



University of
Nottingham
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THE BRITISH
PAIN SOCIETY
EXPERTISE WHERE IT MATTERS

The NHS 10-year plan & British Pain Society updates

March 2026



The British Pain Society - a trusted multidisciplinary voice in pain care

- Founded in 1967
- One of the world's longest-standing multidisciplinary pain societies
- The UK's largest multidisciplinary organisation dedicated to improving pain care
- Members include clinicians of all backgrounds, researchers, and a committee of people with lived experience
- United by a shared commitment to improving life for people living with pain



Together, we will do more for pain

Mission: Developing interdisciplinary partnerships between researchers, health and social care professionals, and people experiencing pain to promote the safest and most effective pain management throughout the United Kingdom.



BEST CARE



COLLABORATIVE WORKING



MAKING PAIN VISIBLE



APPLYING RESEARCH TO
INDIVIDUALISE CARE



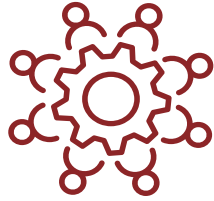
PROFESSIONAL EXCELLENCE



DIVERSITY OF PAIN

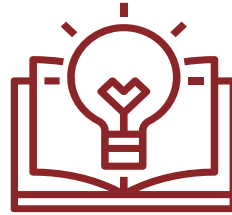


Strategic priorities



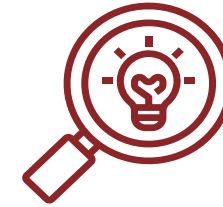
Multidisciplinary collaboration

Promote integrated, person-centred care



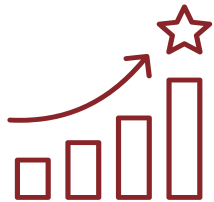
Education and training

Provide up-to-date knowledge, skills, and resources



Research and training

Support inclusive, high-quality research with real-world impact



Quality improvement

Drive up standards through national initiatives and benchmarking.



Person-centred approaches

Ensure people living with pain shape strategy and delivery



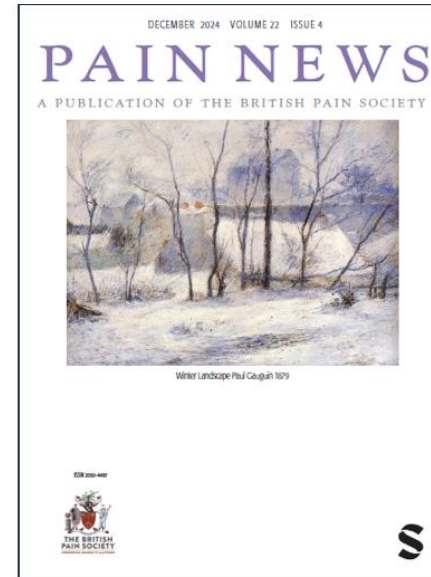
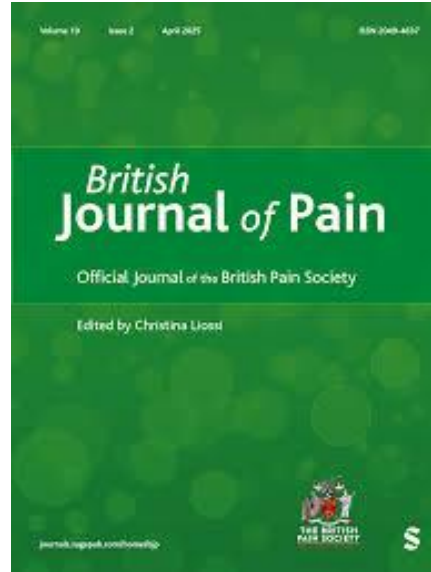
Support for health and care professionals

Promote wellbeing, mentorship, and professional networks



What we do – knowledge and practice

We educate, connect, and collaborate



Guidelines

Peri-operative pain management in adults: a multidisciplinary consensus statement from the Association of Anaesthetists and the British Pain Society



Association of Anaesthetists

September 2024

BPS WEBINAR

PAIN MANAGEMENT ESSENTIALS: What's "out there" in terms of education, support, resources, and "training" for people who are experiencing pain?

Invited Speakers

- Ms Samantha Felling
- Ms Victoria Abbott-Fleming
- Ms Rachel Stovel
- Ms Clair Jacobs
- Mr Peze Moore
- Ms Millie Love
- Live Well With Pain

Thursday, 3 April 2025
06:30 PM - Till End (UK Time)
Virtual




SAVE THE DATE

**PMP & P&C CARE SIGS
BPS ASM 2024 PRECONFERENCE**

NOTTINGHAM | 8 JUNE 2024

WORKSHOPS | DOR AVAILABLE FOR THE BPS ASM

www.bpsasm.org



Managing pain after your surgery

This leaflet explains what you can do to prepare for going home after surgery and to help your recovery. It describes the medicines used to reduce pain, and how to use them safely while you recover.



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What we do – advocacy and policy

We influence policy and set standards



**THE BRITISH
PAIN SOCIETY**
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What we do – lived experience and inclusion

We champion the voice of and collaborate with the people living with pain

Expert
Patient and
Carer
Committee

Lived
experience
Collective

Media work
and
outreach
events

Integration
in Council,
SIGs and
committees

Commitment
to co-
production

Patient
surveys

PPIE

Patient-
focused
materials
and
webinars



Join our journey...

Build a better future for pain care

- **Collaboration:** Growing our multidisciplinary membership and fostering cross-sector partnerships
- **Education:** Expanding webinars, resources, and professional development opportunities
- **Research:** Launching the UK Pain Research Network and advocating for inclusive, impactful funding
- **Quality:** Supporting national quality improvement initiatives and sharing best practices
- **Support:** Building mentorship and peer support structures for professionals at all stages
- **Lived Experience:** Strengthening the Lived Experience Collective and embedding co-design in all we do

What's Next:

- Launching new guidance and practical tools
- Expanding support for professionals for people at all career levels
- Strengthening partnerships across the four UK countries
- Growing a united voice for compassionate pain care



Fit for the Future: 10 Year Health Plan for England

Shift from Hospital to Community

Decentralizing care to community settings reduces hospital pressure and improves access for people with chronic conditions

Analogue to Digital Transformation

Digital tools like apps improve efficiency, reduce admin burdens, and empower patient self-management

Focus on Prevention

Emphasizing lifestyle changes and early condition identification to prevent health deterioration and manage chronic pain

Integrated Pain Management

Pain management framed as long-term condition needing multidisciplinary support, early intervention and integration with wider community resources



Expanding pain care in the community

- **Community-based multidisciplinary care**

Neighbourhood Health Services provide physiotherapy, rehabilitation, and MSK specialists closer to patients' homes

- **Enhanced early intervention**

First Contact Practitioners trained in MSK triage speed diagnosis and reduce unnecessary secondary care referrals

- **Resource and staffing challenges**

Concerns exist about staffing and funding shortages that may limit the success of expanded community services

- **Benefits of community models**

Local pain services reduce patient travel, improve care continuity, and align with holistic pain science approaches



Digital tools supporting self-management for pain

- **Enhanced digital health tools**

Expanded NHS App enables appointment booking, symptom monitoring, education, and remote rehabilitation for pain management

- **Remote monitoring and personalization**

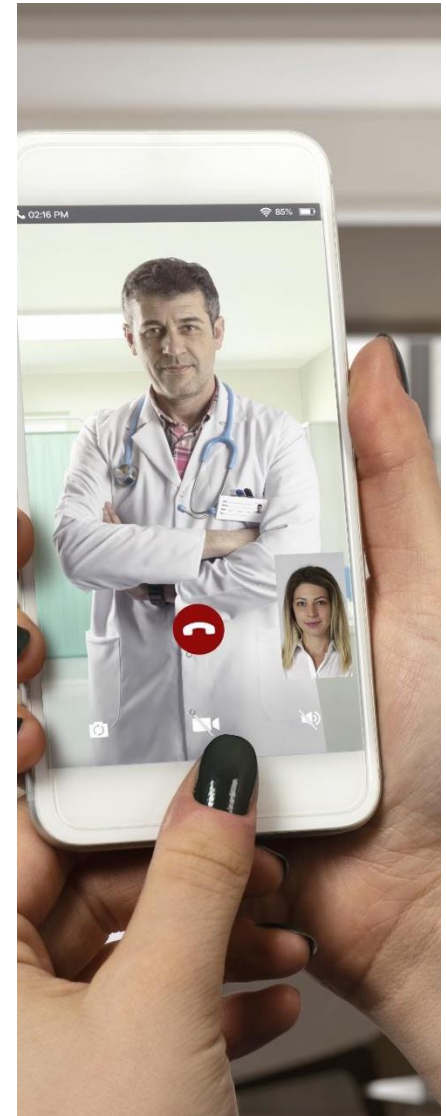
Clinicians track patient progress remotely, enabling early setback identification and tailored interventions

- **Addressing digital exclusion**

Co-design with patients ensures usability and equity, especially for older adults and those with low tech literacy

- **Blended Care and Support**

Combining digital tools with in-person care and technology support improves adoption and access for all patients



Rehabilitation and reduced reliance on medicines

- **Expansion of rehabilitation services**

The NHS plan expands physiotherapy and advanced practice roles to improve musculoskeletal rehabilitation access

- **Emphasis on non-pharmacological therapies**

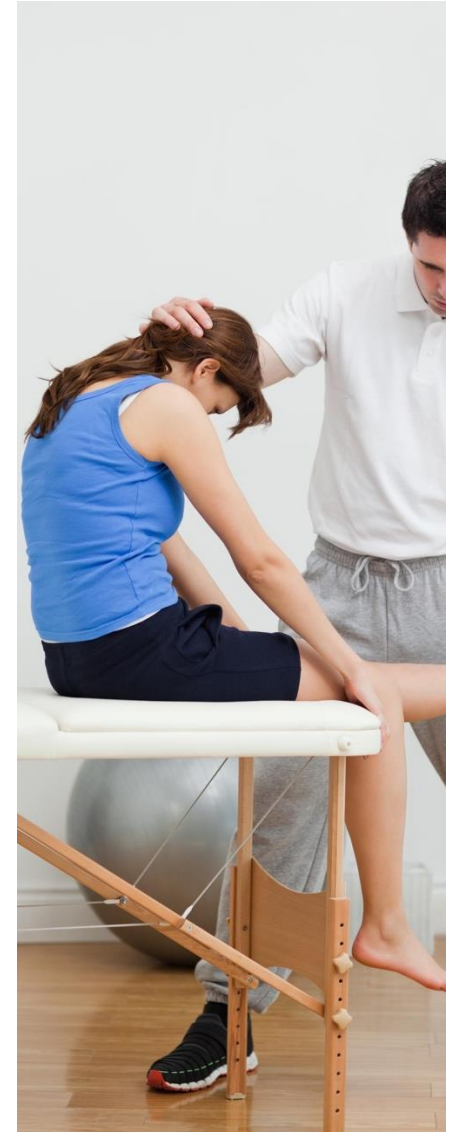
Focus on exercise, pacing, psychological support, and cognitive-behavioural therapy reduces reliance on analgesic medicines

- **Improving safety with medicines**

Discouraging long-term opioid and gabapentinoid use limits risks and aligns with chronic pain management guidelines

- **Patient empowerment and education**

Education and equitable multidisciplinary access promote self-efficacy, functional improvement, and quality of life



Preventive approaches to reduce the burden of long-term pain

- **Lifestyle intervention priorities**

The NHS plan prioritizes smoking cessation, weight management, physical activity, and early MSK condition intervention to reduce chronic pain

- **Physical activity**

Regular strength and balance training help mitigate osteoarthritis progression and mobility-related pain while improving mental health

- **Addressing socioeconomic inequalities**

Reducing pain disparities requires coordinated action across healthcare, social services, urban planning, and employment sectors

- **Benefits of prevention-first approach**

Prevention reduces NHS demand, improves long-term outcomes, and empowers people to manage pain via lifestyle changes





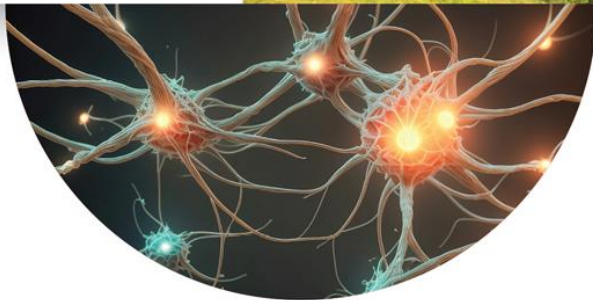
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BRITISH PAIN SOCIETY 59TH ANNUAL SCIENTIFIC MEETING

21-23 April 2026
Harrogate Convention Centre, UK

SEE YOU IN **GLASGOW 2027**

PAIN IN EUROPE XV



15TH CONGRESS OF THE
EUROPEAN PAIN FEDERATION EFIC®

21-23 APRIL 2027 | GLASGOW, SCOTLAND



[EFIC-CONGRESS.ORG](https://efic-congress.org) #EFIC2027

Building Bridges in Pain: Thriving Through Communication

*Together, we will do
more for pain*



Contact us:

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www.britishpainsociety.org



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