

Pain Management Programmes



As a result of chronic pain:

Has your work and/or home life been affected?

Have everyday tasks become more difficult over time?

Have you taken more and more pain killers but with less effect?

Are you feeling fed up that you are unable to live your life as you would like?

Do you feel stressed or sad at times because of your pain?

Have you become disabled by your pain?

If so, it is possible that a Pain Management Programme may help you



Irving Building
Pain Centre
0161 206 4002
painreception@srft.nhs.uk

**Saving lives,
Improving lives**

The Pain Management Programme

This booklet aims to provide you with information on the Pain Management Programmes run at Manchester and Salford Pain Centre.

Manchester and Salford Pain Centre

Manchester and Salford Pain Centre, based at Salford Royal NHS Foundation Trust, has an international reputation for the delivery of pain management and rehabilitation. We have a dedicated team of clinicians specialising in pain management. The service receives referrals locally and nationally from other pain services and GPs.

What is chronic pain?

Chronic pain is pain that remains unresolved despite many different treatments and has lasted more than six months. It can often affect many parts of life including work, home life, social life, mood and sleep.

People with chronic pain often find that approaches aimed at helping them manage pain are more helpful than having further treatments and tests which are ineffective.

What is the Pain Management Programme (PMP)?

A PMP is a rehabilitation programme delivered in a group setting. There are up to 12 people with chronic pain on each programme that runs over specific days over several weeks. The programme team is made up of a Clinical Psychologist, Physiotherapist and Medical Doctor, all of who work closely with the group.

What are the aims of the Pain Management Programme?

The PMP differs from many treatments in that pain reduction is not the primary goal. People living with chronic pain will have already developed some skills to manage their pain. The PMP aims to help develop these skills further by introducing psychological, physical and practical techniques to help manage pain better. More specifically the PMP will help you to:

- Increase strength and flexibility
- Improve your sleep
- Learn how to relax
- Manage worry and low mood
- Learn new ways of thinking through problems
- Reduce reliance on medication
- Achieve goals to improve your quality of life

After a programme, many people say that although they still have pain they have learned that it is safe to keep active and they can manage and cope with pain better. They also often say they can take part in activities that are important to them and as a result, they feel happier and less concerned about their pain.

Could a Pain Management Programme help me?

If you are living with chronic pain, want to learn to cope with it better and become more active, then it is possible a PMP can help. However, a PMP is not suitable for everyone. We assess people very carefully before offering them a place on a programme. If a programme is not suitable for you, we will discuss the reasons for this and make other recommendations if possible. Most patients on a PMP will have back pain, neck pain and/or Fibromyalgia. We currently do not have programmes for children or adolescents or people with certain conditions (e.g. Rheumatoid Arthritis).

Are Pain Management Programmes effective?

Pain Management Programmes were developed because of the need to address both the physical and psychological impact of living with chronic pain. Research evidence has

demonstrated that the outcome of treatment by a single profession is unlikely to be as effective as a "multi-professional" programme of treatment. Pain Management Programmes, therefore, are different to other rehabilitation programmes (e.g. Back School, Functional Restoration Programme, Expert Patient Programme) and have more robust evidence for clinically meaningful results.

What can I do now?

If you are interested in being considered for a Pain Management Programme, discuss this with your GP or other Health Care Professional. Ask them whether they feel it is appropriate to refer you to the Manchester and Salford Pain Centre specifically to be assessed for the Pain Management Programme.

If your GP or other Health Care Professional has already referred you to the Pain Centre, or if you are already a patient there, please read through this leaflet. Have a think about how you would like the programme to help you. Write down any questions you may have about the programme so that we may try to answer these at your appointment.

Guidelines for Pain Management Programmes for Adults; An evidence based review prepared on behalf of the British Pain Society. The British Pain Society (2013)

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For advice on quitting smoking contact **0161 206 1779**.

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

✉ Salford Royal NHS Foundation Trust
Stott Lane, Salford,
Manchester, M6 8HD

☎ **Telephone: 0161 789 7373**

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