



Chronic Pain Management Information Session & Course for Adults

Information for patients



WHAT IS THE CHRONIC PAIN MANAGEMENT INFORMATION SESSION?

This is a 1.5 hour session which is held online or in person at Hamilton or Coatbridge. It is taken by physiotherapists who specialise in chronic pain management and is with a small group of other people who also have chronic pain. The topics covered are what 'chronic pain' means and common management approaches which can help people to live well with chronic pain. You will also be given information about some resources which are available to you to support this.

WHAT IS THE CHRONIC PAIN COURSE?

This group is a supported self management course for people who live with chronic pain. It is led by staff with an interest in chronic pain. The sessions include:

- ❖ Up to date information on chronic pain and some of the science behind it
- ❖ Information on self management techniques such as goal setting and ways to manage activity with pain
- ❖ An information session about medications for pain
- ❖ Practical sessions on relaxation techniques and exercise
- ❖ Information on other resources to help with management of chronic pain

HOW DO I KNOW IF THIS GROUP IS RIGHT FOR ME?

If you have long term pain, then this group may well be suitable for you.

If you feel that you are unsure about what to do for your long term pain or even just want a bit more information and support then it may also be helpful for you.

WHAT HAPPENS NEXT

You will be invited to attend an information session. This takes place either online from your home, or in person at Coatbridge, or Hamilton. After that, you can attend a 5 week course or another option can be discussed with you.

If you commit to coming to these sessions we can provide a letter for your work giving them information about the group that you are coming to.

Contacts and further information

If you have any queries about the group please contact Cassandra Macgregor on 01698 754605, or your own Physiotherapist on:

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Please find further information on our website:

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain>

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Pub. date:	March 2022
Review date:	March 2024
Issue No:	06
Department:	Chronic Pain
Clinical Lead:	

PIL.CPCOAT.87597.L
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