve?
4. How would you go about this? Is your team ready for this? Who else do you need to involve or keep informed?

### Support for clusters in Lanarkshire

Other attendees joined a group discussion where they heard more about the support available for cluster working in NHS Lanarkshire and shared their experiences of varying levels of support in their own boards.

## Feedback

- **100%** of survey respondents said that they **gained insights, ideas and knowledge** that would help them in leading or supporting cluster working.
- **“There are so many people you can ask for help and advice.”**

## Next steps

- **Continuing the conversations** in the GP Cluster Improvement Network MS Teams channel.
- **Planning future network activities** based on feedback from network members.

**Thank you to all participants and speakers!**