

Pain management programme - face to face or virtual

Pain Management Team Patient Information Leaflet

Introduction

This leaflet is for people who suffer with chronic pain. It gives information about our pain management programme such as the benefits, what is included in the programme and what happens next if you decide to take part.

What is a pain management programme?

The pain management programme (PMP) is a 7 week programme which helps participants to become better at managing their pain.

The programme uses a combination of physical, practical and psychological methods to provide you with strategies to manage your pain and improve your quality of life.

Pain management programmes are run by a team of different healthcare professionals including a physiotherapist, occupational therapist, psychologist and chronic pain nurse.

The group is based at the Guest Outpatient Centre. Around 8 people are invited to attend each programme.

What is the aim of the programme?

The pain management programme will focus on helping you to manage your pain rather than curing it.

What are the benefits of the programme?

After attending the 7 week programme, previous participants have found their pain easier to manage. They are also more optimistic and confident about the future.

The programme will enable you to take control of your situation and get the most out of life, despite your pain. The group environment allows participants to share their pain stories and learn from each other's experiences.

What is included in the programme?

The following topics are included:

- Setting manageable goals for yourself
- Learning about theories of pain
- Practising techniques in relaxation and deep breathing
- Learning about how to pace activities
- Information about medications
- Understanding the impact of pain on your thoughts, feelings, physical well-being and your relationships
- Discover how physical activities, including gentle stretching and graded exercise, can help manage your pain better
- Information on how to improve your sleep

Is the pain management programme for me?

If you are living with persistent pain which makes your life difficult, and previous medical treatments have not fully helped, or not helped at all, it is possible that the pain management programme could offer you a different way of managing your pain symptoms.

The pain management programme could help if you:

- Find it difficult to do everyday activities such as work, household tasks or hobbies and exercise, because of pain
- Feel worried and stressed by pain
- Feel low and sad at times because of the pain
- Are open minded about trying to do things differently and are willing to take part in a group

What happens once I have been referred to the pain management programme?

The Pain Management Team will send you an appointment to attend an assessment. At the end of this a joint decision will be made, between yourself and team, as to whether the programme will benefit you. This assessment will also give you an opportunity to discuss the programme further with the team.

Can I find out more?

You can find out more from the following weblinks:

Pain Toolkit App

<http://www.paintoolkit.org/>

Understanding pain video

<https://www.youtube.com/watch?v=RWMKucuejls>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Pain Management Team on 01384 244735 (9am to 5pm, Monday to Friday excluding bank holidays). This is an answering machine and we will return your call as soon as we can.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/pain-management/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔