

Report sponsor: Steve Studham, Chair,
Healthwatch Derby

Report author: James Moore, CEO,
Healthwatch Derby

Healthwatch Derby Chronic Pain Experiences Report 2022

Purpose

- 1.1 The purpose of this report is to provide the Health and Wellbeing Board (HWB) with an overview of the Healthwatch Derby - Chronic Pain Experiences Report 2022

Recommendation

- 2.1 To consider and note the contents of this report.

Reason

- 3.1 To ensure that the HWB is aware of the report and its findings which supports the HWB in its role in improving the health and wellbeing of the local population and reducing health inequalities.

Supporting information

- 4.1 Chronic or persistent pain is pain that lasts longer than 12-weeks and affects a patient constantly or intermittently despite receiving treatment or medication. Some Chronic pain can be caused by inflammation or damage to tissues or nerves in the body or underlying medical conditions, however, some pain can be a condition in its own right.
- 4.2 The Health Survey for England (NHS Digital – 2017) discovered that 34% of the UK population are affected by chronic pain - 28 million people - and accounts for up to five million GP appointments per year. This has far reaching affects on quality of life of these patients, with limited ability to carry out regular daily activity leading to an increase in mental health issues and job losses. The situation affects more women (37%) than men (31%) and the numbers increase with age.
- 4.3 With the prevalence of those experiencing Chronic Pain being so high in numbers and the large amount of internet searches of those who are looking for help around Chronic Pain, Healthwatch Derby designed a survey to discover what is happening in 2022 to support these patients, how they are coping with their pain on a daily basis, and whether improvements can be made.

- 4.4 Our survey was open between 5th April and 12th July and we received a total of 309 responses..
- 4.5 The report has been well received across the local and national system and will help shape improvements.
- 4.6 Outcomes:

- The feedback received from this survey will be shared with our Derbyshire System partners to further inform the changes we make and support our continuing dialogue on these topics.

Patient Experience Team NHS Derby and Derbyshire Integrated Care Board / Joined Up Care

- **Head of PCN & Deputy Practice Manager Lister House Surgery, PCCO PCN**

Our Health & Wellbeing Coaches, have created a programme with the aim of increasing our patient's ability to self-manage their conditions and to live well with pain. They wanted to support our patients to improve their overall wellbeing, increase their confidence and knowledge to enable them to take control of their own life, At the end of the programme some wanted to set up a peer support group which will offer sustainable support for people with chronic pain within the community.

- I found this report to be insightful and compelling. It is a very significant piece of work and contributes greatly to our understanding of the experiences of people living with persistent pain.

Patient Safety Specialist & Clinical Improvement Lead Medicines Safety Improvement Programme, NHS England

- The results in this report create an incredibly useful picture that highlights the complexity of chronic pain and the challenges associated with living with the condition. The stories shared by respondents living with chronic pain are particularly powerful and we hope the survey findings will improve everyone's understanding about chronic pain and drive improvements to services. As part of the National Medicines Safety Improvement Programme, we will use this report to support our current work with Derby and Derbyshire ICB to improve the lives of people living with chronic non-cancer pain by reducing the harm from opioids.

**Medicines Safety Lead Pharmacist
East Midlands Academic Health Science Network**

Public/stakeholder engagement

- 5.1 Healthwatch Derby Healthwatch developed a survey open between 5th April and 12th July and received a total of 309 responses.

Other options

- 6.1 None considered.

Financial and value for money issues

- 7.1 None.

Legal implications

- 8.1 None.

Climate implications

- 9.1 None.

Other significant implications

- 10.1 None.

This report has been approved by the following people:

Role	Name	Date of sign-off
Legal Finance Service Director(s) Report sponsor(s) Other(s)	James Moore, CEO/ Steve Studham, Chair, Healthwatch Derby	27/10/2022
Background papers: List of appendices:	Healthwatch Derby - Report (attached) Chronic Pain Experiences 2022	