

Pain management programme

Pain Management

Information for Patients

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Introduction

You have been given this leaflet because we would like you to know more about a pain management programme.

What is lasting (persistent) pain?

By the time you are referred to a pain management programme you will probably have seen many health care practitioners. You may have tried many different types of treatment to try to reduce your pain. Despite all the advances in medicine, doctors are not always able to reduce pain.

Persistent pain is long-term pain that has lasted longer than the expected time for recovery. About 43% people in the country have some persistent pain and it has many different causes. Research now shows us that in many people the nervous system can become too sensitive. This can result in pain lasting (data from www.britishpainsociety.org).

Impact of living with persistent pain

Persistent pain can have a major physical impact on people's lives. It can also have many negative emotional, social and psychological effects. It can affect people in

- personal and domestic tasks,
- Work and leisure.
- their 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 involves a number of strategies and techniques that can help you manage your own pain effectively and to feel more in control of it. The pain management approach should not be seen as a “treatment” or “cure” for your pain. It is a way for you to learn how to manage your pain so that it interferes less with your day to day activities. This can result in an improvement in your quality of life.

Pain management programmes in Leicester

We run structured programmes with many different kinds of sessions. These are run by an experienced team of physiotherapists, clinical psychologists, occupational therapists, nurse and medical consultants.

Our pain management programmes aim to:

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

What does the programme involve?

After you have been referred to the programme, you may be invited to attend a group introductory day. This will be held at Leicester General Hospital. This will give you more information about our programme. If you are interested, you can then book a 1-to-1 assessment. At the assessment, we will consider with you whether a programme is right for you. If so, you will be placed on a waiting list.

- The programmes run at Leicester General Hospital on a Monday or a Tuesday between 10am to 3.30pm each week, 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 essential that you are able to attend each day of the programme. You need to be prepared to practice the tasks and the exercises in between programme days, so that you get the full benefit.

Role of the physiotherapist

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

Role of the clinical psychologist

The fact that a psychologist is involved does not mean that your pain is imagined or not real. The psychologist will try to help you see how pain affects your thoughts, feelings and relationships. We explore ways that you can manage these better. We also introduce you to relaxation and wellbeing techniques to manage the stress of living with persistent pain.

Role of the occupational therapist

The aim of the occupational therapist is to help you carry out activities which are important to you and improve your quality of life. The occupational therapist will help you to reflect on your routine and how you might balance your abilities with the demands placed upon you. We will 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 pro-active 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 further information contact 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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
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