

27/02/2025

Experiences of Caribbean and South Asian Women Living with Chronic Pain

Presented by Subitha Baghirathan

Developed in collaboration with Gill Travers, HIWE and Chantal Enders, NCIM

Microphones have been muted for attendees until discussion; we encourage you to introduce yourself in the chat for networking opportunities.

This event is being recorded, but attendees will not be visible on the recording.

During Q&A please raise your hand and microphones will be manually unmuted for you to ask questions.



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**Bristol, North
Somerset and
South
Gloucestershire
Integrated Care
Board
Diverse Research
Engagement
Network**

Subitha Baghirathan:
Community researcher and
public involvement member



Diverse Research Engagement Network

Working to increase diversity in health and care research and
reduce race-related health inequalities



**Bristol, North Somerset
and South Gloucestershire**
Integrated Care Board

**Bristol Health
Partners**



Enquiry: long term pain experiences of Caribbean and South Asian women

Nilaari Agency/
Research Engagement
Network (REN)

Sept '23 to May '24


Hearing directly from
women in these 2
groups, through one-to-
one interviews

Carried out by Subitha
Baghirathan,
Community Researcher
and ongoing PI member
of REN

4 Caribbean women;
4 South Asian women

1 GP in central health
practice;
2 Social Prescribing
Workers

Key learning

- Length of time to diagnosis of health condition (often over 3 years)
 - Many cited the influence of their ethnicity & sex on their interactions in medical appointments
 - Very little/ no advice or signposting to non pharmaceutical support, or services. E.g. local low cost or free movement classes
 - Most valuable sources of ideas and support for pain management= outside of the medical/clinical field
 - Scant awareness/info of local NHS pain management offers
 - Clear difference between Caribbean and South Asian women ref. being able to share openly with peers and family
 - Impact of menopause
- 

We shared our stories - now what?

Smoother referrals to specialist professionals for quicker diagnosis of health conditions

Better info and signposting to current local pain management services including low cost/ free movement classes

Non pharma 'prescriptions' as the first offer, as a standard, for holistic health including diet, sleep, movement

Peer support group for menopause and/or living with pain, specifically for visibly minority ethnic/ Global Majority women

Other relevant resources/info

- [BNSSG wide report on people living with long term/ chronic pain \(2024\)](#)
 - [Nurofen report on long term pain and sex bias in treatment \(2024\)](#)
 - [Public Health England enquiry into Opioid Prescriptions \(2019\)](#)
- 

Thank you

Thank you for your interest in future partnership working to improve the experiences of women, particularly those of Caribbean and South Asian ethnicities, living with long term pain in Bristol, North Somerset and South Gloucestershire.

Subitha Baghirathan, Research Engagement Network Community
Researcher and Public Involvement member

DISCUSSION



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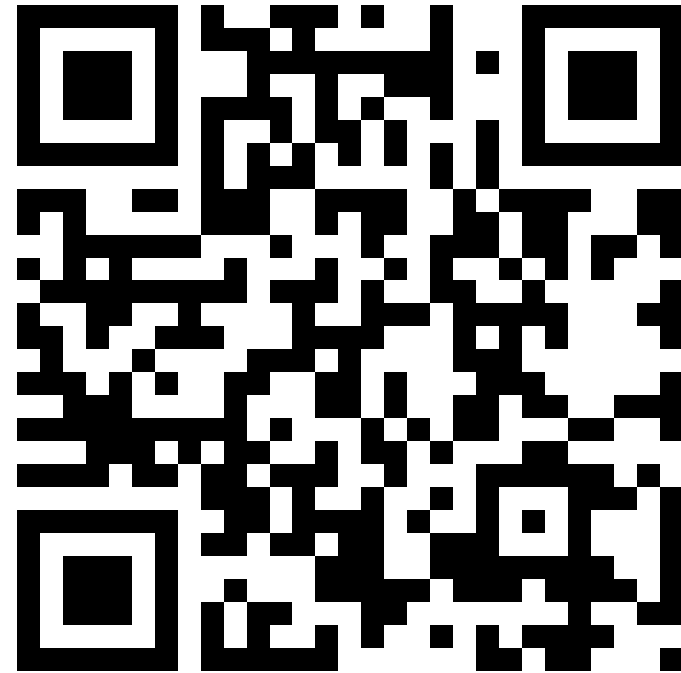


THANK YOU

Please complete the feedback survey to help to shape the content of future sessions

CPD certificates available for those attending or watching a recording of this event (within 1 month of upload) following completion of the survey.

Please ensure you have completed the final box with the name you would like on your certificate and include a contact email as the feedback form is anonymised and we won't know who to send the certificate to.



<https://survey.zohopublic.eu/zs/luaPP6>

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professionals



Community

Making Integrative
Healthcare more
accessible in community
settings



Membership

Transforming healthcare
together through NCIM
Membership

www.ncim.org.uk

Community Interest Company, Ham Green House, Pill, near Bristol



Polypharmacy COP10: Sustainability

26th March 12- 1pm

At this our tenth community of practice, the focus will be on reducing polypharmacy, encouraging sustainable activities and continuing our Community of Practice.

Speakers:

Bisola Sonoiki, Pharmacist

Presenting on overprescribing and polypharmacy : a focus on sustainable care.

Dr Nigel Harris presenting an update their work on 'Tech for Better Care' project.

Book your free place:

<https://events.weahsn.net/WestofEnglandPolypharmacyShareandLearnCoP10Sustainability#/>

**Book
now!**



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Polypharmacy: 
getting the balance right