

Supporting a self-management plan

Chronic Pain



Understanding
Pain

Page 2

Increasing Confidence
to Self-Manage

Page 3

Managing Mood and
Unhelpful Thinking

Page 4

Getting Active and
Doing What Matters

Page 5

Managing Changes
in Life Situation

Page 6 and 7

Deprescribing and
Role of Medication

Page 8

Understanding Pain

Key messages

- Education and information for patients relating to the management of chronic pain can be accessed in the different ways.
- Further information and links are provided throughout this document signposting to you to advice and support.

Face to Face



Pain Association

A national charity that delivers professionally led self-management pain education in the community:
www.painassociation.com (currently online)

Online:

NHS Lanarkshire, Chronic Pain Service:

www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/

Health talk online: <https://healthtalk.org/chronic-pain/messages-to-others-about-chronic-pain>

Versus Arthritis – for arthritic patients self management, exercises and a support helpline:
www.versusarthritis.org

Helpline

Versus Arthritis – 0800 5200 520.

Here to make sure that people with arthritis have all the support and information they need to live well with their condition.



NHS Inform

- **Chronic pain:**
www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain

What to expect from the Chronic Pain service:

<https://www.youtube.com/watch?v=igCvnkuqR9I>

<https://vimeo.com/551967136>

(Above links to same video: on the YouTube site you can convert into different languages)

Increasing Confidence to Self-Manage

Healthy Reading

A selection of Chronic Pain books are available in all libraries across Lanarkshire.

The following books are recommended:

- *Living well with pain and illness* – Vidyamala Burch
- *Overcoming Chronic Pain* – Frances Cole
- *Explain Pain* – David Butler and Lorimer Moseley
- *Living Beyond your pain* – JoAnne Dahl

North Lanarkshire Libraries:

<https://culturenl.co.uk/elibrary>

South Lanarkshire Libraries:

www.sllclibrary.co.uk/cgi-bin/spydus.exe/MSGTRN/OPAC/JOIN

Healthy Reading link: www.elament.org.uk/self-help-resources/healthy-reading/

Face to face

PAIN ASSOCIATION
SCOTLAND

Pain Association Scotland:

- Monthly Groups
- Intensive Self-Management Programme
www.painassociation.com

Helpline

Versus Arthritis: www.versusarthritis.org
0800 5200 520

Live Well
with pain

Live Well with Pain:

Developed by clinicians for clinicians to help support patients towards better self-management of their long term pain:

<https://livewellwithpain.co.uk>

Patients may find the 10 footsteps helpful:

<http://my.livewellwithpain.co.uk/ten-footsteps>

Sleep Hygiene

Tips to improve sleeping patterns:

www.nhsinform.scot/illnesses-and-conditions/mental-health/insomnia#self-help-tips

Apps available that may improve sleep:

www.nhs.uk/apps-library/category/sleep/

Managing Mood and Unhelpful Thinking

Self Directed Management:



SilverCloud

Space in Chronic Pain from mild to moderate
Depression & Anxiety

www.silvercloudhealth.com/uk/news/addressing-the-psychological-impact-of-chronic-pain



NHS Inform

Provides online resources for help with identifying and managing mental health problems as well as managing symptoms of chronic pain. Available at www.nhsinform.scot/illnesses-and-

[conditions/mental-health/mental-health-self-help-guides/chronic-pain-self-help-guide](https://www.nhs.uk/conditions/mental-health/mental-health-self-help-guides/chronic-pain-self-help-guide)



NHS 24: Living Life: Helpline

The Living Life service offers a free telephone service to support people in Scotland over 16 years of age with low mood, mild to moderate depression and/or anxiety. The service offers guided self-help and cognitive behavioural therapy. You can access the service by referring yourself for an assessment on 0800 328 9655 (Mon – Fri: 1 – 9pm):

www.nhs24.scot/our-services/living-life

Helplines:

0800 83 85 87, <https://breathingspace.scot> useful for patients with lots of concurrent depression and need for counselling

www.samaritans.org/scotland/how-we-can-help/contact-samaritan/

Clinical Health Psychology Service:

- Referral criteria include adults who present with mental health issues secondary to chronic pain
- Referrals are accepted from all clinicians within the Pain Team, GPs, medical teams as well as mental health teams
- Individually tailored psychological assessment and clinically indicated treatment modality undertaken.

Other useful websites:

- Lanarkshire Psychology website: www.lanarkshiremindmatters.scot.nhs.uk
- <https://stresscontrol.org/free-zone/> has audio mindfulness and stress control booklets

Getting Active and Doing What Matters

Key messages:

- Provide reassurance, advice to stay as active as possible, continue normal daily activities.
- Advise gradually increasing physical activities, stay at work if possible or return to work as soon as possible
- Remind patients if they rush into lots of exercises they aren't used to they may flare up
- Remind patients that bed rest is not useful or recommended.
- Encourage enjoyable activities
- Encourage self-management
- Refer to physiotherapy early where flare ups or unresolving pain is resulting in deconditioning

LiveWell
withpain

Improving pacing – a key every day skill

<https://livewellwithpain.co.uk/wp-content/uploads/pacing.pdf>

Apps:

NHS Inform: NHS 24 MSK Help app. Information contained in this app is linked to muscle, bone and joint self-management information.

www.nhsinform.scot/care-support-and-rights/tools-and-apps/nhs-24-msk-help-app

Life Curve App supports healthy aging including fitness & strength exercises

www.adlsmartcare.com/LifeCurveApp

Resources that can help you promote physical activity

The following site has exercise videos and blogs regarding exercising with persistent pain.

<https://ppa.csp.org.uk/content/keeping-active>

23 and a half hours: What is the single best thing we can do for our health?

www.youtube.com/watch?v=aUalnS6HIGo&t=310s

For advice about self-management and exercise

www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints

Physical Activity Opportunities



North Lanarkshire

Active Health Programme- Provides a range of supported programmes to help individuals realise the benefits of becoming more active.

www.nlleisure.co.uk/specialised-health-classes/active-health



SOUTH LANARKSHIRE
Leisure & Culture

South Lanarkshire

Physical Activity Prescription – Complete the referral card. This is a free gym pass that can be provided by the Practice Nurse or GP. It also allows for a personalised exercise programme to help with your goals and own needs.

www.slleisureandculture.co.uk/info/32/sport_and_physical_activity

Managing Changes in Life Situation

Key messages

- ICST team can help people who are housebound
- Reduce psychological and social stress by addressing some of the following issues - occupational, financial, isolation and transport

Occupational issues

<http://firstport2/resources/patient-info-leaflets/Documents/PIL.VRPATH.04749.L.pdf>

Finance

Money worries can have a negative affect on our mental health and well-being. There are specialist services in Lanarkshire that can help with money worries and give advice on benefits and debt.

To access benefit, welfare and debt advice call:

North Lanarkshire

North Lanarkshire Your Money – 01698 403170

South Lanarkshire

Money Matters Advice Service – 0303 123 1008

Supporting a self-management plan

Debtline Scotland – 0808 808 4000

www.nationaldebtline.org/S/Pages/default.aspx

Lanarkshire Carer Centre

Helpline: 01698 428090



ALISS – A Local Information System for Scotland

www.aliss.org

Provides local information regarding housing, health and much more

Transport

- Help for disabled travellers
- Help with the cost of transport if you are disabled
- Concessionary Fares/Free Travel

HEALTH PROFESSIONAL RESOURCE



Citizens Advice Bureau

To find your nearest office: www.cas.org.uk



The new force combining
Age Concern and Help the Aged

Social isolation for the elderly

www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/

Helpline 0800 12 44 222

North Lanarkshire only



Making Life Easier

Making life easier is available 24 hours a day, 7 days a week.

Who can use it?

Anyone can use this service if they live in North Lanarkshire. Anyone can use this service on behalf of someone who lives in North Lanarkshire. Whilst the service is mainly about adults, some of the information may be useful for young people

What's it about?

If you or someone you live with or help look after or care about is having difficulties with the everyday activities they need or want to do this service is for you.

What does it offer?

You can get information on local self help groups and national organisations which offer support to people who live with long term conditions or a disability or are finding things difficult as they get older. Some of the information is about long term conditions and disabilities; some is about keeping safe and well at home; some is about being able to get out and about in your local community.

For more information go to www.makinglifeeasier.org.uk

Pan-Lanarkshire



Well Connected (Social Prescribing):

www.elament.org.uk/self-help-resources/well-connected-programme

Well Connected is a programme that makes it easier for people to take part in and benefit from activities and services that are proven to improve well-being. The Well Connected areas include:

- Physical activity and leisure opportunities
- Volunteering
- Employment
- Arts and culture
- Benefits, welfare and debt advice
- Learning opportunities
- Healthy Reading and Self-help Information
- Calm Distress
- Well Connected app

Deprescribing and Role of Medications

Deprescribing

<https://painedata.org/taper.php?using=10%> – taper calculator

DN4 Questionnaire

www.westsuffolkccg.nhs.uk/wp-content/uploads/2019/10/DN4-questionnaire-Final.pdf useful questionnaire tool for diagnosing neuropathic pain

Addiction Risk

www.mdcalc.com/dire-score-opioid-treatment – useful for identifying patients at high risk of addiction

Patient information

Role of medication in Chronic Pain

- www.nhsaaa.net/pain-management-service/patient-information-videos/
- <https://livewellwithpain.co.uk/resources/opioid-zone/>
- <https://livewellwithpain.co.uk/resources/opioid-zone/resources-to-use-when-reviewing-prescribed-opioids/the-great-opioid-side-effect-lottery/>
- <https://fpm.ac.uk/sites/fpm/files/documents/2019-09/FPM-OA-taking-opioids.pdf>



Guidelines

SIGN quick reference guide for Management of Chronic Pain

www.sign.ac.uk/media/1380/sign136_qrg_2019.pdf

NHS Lanarkshire Clinical Guidelines for painkillers can be found here:

www.nhslcg.scot.nhs.uk/?cat=253