

Pain management programme

Pain Management

Information for Patients

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Introduction

We have given you this leaflet to tell you about the pain management programme.

What is lasting (persistent) pain?

You probably have seen many health care practitioners. You may have tried many different types of treatment to reduce your pain. Persistent pain is long term pain. It is pain that has lasted longer than the expected time for recovery.

About 43% people in the country have some persistent pain. The reason for persistent pain has many different causes. Research shows that in many people the nervous system can become too sensitive. This can lead to lasting pain (data from www.britishpainsociety.org).

Living with persistent pain

Persistent pain can have a major physical affect on your life. It can also have many negative emotional, social and psychological effects. It can affect you in your:

- personal and domestic tasks
- work and leisure
- relationships

People with persistent pain can often feel depressed, frustrated, worried, sad or helpless because of the pain that they have. Family and friends may have many of these feelings too.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What is pain management?

Pain management is a self management approach to help people live with persistent pain. It uses strategies and techniques that can help you manage your own pain effectively. It can help you feel more in control of it. The pain management approach is not a 'treatment' or 'cure' for your pain. It is to help you can carry on with day to day activities. This can lead to an improvement in your quality of life.

The pain management programme in Leicester

We run a structured programme with many different kinds of sessions. An experienced team of physiotherapists, clinical psychologists, occupational therapists, nurse and medical consultants carry out the programme.

They will:

- give you information and education about pain.
- teach you different techniques, strategies and skills to self manage your pain.
- help you feel in control of your pain so it does not control you.
- help you improve your quality of life.

How does the programme work?

We may invite you to attend a group introductory day. This will be at Leicester General Hospital. This will give you more information about our programme.

After the introductory day you can book a 1 to 1 assessment if you are interested in joining a programme. At the assessment we will talk about whether the programme is right for you. We may then place you on a waiting list.

- The programme is at Leicester General Hospital.
- It is on a Monday or a Tuesday from 10am to 3:30pm each week.
- This will be for 8 weeks, with a follow up day after 6 weeks. You will be in a group of up to 9 people throughout the programme.

This is a **self management** approach so it is important that you attend each day of the programme. You need to practice the tasks and exercises between programme days. It is only then that the programme will be fully helpful to you.

Role of the physiotherapist

People with persistent pain may become less active. This may be because they fear they will do more damage to themselves. This can actually make things worse. The physiotherapist will guide you through exercises and stretches to help you improve your strength, stamina and flexibility. It is to help you to move around. The amount of exercise you do will increase slowly. This is so you can fit it into your everyday life.

Role of the clinical psychologist

Your pain is not imagined or not real because you are seeing a psychologist. The psychologist will help you see how pain affects your thoughts, feelings and relationships. They explore ways that you can manage these better. They introduce you to relaxation and wellbeing techniques to manage the stress of living with persistent pain.

Role of the occupational therapist

The occupational therapist will help you to reflect on your routine. They help you carry out activities which are important to you to improve your quality of life. They look at how you might balance your abilities with the demands placed upon you. They also help you set a plan to work towards doing things you would like to be able to do.

Feedback from our patients

These are some of the comments from patients who have attended pain management programmes before:

- “It is surprising how the small changes we can make in our everyday lives make such a big difference. I have learnt how to manage my pain, not to get rid of it, but how to live with it and accept it.”
- “I am coping in a more positive and proactive way.”
- “I am more positive about the future.”
- “The programme increased my confidence, willpower and motivation. I learned how to pace myself, instead of throwing myself in the deep end and not coping.”
- “It was helpful to be with people who understood my pain and who are in the same situation. I have been helped in many ways by this programme.”

Contact details

If you would like more information call the Pain Management Team on 0116 258 4803.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે કુર્મીં દિગ જાજવાની વિમે જેર જામા દિગ જાનુંદે જે, જાં વિરખા વરવે જેઠાં દિંજે ગણે નંબર 'જે ટેલીફોન વરે।
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