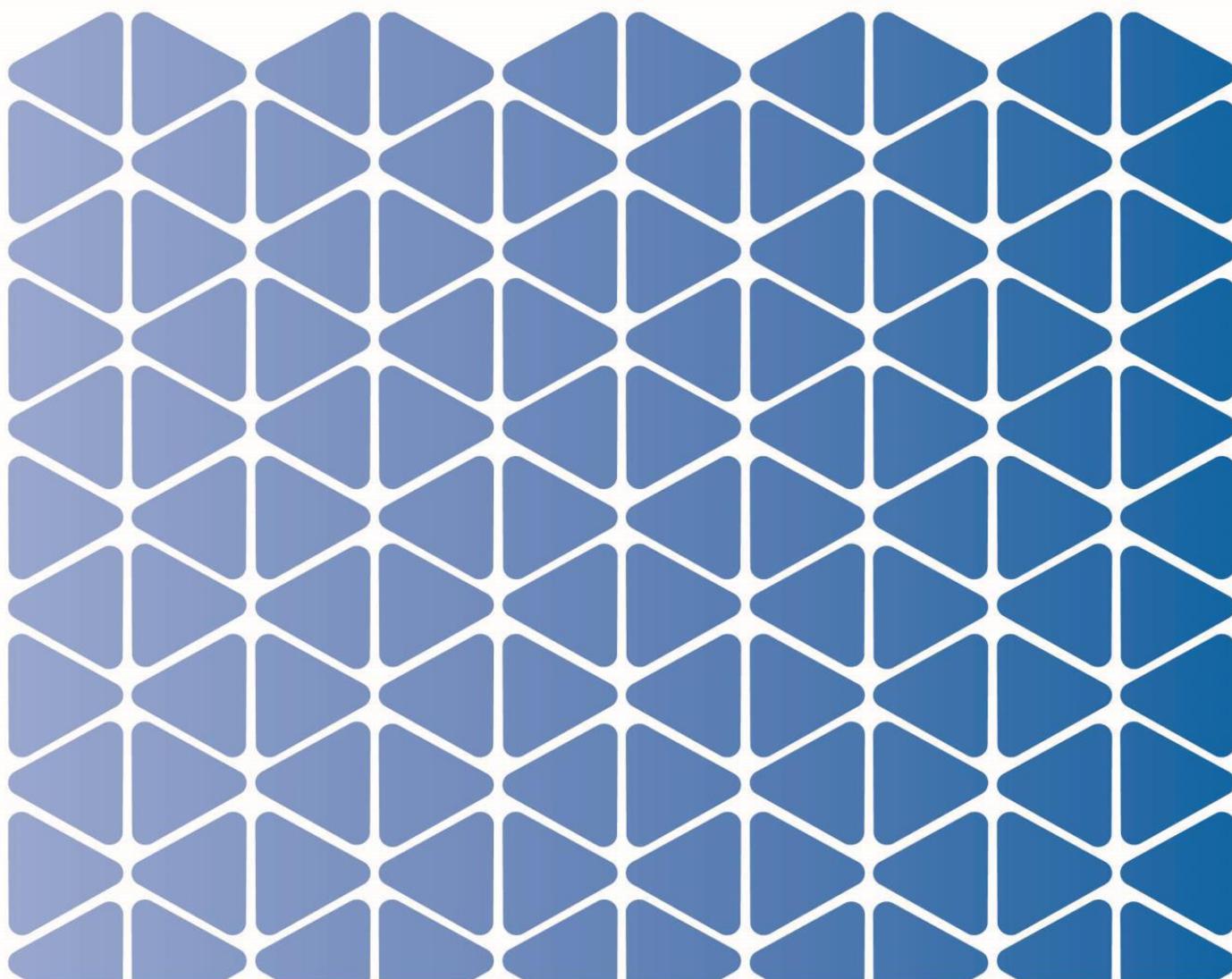




PATIENT INFORMATION

PAIN MANAGEMENT PROGRAMME



What is the Pain Management Programme?

This is a psychologically based rehabilitation programme for patients with chronic pain and complex pain-related disability. It aims to provide patients with persistent disabling pain the ability to manage their pain with psychological, physical and behavioural support. The purpose of the programme is to promote self-management and provide techniques to empower change to your lifestyle.



What does the Programme consist of?

Each programme is run by specialist trained staff to include psychologists, physiotherapists, nurses and members of the medical team. The programme is run over 8 weeks either face to face or virtually depending on personal circumstances. You will be provided with relevant and up to date information which will aid self-management and enable you to lead your life as independently as possible.

Total attendance time is on average 36 hours and may include self-guided homework. Areas included are:

- Understanding pain
- Goal Setting
- Pacing techniques
- Handling unhelpful thoughts and fears
- Managing flare ups and set backs
- Relaxation techniques
- Mindfulness
- Stress management
- Sleep hygiene
- Medication
- Nutrition
- Benefits of exercise

There will be a weekly exercise session comprising of gentle stretches and exercises tailored to your capabilities.

How often do I need to attend?

The programme runs weekly for 8 weeks either face to face or virtually. Each session will last about 3 hours. We will ask you to complete some questionnaires at the beginning and end of the programme in order to evaluate your progress and to help improve our service.

Will it hurt?

The aim of the programme is to improve your ability to manage your pain better than ever before, promote increased physical function, enhance your quality of life and well-being and to return to work if applicable. You may possibly feel some discomfort or soreness after the first couple of sessions due to change in activity levels but this usually improves as you continue the course. Pain can reduce if you continue the exercises and put into practice the coping strategies you will learn throughout the course.

What should I wear?

It is advised that you wear loose, comfortable clothing and trainers particularly for the exercises and relaxation. We will provide refreshments but you are welcome to bring along your own drinks or snacks if you wish. It is advisable to carry any emergency medication you may use when normally going out.

What happens after the programme finishes?

We will write to your GP and the referring doctor, if different, to inform them of your attendance and progress.

Six months after you have finished the programme, a questionnaire will be sent to you by post. Please complete it and return to us in the stamp addressed envelope provided. This will help us assess your progress and the programme is achieving its aims.

We ask that you:

- Attend all sessions timely and come with an open mind
- Respect that everything that is discussed is in confidence within the group
- Ask any questions you want
- Do all exercises regularly
- Please let us know if you are unable to attend via the contact number at the end of this leaflet
- Complete all questionnaires

CONTACTS

For further information, contact the secretary for the pain management programme at:

**Chronic pain team
Anaesthetics Office
Sky level
Worcestershire Royal Hospital
Charles Hastings Way
Worcester
WR51DD**

Tel: 01905 763333 ext. 39553

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.