



Five pledges to help people living with persistent pain

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Endorsed by the Pain Society and the Royal College of General Practitioners



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Action plan

Parliamentarians should

- Ensure that effective management of persistent pain is prioritised by the government
- Ask local NHS trusts about the provision and funding of health services for people living with persistent pain
- Liaise with constituents in the voluntary sector and self-help groups to improve services for people living with persistent pain
- Commit to adequate funding for research in basic and clinical science

NHS service providers and commissioners should

- Ensure that the management of chronic pain is a priority issue and provide adequate resourcing
- Work to adopt care pathways for people living with persistent pain across the primary, community and secondary care sectors
- Commit to training in effective pain management for all healthcare professionals within the health economy
- Encourage the development of self-help groups
- Commit to audit and research

People living with persistent pain should be prepared to play an active role in the management of their pain and should

- Be listened to and treated with respect
- Be assessed by an appropriately trained healthcare professional
- Be treated as a partner with healthcare professionals and kept fully informed of diagnosis and treatment options
- Be made aware of pain management clinics, self-management or expert-patient programmes and relevant voluntary organisations

Healthcare professionals should

- Listen to and respect patients' personal experience of pain
- Use appropriate assessment tools to measure pain
- Identify remediable causes for the pain
- Use evidence-based pain management and best clinical practice
- Recognise when a person living with persistent pain needs to be referred to colleagues who specialise in pain management

Those who educate healthcare professionals should

- Ensure that assessment and management of pain is in the core curriculum of doctors, nurses, allied and other healthcare professionals
- Provide training in pain management for support staff working with healthcare professionals

For further information on pain management, visit www.painsociety.org

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