

Pain Management Program

Do you feel you could manage your daily life better?

Would you like to be confident that you can manage activities without increasing your pain?

Would you like to feel more able to deal with the stresses of living with pain?

If you answered 'yes' to these questions, a Pain Management Program (PMP) may be helpful for you.

What is a Pain Management Program?

A pain management program is a group based education course which aims to help you better understand your pain and manage it more effectively yourself. **The aim is not pain relief or cure, but improving your quality of life with pain.**

What Does it Consist of?

You would learn about the basis of chronic pain. Learning how to manage the emotional impact of your pain, and how to be active more consistently using pacing and a self-guided exercise programme.

Who Are We?

The team consists of a psychologist, an occupational therapist, and a physiotherapy, with input from a pharmacist.

Where and When is it?

Each programme runs over several weeks and consists of 36 hours in total. In order to be accepted on to the course you will need to commit to attending all sessions. The course is held at the Princess Royal Hospital and in Hove and there will be follow up reviews over a year. Session details and hours will be confirmed with you at assessment.

What Does the Course Cover?

- The Multifactorial Influences on Pain
- Graded Exercise
- Relaxation
- Activity Pacing
- Help to use Medication Effectively
- Help to Manage Low Mood, Stress, and Anxiety Related to Pain
- Sleep and Pain
- Communication
- Relationships
- Flare-Ups Management

What Happens Next?

If you are interested in finding out more about the Pain Management Programme, and you are willing to come for an assessment, please ask your clinician to refer you to us.

Once we have your referral we will telephone you to arrange an assessment appointment with the team.