

Pain Management Programme

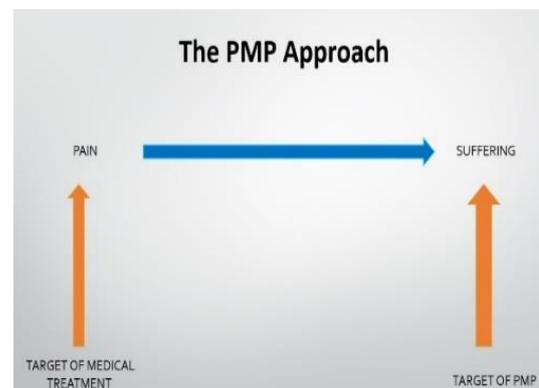
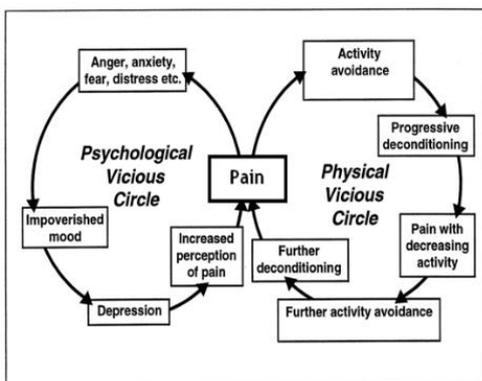
Induction

The Team

Dr Rachel Griffiths, Consultant Psychologist
 Catherine Dinham, Physiotherapist
 Sharon Hoidn-Rees, Chronic Pain Specialist Lead Nurse
 Ceri Whittaker, Chronic Pain Specialist Lead Nurse
 Bethannie Davies, Health Care Support Worker
 Emma Bird, Health Care Support Worker
 Revised 2024

What are the aims of the Programme?

- To understand pain and what is wrong.
- To get fitter and stronger.
- To reduce the effect of stress.
- To learn to manage everyday activities.
- To feel more in control, rather than feeling the pain is in control.
- To be able to do more of the things that are important to you without making the pain worse.



The Pain Toolkit Team (2018)

British
Pain Society (2022)

There are two types of pain

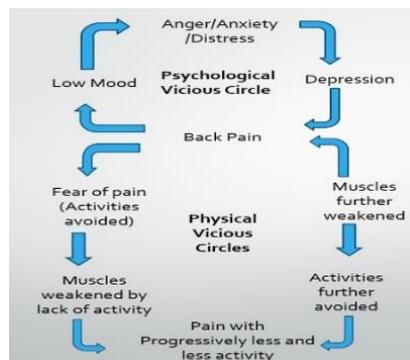
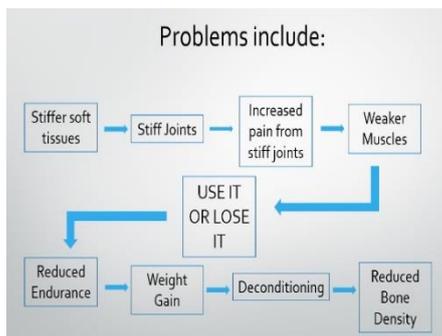
<u>Type of pain</u>	<u>Acute Pain</u>	<u>Chronic Pain</u>
Duration of pain	Short term – hours, days or up to 12 weeks.	Long term – ongoing for over 12 weeks, despite medication or treatment.
Causes	It could be caused by injury, surgery, illness, trauma or painful procedures, lasting minutes or up to 12 weeks.	It may have started from an illness or injury from which you may have long since recovered from, but pain remains or there may be an ongoing cause of pain, such as arthritis or cancer.
Purpose of the pain	Our body's way of saying that something is or might become damaging to you. Reminds us not to do it again, e.g. accidentally putting hands under hot water – you immediately pull hands away.	It is NOT a symptom. It does not indicate new damage. It may arise from a psychological state and has no recognisable end point.
Description of the pain	Sharp, sudden onset of pain, achy, throbbing, burning.	Comes and goes with varying intensity. Lots of often bizarre descriptions, e.g., electric shocks, numbness, etc.
Treatments	Medication, surgery, rest.	Not always curable but can be managed with assistance from a biopsychosocial approach. (Biological, psychological and social), these factors working together.
Impact on life	Short term anxiety/worry, which is usually resolved once the cause of the pain is found and treated.	May leave feelings of being anxious, angry, frustrated, disbelieved by lack of cure, may possibly damage relationships with family and friends, loss of self-esteem, could lead to a change in personality.

Difference in acute pain and chronic pain	Short lived. Chemicals are released, which is the start of the healing process. Chemicals make the injured area swell, get hot, red and throb. Pain is useful as it protects the injured area and allows healing.	More complicated. Medical science only beginning to understand the reason why, in some people, pain can become chronic. No new injury and so our 'instincts' are not right in the way we manage pain.
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BritishPain Society (2022)

Introduction to exercise

What are the long-term problems of avoiding movement?



What are the benefits of physical movements?

Increased flexibility, improvement in co-ordination and balance, decrease in pain, reduction in stress, increased bone density, maintain healthy weight, increased stress, increased endurance / stamina, better circulation, improved posture, reduction in fear of movement, increased self-confidence.

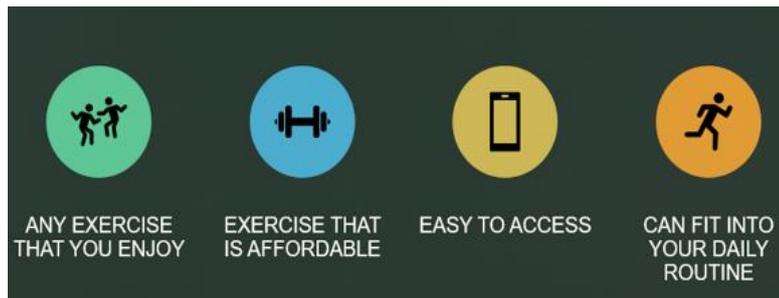
What has the research shown?

83% lower risk of developing osteoarthritis, 50% lower risk of developing type II diabetes, 50% lower risk of developing bowel cancer, 35% lower risk of coronary heart disease, 30% lower risk of early death, 30% lower risk of falls, 20% lower risk of breast cancer.

Why is exercise important?

It can help to:

- Restore physical confidence.
- Prevent further deconditioning.
- Increase general fitness levels.
- Help to achieve goals.
- Find ways of managing pain levels.
- Give control and responsibility.



**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**

