

# Meeting the Challenge of Chronic Pain

**Jonathan Kenyon**

Pain Lead, SMSKP

Pain ESP

Physiotherapy Clinical Team Lead



**PAIN**

**DOCTOR**



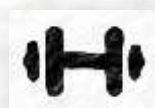
**ASSESSMENT**



**DIAGNOSIS**



**TREATMENT**



**CURE**





**PAIN**

**DOCTOR**



**ASSESSMENT**

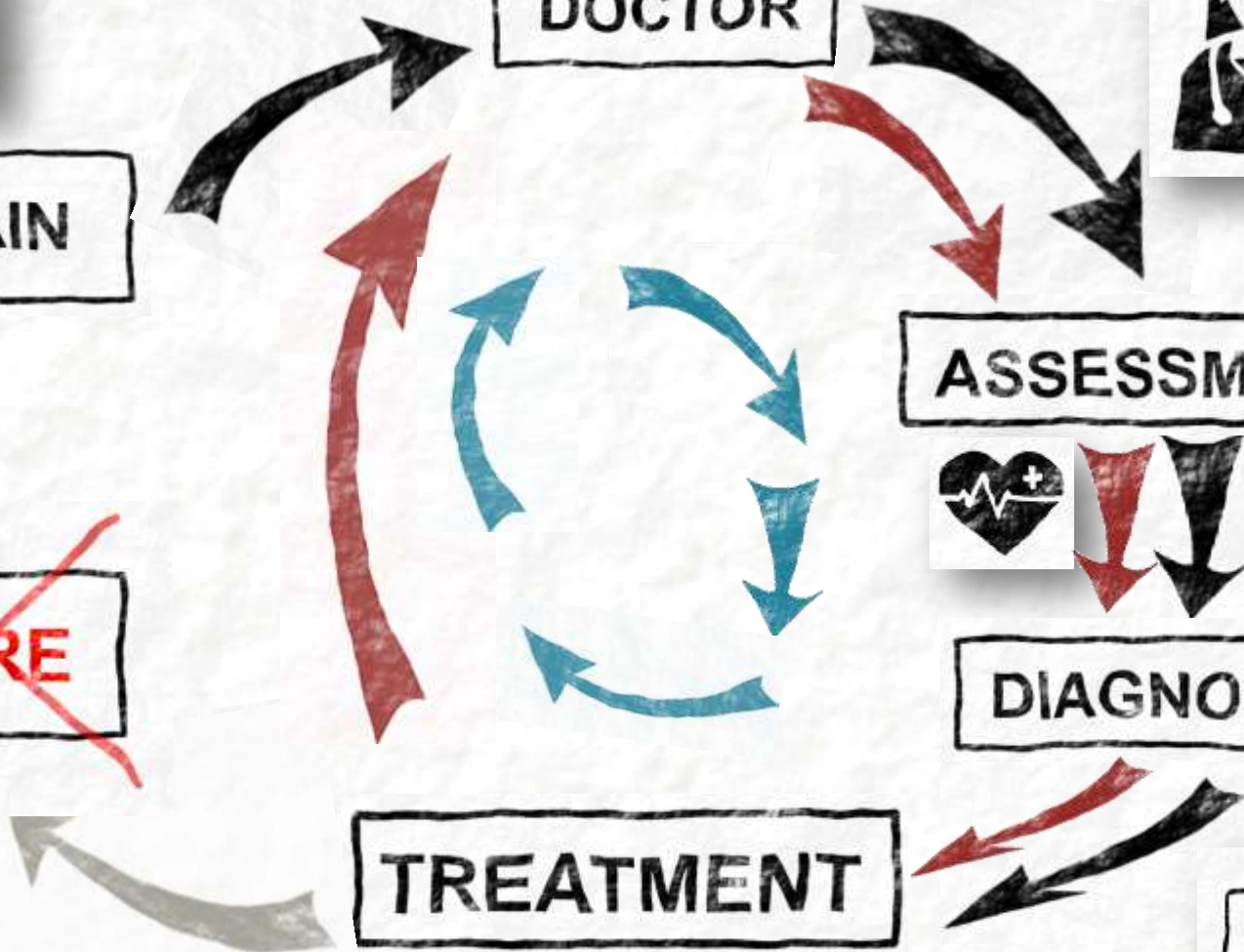
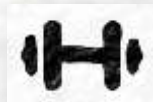


**DIAGNOSIS**



~~**CURE**~~

**TREATMENT**



**PAIN +**



I'm fed up and  
no one cares!!

Why can't someone tell  
me what's going on ?

I keep getting told  
different things

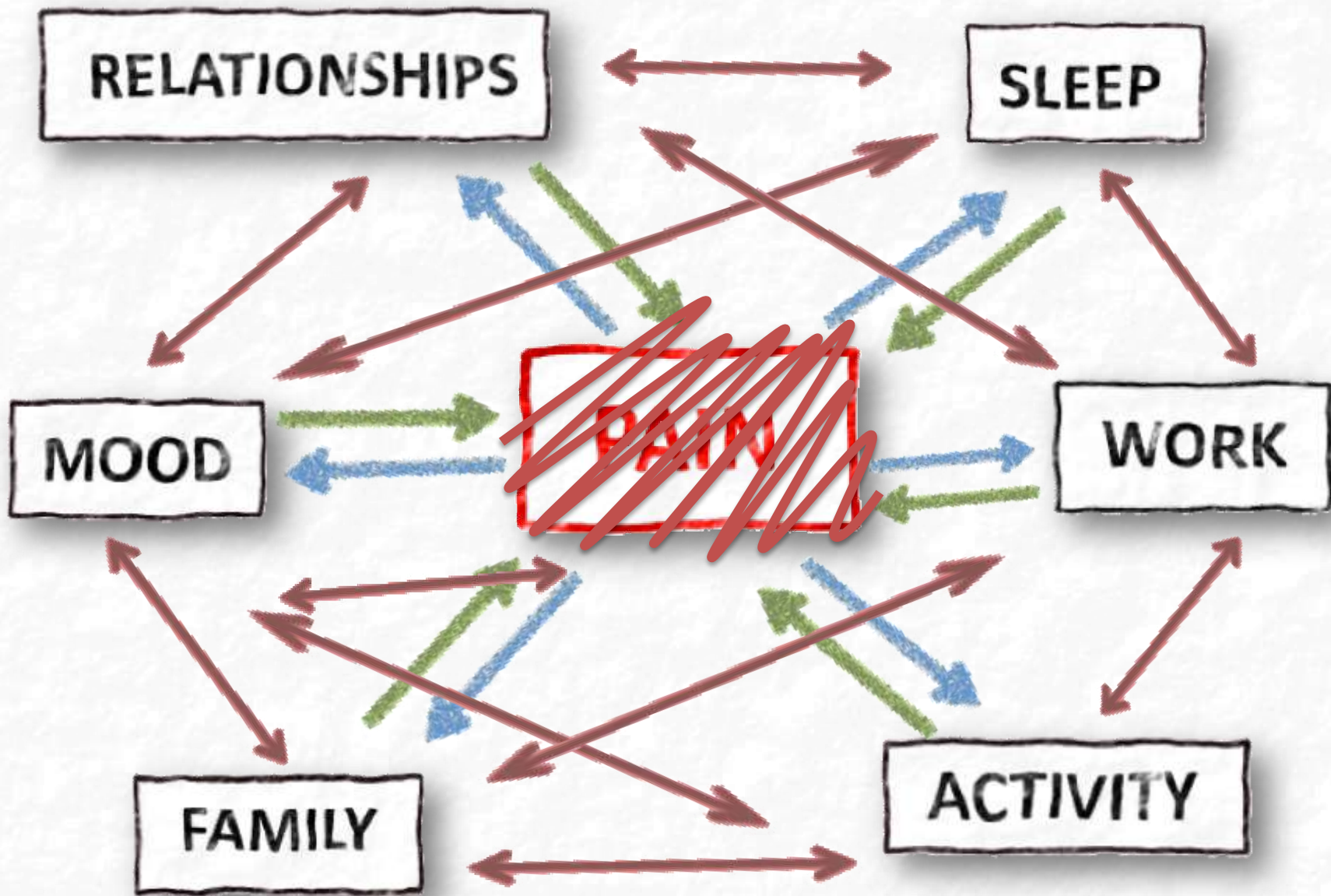
It's getting worse and  
no one can do anything

They think it is in my head





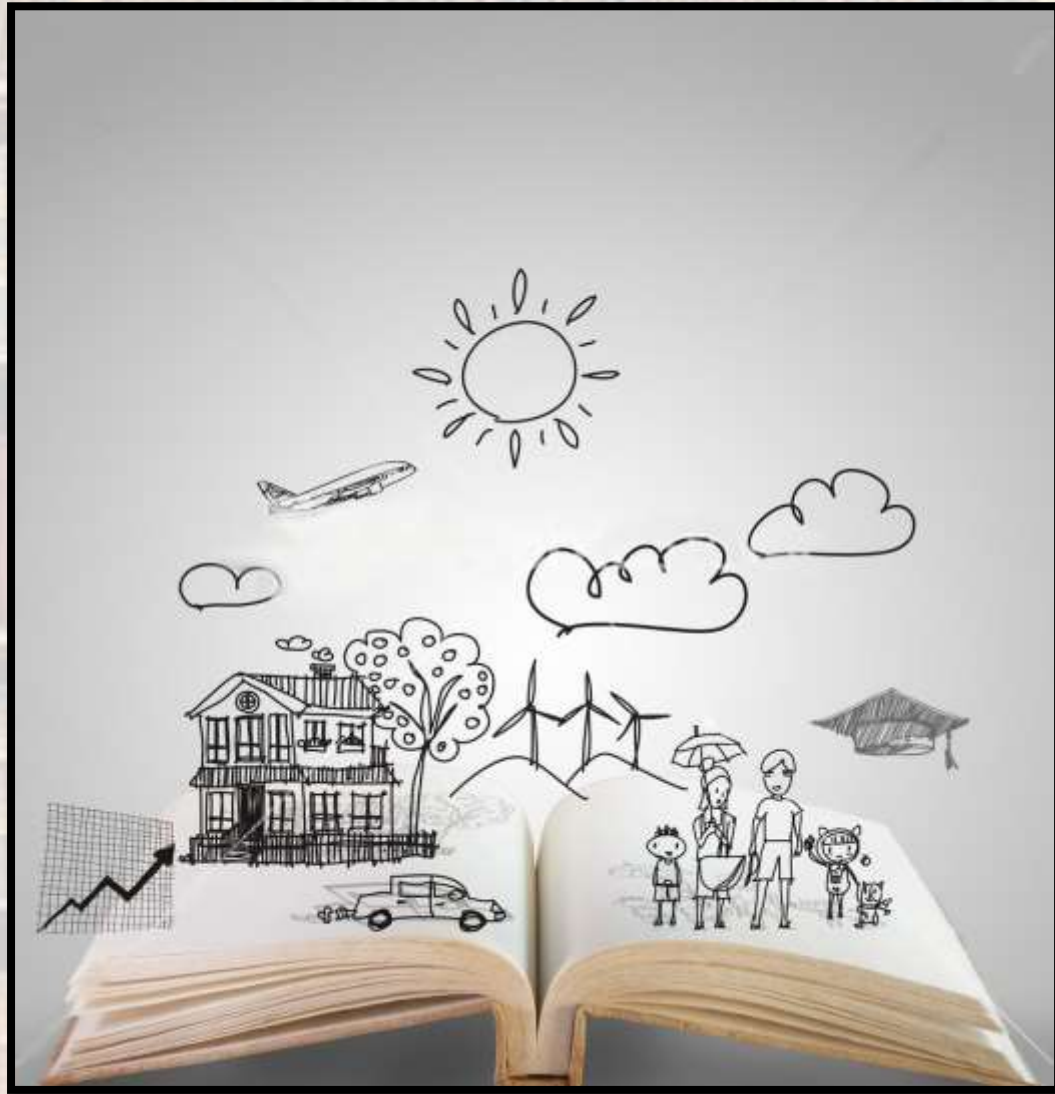












# What do we need to do?



## **Prevent chronicity developing**

- **Identify those at risk as early as possible**
- **Stop the cycle of multiple interventions and investigations – if possible**
- **Address patients beliefs and behaviours at the earliest opportunity**

# Pain is not a single entity



**“Unpleasant sensory and *emotional* experience”**

**It's associated with fear, anxiety, depression, catastrophising, avoidance, negative thoughts etc. . .**

**Successful treatments address both experiences**

# **EARLY IDENTIFICATION**

## **STaRT Back:**

Identifies people at risk of developing chronicity  
Allows us to target treatment and prevent the development of secondary problems

**LOW RISK** – Back Education Group

**MEDIUM RISK** – Physiotherapy

**HIGH RISK** – 1:1 Physio, FRP, PMP, 1:1 Psychology or referral to a pain practitioner (physiotherapist with a special interest in managing chronic pain)



## The Keele STarT Back Screening Tool

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Thinking about the last 2 weeks tick your response to the following questions:

	Disagree 0	Agree 1
1 My back pain has spread down my leg(s) at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
2 I have had pain in the shoulder or neck at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3 I have only walked short distances because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4 In the last 2 weeks, I have dressed more slowly than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5 It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6 Worrying thoughts have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7 I feel that my back pain is terrible and it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>
8 In general I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how bothersome has your back pain been in the last 2 weeks?

Not at all      Slightly      Moderately      Very much      Extremely

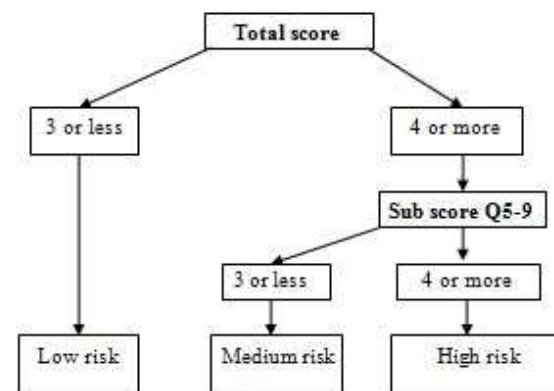
☐      ☐      ☐      ☐      ☐

0      1      2      3      4

Total score (all 9): \_\_\_\_\_ Sub Score (Q5-9): \_\_\_\_\_

© Keele University 01/08/07  
Funded by Arthritis Research UK

## The STarT Back Tool Scoring System



© Keele University 01/08/07  
Funded by Arthritis Research UK

# **EARLY IMPLEMENTATION**

## **NON SPECIFIC LOW BACK PAIN**

- Initially managed within primary care
- If no improvement within two weeks – refer to Physiotherapy
- ? Attach STarT Back to referral

## **OTHER PAINS**

Refer to physiotherapy if you feel that patient's:

- Beliefs and behaviours are affecting their pain
- That they would benefit from advice and information to decrease anxiety and fear about their condition
- Need to be maintain activity

## Keele STarT Back Screening Tool

1. Has your back pain spread down your leg(s) at some time in the last 2 weeks
2. Have you had pain in the shoulder or neck at some time in the last 2 weeks
3. Have you only walked short distances because of your back pain
4. In the last 2 weeks, have you dressed more slowly than usual because of back pain
5. Do you think **it's not really safe** for a person with a condition like yours **to be physically active**
6. Have **worrying thoughts** been going through your mind a lot of the time
7. Do you feel that your back **pain is terrible and it's never going to get any better**
8. In general have **you stopped enjoying all the things you usually enjoy?**

9. Overall, how bothersome has your back pain been in the last 2 weeks?

<b>Not at all</b>	<b>Slightly</b>	<b>Moderately</b>	<b>Very much</b>	<b>Extremely</b>
0	0	0	1	1

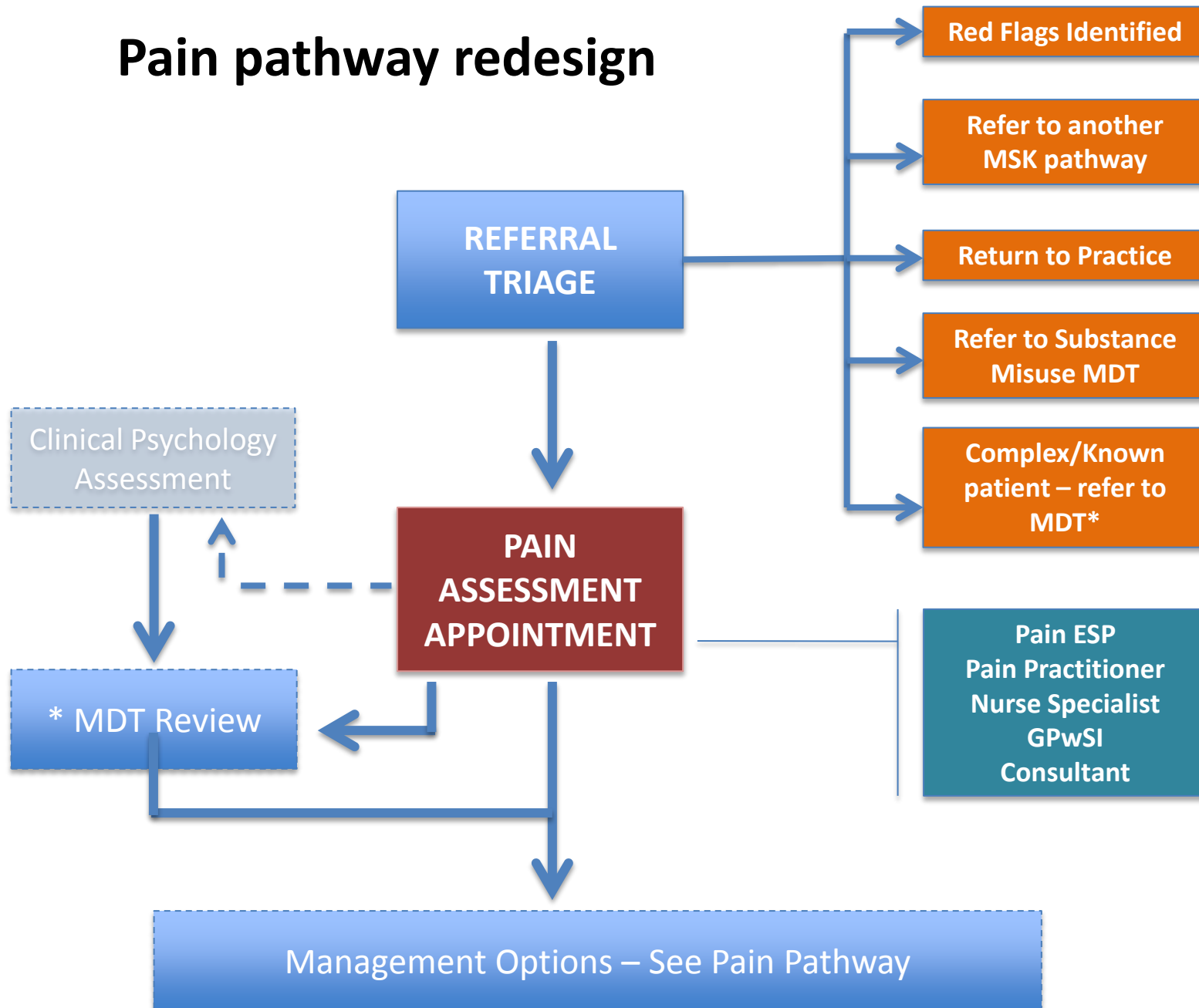
**3 or less** = Low Risk

### **4 or more (Sub score Questions 5-9)**

Sub score 3 or less = Medium Risk

Sub score 4 or more = High Risk

# Pain pathway redesign





# Management Options

**Invasive  
procedures**

**Individual  
Psychology**

**Information  
sessions**

**Physiotherapy**

**Back to Work  
Schemes**

**Substance  
Misuse Service**

**Medication  
review**

**Counselling**

**Mindfulness  
Groups**

**Functional  
Restoration  
Programme**

**Onward referral:  
Psychiatry**

**Pain  
Management  
Programme**





**EARLY IDENTIFICATION**

**EARLY IMPLEMENTATION**

**TARGETED TREATMENT**

- **SENSORY**
- **EMOTIONAL**

***“SUPPORTED SELF MANAGEMENT SHOULD NOT BE A TREATMENT OF LAST RESORT . . . ”***