

Chronic Pain Management – Patient Information

In medicine, we recognise that some forms of chronic pain are not easily treated with standard drug therapy. In these instances it is often quite beneficial for patients to explore various other avenues to help control and manage their pain. Below are listed a number of different non-pharmacological treatment approaches to chronic pain which you may find helpful.

- 1) Education Program for Patient (formerly known as Expert Patient Program). This is a free self management course, which provides tools and techniques to help you take control of your health and manage your condition better on a daily basis. This program is highly recommended for chronic pain management and I frequently gets very positive feedback for patient who use the programme. Google “EPP Cymru” for more information.
- 2) National Exercise Referral Scheme (NERS). This is a Welsh Assembly funded scheme, which aims to introduce the benefits of physical activity to people in Gwent. Recommended for all patients who do not already exercise regularly. Google “National Exercise Referral Wales” for more information.
- 3) The Pain Toolkit by Pete Moore is a simple toolkit that provides handy tips and skills to support you along the way to managing your pain. Google “Pain Toolkit Self Management” for more information.

Fibromyalgia

- 1) If you have been given this diagnosis then as well as the above recommendations it is suggested you visit the ARUK website (Google “Arthritis Research UK” and search for “Fibromyalgia” in top right corner search box). There are many search results that come up so please feel free to explore them.
- 2) Exercise is paramount in the management of Fibromyalgia. As well as the above suggestions, a useful place to start is with light resistance work in a swimming pool (walking the lengths of a swimming pool against the resistance of the water and increasing your effort slowly over a period of weeks/months). A copy of Gwent swimming pools (including their temperatures) is enclosed.
- 3) A warm bath or shower twice a day is recommended for symptom relief.
- 4) Improving sleep is essential to managing Fibromyalgia. Some of the medications that are used try to address this problem but any additional measures you can take to improve the quality of your sleep are recommended.
- 5) We recognised that most patients in chronic pain have a low mood but that does not necessarily mean you have clinical depression. However, if you do feel you may have coexisting depression (feeling low all the time with no real enjoyment in life at all) it is important to get this adequately treated as well.

Do you have any of these difficulties?

- Pain
- Fatigue
- Stress
- Anxiety
- Depression
- Anger, fear or frustration
- Shortness of Breath
- Tense Muscles

Are you interested in coming on a course to learn about:

- Better Breathing
- Relaxation Techniques
- Gaining more confidence
- Solving problems
- Planning changes

What courses do EPP Cymru offer?

Chronic Disease Self Management Programme (CDSMP)

A course held in the local community for anyone living with any long term health condition.

Looking After Me (LAM) - a course for carers

A course held in the local community for anyone in a caring role, looking after someone living with any long term health condition.

How long are the courses?

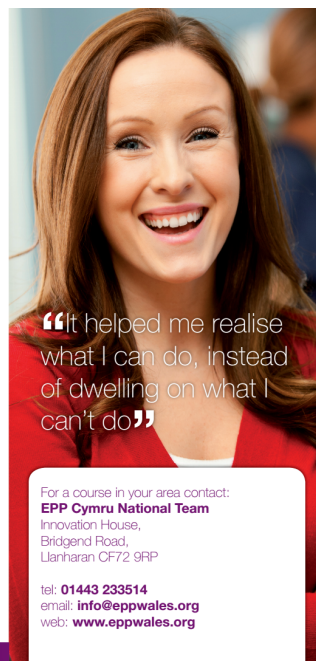
Courses are 2 ½ hours a week for 6 weeks

Who delivers the courses?

Trained tutors, with personal experience of a long term health condition or a caring role lead groups of 10-16 participants. A scripted programme and frequent assessments ensure consistent quality.

Accreditation

You will have the opportunity to achieve credits with Agored Cymru for undertaking an EPP Cymru course should you wish.



“It helped me realise what I can do, instead of dwelling on what I can't do”

For a course in your area contact:
EPP Cymru National Team
Innovation House,
Bridgend Road,
Llanharan CF72 9RP

tel: 01443 233514
email: info@eppwales.org
web: www.eppwales.org

Benefits to you

EPP courses will help you to:
Manage symptoms including pain
Deal with stress, anxiety and low mood
Enjoy relaxation
Eat healthily and exercise safely
Work more closely with those caring for you
Plan for the future

“I got so much from this programme that I trained to become a volunteer tutor”



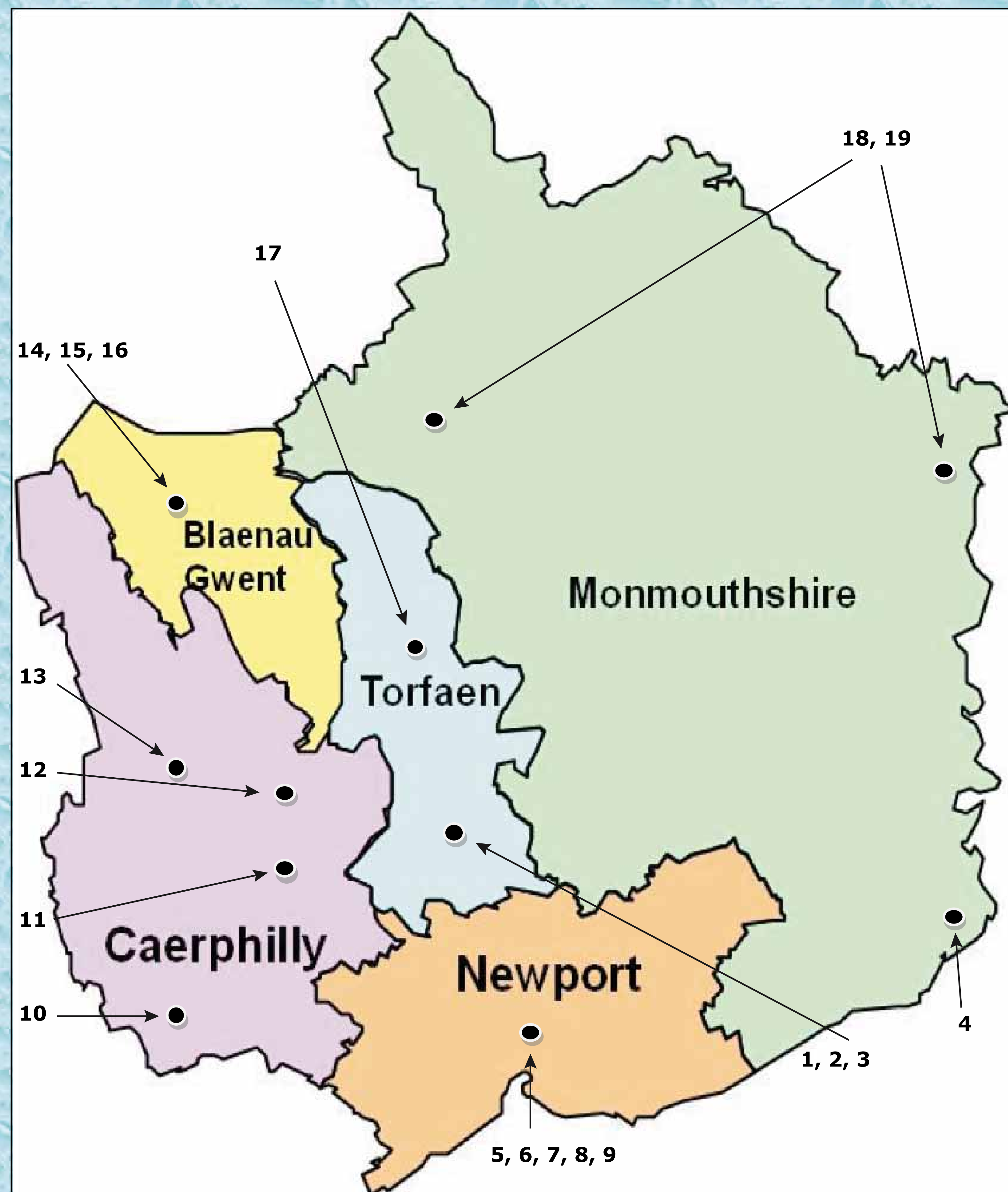
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Pool facilities across Gwent

Key No	Pool Name & Contact Telephone number	 Access	Walk into Pool	Graduated Steps into pool	Vertical steps into pool	HOIST AVAILABLE Poolside (Contact individual Pool for hoist details)	 Ladies Only Only Sessions (Contact individual Pool for details)	 Adults Only Only Sessions (Contact individual Pool for details)	General Temperature Range  Updated 2015
1	Cwmbran Stadium 01633 627101	✓			✓	✓	✓	✓	28.5 °C
2	Fairwater Leisure Centre 01633 624135	✓			✓	✓	✓	✓	28.5 °C to 29 °C
3	Cwmbran Virgin Active 01633 508987	✓			✓	✓		✓	Constant temperature
4	Caldicot Leisure Centre 01291 426850	✓		✓		✓		✓	28.5 °C to 29 °C
5	St Josephs Hospital & Hydrotherapy Pool 01633 820300	✓				✓	✓		35 °C Constant temperature Hydrotherapy Pool
6	Newport International Sports Village 01633 656757	✓			✓	✓	✓	✓	Main Pool 29 °C Teaching Pool 31 °C
7	Newport Leisure Centre 01633 656757	✓	✓	✓	✓	✓		✓	29 °C to 30 °C
8	Bettws Active Living 01633 656757	✓				✓	✓	✓	
9	Llanhennoch – Leonard Cheshire Disability 01633 420045	✓			✓	✓	✓	✓	Constant temperature Hydrotherapy Pool
10	Caerphilly Leisure Centre 02920 851845	✓			✓	✓		✓	Large Pool 30 °C Training Pool 32 °C
11	Risca Leisure Centre 01633 600940	✓			✓	✓	✓	✓	30 °C
12	Newbridge Leisure Centre 01495 248100	✓	✓	✓	✓		✓	✓	30 °C
13	Cefn Fforest Leisure Centre 01443 830567	✓		✓		✓		✓	Large Pool 28.5 °C Training Pool 32 °C
14	Tredegar Sports Centre 01495 723554	✓		✓	✓	✓	✓	✓	30.5 °C to 31 °C
15	Ebbw Vale Leisure Centre 01495 303766	✓	✓	✓	✓	✓		✓	32 °C
16	Abertillery Leisure Centre 01495 212206	✓		✓	✓	✓	✓	✓	Large Pool 29 °C Training Pool 30 to 31 °C
17	Pontypool Active Leisure Centre 01495 742222	✓		✓	✓	✓	✓	✓	Large Pool to 28 °C Training Pool 31 °C
18	Abergavenny Leisure Centre 01873 735360	✓		✓	✓	✓	✓	✓	29.5 °C to 30.5 °C
19	Monmouth Leisure Centre 01600 775135	✓			✓	✓	✓	✓	29 °C



Statement of Intent – Disclaimer
ABUHB is unable to take any liability and has no responsibility for the management of the pools.
This information has been updated where identified in November 2015 and provided to us as a guide
and will be subject to change. Please contact the individual pool sites for more information.