

Programme Overview

The Pain Management Programme is an education class for people with chronic pain. We aim to teach people a range of strategies to help them cope with the difficulties that pain brings to everyday life.

The team is made up of a number of different health professionals. Each team member has a different role within the programme and provides specialist knowledge to help people deal with their pain.

On our team we have:

- **Clinical Psychologists**
- **Physiotherapists**
- **Nurses**

Some of the topics we cover during the three weeks of the programme include:

- **Chronic pain and how it is different from acute pain**
- **Mindful exercise and fitness**
- **Managing medication**
- **Managing sleep problems**
- **Communication and assertiveness**
- **Stress management**
- **Practical strategies for everyday life**

CHRONIC PAIN SELF MANAGEMENT TEAM

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CHRONIC PAIN SELF MANAGEMENT TEAM

Pain Management Programme

Friends and Family Session



**HELPING EACH OTHER TO
UNDERSTAND MORE ABOUT
CHRONIC PAIN**

Aims of the session

On the last afternoon of the Pain Management Programme (PMP) each participant can invite friends and family to join them on the course.

This is an opportunity for family members, work colleagues or friends to understand more about the PMP.

It will also give friends and family the chance to ask questions and to explore any issues or concerns they may have about chronic pain.

The session is designed to give you support and help you communicate information about your chronic pain and how you want to manage it to people around you.



Why is it helpful for friends and family to attend?

Chronic pain does not just affect those that are experiencing it but also those around them. Chronic pain is also an invisible problem. Other people cannot tell that you are in pain and this makes it a difficult problem to understand.

Often friends, family and other people find it hard to know how best to support someone who is living with chronic pain.

They are often concerned about:

- Activity levels i.e why are some days “good” and others “bad”
- How much medication you are using
- Missing out on joint activities
- Feeling guilty that they are able to do enjoyable activities while you can’t
- Seeing you in distress when you have a flare up and not knowing what to do or how to help
- Understanding why previous treatments have not worked

During the Friends and Family session the team will try to answer these questions as best we can. We will also go through the content of the Pain Management Programme and explain some of the skills you have learned to manage your pain and the tools you will use to achieve your goals and values.

Who can you invite?

The session is open to anyone you would like to invite. This can be a partner, relative, an old friend, a neighbour, a work colleague, your boss or someone who you feel would benefit from finding out a bit more about what you have learned on the Pain Management Programme.

The only restriction is that all visitors are over 16 years old.

We are aware that sometimes talking about pain and the impact it has on the lives of those around you can be difficult and that it may be upsetting for younger children. We therefore only allow older children to attend.

The Friends and Family session usually runs on the last Friday of the programme from 1pm to 3pm. Please check this on your timetable.

It is a good idea to give whoever you would like to attend the session plenty of notice so that they can make the necessary arrangements.

Can I stay for the session even if I don't bring anyone?

If you are not able to bring anyone to the session we will ask you not to stay for the session. This is because the session is designed specifically with the needs of friends and family in mind.