Figure 5. PPIE contributors' summary of key points within the interview data.

Individual and unpredictable

- Chronic pain is a very individual experience; pain and symptoms vary in different situations and over time, and flare-ups can be unpredictable.
- Chronic pain impacts on physical and emotional wellbeing.

Work impacts and mitigations

- Chronic pain impacts significantly on work, and some work situations can further exacerbate pain and fatigue.
- Reasonable adjustments can facilitate the self-management of pain, prevent or manage the impacts of pain on work, and help people to do their jobs.

Access to support

- Access to work-related support varies across employment settings.
- •The level of support provided depends on employees disclosing their condition, and having supportive and understanding managers.

Self-care

- Self-care is viewed to be an important part of managing chronic pain at work.
- Digital platforms can be a useful approach to supporting people to self-manage their chronic pain and associated symptoms, and help people to better manage pain at work.