

# How to use the **Live Well with Pain Health Check tool**

**The LWWP Health Check tool is designed to help a person with pain begin a hopeful and positive active engagement in caring for their own health and well-being. It is a self-completion, person-centred tool that can be shared easily with patients and clients. The data from this completed tool will help identify the actual current impact of chronic pain on the individual and their health. This in turn can help:**

- **The management of the individual's chronic pain in both condition management and medication reviews**
- **A balanced commissioning approach, as the collated data from those with pain helps build evidence of the impact of pain on a local population**

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## **Why the tool was developed**

This tool was developed for clinicians in primary and community care to use in their day-to-day brief, 10-15 minute consultation times, to:

1. Address the impact of chronic pain on an individual's health and wellbeing
2. Assess the level of the person's self-confidence to manage their health and life despite the pain
3. Widen the focus of a medication review of opioids and gabapentinoids to a person's wider health needs along with safer and reduced prescribing
4. Help use resources that exist within the local context more effectively and efficiently to support people with chronic pain. (These resources can include both those within the health service and in a range of other settings from public libraries to voluntary organisations)
5. Provide outcome measures of changes in mental health wellbeing, self-efficacy, pain intensity and pain distress.

The LWWP Health Check tool was developed in response to high levels of primary care opioid and gabapentinoid prescribing and polypharmacy, as part of the GOTT trial in primary care in Darlington in the north of England.

The GOTT project was winner of the Bright Ideas in Health Award 2021, North East.

The LWWP Health Check is a patient-led tool for use in short time frames: the individual completes it before their consultation or review.

Patient completion time for the form should be less than ten minutes.

The patient can either email the completed form to the practice, or bring it with them to their medicines review. It can be used within System One integrated with coding along with a Live Well with Pain Health Check template.

By using the LWWP Health Check tool at the beginning and end of a series of consultations or at regular intervals, it can also act as an outcome tool to monitor change over time.

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# An explanation of the tool's four steps

## STEP 1 How do you feel?

This first step for the patient to complete uses the WHO Mental Well Being scale which asks about five emotional areas which may have affected the patient in the previous two weeks.

The scale has been validated for people with chronic pain and many other health conditions. It has been translated into more than 30 languages and is used across the globe.

## STEP 2 Tell us a bit about your pain

This step is about aspects of pain and the self-confidence to manage it. It covers pain intensity and pain distress levels. The higher the level of distress the greater the current and past emotional content is important to consider. It helps the person understand there is an emotional / trauma component of pain for a multitude of reasons.

Self confidence (Pain Self Efficacy Questionnaire – PSEQ 2). These two validated questions help identify the level of confidence the person has to self-manage.

The higher the score out of 12, the greater the level of confidence to self-manage. Low levels of confidence suggest more complexity in the impact of pain on the individual's health and within the person's context.

Often past and present emotional issues and life problems are responsible for lack of progress in pain self-management. This means the involvement of person-centred specialist pain management services may be beneficial in low levels of confidence, PSEQ scores < 4/12.

## STEP 3 Do you have any problems or difficulties with...

This is the health needs assessment component of the LWWP Health Check. It helps the individual to see the wider picture of the impact of pain on their health across 13 areas of need at the current time.

The more areas ticked or identified, the greater the impact on all aspects of health; physical, emotional and social role function.

This is a guide to the severity of the impact of pain on health and may indicate a need for a focused person-centred approach in collaboration with the person and other services where needed.

## STEP 4 The three most important things to change now

This final step guides the patient to prioritise their current needs to form a focus for a consultation or review, thereby making best use of brief consultation time.

Patients can also be directed to self-management resources within the online tool from Live Well with Pain, *Ten Footsteps to Living Well with Pain*: [resources.livewellwithpain.co.uk/ten-footsteps](https://resources.livewellwithpain.co.uk/ten-footsteps)

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If you need more information about the *Live Well with Pain Health Check tool*, please contact [info@livewellwithpain.co.uk](mailto:info@livewellwithpain.co.uk)

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