# KEY DECISIONS

**ELECTRONIC PERSISTENT PAIN OUTCOMES COLLABORATION (ePPOC)**  
**CLINICAL AND MANAGEMENT ADVISORY COMMITTEE (CMAC) MEETING**  
**MONDAY 30 NOVEMBER 2020**

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<th>Agenda Item</th>
<th>Discussion/Decision</th>
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<td><strong>National Strategic Action Plan for Pain Management</strong></td>
<td>ePPOC and CMAC members will work in partnership to develop an infographic that could be provided to General Practitioners to promote the outcomes of specialist pain management services.</td>
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| **DASS-21 Survey Results**                      | **Background:**  
The DASS 21 is used as the ePPOC measure of psychological distress. There have been suggestions from some ePPOC members that this assessment tool may not be meeting the needs of clinicians.  

**Discussion/Decision:**  
Participating ePPOC services were invited to complete an online survey on their views regarding use of the DASS-21 at their service and within ePPOC. Almost all respondents found each subscale (depression, anxiety and stress) to be useful, and the majority indicated they found them very useful.

79.5% of respondents indicated they would not like the DASS-21 replaced by an alternative measure. Of those that indicated they would like it replaced, the most common alternative proposed was the PHQ-9 and GAD-7 used in combination. 61.8% of respondents did not consider retaining the depression and anxiety subscale items but omitting the stress subscale as an acceptable option.

Members approved maintaining use of the full DASS-21 as ePPOC’s measure of psychological distress (i.e. no change to the ePPOC minimum dataset). |
| **Changes to clinical representation on CMAC**   | ePPOC member services have grown in number, type and location, and it is timely to review clinical service representation to ensure a diverse and equitable clinical representation.  

It was agreed that CMAC membership should strike a balance between continuity and renewal, adhering to the three principles of having adequate numbers, being representative, and being in a process of gradual renewal over time.  

This process of ensuring appropriate representation will begin in 2021. |
| **Future meetings**                              | **Background:**  
CMAC meetings have traditionally been two full-day meetings per year that have required in-person attendance. However travel and social distancing restrictions have meant that the previous two meetings were held via videoconference.  

The benefits of both were discussed. Videoconferences tend to allow more members to attend as there are less demands on their time and no travel expenses involved. They also have the benefit of a lower carbon footprint. |
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<td>However, in-person meetings create valuable opportunities to network. As videoconferences are shorter in nature, there was a suggestion to meet more frequently to cover more topics and not have too much time pass between meetings. <strong>Discussion/Decision:</strong> Meetings will move from a biannual in-person format, to a format consisting of three shorter videoconferences and if possible, one in-person meeting attached to an existing workshop.</td>
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