



Core Clinical Services

North Bristol **NHS**
NHS Trust

The Pain Management Programme: Introduction



Exceptional healthcare, personally delivered

Introduction

Welcome to the Pain Management Programme

This is the start of a course designed to help you learn how to manage your pain. Like all those who joined the course we know that you have been suffering pain for a long time. You have probably tried a number of different treatments in the past but we know that these have all failed to stop the pain. The Pain Management Programme will not be trying to cure the pain where others have tried and failed before. Instead we are aiming to improve the way you manage the pain.

The pain is likely to have had a big effect on the way you live your life. It will probably have affected just about every aspect of it, the way you move, how much you do, how far you go, how able you are to take part in activities, how confident and optimistic you feel, how well you sleep or concentrate and how much you enjoy life. As time goes on the effects of pain become more complicated. We aim to explain these effects and with your help to try to use this to work out the best methods for coping, developing skills that will help you with the pain and which will improve your ability to manage it.

The Course

You are now one of a group of 8 - 12 people who are all experts on pain by way of their own personal experiences. In other ways you will each be quite different characters of different age and experience, probably with different opinions on things as well. We hope that by having such a mix of people in the course with a wider range of experiences will be more helpful for everyone taking part.

Those people running the course have a different kind of expertise. There's a physiotherapist, an occupational therapist and a psychologist. We each have some specialist skills from our different backgrounds but we have all chosen to specialise in the management of pain, and we share much of the work.

We will be giving short talks, leading discussions, teaching practical techniques and using various other means to encourage you to progress in your skills for managing pain.

If you are puzzled or curious about any aspect of the course you can take this up with any of the therapists.

We look forward to working with you over the coming weeks and we hope that with your commitment and co-operation you will be able to build up all the most effective and long lasting skills and knowledge which equip you for managing your pain.

NHS Constitution. Information on your rights and responsibilities.
Available at **www.nhs.uk/aboutnhs/constitution**
[Last Accessed March 2010]

**PATIENT
APPROVED**



How to contact us:



0117 340 3890



0117 340 3891



www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.