



**SIP**

Societal Impact of Pain

**2017**

**Structured Cooperation  
between Health Care Systems  
tackling the societal impact of  
pain!**

**Antony Chuter**

Chair of Pain UK

Chair of the BPS patient liaison committee

**Life, Living & working in spite of pain**

# Disclosure Statement of conflict of interest in the context of the subject of this presentation



**Within the past 12 months, I or my spouse/partner have had following financial interest/arrangement(s) or affiliation(s)**

- **Support for travel to SIP 2015, 2016, 2017 from Grunenthal UK**
- **Judge for the Grunenthal Pain Awards 2015, 2016 & 2017**

# Antony Chuter



Living with pain for over 25 years - #Patient #PainChampion #PainCampaigner

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# My Story

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# My Story

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# My Story

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# My Story

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# My Story

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# My Story

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# My Story

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# My Story

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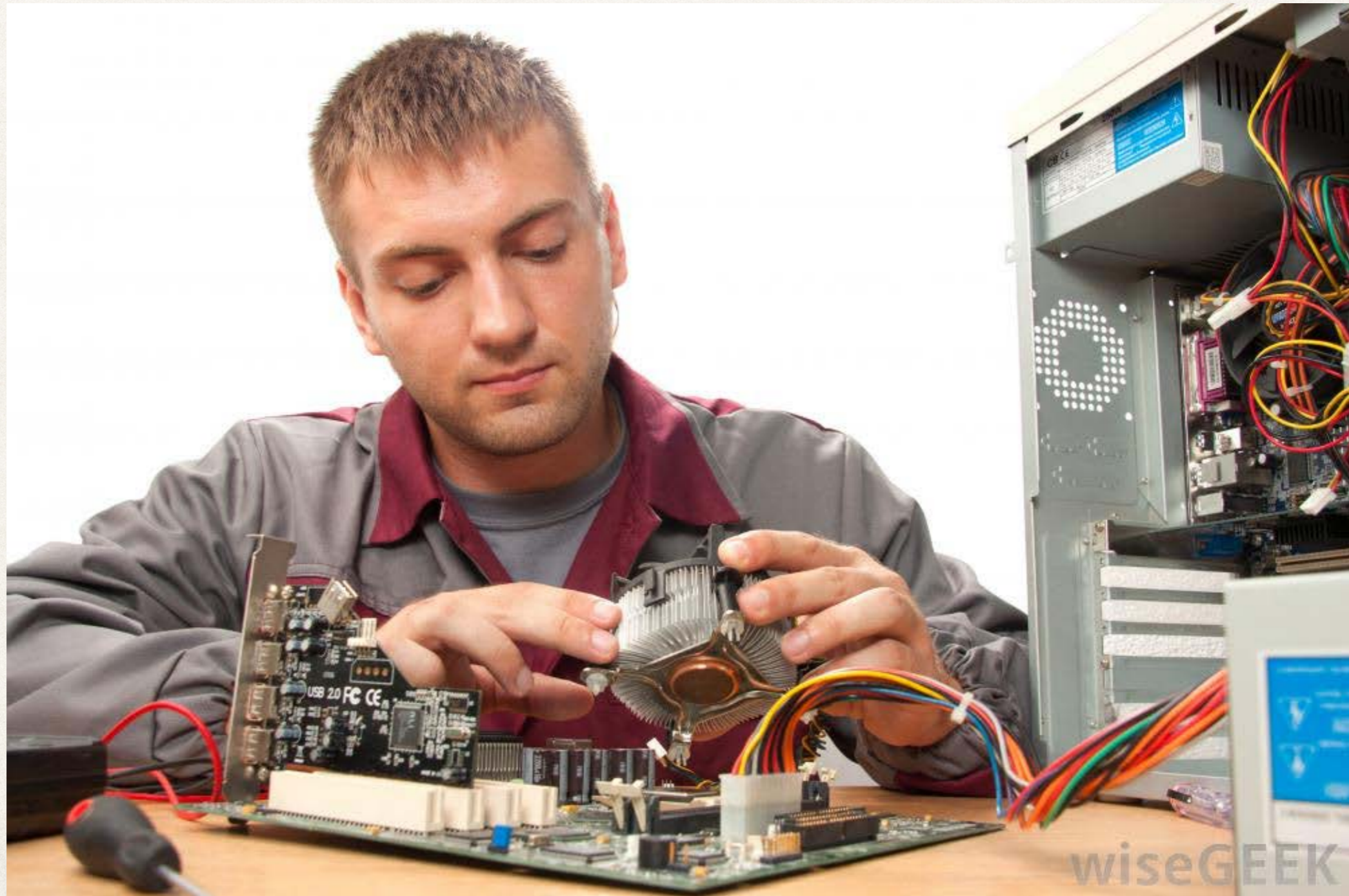
# My Story

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# My Story

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# My Story

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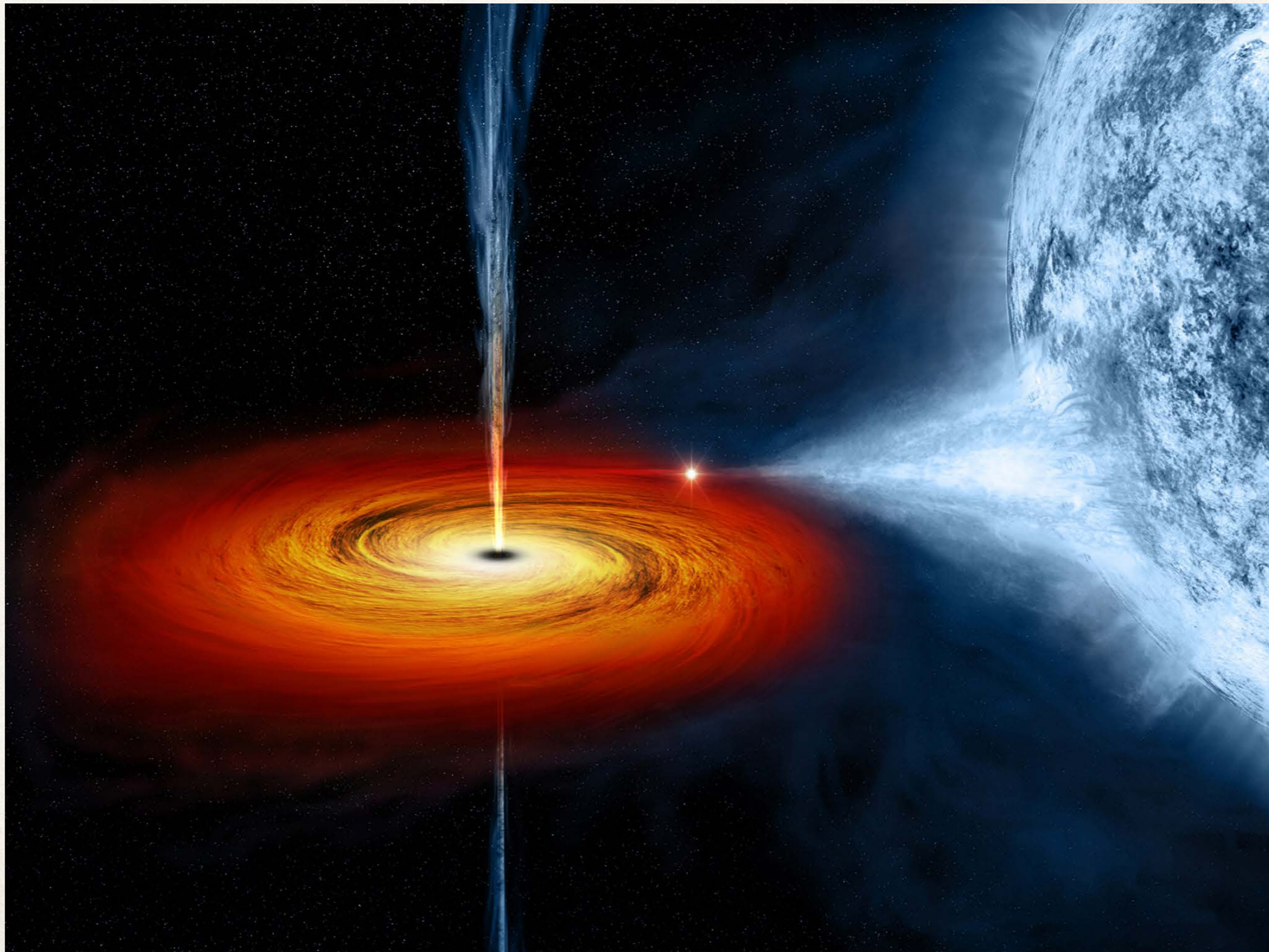
# My Story

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# My Story

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# My Story

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# My Story

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# My Story

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**Anger is really  
disappointed hope.**

# My Story

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# My Story

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# My Story

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Saying Someone can't be sad,  
because someone else many have it worse -  
Is just like saying someone can't be happy,  
because someone else might have it better!

# My Story

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OH I HAVE A FRIEND WHO HAS X!  
HAVE YOU TRIED THIS.....?

# My Story

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Loss of hope rather than loss of life  
is what decides the issues of war.  
But helplessness induces  
hopelessness.



# My Story

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# My Story

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# My Story

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# My Story

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Nothing is more painful  
than realising that he meant  
everything to you  
but  
you meant nothing to him!

# My Story

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# My Story

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# My Story

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I don't know

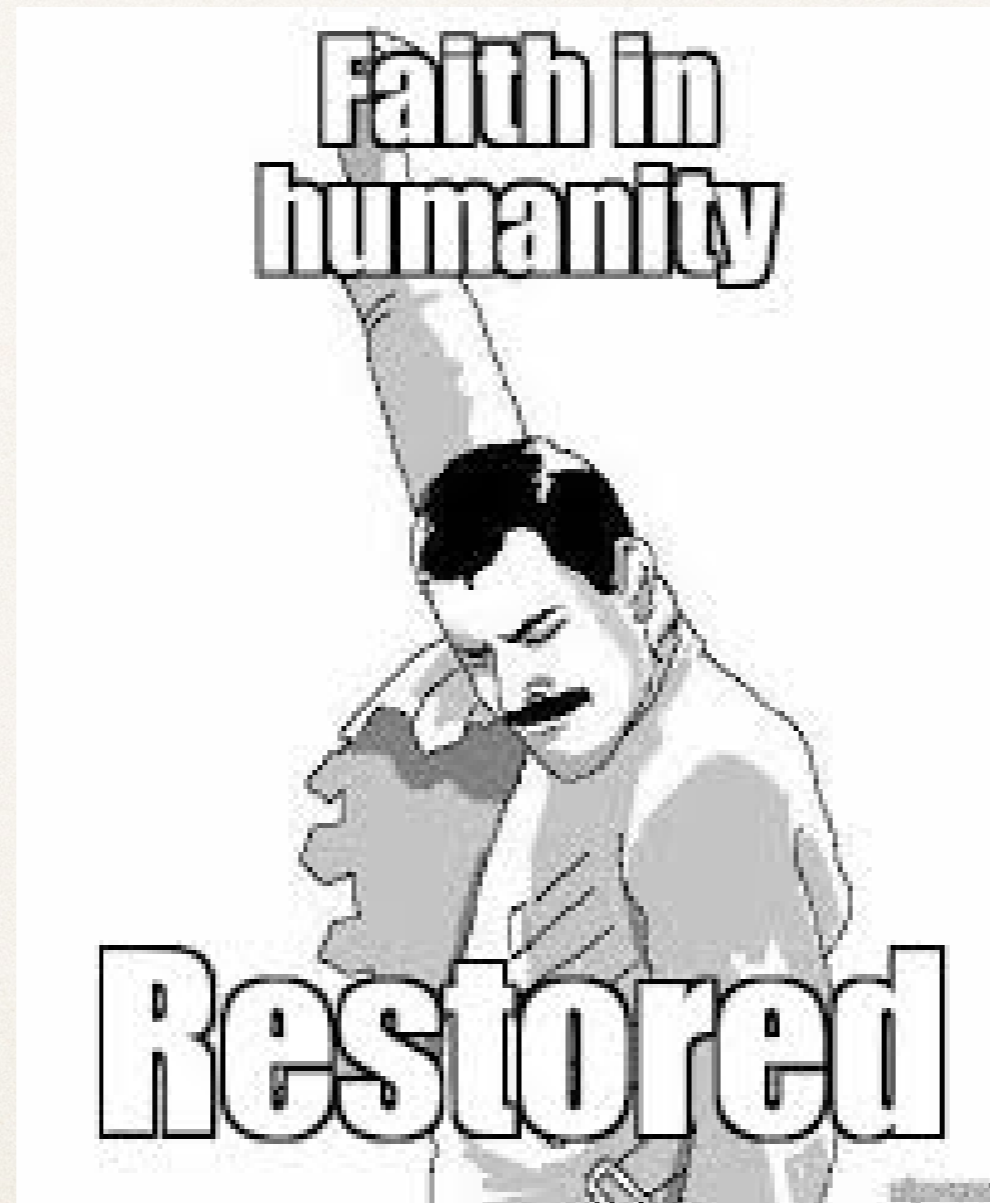
Let's see if we can find out together

You are not alone

I believe you!

# My Story

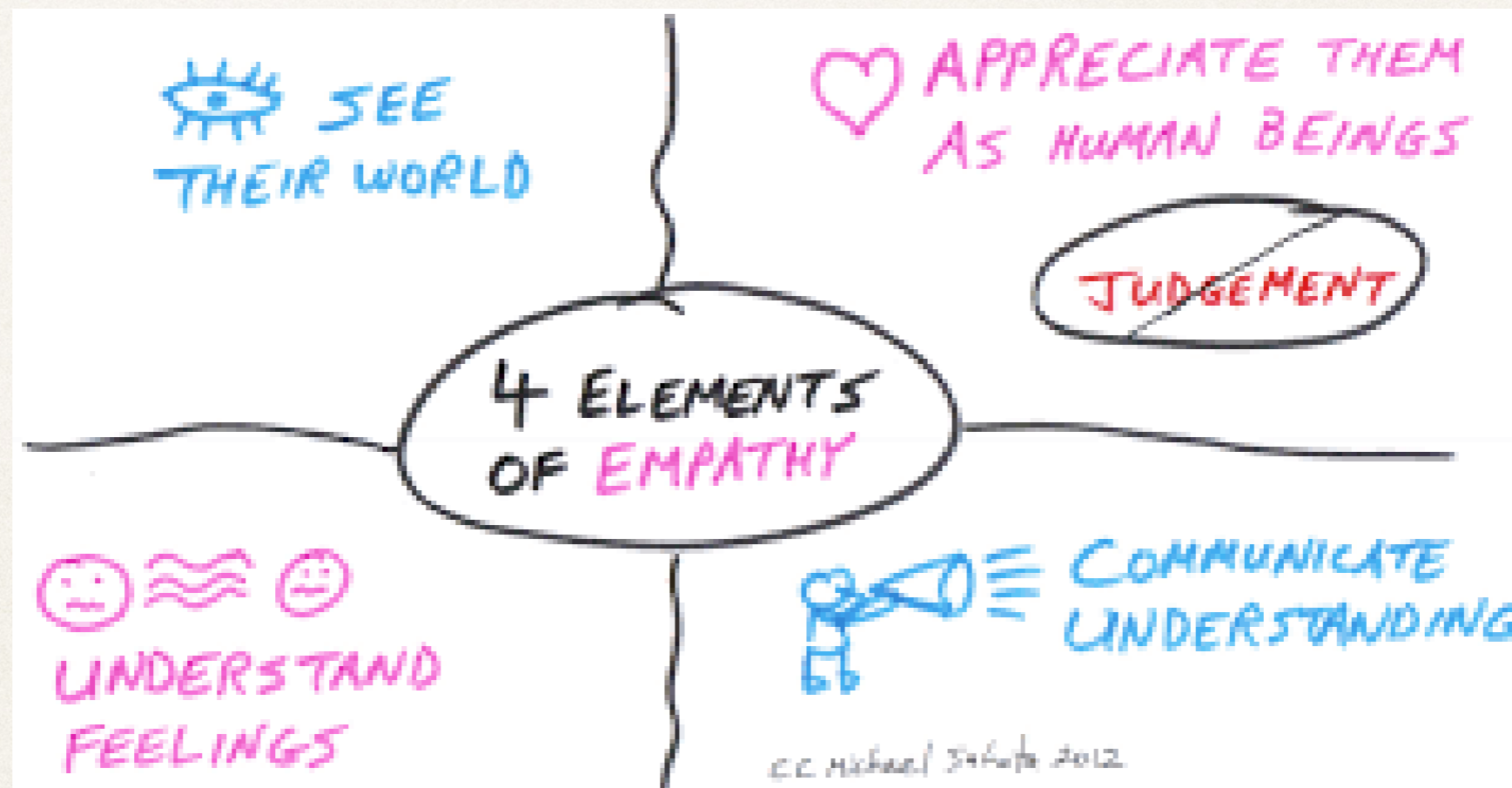
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# My Story

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# My Story

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Sometimes we just don't know what causes pain!

A diagnosis would be lovely but.....  
Not everyone gets one

I Believe You!

# My Story



Good Friends helped too

I met friends in Guernsey and Haslemere via volunteering

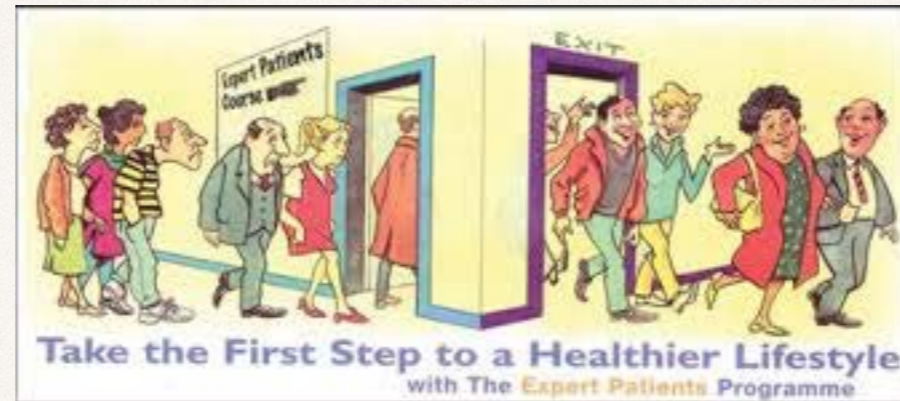
They were a massive part of helping me recover!

# My Story

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# My Story



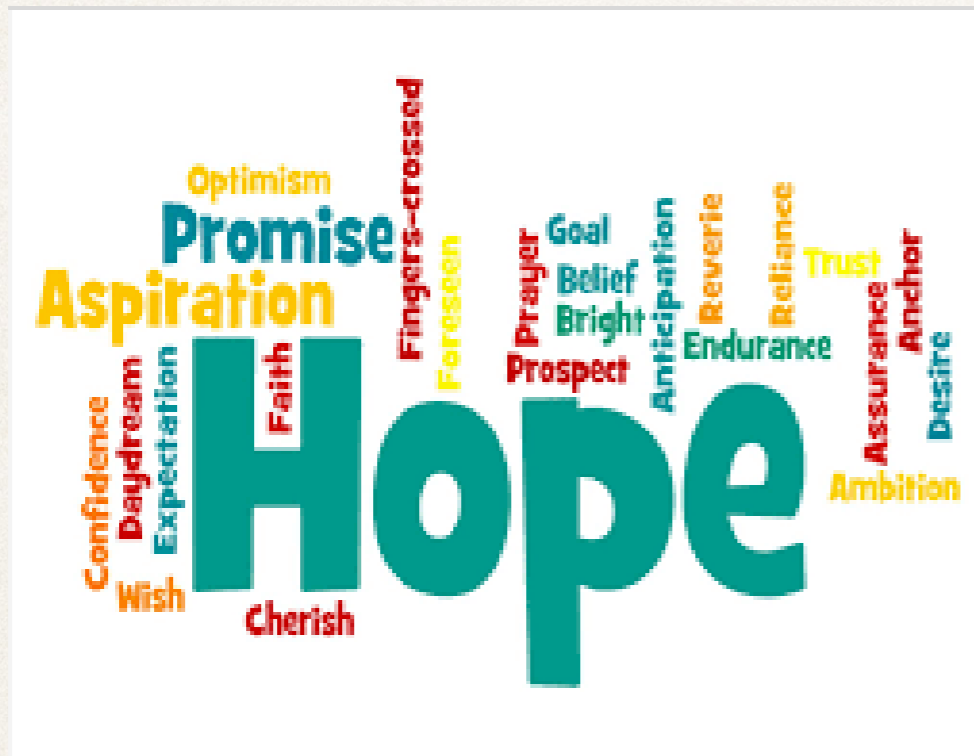
## The Expert Patients Programme

- **The EPP** is a course designed for adults living with any long-term health condition.
- The EPP aims to help people take control of their health will by learning new skills in order to manage their condition on a daily basis.



# My Story

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# My Story

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On average, people living with a health condition spend just 3 hours per year with their health care team; the rest of the time they are managing day to day life with that condition or their own – or self-managing.

Being a self manager means that you use tools, skills and find the support that you need to improve your wellbeing.

Self-management does not mean doing it alone.

# My Story

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# My Story

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# My Story

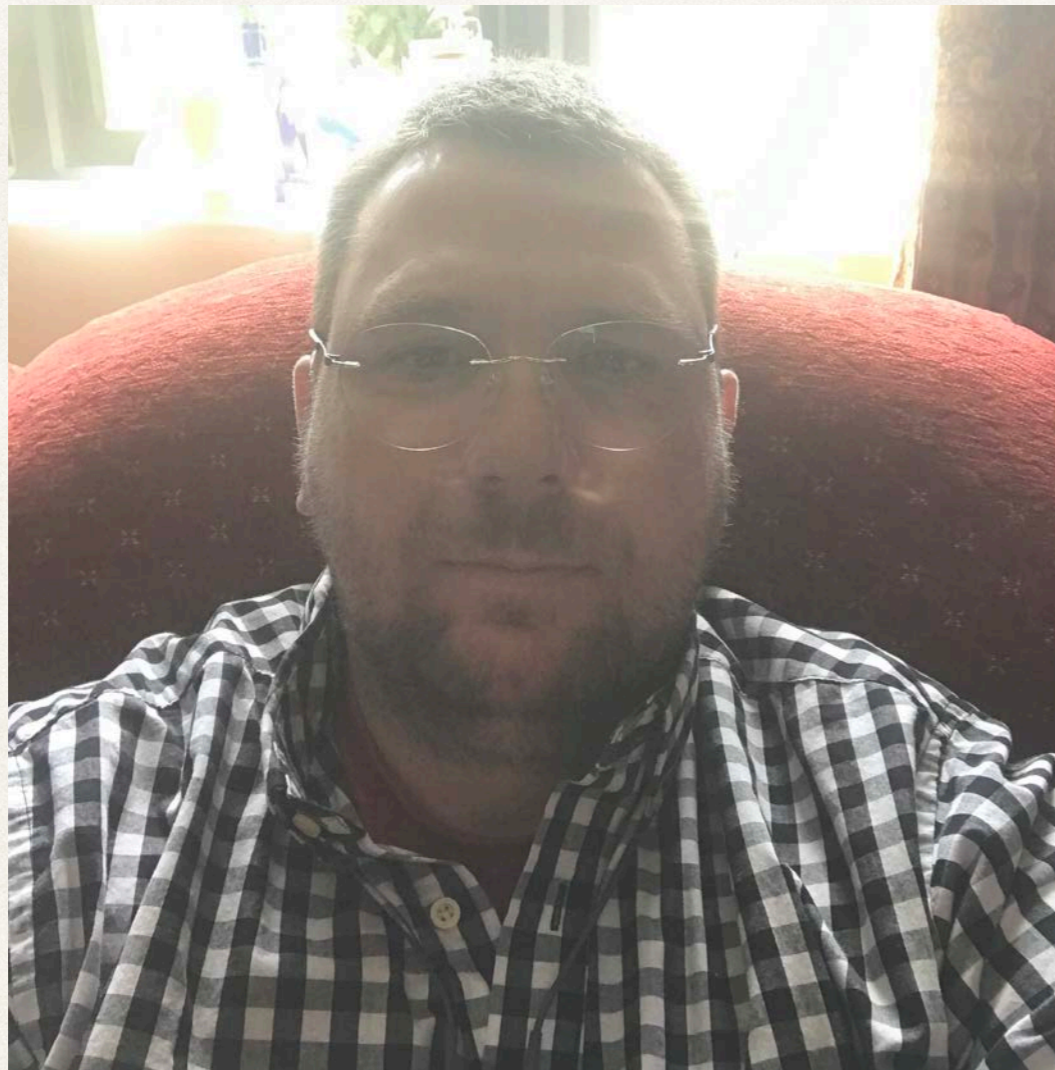
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Movement and Exercise to be healthy



# My Story

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# My Story

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# My Story

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West Sussex  
Primary Care Trust



Expert Patients  
Programme

Community Interest Company



# My Story

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**South East Coast**

# My Story

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Royal College of  
General Practitioners

# My Story

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# My Story

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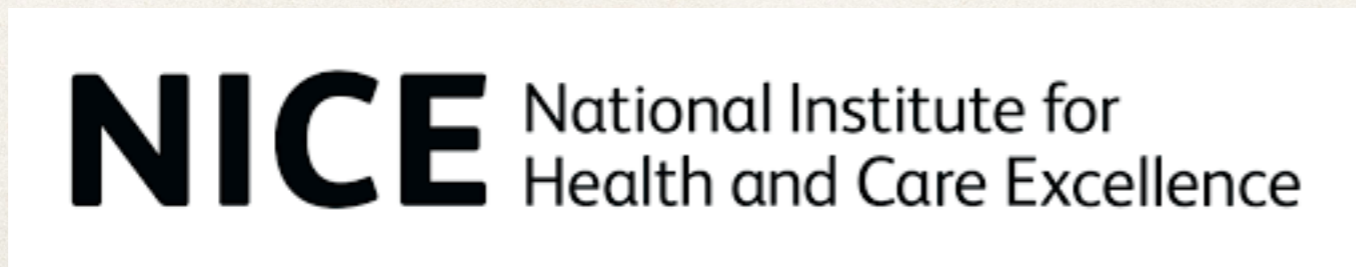


# My Story

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# My Story



# My Story

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# My Story

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**THE BRITISH  
PAIN SOCIETY**  
**EXPERTISE WHERE IT MATTERS**

# My Story

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# My Story

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# My Story

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## My Health Now

More pain:

Arthritis (walking problematic - Very Painful Feet), Neuropathic face pain,  
Painful Gynocomastia, Chronic Prostatitis as well as Visceral pain

Atrial Fibrillation, Asthma, Acid Reflux, Osteoporosis

Testosterone problems, Fatigue issues are one of my biggest challenges

Weight Issues, Hearing Loss, Constant Tinnitus,

My 'Mental Health' is good but I have to watch out for Depression

I'm terrible with exercise

Sleep Apnea

# My Story

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## My Future & The Issues:

No pension - I didn't work for 15 yrs,  
and have little earning capacity to pay into one

Self Employed = Low job security  
&

How many years will I be able to work for?

What about my relationship risks?

# My Story

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Practicalities of life now:  
Hotels, trains, taxis

# My Story

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Mentally Coping:  
Pacing, rest, timing, not expecting too much

# My Story

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My Needs and Other People's expectations:  
Getting needs met, comfort over style and speed



# My Story

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Accepting:

That I can't do everything or please everyone.

But.....

I can make a big difference while I am on this planet

# My Story

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What's important:  
Relationships  
Feeling fulfilment

# My Story

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Practicalities of life now:

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My Needs and Others expectations:

Getting needs met, comfort over style and speed

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Can't please everyone

What's important:

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# My Story

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# My Life Now



**THE BRITISH  
PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS



# My life so far

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# My Question to you

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Does 'Living with Pain' cause  
Social Deprivation, What could prevent it?

And does deprivation cause 'Living with Pain'  
to be more disabling in a vicious cycle?  
How do we break it?

t. Conversely, those with least need of health care tend to use

# My Solution

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Offer people, who are newly diagnosed with long term pain,  
a pain support group with a therapist:

This may last while people pass through the following steps

There is no need to rush people through the process

When someone has accepted living with their pain:

Offer them a self management programme

Then the person will get the most out of a Multi Disciplinary Team's  
Pain Management Programme

Then offer them ongoing (annual review) support via a well supported  
and educated GP, who has access to the same pain team for support  
themselves

Encourage voluntary work which may lead paid work



# My Story

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Thank you for Listening

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