

Pain Management – Occupational Therapy Setting Your Goals

Name: _____

Date: _____

Goal(s):

1. Gardening in the summer without making my pain so unbearable I need to be in bed for 3 days afterwards.
2. Taking my child to the park without feeling I can't cope with the pain after being on my feet or so long.
3. Walk through Haigh Hall.
4. Tidy the Kitchen cupboards and drawers.
5. Learn diaphragmatic breathing and relaxation techniques as a self-management tool for my pain condition. Or Understand in more detail how relaxation and diaphragmatic breathing can help me reduce my pain to a more manageable level.
6. Increase my levels of physical activity in a paced way to better self-manage my pain condition.
7. Within 10 weeks I will be able to walk my dog for 10 minutes per day.
8. Within the next 10 weeks I will find other ways to get dressed without triggering my pain.
9. In 3 weeks I will have learned new ways to peel the veg or prepare a meal
10. Within the next 5 weeks I will go to the café or restaurant with friends using my pacing techniques
11. In the next 5 weeks I will plan, prioritise and pace a visit to the cinema with friends/family
12. In the next 6 weeks I will learn some new relaxation and pacing techniques to self manage my pain.

For each goal consider rating now: 1 = not satisfied 10 = very satisfied

- i. Performance 1 2 3 4 5 6 7 8 9 10
ii. Satisfaction 1 2 3 4 5 6 7 8 9 10

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<p>Barriers/obstacles to achievement or change:</p> <ul style="list-style-type: none"> • Unhelpful thoughts/feelings • Motivation/low mood • Hard on myself • Thinking I need to do everything at once • Having time to commit • Technology issues • Transport issues • Medical issues prevent from performing/communicating • Environment not right • Not Pacing, Planning or Prioritising • Still in the boom/bust mind set 	<p>Solutions to these barriers/obstacles:</p> <ul style="list-style-type: none"> • Be kind to myself • Set SMART targets/goals • Participate in activities that give me a sense of fulfilment and achievement • Continue to take mood medication if prescribed. • Use pain relief as prescribed • Use other methods of pain control that works for me • Get a lift or plan my journey to my appointments • PLAN, PRIORITISE and PACE • Access the Attend Anywhere web site before first virtual sessions to ensure my equipment is compatible • Be ready if I am having a telephone consultation • Use the check list for virtual sessions to be prepared and planned for sessions • Make sure my environment is set up for good sessions • Ask friend or family for help • If I am unable to attend appointment, contact OT in advance to rearrange. 				
<p>What would I gain?:</p>					
<p>How am I going to achieve this?:</p>					
<p>Achievements so far:</p>					
<p>Now consider rating again after working on your goal(s):</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>i. Performance</td> <td>1 2 3 4 5 6 7 8 9 10</td> </tr> <tr> <td>ii. Satisfaction</td> <td>1 2 3 4 5 6 7 8 9 10</td> </tr> </table>		i. Performance	1 2 3 4 5 6 7 8 9 10	ii. Satisfaction	1 2 3 4 5 6 7 8 9 10
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