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Multiple  
Symptoms  
Study 3

# Multiple Symptoms Study 3:

An opportunity for your patients with persistent physical symptoms

Chris Burton

Professor of Primary Medical Care  
University of Sheffield



# Persistent physical symptoms

- Pain, fatigue, lightheaded, GI, genitourinary....
- Move away from explained vs medically unexplained.



# Evidence across symptoms for

- Central sensitization to symptoms
- Alterations in autonomic function
- Altered interoception (sensing body states)
- ....



# Evidence that GPs should not

- Tell people symptoms are due to stress
- Refer for more tests “to reassure the patient”
- Do CBT-lite in ordinary consultations



# But maybe ....

- Extended role GPs ...
- ...could use longer consultations...
- ..to explain symptom processes in ways that make sense to patients...
- ...and lead on to self-management



# Multiple Symptoms Study 3

- RCT (4 centres)
- “Symptoms Clinic” (extended role) vs Usual Care
- Patients with PPS
- Recognition, **E**xplanation, **A**ction
- Learning to manage symptoms
- GP practice search and mail-out



# Multiple Symptoms Study 3

- RCT Now online delivery so eligible across Yorkshire
- “Symptoms Clinic” (extended role) vs Usual Care
- Recognition, **E**xplanation, **A**ction Learning to manage symptoms
- GP practice search and mail-out
- Positive patient experience



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# Mail us!

[multiple.symptoms.study3@sheffield.ac.uk](mailto:multiple.symptoms.study3@sheffield.ac.uk)



Or contact me if you want to book an interactive CPD group session about the wider issues of persistent symptoms

[chris.burton@sheffield.ac.uk](mailto:chris.burton@sheffield.ac.uk)