

Pain Management & Lifestyle Group Overview and Explain Pain

Pain Management & Lifestyle Group

- 10 week programme, 2.5 hours per week
- Evidence based, best approach to help people live well with pain (NICE). Gaining an understanding of your pain and why you are hurting is key to improvement.
- This programme aims to help you understand pain and how to improve by doing things differently.

Pain Management & Lifestyle Programme linked to the Pain cycle

Tips for better sleep

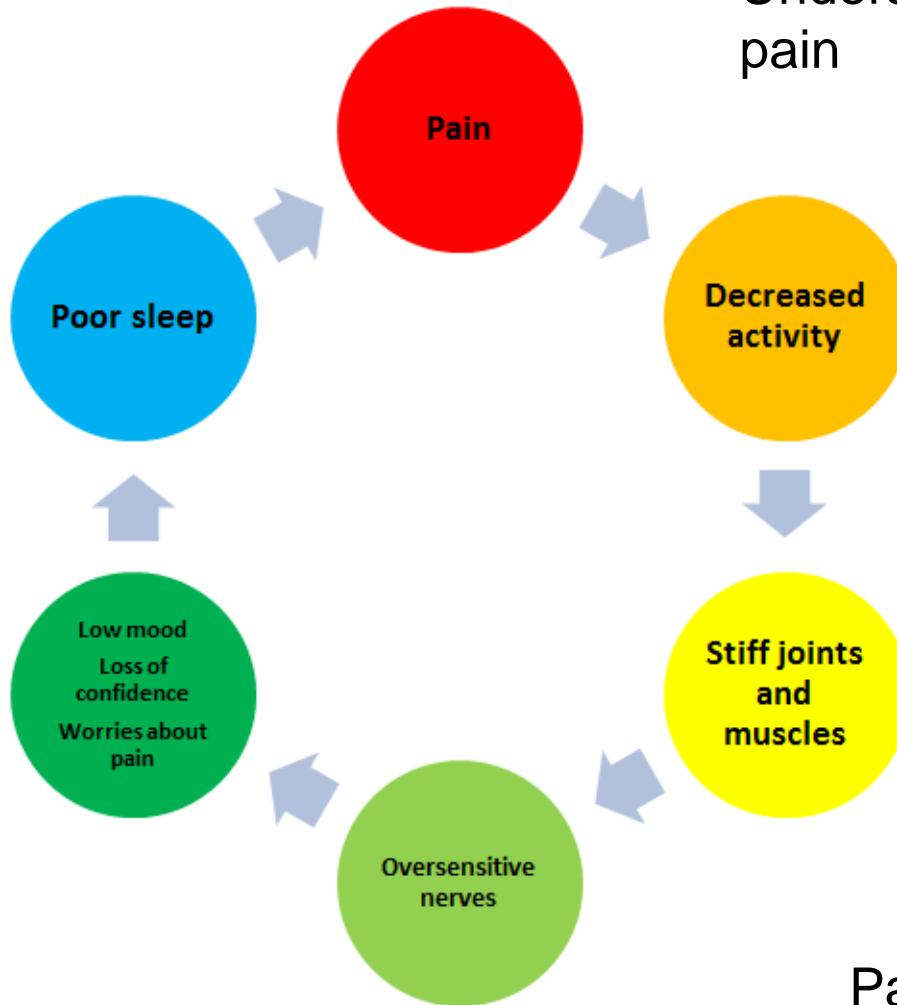
Goal setting in line with values

Understand how our thoughts affect our feelings and how we behave

Understanding pain

Suitable exercise, graded exposure

Pacing/ activity modification



Managing Pain & Lifestyle Group Content

Understanding pain and what influences your pain

Weekly relaxation / mindfulness practice

Understanding the benefits of exercise

Weekly exercise circuit

Pacing

Values-based goal setting

Sleep hygiene

Nutrition and Pain

Effective communication

Managing setbacks- barriers and solutions

- Those who successfully complete the programme will be offered a 3-month review to check progress and address any queries before discharge.

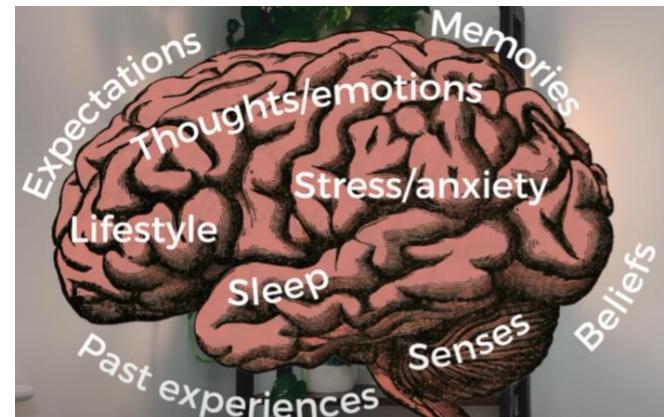
What is pain?

A unique, unpleasant sensory and emotional experience

Our complex protective system influenced by biological, chemical, social, psychological and neurological factors.

- Sensors in the body detect a change (pressure, strain, hot, cold).
- If an inflammatory response is triggered, this is also added to the information sent to the nervous system.
- Change signal is sent along nerves to the spinal cord, up the spinal cord to the brain.
- The brain uses this signal along with other factors that influence the nervous system to determine whether protection is required. This protection is a message- PAIN.

Pain is always an output from the brain. Our protective system is strongly linked to everything else in the body. It is always **Biopsychosocial**.

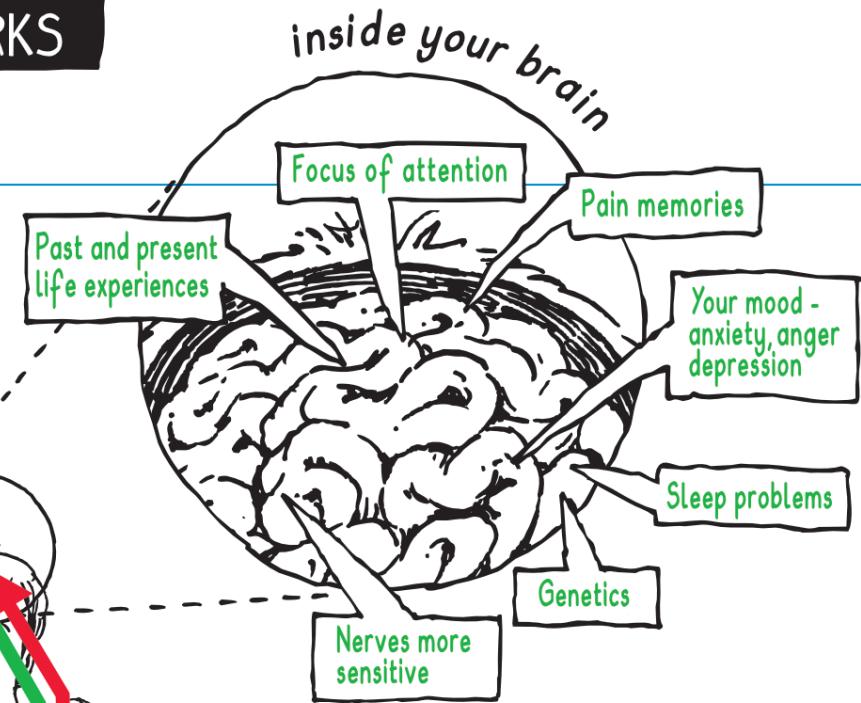


PAIN AND THE BRAIN: HOW IT REALLY WORKS

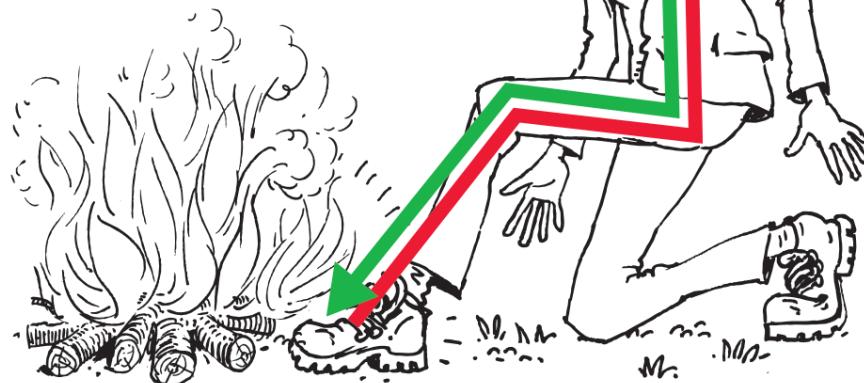
How we imagine it



Many of us have a very simple view of how our brain feels pain. But in reality, pain is a two-way street...



How it REALLY works



Information comes into your brain where it **mixes with other information** that's already there. It's this combination that creates your 'pain experience.'

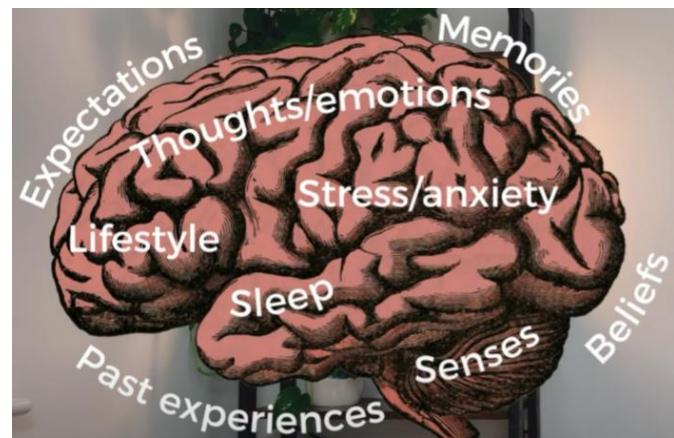
What Impacts Persistent Pain?

Over time, the protective system has become overprotective. The body has developed more receptors able to deliver the protection messages (PAIN).

The over sensitivity can impact other nerve pathways and produce pain in different body areas (Widespread pain).

Anything that is an input to the nervous system influences pain.

Everything matters- remember it is from the brain.



Bio-Psycho-Social

It isn't only biological/ structural

It isn't only psychological

It isn't only sociological

Persistent pain is a combination of everything that makes you the person you are.

Anything else?

- The assumption/ interpretation/ being told that certain treatments will reduce pain can impact persistent pain.
- False information read in the news/ social media/ friends and family opinions.
- Expectation that there is a cure for pain.
- Patients still awaiting medical opinions and investigations.

Acute Pain- what most people have experienced

Often present alongside a known injury/incident/ medical condition

Often felt it's predictable, easily relatable

Usually responds well to medical treatment and a short period of rest.

Unpleasant but useful as it promotes protection and healing e.g. Non weightbearing during fracture healing or taking care after a burn.

It tends to diminish in line with typical healing times or when you'd expect it to.

Acute pain can seem as though harm and pain are directly linked.

Persistent Pain- when pain lasts longer than you expect

Medical treatment
doesn't help a lot

MRI / imaging isn't
helpful

Variable &
unpredictable

It isn't associated
with ongoing
damage or harm

It is unhelpful as
healing has
completed but pain
persists

Negatively impacts
upon a person's
quality of life

Acute pain can
become persistent
pain

Persistent pain can
be present with
acute flare ups
related to the
specific condition

Our protection
system has become
oversensitive

The longer time
goes on, the weaker
the relationship
between tissue
damage and pain.