

PAIN ASSOCIATION SCOTLAND



Living in Angus with persistent pain?

Want to do something about it?

Aged 18 or over?

Would you like to manage your pain more effectively?



If you have answered 'yes' to the questions above the Pain Self Management Course may be for you.

Pain Self Management Course:

- You will be invited to attend a 2.5 hour introductory session
- This is followed up by a further 7 x 2.5 hour sessions if you feel you would benefit from these. Previous participants find they get maximum gain from attending the full course

To book a place please call the Primary Care Team on (01307) 474889 or by email on achptraining.tayside@nhs.net

Self-Management Course for Chronic Pain

This is a 8 week course for people with long term pain in Angus.

This leaflet explains what Self-Management is, how it could help you and what to expect on the course that you have been offered a place on. At the end there is information on what you need to do now.

Why Self- Management

Self- Management is an important approach to health that explores the things that you can do to improve the quality of your life despite a painful condition. It is not a replacement for medicine and doesn't provide direct pain relief, however it helps lots of people to cope better with a difficult situation.

The focus is on understanding more and finding positive ways to manage your health so that you are in control, rather than your pain being in control of you.

This doesn't sound very exciting at first, but once you understand the way that pain affects your life and your life affects pain, you may start to realise that there is a lot that you can do to improve things and be more in control.

What's on the course?

The course aims to improve your understanding of pain and give you the skills and insight to improve the way that you manage your health. Important topics on the course include:

- Understanding pain and its impact on life
- Pacing skills
- Stress management

- Change management
- Dealing with difficult thoughts and feelings
- Improving sleep
- Dealing with flare-ups
- Understanding medication
- Confidence & self-esteem
- Dealing with others
- Relaxation skills
- Gentle movement

Why do it?

Self-Management is not a cure, but it can make a big difference. Benefits vary from person-to-person, they also vary according to the extent to which people engage with the course. Over the years people have reported things like:

Coping better

Feeling less isolated

An increased sense of being in control, rather than the pain being in control

Improved pacing skills (less over-doing)

Reduced stress levels

A return to meaningful activities

Getting back to work

Staying in work

Improved relationships with friends and family

Improved self-esteem and confidence (relationship with self)

Fewer flare-ups that pass quicker

Feeling more positive

Improvements in wellbeing

Quite apart from the practical benefits, many people have said that the course gives them something positive to look forward to and a way of re-engaging with the world.

What's it like?

The course is designed to combine high quality content with a friendly interactive style of delivery. This means that questions and feedback are encouraged and that things will be explained in different ways so that they make sense. Many people comment that being with other people in a group is an important part of the course. It gives the opportunity to hear how other people cope and realise that you're not alone.

Obviously we can't decide who we have on a course, but we aim to make every course as friendly and easy as possible.

What happens

Most of the time involves interactive training and discussion in a group. In every session there will be time spent on practising relaxation and sometimes there will be very gentle movement. There is a break halfway through.

Who runs it?

The courses are run by a specialist with significant experience in teaching the Self- Management of Chronic Pain.

Who is the Group for?

The courses are for anyone who has Chronic Pain regardless of cause. They do not suit everyone but are particularly helpful for those people who are at a stage where they are prepared to consider non-medical approaches. The course is group based, so there are rules to keep the group safe and private. People who are disruptive in a group are not suitable for the course.

Will I have to say anything ?

Don't worry, there is no pressure to say or do anything. There are usually plenty of others who will!

Can I get up?

We encourage people to get up and move if they are too sore sitting. The sessions are also broken up with a coffee break. It may help you to bring a cushion if sitting is difficult.

What happens if I want to speak to the medical team again?

Attending the course should complement any medical help that you are receiving. It is not an 'either or' option. However a lot of people say that they can do a lot more for themselves and become less reliant on medical services.

What happens after the course?

Pain Association provides a once-a-month staff led group in Arbroath. These will help you to continue to build and maintain the skills that you will learn on the course.

What do I do now? How do I attend ?

It is important that you reserve a place by calling Angus CHP Primary Care Team on (01307) 474889 or by email on achptraining.tayside@nhs.net. We will get back to you to confirm the date and time of the next group available for you to attend.

We look forward to meeting you!