



Opioid Stewardship QI Collaborative Resource Pack

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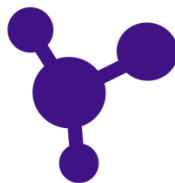
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Introduction to this resource pack

This set of resources has been designed to accompany the Health Innovation Network Opioid Stewardship Quality Improvement Collaborative 2022-23. It has been developed to support clinicians working in integrated care systems (ICSs) to reduce harm from opioid medicines by reducing high dose prescribing (>120mg oral Morphine equivalent), for chronic (non-cancer) pain.

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 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.
- 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.
- Promotion of self-care is important to enable people to live effectively with chronic pain.



Improving chronic (non-cancer) pain management by reducing harm from opioids

Opioid Stewardship QI Collaborative Resource Pack

Resources to support practical actions to improve chronic (non-cancer) pain management by reducing harm from opioids include:

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](#)

[PresQIPP High Dose Opioid Audits](#) (please note your borough needs to have registered with PresQIPP 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 AHSN 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](#)

[North East and North Cumbria Academic Health Science Network 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](#)

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 Integrated Care System Musculoskeletal Toolkit](#)

Prevention

This section includes national and local resources to support people to live well with chronic pain

National resources

[Action on Pain](#)

[10 ways to reduce pain](#)

[British Pain Society People Living with Pain](#)

[Live Well with Pain](#)

[Flippin' Pain](#)

Psychological

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

National resources

[NHS Choices Mental Health Self Help](#)

[The Pain Toolkit](#)

[Painkillers Don't Exist](#)

[Social Prescribing Toolkit - Healthy London Partnership](#)

Local resources

South East Wellbeing Hubs/Resources

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

South West Wellbeing Hubs/Resources

- 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://swlondonccg.nhs.uk/your-health/wandsworth-wellbeing-hub/>
- Sutton <https://www.suttonuplift.co.uk/services/wellbeing>

Improving Access to Psychological Therapies

South East London

[South East London Integrated Care System Improving Access to Psychological Therapies services \(IAPT\)](#)

South West London

South West London Improving Access to Psychological Therapies services (IAPT) to help to overcome their depression and anxiety, and better manage their mental health.

- Croydon www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt / 020 3228 4040
- Kingston www.icope.nhs.uk/kingston / 0203 317 7850
- Merton www.mertonuplift.nhs.uk/psychological-therapies / 020 3513 5888
- Richmond www.richmondwellbeingservice.nhs.uk / 020 8548 5550
- Sutton www.suttonuplift.co.uk / 0800 032 1411
- Wandsworth www.talkwandsworth.nhs.uk / 0203 513 6264

Mind, the mental health charity

- Mind In Croydon – www.mindincroydon.org.uk/
- Brent, Wandsworth and Westminster Mind – www.bwwmind.org.uk/

- Mind in Kingston – www.mindinkingston.org.uk/
- Richmond Borough Mind – www.rbmind.org/

South East London Social prescribing

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

- Bexley <http://www.communityconnectbexley.co.uk/>
- Bromley <https://www.communitylinksbromley.org.uk/projects/simply-connect-bromley/>
- Greenwich <https://livewellgreenwich.org.uk/>
- Lambeth <https://connectlambeth.org/our-services-2/gateway/>
- Lewisham <https://onehealthlewisham.co.uk/social-prescribing-in-lewisham/>
- Southwark <https://communitysouthwark.org/social-prescribing-network/>

South West London Social prescribing

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.ageuk.org.uk/sutton/our-services/social-prescribing-sutton/>
- Wandsworth <https://enablelc.org/socialprescribing>

Physical

This section includes national and local resources to support patients to be maintain and enhance physical activity in order 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

- Bexley [Bexley MSK Service - Oxleas NHS Foundation Trust](#)
- Bromley <https://www.bromleyhealthcare.org.uk/explore-our-services/physiotherapy-adults/>
- Greenwich <https://cic.circlehealthgroup.co.uk/greenwich/>
- Lambeth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/lambeth/>
- Lewisham <https://www.onehealthlewisham.co.uk/resources>
- Southwark MSK app (powered by getUBetter) accessible via individual practice websites

South West London

- Croydon <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/croydon/>
- Kingston <https://yourhealthcare.org/services/msk-physiotherapy/>
- Merton <https://www.connecthealth.co.uk/services/merton/>
- Richmond <https://www.hrch.nhs.uk/services/search-services/single-point-access/single-point-access-richmond>
- Sutton <https://www.suttonhealthandcare.nhs.uk/musculoskeletal-service-information-for-professionals>
- Wandsworth <https://www.vitahealthgroup.co.uk/nhs-services/nhs-physical-health/wandsworth/>

Medicines

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

National resources

[Opioid Tapering Resource Pack](#)

[Royal College of Physicians Top Ten Tips: Dependence Forming Medications](#)

[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

[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](#)

[AHSN 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](#)

[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 EMAHSN)

[“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](#)

[Centre for Postgraduate Pharmacy Education \(CPPE\) Deprescribing opioids in people with chronic pain](#)

[PresQIPP 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 Axial Spondyloarthritis \(SpA\)](#)

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

Additional resources

[NHS England Chronic pain management and personalised care \(presentation shared with thanks to Professor Alf Collins, National Clinical Director for Personalised care\)](#)

[West of England Academic Health Science Network Medicines Safety Improvement Programme](#)

[Providers Clinical Support Systems Motivational Interviewing in Managing Pain](#)

[Opioid Stewardship for non-medical prescribers \(presentation from Dr Nicholas Levy, Consultant in Anaesthesia West Suffolk Hospital\)](#)

[Pain Concern Self-management Navigator tool](#)