

## What is a Pain Management Programme (PMP)?

A course which uses education and practice sessions to help people with persistent pain to manage their pain and activities better. While attending a PMP, you will develop skills and understanding that help you manage your pain.

These skills include:

- How to live well with pain, by engaging in activities that are meaningful to you
- How to move with more confidence and build flexibility and strength
- How to relax both your mind and body
- How to balance activity levels
- Understanding the emotional impact of living with persistent pain
- How to improve your confidence in coping with persistent pain

## How can a PMP help me?

When you learn to manage your persistent pain more effectively you may find your quality of life also improves. Feedback from people who have been through our courses and scientific evidence suggests the shared environment of a group setting is beneficial in helping us realise that we are not alone in coping with persistent pain.



## Who facilitates a PMP?

Sessions are delivered by specialist healthcare professionals such as psychologists, physiotherapists, occupational therapists and nurses. We regularly invite previous PMP participants to speak at our PMP groups to share their experiences with you.

## Who can attend the PMP?

People with persistent pain, whose lives are being significantly affected in terms of reduced functioning and quality of life find it helpful to attend.

Pain often has a negative impact on one's mood, stress and anxiety levels.

It is recommended after you have had all appropriate investigations for your pain and tried other treatments to rule out anything that can be dealt with medically.

Before being invited to attend a PMP you will need to attend assessment to confirm that will be helpful for you. During this assessment you will have the opportunity to ask any questions about the group and to set up goals you may wish to work on during the programme.



## Can anyone with persistent pain attend a PMP?

Not everyone may benefit from a PMP and this is why you will need an assessment before you are invited to attend. Some individuals may need to see a member of the team on a 1-1 basis before being ready to join a PMP.

You won't be invited to join a PMP if there are any issues you are dealing with such as (but not exclusively):

- a medical problem which needs treatment
- have severe depression or someone close to you has recently died
- are unable to understand the spoken language of the PMP; however literacy problems should NOT be a barrier to attendance so please let us know so we can support you
- have ongoing drug or alcohol problems
- are waiting for further investigations or treatments which you expect will solve your pain problem



### **If I don't want to attend a PMP, what other help can I receive from the service?**

If you choose not to attend a programme, you can still benefit from individual input from our multi-disciplinary team. However, the power of this course can't be underestimated and we would strongly urge you to attend. If you and your clinician think this would be helpful.

### **How long do the sessions last for?**

Each PMP runs for up to 8 sessions. One day per week from approximately 9.45-3.00/3.30pm. Some of our programmes may be shorter in duration. There are frequent breaks throughout the sessions with 30 minutes for lunch. We expect participants to continue engaging in pain management and practising skills learnt in between sessions. A follow-up session is arranged for 4 weeks after the end of the programme.

We expect you to be able to commit to ALL sessions. We understand that the PMP is a big commitment and timing is important. So, if you are unable to commit to the whole duration, please to let us know as soon as possible so that your place can be offered to another participant.

We run groups regularly throughout the year and so you will be welcome to join the next available group.

### **What will the environment be like?**

We deliver PMPs in multiple locations across Dorset and make every effort to offer participants a group in their preferred location. The PMP sessions are relaxed and varied so that you do not have to sit or stand for long periods. We encourage participants to move around as much as they need. We aim to make the sessions as interactive as possible so you will have chance to ask questions throughout the course. We usually invite up to 10-12 people for each group.

Locations across Dorset



### **What do I need to bring with me?**



Anything that makes you more comfortable e.g. cushions, footrest. It is also advisable to bring a packed lunch. We will provide tea, coffee, water and biscuits and ask for a small donation to cover this. You will also be given your PMP folder on the first day of the group which we expect participants to bring each week.

### **Will my pain be cured?**

Science and research haven't yet discovered a define cure for chronic pain. However, most people attending our programmes report that their pain experience is improved and that they feel more confident managing it on a day-to-day basis with the new strategies they learn. As a result, they feel emotionally stronger and more able to cope with the pain. Finally meeting other people with similar issues helps everyone feel more supported and less alone.

### **Can I bring someone with me?**

Due to confidential nature of the discussion, it is not possible to bring a friend or family member with you...what happens in the programme stays in the programme! However, if the group wishes, we can definitely organise a special "Friends and Family Session" where each participant can bring along someone they would like to share this experience with, so that person can begin to understand more about chronic pain as well.

### **What can I expect at the end of a PMP?**

By the end of the PMP you will have better quality of life, hopefully regain interest in things you find interesting and feel happier in yourself despite pain. To have long-term benefit you will need to continue practising what you have learnt across the 7/8 weeks.

### **What support is available after the PMP?**

People often make friends on the PMP and create their own support network. We welcome you to attend our coffee morning and self-help meetings as ongoing support in managing your pain. We also encourage participants to become volunteers join our Pain Chain. Consider teaching on our courses for staff...there are so many ways to stay in touch.



### **What do people say is most helpful about the PMP?**

- 'Shared understanding with others in pain, knowing I am not the only one'
- 'Explanations of pain and impact on wellbeing'
- 'All the different sections were beneficial in understanding all the elements of pain and effects on mental and physical health'
- 'Helped me to have a more positive attitude'
- 'Having the folders as an ongoing resource'

**Thank you for your interest!**

**We look forward to helping you in the best way possible.**