

# Pain Management Programme

Information and advice for patients

## *Pain Management*

### **What is a pain management programme?**

At the pain management clinic it was suggested that you should attend a Pain Management Programme. The programme is a group course designed to give you the information and advice you need to achieve an active and fulfilling life despite your pain, to manage the good and bad times and to maintain your independence.

The Pain Management Programme is held in the pain clinic at City Hospital.

### **How often do I need to attend the programme?**

The programme consists of ten 2½ hour sessions and then a review session approximately 3 months after the end of the programme.

It is compulsory to attend weeks 1 and 2. It is essential that you do not miss the first 2 sessions, more than 1 session within the first 6 weeks and more than 2 sessions overall. We can only allow you one opportunity to reschedule onto a different group.

### **What happens during the sessions?**

During the sessions you will be given lots of information about pain and how to cope with it, and advice on how to use this information in your day-to-day life.

You will also be given a manual with all the information from the programme to help you remember the information and worksheets and exercises for you to complete away from the programme so that you can put into practice what you have been taught.

There are various people involved with the sessions including nurses, physiotherapists, psychologists, dietitians and previous patients. During each session there will be a coffee break.

### **What information will the programme cover?**

During the sessions you will be given information on the following:

- **Why acute and chronic pain are different and require different management.** This session will give you a greater understanding of the pain you experience.
- **Medicines and their use in chronic pain.** The aim of this session will be to give you a greater understanding of the medicines that can be used, how they may help and the problems associated with them.
- **Relaxation techniques/stress management.** These sessions will aim to demonstrate how important relaxation is, particularly for someone with chronic pain. Some simple techniques for relaxing will be practised.

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- **Pacing and setbacks.** Here we aim to help you develop methods of managing your activity so that you can work through the bad days and not over-do things on the good days. This will enable you to maintain your independence and increase activity levels.
- **Posture and daily activities.** We hope here to dispel fears and anxieties about activity and enable you to feel confident to resume hobbies previously enjoyed. There will be an opportunity to visit the gym and have a go at Tai Chi.

### **Why is there a psychologist on the pain management programme?**

Sometimes people are concerned that there is a psychologist on the programme and wonder if we might think that your pain is 'all in your mind'. We know that this is not the reason and the pain is very real. However, addressing your thoughts and feelings can be of great benefit. During the programme we want to help you understand and cope with the common emotions people experience in response to their pain: anger, anxiety, depression, stress and panic. We discuss common relationship problems people encounter and teach assertive communication skills. The overall aim is to reduce the level of distress you may feel and make you feel more in control.

### **Further information**

If you have any questions about the programme please contact the pain management services.

### **Pain Management Services**

0121 507 4344 or 0121 507 5602

Monday – Friday, 9am – 5pm

For more information about our hospitals and services please see our website [www.swbh.nhs.uk](http://www.swbh.nhs.uk) or follow us on Twitter @SWBHnhs.

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### Sources used for the information in this leaflet

- Hoffman et al, 'Meta-analysis of psychological interventions for chronic low back pain', 2007
- The British Pain Society, 'Recommended guidelines for Pain Management Programmes for adults', April 2007

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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