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# A Practical Guide to Effective Non-Medical Prescribing for Pain

*For Current and Aspiring Non-Medical Prescribers*

Thursday 27th January 2022

Virtual Conference

## Chair & Speakers Include:

### Professor Angela Alexander MBE

*Professor Emerita, School of Pharmacy, University of Reading; Chair, Task and Finish Group for the 2021 review Competency Framework for all Prescribers; and Chair Working Party, The Competency Framework for Designated Prescribing Practitioners (DPP), Royal Pharmaceutical Society*

### Sally Jarman

*Non-Medical Prescribing Lead and Matt Lund  
A Physiotherapist Independent Prescriber and Pain Team Lead  
Northern Devon Healthcare NHS Trust*

### Diarmuid Denny

*Professional Lead & Advanced Practitioner Physiotherapist in Pain Management, University College Hospitals London & Committee Member, Chronic Pain Guideline Committee NICE*

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## Supporting Organisations:



# Non-Medical Prescribing for Pain

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*“Treatment of pain is a fundamental human right, yet sadly there is an enormous gap between the care people require and what happens in practice.”*

British Pain Society 2021

*“Management of pain must be considered as an important component of the health care provided to all people, regardless of their chronological age or severity of illness...To use the recommended therapeutic approaches, clinicians must be familiar with adverse effects of treatment and the potential for drug interactions.”*

British Pain Society December 2020

*“NICE safe staffing guidelines recognise a delay of more than 30 minutes in providing pain relief as a nursing red flag event, suggesting insufficient staffing levels. Of those people who experienced pain during their hospital stay, 67% felt staff ‘definitely’ did everything they could to help control their pain. A further 25% responded ‘yes, to some extent’, while 8% responded ‘no’.”*

2019 Adult Inpatient Survey published July 2020, CQC

This important national conference provides an essential update for current and aspiring non medical prescribers on prescribing for pain. Pain is a growing area of non medical prescribing and one of the most common areas. This make it essential that non medical prescribers maintain the competence and skills to prescribe for pain in an effective way, working with patients to improve pain outcomes both in the inpatient setting and the community.

Through national updates and extended interactive practical case studies delegates will hear how to develop and maintain prescribing competence, and how to develop effectiveness in post qualification practice. The conference will also reflect on pain prescribing during the Covid-19 pandemic, update delegates on the NICE Guideline on Chronic Pain, and on current developments with regard to opioid prescribing.

There will also be an extended focus on pain in the older person following the British Pain Society guidance in December 2020 which states that *“The incidence of side effects with drug therapy is higher in older people, particularly in the presence of co-morbidities and polypharmacy. These factors need to be carefully considered when introducing new medication to minimise the chance of drug-disease and drug-drug interactions.”*

#### **This conference will enable you to:**

- Network with colleagues who are working to improving non-medical prescribing for pain
- Learn from outstanding practice in management of pain
- Reflect on pain management and prescribing through case presentations
- Understand the impact and implications of the Covid-19 pandemic on non-medical prescribing for pain
- Develop your skills in pain assessment
- Understanding how assessment tools, outcome scales and measures can improve your service
- Learn how to use the National Prescribing Competency Framework
- Understand how to effectively develop, demonstrate and maintain continued competence in Prescribing for Pain
- Reflect on lessons from experts in non-medical prescribing for specific case study areas with in depth interactive sessions focusing on Pain and opioids: minimise risks, Chronic Pain, Inpatient Pain, Pain in the Older Person, Cancer and End of Life Care Pain
- Implications of the 2020 NICE guidance for assessment and management of chronic pain
- Working with patients with co-morbidity
- Identify key strategies for improving non-medical prescribing practice for pain
- Develop your role and confidence as a non-medical prescriber
- Self assess, reflect and expand your skills in prescribing practice whilst understanding your limits of practice

## 10.00 Chair's Welcome and Introduction

### Professor Angela Alexander MBE

*Professor Emerita, School of Pharmacy, University of Reading; Chair, Task and Finish Group for the 2021 review Competency Framework for all Prescribers; and Chair Working Party, The Competency Framework for Designated Prescribing Practitioners (DPP), Royal Pharmaceutical Society*

- prescribing for pain: current issues
- supporting patients through pain management during and beyond Covid-19

## 10.20 Improving Non-Medical Prescribing Practice and competence Using the national prescribing competency framework for pain prescribing

### Sally Jarman

*Non-Medical Prescribing Lead*

### Matt Lund

*A Physiotherapist Independent Prescriber and Pain Team Lead Northern Devon Healthcare NHS Trust*

- key messages from the competency framework and what has changed
- using the framework throughout the prescribing journey
- using the framework as part of the revalidation process
- relating the framework to prescribing governance
- demonstrating the framework within a patient case study
- the new competency framework for designated prescribing practitioners
- governance and accountability for non-medical prescribing for pain

11.05 *Small Breakout Groups*

11.25 *Comfort Break and Virtual Networking*

## Extended Interactive Sessions & Case studies in Practice

## 11.45 EXTENDED SESSION: Pain management Prescribing: Case Studies

### Inge Bateman

*Lead Clinical Nurse Specialist In-patient Pain Service Western Sussex Hospitals NHS Foundation Trust*

- comprehensive pain assessment
- treatment decisions and appropriate prescribing

***This session includes Small Breakout Groups***

## 12.30 Nurse prescribing for in-patient acute pain

**Chloe Miller** *Lead Nurse in Pain*

**with Dr Roshan Thawale** *Consultant Anaesthetist in Pain Epsom and St Helier University Hospitals NHS Trust*

- nurse prescribing for in-patient pain: the practicalities
- improving nurse prescribing practice on the wards
- non-medical prescribing as part of the ward round
- developing advanced roles around nurse prescribing
- prescribing for Covid-19 symptoms
- coaching and mentoring for current and aspiring nurse prescribers

13.00 *Lunch Break and Virtual Networking*

## 13.35 Pain Assessment Tools and Outcome Measures used by Pain Services

### Professor Paul Cameron

*Head of Service & Clinical Lead, NHS Fife Pain Management Service; Specialty Advisor to Chief Medical Officer, Scottish Government; and Vice Chair, European Pain Federation Advocacy Committee, Brussels*

- understanding how outcome scales and measures can improve your service
- outcome scales appropriate to pain management
- outcome measures and non-medical prescribing for pain

## 14.05 EXTENDED SESSION: Non-medical prescribing for cancer pain and end of life care

### Rachel Lee

*Team Co-Ordinator / Senior Specialist Nurse Oxford University Hospitals NHS Trust*

- management of malignant pain
- pain as part of symptom control at the end of life
- prescribing off licence and use of controlled drugs
- resources to support prescribing in palliative care

14.50 *Small Breakout Groups*

## 15.00 EXTENDED SESSION: Prescribing for Chronic Pain: Adhering to the New NICE Guidance

### Diarmuid Denny

*Professional Lead & Advanced Practitioner Physiotherapist in Pain Management, University College Hospitals London & Committee Member, Chronic Pain Guideline Committee NICE*

- prescribing for chronic pain
- the NICE Guideline for chronic pain– developments and implications for non-medical prescribers
- tips and advice for non-medical prescribers in managing chronic pain
- the management of complex pain

15.45 *Comfort Break and Virtual Networking*

## 15.55 Pain and opioids: approaches to minimise risks

### Dr Arun Bhaskar

*Head of Service & Consultant in Pain Medicine Imperial College Healthcare NHS Trust, London President The British Pain Society*

- lesson learnt from the US opioid epidemic
- shared decision making: understanding the risks and benefits of prescription opioids
- safety and opioids: what does a patient need to know?
- prescription opioids: recognising risk factors
- non pharmacological approaches: how can a NMP promote and support self-management within a consultation?
- opioid prescribing and deprescribing: sharing and learning from good practice
- pain management: keeping your knowledge up to date, accessing education, training and resources

## 16.30 Managing pain in the older person

### Heather Smith

*Consultant Pharmacist: Older People NHS Leeds CCG*

- considering the effects of aging and comorbidities
- frailty and its relation to polypharmacy
- pharmacological management
- considering drug interactions
- working with the older person to identify and manage side effects
- case studies

17.00 *Chair's closing remarks*

*There will be time for Questions & Answers after each session*

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# Non-Medical Prescribing for Pain

## For Current and Aspiring Non-Medical Prescribers

### Thursday 27th January 2022

### Virtual Conference

Download

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#### Venue

This is a virtual conference on Zoom with interactive breakout sessions, and resources available on a dedicated, secure landing page for three months after the event.

#### Date

Thursday 27th January 2022

#### Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.  
 £250 + VAT (£300.00) for voluntary sector / charities.  
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#### Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7 days after submitting your booking. The access code for the virtual portal will be sent one week before the conference.

#### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email [carolyn@hc-uk.org.uk](mailto:carolyn@hc-uk.org.uk)

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