

Persistent Physical Symptoms Service (PPSS)

Chronic Pain, CFS, FND, MUS

Information for professionals



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Working across Cumbria with patients and professionals to increase the understanding and confidence in management of long-term physical symptoms

The Persistent Physical Symptoms Service offers an integrated pathway for all patients with persistent physical symptoms in North, East and West Cumbria.

Who is the Persistent Physical Symptoms Service (PPSS) for?

The service offers evidence-based interventions to patients with persistent symptoms (of more than six months duration) rather than due to any underlying pathology.

This includes:

- Chronic Pain
- Chronic Fatigue Syndrome (CFS)/ Myalgic Encephalopathy (ME)
- Functional Neurological Symptoms (FNS, including non-epileptic attacks)
- Medically Unexplained Symptoms (MUS)

The Persistent Physical Symptoms Service offers:

- A single point of access
- Joint assessment with a psychological practitioner and a physiotherapist or occupational therapist
- Living Well groups
- Individual psychological therapy – including CBT
- Individual physiotherapy/ occupational therapy
- Training for health professionals on managing persistent physical symptoms



Cumbria Clinical Commissioning Group



Following assessment

Following assessment, patients are matched to the most appropriate level (or levels) of intervention, based on their individual needs.

The primary model adopted is Cognitive Behavioural Therapy (CBT), supported by additional evidence-based approaches such as Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitisation and Reprocessing (EMDR) for trauma. Treatment choice is based on individual assessment and formulation.

A biopsychosocial model is followed throughout the service, recognising the complex interactions between physical, psychological and environmental factors that predispose, precipitate and maintain an individual's symptoms.

Training for health professionals on managing persistent symptoms

We recognise that the management of persistent symptoms begins and ends in primary care, with many patients not requiring onward referral. Our training package will aim to support primary care clinicians to:

- Identify individuals with persistent symptoms
- Explore, and explain persistent physical symptoms alongside their patients
- Engage and encourage self-management
- Share decision making around appropriate tests, interventions and onward referral

Please note: The training has been funded as part of the role-out of the PPSS because of the recognised importance of the management of PPS within Primary Care. Please contact us to book onto planned training sessions or you may prefer to invite us to attend your Practice to provide bespoke training.

Referral Criteria

- 18 years or older
- Persistent (> 6 months) physical symptoms related to disorders of biopsychosocial function rather than any obvious pathology
- Diagnoses of CFS/ME, Chronic Pain, FNS and MUS.
- Symptoms cannot be managed within primary care.
- Relevant investigations/tests have been completed.
- Not awaiting further medical or surgical opinion in relation to symptoms.
- An explanation of persistent symptoms has been shared with the patient by relevant medical professional (e.g. GP or Consultant).

Comorbid mental health problems should be referred to First Steps or CMHT (with the exception of anxiety or depression secondary to the PPS).

The Health Psychology Team offer a **consultation hour** on weekday afternoons 1:30pm-2:30pm. Health professionals can pre-book a “call back” to discuss specific referrals. If you have any questions about the appropriateness of a referral to the PPSS, please use this option. **To access the consultation hour** please call 01228 814781, or e-mail PhysicalHealth.Psychology@cumbria.nhs.uk (providing your full contact details).

How to refer to the PPSS

Please complete the PPSS referral form and email to the “single point of access” email address: PPSS@cumbria.nhs.uk

Contact details for further information PPSS Team Administrator

Kathleen Tyson kathleen.tyson@cumbria.nhs.uk

Address: Room 5, Voreda House, Portland Place, Penrith CA11 7QQ

Telephone: 01768 245954

- **Business and Admin Support :**

Janette Wilton janette.wilton2@cumbria.nhs.uk

Address: Physical Health Psychology, Cumberland Infirmary, Newtown Road, Carlisle, CA2 7HY

Telephone: 01228 814781

- **Clinical Lead:** Dr Lizzie Davey, Consultant Clinical Psychologist

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- **Quality and Physiotherapy Lead:** Joanna Manley

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If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890 Email:

communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications

Voreda House | Portland Place | Penrith | CA11 7QQ



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