

Chronic widespread pain (CWP) is a major public health problem, affecting between 11-13% of the population
It is associated with lost work productivity, mental ill health, reduced quality of life and high healthcare costs.

Cognitive Behavioural Therapy (CBT) is widely used for a wide range of health problems and is effective in enhancing patients' attitudes and ability to manage their condition.
Research has demonstrated that a short course of telephone administered CBT resulted in short term improvements which were sustained in the longer term

AIM

This 12 month project aims to **improve patient care** by increasing **access to evidence based treatment** for patients with Musculoskeletal/ Chronic Widespread Pain (CWP) in Salford.

THE SERVICE

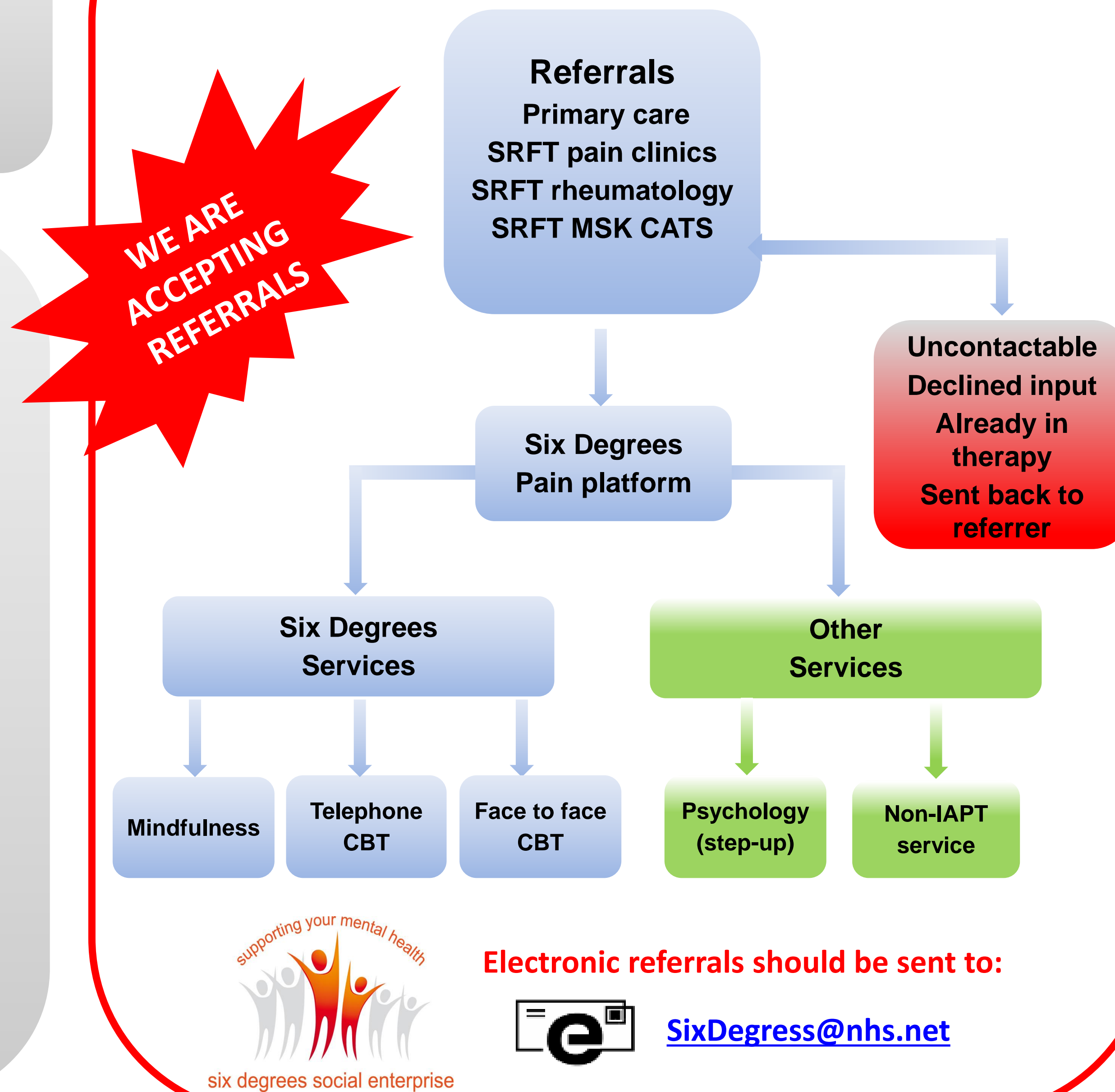
The Talking therapies pain referral platform is managed by Six Degrees Social Enterprise, the Improving Access to Psychological Therapies (IAPT) step 2 provider in Salford.

Psychological Wellbeing Practitioners (PWPs) received training in the telephone delivery of CBT for patients with chronic pain conditions.

Electronic referrals are accepted from:

- GPs/ primary care
- pain, fibromyalgia and rheumatology clinics at SRFT
- musculoskeletal physiotherapy at SRFT and Walkden Gateway
- IAPT services

TALKING THERAPIES PAIN REFERRAL PLATFORM



EVALUATION

The implementation of the service is being evaluated to identify individual and organisational barriers and facilitators to service uptake. We will analyse routine and study specific outcomes and conduct interviews with key stakeholders to identify:

- the extent of service up-take
- patient health outcomes
- patient compliance with treatment:
- stakeholders' perception of how the pathway becomes incorporated and integrated into routine clinical practice.

PROGRESS TO DATE

- 78 referrals received in the initial 12 weeks of the service
- 30 referrals have been processed through the platform
- Qualitative interviews have identified barriers and facilitators to implementation

A PPI consultation will be held in early 2017 to comment on the qualitative study findings.

FINAL REPORT DUE MAY 2017