

NHS North West London ICS approach to reducing harm from opioids

Sara Izadi, ICB Pharmacist, NHS NW London ICB
Joanne Peh, Head of Hounslow PCN Pharmacy and Social Prescriber Services
Khatija Choudry, Senior Lead Hounslow PCN Clinical Pharmacist

In collaboration with Imperial College Health Partners (ICHP)

Whole systems approach

Improving chronic non-cancer pain management and reducing harm from opioids & dependence forming medicines

- Phase 1: Set up
- Phase 2: Building the ICS picture
- Phase 3: Mapping the ICS system
- Phase 4: Action Planning
- Phase 5: Managing the network
- Phase 6: Action
- Phase 7: QI to QC



North West London Integrated Care System

NHS North West London

Opioids Stewardship



Audits

- Imperial College Healthcare Trust (ICHT) led **transitional care audit** (pre-op, to inpatient, to discharge)
- ICHT led **opioids on discharge audit**
- Trust MSO scoping of opioid management in secondary care



Shared learning

- Use of **Medicines Safety Network** to improve stewardship across all interfaces.
- Learning from **early adopters** of stewardship – e.g., LNWUT completing trial of follow up phone calls to patients



Communication

Work with acute Trust MSOs with aim ensure **opioids have plan on discharge** for those on >120mg OME/day via Discharge Medicines Service to community pharmacy in addition to patient's practice/PCN



Systems approach

Proposed **PCN engagement** in review of newly initiated opioids, using NHSBSA Opioid Dashboard data or EMIS/S1/Ardens searches and patient review template

Opioids Stewardship

Opioid Plan on Hospital Discharge: Pharmacist Support Role



Trust Pharmacist

- Sending a discharge opioid plan for **high dose > 120mg /day OME or long-term** non-cancer pain patients via Discharge Medicines Service.
- Highlighting that the patient should have reducing needs post-surgery, through to stopping over time if no other underlying pain issues. *Liaise with pain team/specialty team if non-surgical patient.*
- Where appropriate, give patient copy of British Pain Society **'Managing Pain After Surgery'** leaflet.



PCN Pharmacist

- If patient needs are over and above post-surgical pain, including repeats requested, consult the discharge opioid plan.
- If ongoing requests not aligned to opioid plan, **consult the GP**.
- Advice can be sought from the hospital surgical team/pain team or if urgent signpost to A&E.
- Set up p**ost-discharge reviews**, acute rather than repeat prescriptions.



Community Pharmacist

- Note the intended opioid plan/duration of post discharge opioids.
- Raise with PCN any concerns about: repeats that do not align to opioid plan or **prolonged duration**
- Additional use of OTCs indicating uncontrolled analgesia

IMPERIAL COLLEGE HEALTH PARTNERS

Population Health Management

GP MDT chronic pain management pilots

- 1 borough already commenced pain management programme of work
- Additional pilots due to commence in 2 practices and 1 PCN in April
  - NWL ICS resources to support: **Opioids Review Implementation Pack**, **competency framework** & **resource pack**
  - MDTs to help support complex decision making and support shared learning approach
    - **To consider including: GP, PCN Pharmacists, social prescribers, health and well being coaches, MSK services, physiotherapists, mental health practitioners, drug & alcohol services**
  - Patient identification: **S1/EMIS searches and templates** along with **NHS BSA opioids dashboard**
- Pilots will be evaluated for potential spread and adoption
- Personalised care approach to chronic pain management will be embedded in pilots with support from social prescribers and health and wellbeing coaches *(see new national guidance - Optimising personalised care for adults prescribed medicines associated with dependence or withdrawal symptoms)*



Education and training

> *Really useful webinar*
>
> *It was great to have examples on how to have difficult conversations*
>
> *Really helpful not just for chronic pain patients but patients who are not sure about change*

Four Chronic Pain webinars hosted in 2022/23 on different topics within Chronic Pain Management

Over **350 attendees**

Guest speakers including Pain Consultant, GP clinicians, Consultant Pain Nurse, Clinical Psychologist

Webinar resources and **clinician resources** hosted on [North West London ICS website]

Agenda: Having Better Conversations with Dr Jeremy Anderson

Session title	Speaker	Time
Welcome, NWL Opioids Context	**Dr Imran Sajid** *Chair, NWL Opioids Programme, MSK GP lead*	13:00
Having Better Conversations	**Dr Jeremy Anderson** *Clinical psychologist, ICHT*	13:05
Panel Q&A – Bring your cases!	Above speakers are joined by: **Keval Modi** *Borough Lead Pharmacist (Hillingdon)* **Sara Izadi** *Ealing Borough Pharmacist, Medicines Management Team*	13:45

North West London Integrated Care System

Improving chronic non-cancer pain management

Home › Professionals › Referral guidelines and clinical documents › **Improving chronic non-cancer pain management**

Reduction of harm from opioids and dependence forming medicines

The North West London Opioids Working Group ambition in line with those nationally is to achieve fewer people prescribed oral or transdermal opioids (of any dose) for more than 3 months and fewer people on high dose (>120mg daily Oral Morphine Equivalence) for longer-term (> 6 months). This equates to about 50 patients and 7 patients respectively per PCN.

Our resources aim to support clinicians in helping people live well with chronic non-cancer pain, whilst also reducing harm from dependence-forming medicines such as opicids.

The resources support practices to undertake patient reviews, from case finding using the NHSBSA Opioids Prescribing Comparators Dashboard to useful webinars on patient review and managing opioid reduction.

The Opioid Review Support Pack guides you through the review process, with useful tools and leaflets, including a patient letter to start the review process and patient information to support the shared decision-making conversation.

- Resources
- Webinars
- Opioids Prescribing Comparators Dashboard
- Contacts

North West London Integrated Care System — NHS North West London

NW London
Opioid Review Support Pack

v2 01.02.2023

Online Pain Management Resources for Clinicians

- Faculty of Pain Medicine
  - Opioids aware Many resources for clinicians: Best professional practice, Unders… for Pain, clinical use of opioids, a structured approach to opioid prescribing
- Live Well with Pain
  - Useful free resource for GPs and pain specialists. Includes support for pain self m… & review, opioid equivalence resource

Online Training Tools and Webinars available for Pain and Opioids for Clinicians

- RCGP Chronic Pain in Adults module (published Jan 2022) 30 min e-learning module for GPs and other healthcare professionals (requires RCGP log in for access to course)
- Faculty of Pain: ePain Training Module Free for anyone in NHS & anyone with Open Athens account. Collaboration between The Faculty of Pain, British Pain Society and e-Learning for Healthcare, Provided by Health Education England. CPD certificates upon completion of each module
  - 12 modules, each with around 5 x 30 minute sessions. E.g. of modules acute pain, pain as a long term condition, treatments and therapies etc

Reflections from impact on the ground

Delivery and implementation in two Hounslow PCNs

Retrospective data – opioid dashboard NHSBSA

1. Prioritise patients perceived as most complex ie high dose opioids (>=120mg oral morphine equivalent with other dependence forming medication and 169 days repeat Rxs): n=80
2. Roadmap communicated to GP practices – peer review meetings with GP lead or delegate attendance
3. Patients contacted

Activities performed

Engagement

PCN wide engagement
Link to QoF on potentially addictive medicines

SMR reviews

SMR reviews and action plans by PCN senior pharmacists

Virtual MDT

Virtual MDT hosted by a GP lead on cases seen by pharmacists

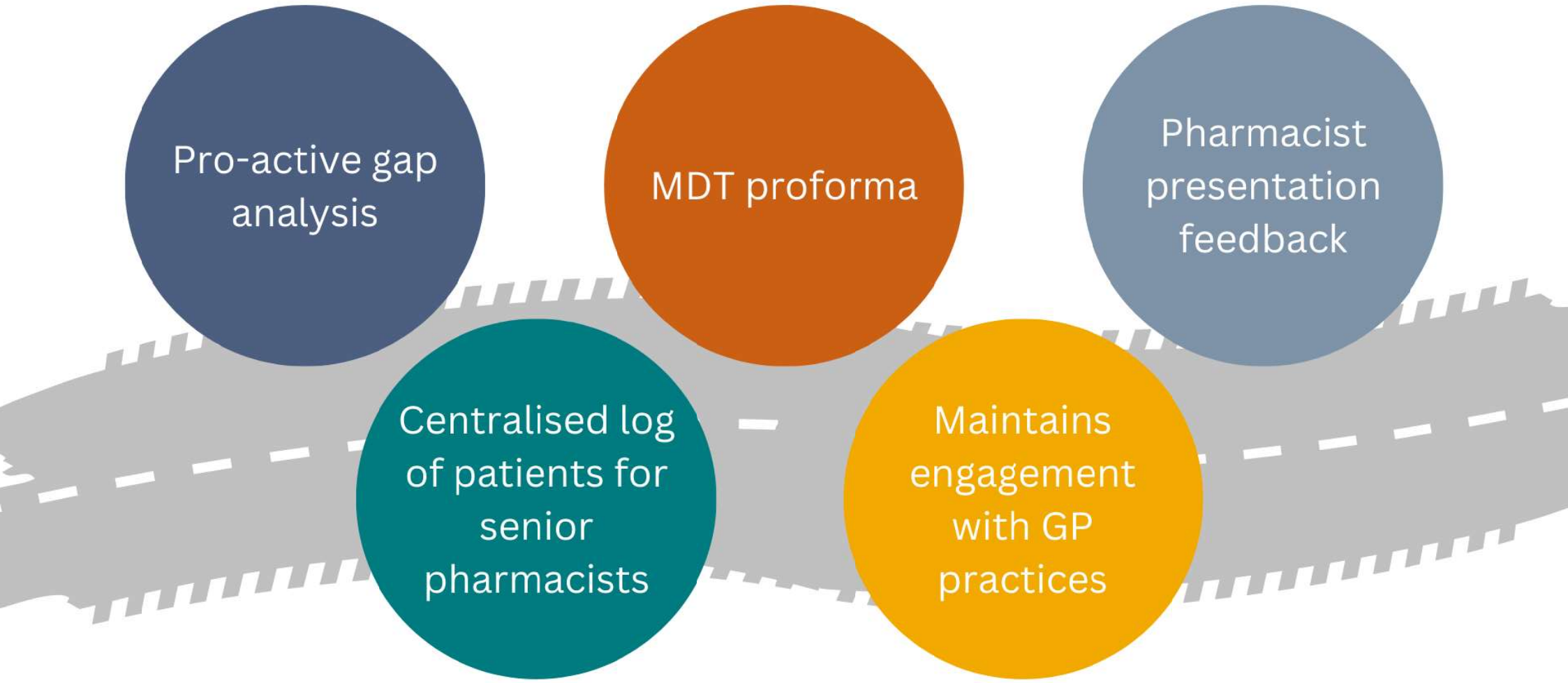
Mentorship

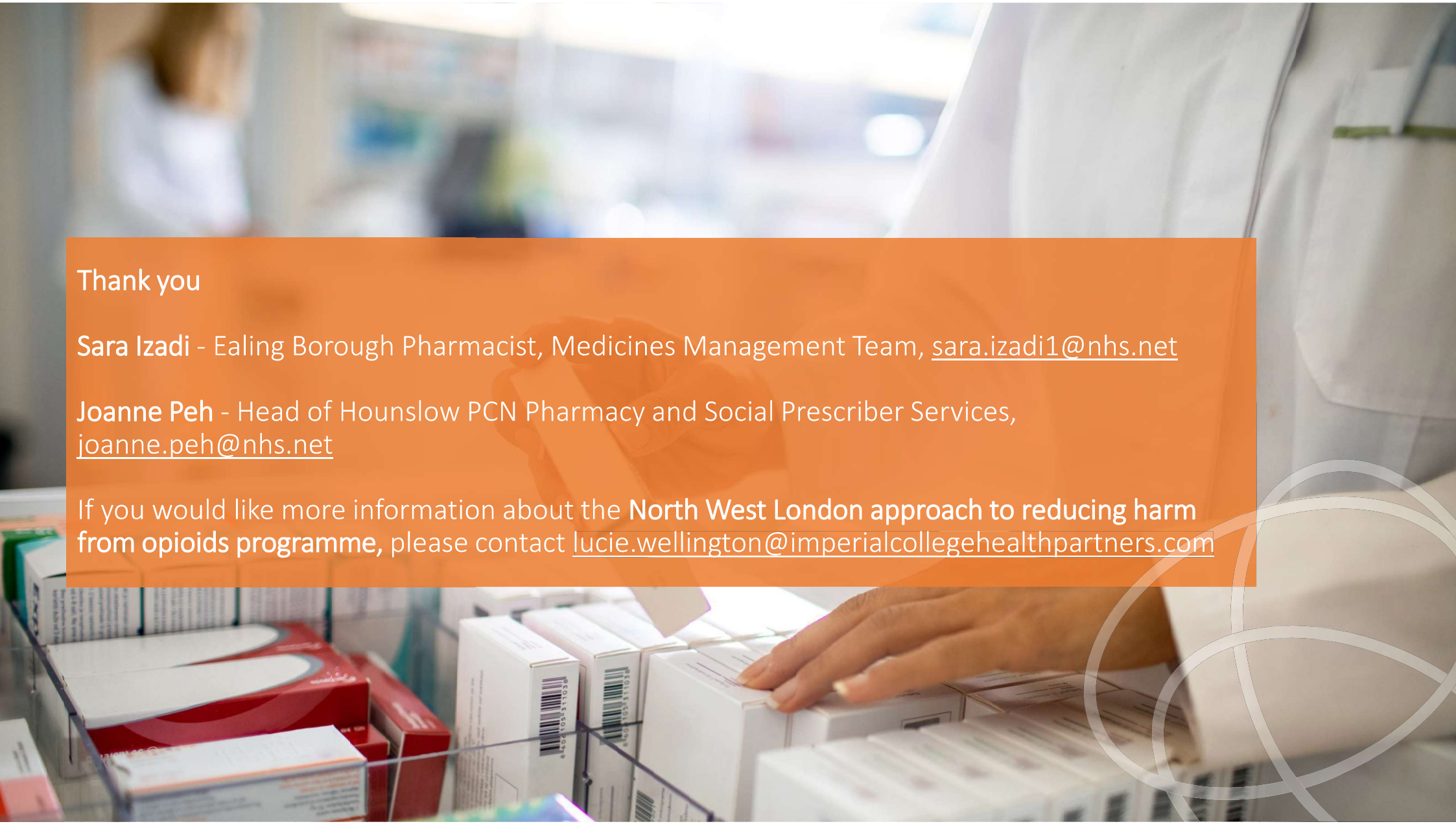
PCN pharmacists in-house mentorship led by senior pharmacist

Audit

Re-audit annually

MDT Reflections: a roadmap to success





Thank you

Sara Izadi - Ealing Borough Pharmacist, Medicines Management Team, sara.izadi1@nhs.net

Joanne Peh - Head of Hounslow PCN Pharmacy and Social Prescriber Services, joanne.peh@nhs.net

If you would like more information about the **North West London approach to reducing harm from opioids programme,** please contact lucie.wellington@imperialcollegehealthpartners.com