



Topic Exploration Report

This report summarises the existing evidence on the technology of interest in this Bevan exemplar application.

Topic:	E-learning programme: Byw Bywyd Gyda Phoen
Topic exploration report number:	TER138

Aim of Search

Cedar researchers, on behalf of Health Technology Wales, searched for evidence on the effectiveness of digital (online or app) self-management training programmes for patients with chronic pain. The current clinician-delivered pain management programme (PMP) appears to consist solely of patient education material. Therefore, we have not included online patient monitoring, guided self-management or at-distance therapies such as cognitive behavioural therapy (CBT) and mindfulness.

Summary of Findings

There is published evidence for patient education and self-management programmes for several specific pain conditions such as pelvic pain, lower back pain, headaches, osteoarthritis. Some evidence investigated these programmes in chronic pain in general and also online versions of interventions such as cognitive behavioural therapy (CBT). However, we found no studies comparing online versions of patient education programmes versus manually-delivered programmes for generic chronic pain management.

Key Sources of Evidence

SIGN. (2019). SIGN 136 - Management of chronic pain. Healthcare Improvement Scotland. Available at: https://www.sign.ac.uk/assets/sign136_2019.pdf [Accessed 14.08.2019].

Areas of Uncertainty

Studies investigating online and telehealth programmes for self-management of chronic conditions are relatively prolific. However, these are complex interventions, with multiple components, that are variably implemented and evaluated. Unless the current PMP is a standardised and commonly available intervention, it is unlikely to identify any studies that sufficiently match the proposed intervention. It is also important to further define the population that would benefit the most from such intervention.

Brief literature search results

Resource	Results
UK guidelines and guidance	
Healthcare Improvement Scotland	<ul style="list-style-type: none"> SIGN. (2019). SIGN 136 - Management of chronic pain. Healthcare Improvement Scotland. Available at: https://www.sign.ac.uk/assets/sign136_2019.pdf [Accessed 14.08.2019].
NICE	<p>None identified for generic chronic pain self-management programmes.</p> <p>There are guidelines including the following self-management for pain:</p> <ul style="list-style-type: none"> NICE. (2014). Osteoarthritis: care and management [CG177]. Online: National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/cg177 [Accessed 14.08.2019]. NICE. (2016). Low back pain and sciatica in over 16s: assessment and management [NG59]. Online: National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/ng59 [Accessed 14.08.2019]. <p>Research recommendations:</p> <ul style="list-style-type: none"> NICE. (2017). Endometriosis: diagnosis and management [NG73]. Online: National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/ng73 [Accessed 14.08.2019]. NICE. (2016b). Stable angina: management [CG126]. Online: National Institute for Health and Care Excellence. Available at: https://www.nice.org.uk/guidance/cg126 [Accessed 14.08.2019]. <p>Guideline in development</p> <ul style="list-style-type: none"> GID-NG10069 Chronic pain: assessment and management. Expected publication: August 2020.
Guidelines International Network	We did not identify any relevant information from this source.
Additional Sources	<ul style="list-style-type: none"> RCOA. (2015). Core Standards for Pain Management Services in the UK. Online: Royal College of Anaesthetists. Available at: https://www.rcoa.ac.uk/system/files/CSPMS-UK-2015-v2-white.pdf [Accessed 14.08.2019].
Secondary literature and economic evaluations	
ECRI	We did not identify any relevant information from this source.
Cochrane library	<ul style="list-style-type: none"> Foster G, Taylor SJC, Eldridge S, et al. (2007). Self-management education programmes by lay leaders for people with chronic conditions. Cochrane Database of Systematic Reviews. (4). doi: 10.1002/14651858.CD005108.pub2 Geneen LJ, Moore RA, Clarke C, et al. (2017). Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. Cochrane Database of Systematic Reviews. (4). doi: 10.1002/14651858.CD011279.pub3 Kroon FPB, van der Burg LRA, Buchbinder R, et al. (2014). Self-management education programmes for osteoarthritis. Cochrane Database of Systematic Reviews. (1). doi: 10.1002/14651858.CD008963.pub2

Medline	We did not identify any relevant information from this source.
Primary studies	
Medline	We did not identify any relevant information from this source.
Cochrane library	We did not identify any relevant information from this source.
Ongoing secondary research	
Clinicaltrials.gov	<ul style="list-style-type: none"> NCT03952910 - An Online Pain Education Program for Working Adults

Date of search:	14 August 2019
Concepts used:	Chronic pain, self-management, digital, app, web