



Reducing harm for people with chronic pain by reducing the prescribing of opioids

Contents

Introduction to this resource pack	1
Reducing harm for people with chronic pain by reducing the prescribing of opioids	2
RESOURCES TO SUPPORT PATIENTS	2
Self-management resources for persistent pain	2
National resources	2
Support for mental health and wellbeing	2
Local resources for talking therapies (IAPT)	2
Local resources to support wellbeing	3
Social prescribing	4
Exercise	4
Local resources	4
Physiotherapy	5
National resources	5
Local resources	5
Acupuncture	6
Local resources	6
Pain management programmes	6
Local resources	6
RESOURCES TO SUPPORT STAFF	7
Scale of opioid prescribing in chronic (non-cancer) pain	7
National resources	7
Guidance and patient resources	8
Local resources	8
Medicines	9
National resources	9
Local resources	9
Shared decision making with patients	9
Quality Improvement	10
Education and Training	10

Introduction to this resource pack

This set of resources has been designed to accompany the Health Innovation Network (HIN) South London Opioid Stewardship Action Learning Set 2023–24. As well as the HIN's local delivery on the Medicines Safety Improvement Programme's (MedSIP) ambition to reduce harm for people with chronic (non-cancer) pain by reducing the prescribing of opioids. It has been developed to support clinicians working in integrated care systems (ICSs) across South London.

It is important to remember the following:

- Opioids are very good analgesics for acute pain and for pain at the end of life but there is little evidence that they are helpful for long term pain.
- Chronic (persistent) pain is complex and is influenced by the degree of tissue injury, emotions, previous experiences of pain and the patient's understanding of the cause and significance of pain. We have chosen to use the term persistent pain to describe the on-going impact of pain on people's lives.
- Medications should be used in conjunction with non-pharmacological interventions such as advice regarding exercise, physical activity, psychological therapy, physiotherapy, and an explanation that pain may be resistant to medication and complete relief of symptoms is NOT a goal of therapy.
- It is important to understand that persistent pain affects every aspect of a person's well-being. The promotion of self-care must acknowledge a person living persistent pain as a whole person.

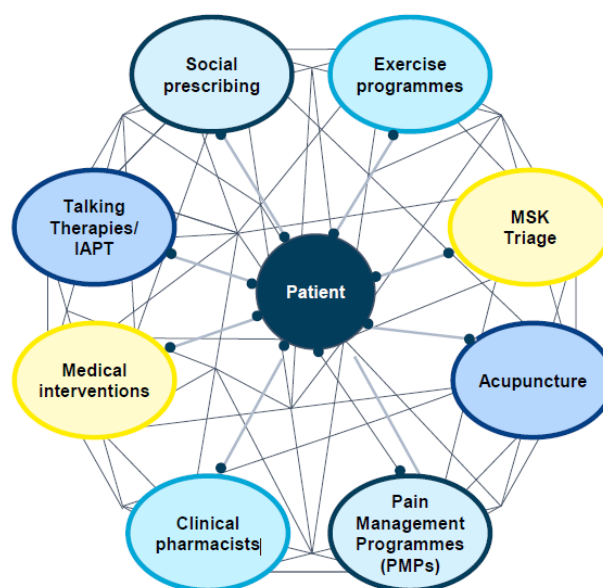


Image used with permission from the South East London Integrated Care Board Chronic MSK Pain Programme (2023)

Reducing harm for people with chronic pain by reducing the prescribing of opioids

Health Innovation Network South London Resource Pack

Resources to support patients

This section includes national and local resources to better understand and manage the impact of persistent pain on patient's wellbeing.

Self-management resources for persistent pain

National resources

- [Action on Pain](#)
- [British Pain Society People Living with Pain](#)
- [Flippin' Pain](#)
- [RetrainPain](#)
- [Live Well with Pain](#)
- [NHS 10 ways to reduce pain](#)
- [The Pain Toolkit](#)
- [Painkillers Don't Exist](#)

Support for mental health and wellbeing

Local resources for talking therapies (IAPT)

South east London

- Bexley <https://mindinbexley.org.uk/talking-therapies/>
- Bromley <https://www.bromleyhealthcare.org.uk/explore-our-services/talk-together-bromley/>
- Greenwich <https://oxleas.nhs.uk/greenwich-time-to-talk/>
- Lambeth <https://lambethtalkingtherapies.nhs.uk/>
- Lewisham <https://lewishamtalkingtherapies.nhs.uk/>
- Southwark <https://talkingtherapiessouthwark.nhs.uk/refer-yourself/>

Mind, the mental health charity

- Bromley, Greenwich, Lambeth, Lewisham, and Southwark Mind <https://selmind.org.uk/about-us/>
- Bexley Mind <https://mindinbexley.org.uk/>

South west London

- Croydon www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/
- Kingston www.icope.nhs.uk/kingston/
- Merton www.mertonuplift.nhs.uk/psychological-therapies/
- Richmond www.richmondwellbeingservice.nhs.uk/
- Sutton www.suttonuplift.co.uk/
- Wandsworth www.talkwandsworth.nhs.uk/

Mind, the mental health charity

- Croydon Mind – www.mindincroydon.org.uk/
- Brent, Wandsworth and Westminster Mind – www.bwwmind.org.uk/
- Mind in Kingston – www.mindinkingston.org.uk/
- Richmond Mind – www.rbmind.org/

Local resources to support wellbeing

South east London

- Bexley <https://www.bexley.gov.uk/services/health-and-social-care/health-and-wellbeing/lookingafter-your-health>
- Bromley <https://www.bromleywell.org.uk/>
- Greenwich <https://livewellgreenwich.org.uk/>
- Lambeth <https://lambethtogether.net/living-well-network-alliance/>
- Lewisham <https://blgmind.org.uk/lewisham-mental-health/community-wellbeing/>
- Southwark <https://www.together-uk.org/southwark-wellbeing-hub/about-the-hub/>

South west London

- Croydon <https://croydonhws.co.uk/about/>
- Kingston <https://www.kingstonwellbeingservice.org/>
- Merton <https://www.mertonuplift.nhs.uk/further-information/our-team/wellbeing-service>
- Richmond <https://www.richmondwellbeingservice.nhs.uk/>
- Wandsworth <https://www.southwestlondon.icb.nhs.uk/find-nhs-services/mental-health/wandsworth/wandsworth-wellbeing-hub/>
- Sutton <https://www.suttonuplift.co.uk/services/wellbeing>

Social prescribing

South east London

Please note that individual primary care networks may have social prescribing offers.

- Bexley <https://www.bvsc.co.uk/community-connect>
- Bromley <https://www.bromleywell.org.uk/> and <https://bromley.simplyconnect.uk/>
- Greenwich <https://greenwich.simplyconnect.uk/about-us>
- Lambeth <https://lambeth.simplyconnect.uk/> and <https://www.ageuk.org.uk/lambeth/our-services/mycommunity-7d988612-d7dc-ec11-bea2-00155d806b13/>
- Lewisham <https://communityconnectionslewisham.org/what-is-ccl/> and <https://lewisham.simplyconnect.uk/>
- Southwark Please visit your local GP practice website for more information

South west London

Please note that individual primary care networks may have social prescribing offers.

- Croydon <https://cvalive.org.uk/abcd/social-prescribing/>
- Kingston <https://kva.org.uk/kingston-s-vcs/connected-kingston/>
- Merton <https://www.mertonconnected.co.uk/community/social-prescribing>
- Richmond <https://www.hrch.nhs.uk/patients-and-families/social-prescribing>
- Sutton <https://www.suttonpcns.co.uk/sign-up-to-social-prescribing-sutton/>
- Wandsworth <https://enablelc.org/socialprescribing>

Exercise

Local resources

South east London

- Bexley <https://www.bexley.gov.uk/services/parks-leisure-and-libraries/sport-and-fitness>
- Bromley <https://www.bromley.gov.uk/BeActive>
- Greenwich <https://livewellgreenwich.org.uk/livingwell/greenwich-get-active/>
- Lambeth <https://www.lambeth.gov.uk/children-young-people-and-families/young-peoples-support/staying-healthy/be-active>
- Lewisham <https://lewisham.gov.uk/inmyarea/sport/get-active/exercise-and-fitness-sessions>
- Southwark <https://www.southwark.gov.uk/leisure-and-sport/local-sport-and-physical-activities?chapter=3>

South west London

- Croydon <https://www.croydon.gov.uk/libraries-leisure-and-culture/sports-and-physical-activity>
- Kingston <https://www.kingston.gov.uk/get-active>
- Merton <https://www.oneyoumerton.org/better-health/be-active/>

- Richmond https://www.richmond.gov.uk/services/public_health/your_health/healthy_lifestyle/physical_activity
- Sutton <https://www.sutton.gov.uk/w/get-active>
- Wandsworth https://www.wandsworth.gov.uk/health/physical_activity

Physiotherapy

This section includes national and local resources to support patients to be maintain and enhance physical activity to better manage chronic pain. `

National resources

- [Moving Medicine](#)
- [Chartered Society of Physiotherapy – Chronic Pain](#)
- [Chartered Society of Physiotherapy – Managing Your Pain](#)

Local resources

[South east London](#)

Please note that physiotherapy services and patients' eligibility may vary across the boroughs.

- Bexley <https://bexleymsk.engage.gp/self-referral>
- Bromley <https://www.bromleyhealthcare.org.uk/explore-our-services/physiotherapy-adults/> and <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/bromley/>
- Greenwich <https://cic.circlehealthgroup.co.uk/greenwich/>
- Lambeth <https://www.guysandstthomas.nhs.uk/referral-guide/msk-physiotherapy>
- Lewisham <https://www.lewishamandgreenwich.nhs.uk/outpatient-physiotherapy/>
- Southwark <https://www.guysandstthomas.nhs.uk/referral-guide/msk-physiotherapy>

[South west London](#)

Please note that physiotherapy services and patients' eligibility may vary across the boroughs.

- Croydon <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/croydon/>
- Kingston <https://kingstonhospital.nhs.uk/department/physiotherapy-department/>
- Merton <https://www.connecthealth.co.uk/services/merton/>
- Richmond <https://hrch.nhs.uk/services/search-services/physiotherapy-msk-hounslow-and-richmond>
- Sutton <https://www.suttonhealthandcare.nhs.uk/community-musculoskeletal-service>
- Wandsworth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/wandsworth/>

Acupuncture

Local resources

South east London

Please note that acupuncture services and patients' eligibility may vary across the boroughs.

- Bexley <https://careservices.bexley.gov.uk/Services/1102/Bexley-MSK-Service>
- Lambeth [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request to gst-tr.gatewayacupuncture@nhs.net
- Lewisham [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request to gst-tr.gatewayacupuncture@nhs.net
- Southwark [Gateway clinic](#) - offers acupuncture treatment for chronic pain. GPs can email request to gst-tr.gatewayacupuncture@nhs.net

South west London

Please note that acupuncture services and patients' eligibility may vary across the boroughs.

- Kingston - available for patients under the care of Kingston University Hospitals Pain Management Service
- Sutton – [offers acupuncture treatment for chronic pain. GPs can email Pain clinic referrals: Acupuncture.referrals@rmh.nhs.uk](#)
- Wandsworth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/wandsworth-msk-locations/>

Pain management programmes

Pain Management Programmes (PMPs) help people to live with chronic pain by helping them to learn ways of dealing with the disabling effects and distress caused by being in pain.

They involve talks and practical sessions where people learn about pain and ways to control and limit pain. They also mention how to exercise safely and build up activity levels using a number of different techniques.

PMPs vary; some are two-to-four-week residential programmes while others are based in hospital outpatient departments, or community settings, and continue for several weeks.

Local resources

South east London

- Bexley RESTORE <https://bexleymsk.engage.gp/persistent-pain/restore-pain-management-programme> RESTORE is an outpatient group programme for anyone with persistent pain who has a Bexley GP. INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Bromley Chronic Pain and Fatigue workshop <https://www.talktogetherbromley.co.uk/chronic-pain-fatigue/>; Joint Pain Programme <https://www.arthritisaction.org.uk/exdirectory/free-joint-pain-programme-bromley/>; INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>

- Greenwich INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Lewisham Centre for Active Lifestyle Management (CALM) programme <https://www.lewishamandgreenwich.nhs.uk/centre-for-active-lifestyle-management-calm/> *Referrals only accepted from pain specialist such as a consultant in chronic pain, pain nurse specialist, physiotherapist (including musculoskeletal triage), rheumatologist or orthopaedic surgeon for those registered with a Lewisham GP; INPUT Pain management programme* <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Lambeth INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>
- Southwark INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>

South west London

- Kingston Pain Management Programme (Kingston Hospital) <https://kingstonhospital.nhs.uk/wp-content/uploads/2019/12/pain-management-leaflet.pdf> *Patients need to be referred to the Kingston University Pain Clinic*
- Merton Chronic Pain Management Support <https://www.mertonuplift.nhs.uk/2-uncategorised/33-chronic-pain> *Self referrals from anyone living in Merton or registered with Merton GP; Centre of Pain Education (COPE) <https://www.epsom-sthelier.nhs.uk/centre-of-pain-education>*
- Richmond Pain Management Programme (Kingston Hospital) <https://kingstonhospital.nhs.uk/wp-content/uploads/2019/12/pain-management-leaflet.pdf> *Patients need to be referred to the Kingston University Pain Clinic*
- Sutton Centre of Pain Education (COPE) <https://www.epsom-sthelier.nhs.uk/centre-of-pain-education>
- Wandsworth Chronic Pain Self-Management Team (CPSMT) <https://www.stgeorges.nhs.uk/service/neuro/chronic-pain/chronic-pain-self-management-team-cpsmt/> *Referrals accepted from medical doctor or extended scope practitioner physiotherapist only; INPUT Pain management programme <https://www.guysandstthomas.nhs.uk/referral-guide/input-pain-management>*

Resources to support staff

Scale of opioid prescribing in chronic (non-cancer) pain

This section includes information on the changing place in therapy in chronic pain and the scale of opioid prescribing.

National resources

Data

[Opioid Prescribing Comparators dashboard | NHSBSA](#) – Dashboard (please note you must register to access)

[Using the NHS BSA Opioids Comparators Dashboard \(video\)](#)

[Opioid Comparators Specification 6 May 2022 - EPS release.docx \(live.com\)](#)

[Open Prescribing Opioid Prescribing Measures](#)

[PrescQIPP High Dose Opioid Audits](#) (please note your borough needs to have registered with PrescQIPP for you to access this resource)

[Importable search templates for high dose opioids](#)

Prescribing Data E-learning

NHS North of England Care Systems Support (NECS) have developed a prescribing data e-learning programme in conjunction with the Health Innovation North East and North Cumbria (NENC). It is available to any healthcare professional and will enable users to gain an understanding of how to access and use prescribing data.

[Explainer video on the programme](#)

[Access Prescribing Data E learning](#)

Guidance and patient resources

[Opioids Aware: a general practice audit of high-dose opioid prescribing NHS England Midlands and East Royal College of Anaesthetists Recipe Book Opioid Use in Chronic Pain – Quality Improvement](#) (see pages 10 to 12)

[Faculty of Pain Medicine Opioids Aware Campaign](#)

[NICE guidance \[NG 193\] Chronic pain \(primary and secondary\) in over 16s: assessment of all chronic pain and management of chronic primary pain](#)

[NHS Scotland Opioid prescribing for Chronic Pain](#)

[Health Innovation North East and North Cumbria OUCH \(Opioid Use Change\) video](#)

Cornwall and Isles of Scilly ICS – [Chronic Pain in Cornwall](#)

Somerset ICS – [Pain Management](#)

[Dorset Opioid Prescribing for Chronic Pain: Resource Pack](#)

Oxford University Hospitals NHS Trust - [Resources For GPs Regarding Opioids and Chronic Pain](#)

[Health Innovation North East and North Cumbria Opioid NHS Insights Prioritisation Programme](#)

Local resources

[South east London](#)

[South East London Pharmacological Management of Adult Non-Cancer Chronic Pain in Primary care](#)

Medicines

This section includes resources to help with reviewing the appropriateness of medicines prescribed for chronic pain.

National resources

[Opioid Tapering Resource Pack](#)

[Pain relief foundation Strong Opioids For Chronic Pain](#)

[Toolkit for tackling chronic opioid use in non-cancer pain](#)

[Case studies](#) from people who have experience with chronic pain and opioid tapering.

Local resources

[South east London](#)

[South East London Pharmacological Management of Adult Non-Cancer Chronic Pain in Primary care](#)

[South west London](#)

[South West London Joint Medicines Formulary](#)

Shared decision making with patients

[European Pain Federation Plain Talking Health Literacy guidance](#)

[5'As Behaviour Change Model Adapted for Self-Management](#)

[eLearning for Health Shared Decision Making](#)

[CPPE Shared decision-making programme](#)

[Royal College of General Practitioners Person-Centred Care toolkit](#)

[Health Innovation North East and North Cumbria Opioid National Improvement Programme NHS Insights Prioritisation Programme](#)

[NHS England Shared Decision Making: Summary Guide](#)

[Video Group Clinics - eLearning for healthcare \(e-lfh.org.uk\)](#)

[Sean's Story - There is another way - YouTube](#)

[Challenges of living with chronic pain – Lambeth Together](#)

[Health Innovation Network South London Chronic Pain Experienced-based Co-design](#)

[NHS England » Personalised care](#)

[Healthwatch Derby Chronic Pain Experiences 2022](#)

[“Implementing a realistic approach to pain management in primary care webinar part 2”](#) [Link to the slides and other useful resources can be found here](#) (thanks to Heath Innovation East Midlands)

[“The holistic patient - Introduction to the biopsychosocial approach to pain management”](#)

I-WOTCH = “8 to 10 week programme with a mixture of group sessions (facilitated by ...**a trained lay person with chronic pain and experience of opioid tapering...**”

Quality Improvement

[NHS England First Steps Towards Quality Improvement](#)

[Institute for Healthcare Improvement Quality Improvement Essentials Toolkit](#)

[NHS East London Foundation Trust Quality Improvement](#)

[Health Foundation Quality Improvement Made Simple](#)

[Health Care Quality Improvement Partnership A guide to quality improvement tools](#)

[NHS Institute for Innovation and Improvement The Handbook of Quality and Service Improvement Tools](#)

[St George’s Healthcare NHS Trust The Improvement Handbook](#)

Education and Training

[Centre for Postgraduate Pharmacy Education \(CPPE\) Opioids Programme](#)

[CPPE Deprescribing Opioids in Chronic Pain](#)

[PrescQIPP e-learning on reducing opioid prescribing in chronic pain](#)

[Red Whale Chronic Pain webinar](#) (please note you must register to access)

[Royal College of General Practitioners e-learning on Chronic Pain in Adults](#)

[British Pain Society Education Resources](#)