

## In summary

Discuss with a member of pain team (if this group is suitable for you).

You will need to request attendance at an Introductory session (call 0121 371 5023).

## Topics that the Pain Management Programme covers

- Explain pain
- Healing
- Relaxation
- Medication
- Exercise
- Goal setting
- Pacing
- Managing stress
- Thoughts and feelings
- Sleep problems
- Communication
- Managing flare-ups

## Useful websites for further information and support

Below are some websites you can access for further information about different pain conditions and self-management techniques:

[www.paintoolkit.org](http://www.paintoolkit.org)

[www.franticworld.com](http://www.franticworld.com)

[www.painconcern.org.uk](http://www.painconcern.org.uk)

[www.britishpainsociety.org](http://www.britishpainsociety.org)

For more information, please contact a member of the Pain Management Programme Team on the number below.

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**Pain Management**  
**Queen Elizabeth Hospital Birmingham**  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW  
Telephone: 0121 371 5023

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## Background to persistent pain

Persistent or long-term pain affects one in three people in the UK. Despite recent medical advances there is no cure for persistent pain. Its effects are far reaching and for some people they get worse as time goes on. Many people become frustrated and depressed because they are unable to do the things they used to do. Relationships with family and friends can become strained. People can also find it difficult to continue to work and enjoy their social life.

## The persistent pain cycle

Below is a common cycle that individuals with persistent pain can experience:



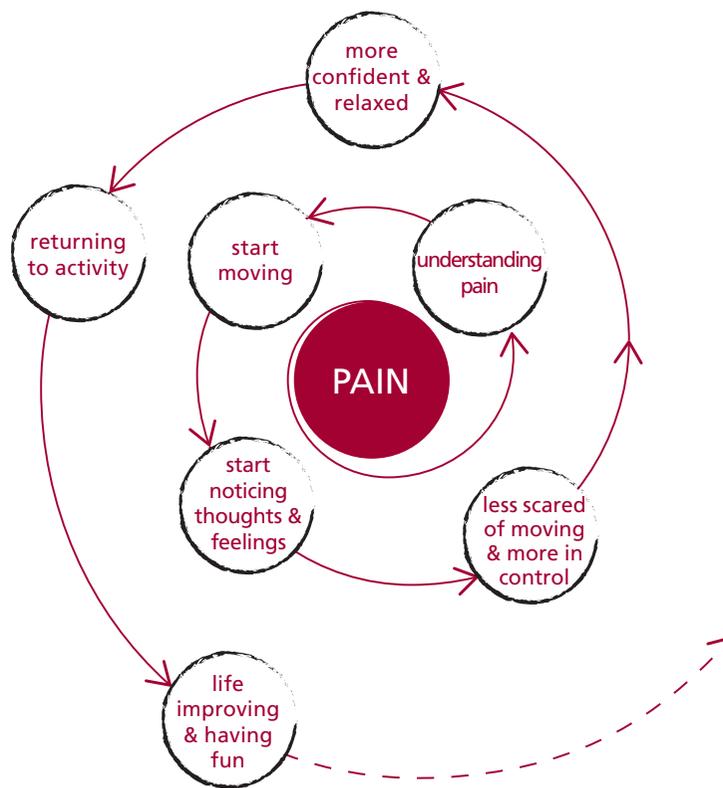
## What are the aims of the Programme?

The group aims to help you to understand why you have the persistent pain and to help you to manage it more effectively.

It also helps you to explore the physical and emotional effects of the pain and to improve your confidence and self esteem.

## Making changes to the pain cycle

The following diagram shows how the programme will address common difficulties individuals with persistent pain experience:



## Who is part of the Pain Management Programme team?

Nurse Pain Specialists, Physiotherapists and Psychologists are involved in the group.

## What commitment is required to attend the Programme?

Each programme lasts for 8 consecutive weeks and the group meets between 13:00 and 16:30 with a coffee break. It is important that you are able to commit to the programme and attend every week to receive the full benefit of the programme.

## Where is the programme held?

The programme is held in the Queen Elizabeth Hospital Birmingham. You will need to use your own transport to attend the programme.

## How do I get referred to the programme?

When you attend the pain clinic you might be asked if you are interested in attending the programme.

Alternatively if you think attending the programme might help, then please discuss this with a member of the Pain Team.

You will then be invited to attend an introductory session to give you a more in depth idea of what is involved in attending the programme. If you decide to go ahead following the introductory session, you can opt in to attend an assessment where you will have plenty of opportunities to discover whether the programme is for you.