



Pain Management Programme

Living well with Chronic Pain



If you are living with persistent pain which makes your life difficult and you have had medical and other treatments which have not helped, it is quite possible that a pain management programme could offer you hope.

A pain management programme could help you if you:

- find it difficult to do everyday things (such as work, household tasks or leisure activities), because of the pain;
- feel worried and stressed by the pain, and probably feel low and sad at times;
- if you are open minded about trying to do things differently;
- are willing to take part in a group.

AIMS OF THE PAIN MANAGEMENT PROGRAMME

- Increase your understanding of pain and how it is experienced
- teach you a system that helps you take up activities that you had given up because of the pain
- improve your strength and fitness in a way that suits you
- can help you reduce how much you rely on medication
- improve your mood and confidence
- teach you ways of managing unhelpful thinking
- increase your overall quality of life

WHAT HAVE OTHER PEOPLE SAID ABOUT THE PAIN MANAGEMENT PROGRAMME?

Included below are some comments made by people who have previously been through the programme:

“I’ve learned that life is worth living-differently- but it can still be enjoyed. It can be managed in a different way. I don’t feel as useless and worthless anymore”.

“I am learning to live my life a better way - I am learning to cope with my pain and make choices in my life”.

“I have started exercising more, socialising with my family. Before, I was basically housebound. I have more confidence now. I have changed the way I look at my illness.’

“I have learned to set realistic goals for myself, to have more ‘me’ time, to reward myself, that I can do exercises and ask others for help. I am now trying hard to approach acceptance of the pain”.

“I have been shown how to accept what I have and live my life to the best that I can. Before the programme I thought my life was hopeless and I was on the scrapheap”.

“I never knew what Pain Management was until I came here and I have took on board a lot. I am setting goals to socialise more and spend time with my granddaughter”.

“I was very wary about attending the programme and was confused about the term acceptance but I feel my life has changed. It was not an easy programme but I have found it valuable”.

WHEN AND WHERE IS THE PROGRAMME RUN?

Group sessions are run every Thursday morning between 09:30am - 1:00pm for 12 weeks at Douglas Street Clinic, in Hamilton.

HOW BIG IS THE GROUP?

There are usually eight to twelve people in a group. You will start at the same time as other people and stay in the same group for the whole programme. Many people find it very encouraging and supportive to meet other people with similar problems. You are not expected to share anything personal or that you are not comfortable discussing.

WHAT HAPPENS AT THE GROUP?

Most days are a mix of information and group discussion, learning new exercises, and trying out things which the pain makes difficult. The areas you will look at include home life, friends, family, work, hobbies, sleep, how you feel about yourself and how you feel about others.

The exercises and stretches which you learn will help you become stronger and more flexible, which makes it easier to manage physically and to prevent further pain. Many people use the programme as an opportunity to get support and guidance in reducing their medication, and to improve their sleep and mood. Those people who get the most from the programme are the ones who attend every week, keep an open mind and try out the techniques and strategies suggested.

MEASURING YOUR PROGRESS

At the beginning and end of the programme, you will be asked to fill in questionnaires. These help the staff assess the programme and make improvements where necessary.

WHAT HAPPENS AFTER A PROGRAMME?

Your GP and the doctor who referred you (if that is not your GP) should get a letter when you end the programme, describing your achievements, what you still need to work on, and in what areas you might need more support. This is to help you and your GP to work together on managing your health.

What you learn on the programme can change how you manage pain day-to-day, in what you do and how you do it. You will benefit most if you continue to use what you have learned, applying it to new situations and needs as they arise. Some people who have been in a group together enjoy keeping in touch with one another or with other people who have been through similar programmes, but you can decide what you want to do.

Three months after the group you will meet the group leaders individually and then at six months you will meet up with the whole group again to discuss progress with goals and problem solve any barriers you had to achieving these.

WHERE CAN I FIND OUT MORE?

British Pain Society

www.britishpainsociety.org

Or you can write to the British Pain Society at:

The British Pain Society

Third Floor

Churchill House

35 Red Lion Square

London

WC1R 4SG

Pain Concern

www.paintoolkit.org

NHSinform

Quality assured health information for the public in Scotland.

www.nhsinform.co.uk

Tel: 0800 22 44 88

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