



A Maltese Consensus Paper for Chronic Pain.

Preamble:

Maltese stakeholders with an interest in Chronic Pain led by **Malta Health Network**, **No Pain Foundation** and **SIP Malta** fully endorse the [Societal Impact of Pain 2016 Policy Recommendations: Time for Action](#)¹ and [The Societal Impact of Pain, "A Road Map for Action"](#)². This document recognizes that the successful implementation of the 8 Policy Recommendations is dependent on collaboration between EU member states.

The following document is being proposed by **Malta Health Network**, **No Pain Foundation** and **SIP Malta**.

Our recommendations are guided by five factors, namely:

- Ease of implementation
- Cost-effectiveness
- Urgency
- National Priorities
- Major impact on patients.

¹ <https://www.sip-platform.eu/pain-resources/pain-policy>

² <https://www.sip-platform.eu/media/details/the-societal-impact-of-pain-roadmap-for-actionf>



The Maltese Stakeholders listed above are therefore making the following recommendations, in relation to the Maltese scene:

1. Chronic Pain should be included as an independent condition facilitating the access of chronic pain sufferers to treatment. Chronic pain should be recognized as a disease in its own right and not as a symptom of other diseases.
2. A 'Chronic Pain Prevention' Campaign should be run to raise awareness about chronic pain. Such a campaign should be conducted within a wide variety of settings and should target all groups at risk of developing persistent pain.
3. Local Pain Management policies and services within our national hospital should be restructured and streamlined towards European policies and guidelines.
4. Chronic pain should be duly recognized and relative research should be prioritized through appropriate funding.
5. Recognition of the wide-ranging implications of pain should be endorsed through closer inter-ministerial collaboration.
6. Pain should be included as a key indicator in the outcomes of medical and surgical interventions.
7. Appropriate facilities should be established to facilitate specialization of health professionals in the field of pain.
8. The Maltese authorities should enact and facilitate vocational retraining and integration into the workforce of persons suffering from chronic pain.
9. A National Pain Plan should be established and implemented by 2020.

Any organisation or individual wishing to endorse this document is invited to contact any of the above organisations.