

WELCOME!



Somerset Community Pain
Management Service

**Working together
on *my* health**

ACUTE PAIN V CHRONIC PAIN

WHAT IS THE DIFFERENCE ?

DESCRIPTION	ACUTE PAIN	CHRONIC PAIN
DURATION	LESS THAN 3 MONTHS. TISSUE DAMAGE COMMONLY HEALS WITHIN THIS PERIOD	INFINITE BUT CAN BE MANAGED
PSYCHOLOGICAL ELEMENT	CAN BE PRESENT DUE NATURE OF PAIN EG ACCIDENT/ILLNESS. USUALLY, TIME RESTRICTED.	LIKELY TO BE PRESENT. SECONDARY IMPACT OF PAIN WITH NO FINITE TIMESCALE.
DEPENDANCE AND TOLERANCE OF MEDICATION	UNUSUAL	COMMON
TISSUE DAMAGE	COMMON	OFTEN NOT PRESENT
INSOMNIA & FATIGUE	SHORT TERM	COMMON
FAMILY / SOCIAL IMPACT	SMALL OR FOR A SHORT TIME ONLY	SIGNIFICANT
TREATMENT GOAL	CURE/HEALING OF WOUNDS	FUNCTIONALITY, QUALITY OF LIFE



[you tube what is chronic pain and how does it work - Google Search](#)

An iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged below the water line. The sky is blue with some clouds.

Pain....Is just the
tip of the iceberg

Primary Pain

Sleep problems

Money worries

Medication side effects

Feeling low

Stress

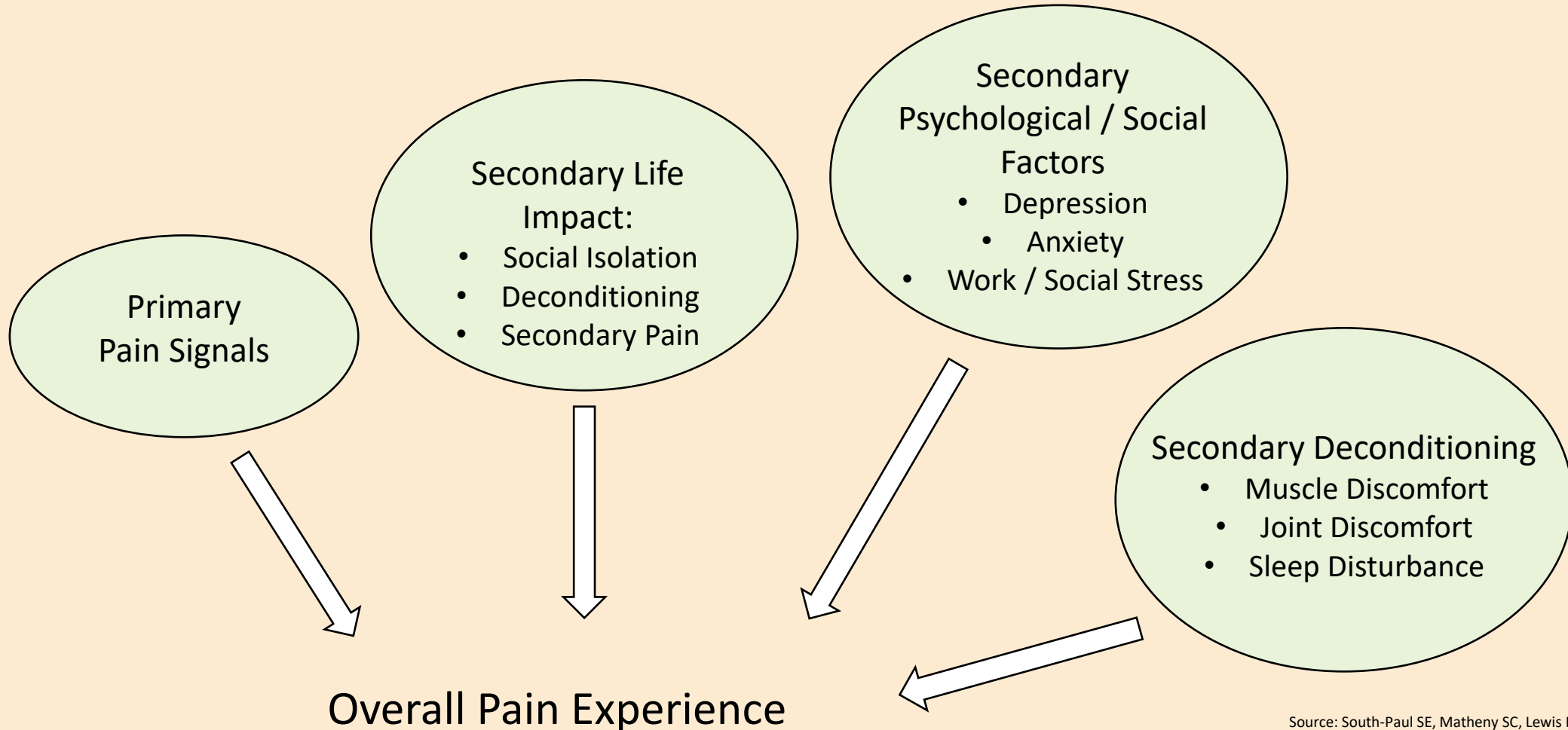
Relationship worries

Secondary
Impact

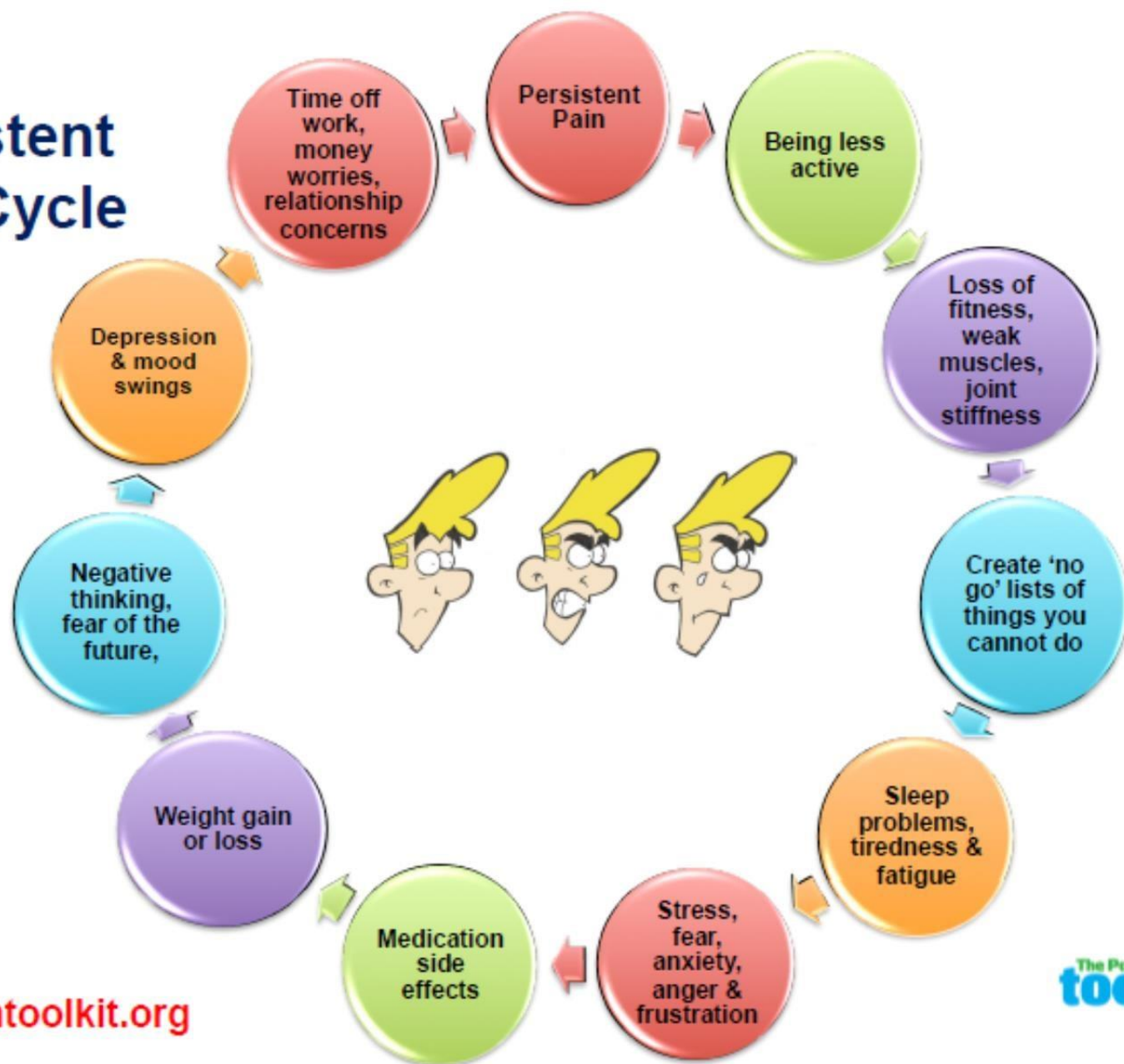
Primary and Secondary Pain

What is it?

How does it impact on me?



The Persistent Pain Cycle



OUR VIRTUAL PROGRAMMES

PAIN MANAGEMENT
PROGRAMME
(PMP)
7 WEEKS

BODY
REPROGRAMMING
8 WEEKS



MINDFULNESS BASED
STRESS REDUCTION
(MBSR)
8WEEKS

SELF TAUGHT
ONLINE PMP

Pain Management Programme (PMP)

This course explores pain as a condition and the impact it may have on other aspects of our lives including sleep, communication and stress

It runs for 7 weeks, one session per week lasting up to 2 hrs

Virtual Pain Management Programme

Virtual PMP Resource Bank - Somerset

Links and Resources

Virtual MBSR Resource Bank

Links and Resources

Virtual BR Resource Bank

Links and Resources

SD PMP - Somerset

E-learning PMP programme

Virtual Pain Management Programme

Introduction

Week 1

Making Sense of Pain

Week 2

Managing Activities

Week 3

Pain and How We Feel

Week 4

A Good Night's Sleep

Week 5

Communication

Week 6

Stress

Week 7

Managing flare ups and Moving forward

Week 7 Managing flare ups and Moving forward

Resources and Links from Week 7

- Slides from the virtual PMP session [[↗](#)]
- Recommended links:
 - Somerset Community Pain Management Service [[↗](#)]
 - Managing Flare-Ups [[↗](#)]

If you'd like to make and save notes online, you can make notes here on this page or in your Workbook.

Please take a Pain Self Efficacy Questionnaire.

Please take a Patient Health Questionnaire.

Please take a G.A.D. Questionnaire.

[← Back](#)

Body Reprogramming (BR)

This course is for people who have diagnoses such as Fibromyalgia, Chronic Fatigue or M.E. It explores the link between our brain and pain using the Hyland Model. Tai Chi, Mindfulness and the exploration of the impact of stress are covered

It runs for 8 weeks, one session per week for around 2 hours

Mindfulness

This course uses mindfulness practices to explore the importance of self-kindness and how stress and emotions can impact on pain

It runs for 8 weeks, one session per week lasting for around 2 hours

Self-Directed Programmes

(E-Learning / Pathway Through Pain / Be Mindful online)

These are Pain Management Programmes and have similar themes to the group programmes. There is also a Mindfulness programme

You can learn at your leisure and at a time that suits you

Self-Directed Pain Management Programme

Virtual PMP Resource Bank - Somerset
Links and Resources

Virtual MBSR Resource Bank
Links and Resources

Virtual BR Resource Bank
Links and Resources

SD PMP - Somerset
E-learning PMP programme

SD PMP

Introduction

Module 1

Making Sense of Pain



Introduction



Introduction to Persistent Pain



Why Things Hurt



Primary and Secondary pain



Home tasks



Additional links

Module 2

Managing Activities

Module 3

Pain and Emotions

Module 4

Sleep and ongoing support

Module 5

Communicating with others

Module 1 Making Sense of Pain

Introduction

The module 'Making Sense of Pain' describes where pain comes from and how it works. It consists of:

- A video: 'Introduction to Persistent Pain' (8.5 mins)
- A worksheet to do at the end of the video
- A video: 'Why things hurt' (14.5 mins)
- Some key points about Primary and Secondary Pain
- Some Home Tasks
- Helpful links

Allow 60-90 mins for this module, including Worksheets and Home Tasks

◀ Back

Next ▶

Introduction to Persistent Pain



PLEASE REMEMBER YOU WILL HAVE
THE OPPORTUNITY FOR A ONE-TO-
ONE APPOINTMENT WHEN A
PROGRAMME IS COMPLETED

THE BENEFITS OF GROUP INTERVENTION



Shared lived experience



Validation



Better long-term
outcomes

Psychology Service


Referral - You cannot opt-in directly to this service.


You will need to discuss whether a referral is likely to prove beneficial first, during a one-to-one appointment with a clinician. Other options for accessing psychological support may also be discussed.

<https://www.somersetpain.co.uk/>

https://www.somersetpain.co.uk/#Opt-In

OneDrive NHS ESR Leap NHS Attend Anywhere Maxims KYOH Men's Mental Health Somerset NHS Trus... RiO


 Somerset Community Pain Management Service
Working together on my health


 NHS
Somerset Community Pain Management Service
Part of Murgrove Park Hospital


Login Translate Search


1 [About the pain service](#) **2** [How to manage your pain](#) **3** [Ongoing online support](#)


Welcome to the Somerset Community Pain Management Service


 **What does the service offer?**

 **Information for GP's**

 **How to find us and meet our team**

 **Explain Pain videos**

 **General factsheets**

 **Somerset GP Education Trust**
[Open in new window](#) [Save to library](#)


Log in
For registered users

[How do I register?](#)

[Forgotten Password?](#)

[Video Consultations](#)


Register for our Patients online service

 **Patients Online**

Get information, take action and be supported
Join our online community of other people managing pain with the Somerset Community Pain Management Service

- How they feel
- Their relationships with friends and family
- Their activities and hobbies


Body Reprogramming Eight-Week Group Course	Four-Week Online Mindfulness Course	One-to-One appointment with a specialist	Seven-week Pain Management Group Programme
KYOH Patients Online	Mindfulness-based stress reduction eight-week group programme	Online Pain Management Programme	Psychology Services



Leaflet: Introduction to Our Services

[Preview](#) [Open in new window](#) [Save to library](#)

This is a PDF document for you to download or print out providing essential information about the Somerset Community Pain Management Service.



Slides: Introductory Session

[Preview](#) [Open in new window](#) [Save to library](#)

These slides are for those who have attended the Introductory session about the Pain Management Service so you can review the options available and decide what you would like to opt in to.

1 About the pain service

2 How to manage your pain

3 Ongoing online support

Empowering people with persistent pain to develop their understanding, skills and confidence to live a full and meaningful life.

Working in collaboration with other healthcare professionals, sharing expertise for the benefit of their patients.



Why can't I sleep? Tips for a better night's sleep

Open in new window Save to Library



An information video on stress management hosted by Sarah Priddle, Lead Clinical Nurse Specialist at Somerset Community Pain Management Service.

Log in

For registered users

How do I register?

Forgotten Password?

Video Consultations

Register for our Patients online service



Get information, take action and be supported

Join our online community of other people managing pain with the Somerset Community Pain Management Service

Register



Watch the video about our Patients Online service

Create an account

You are creating an account for The Somerset Pain Management Online Service

1

2

3

4

5

6

Title

First name

Last name

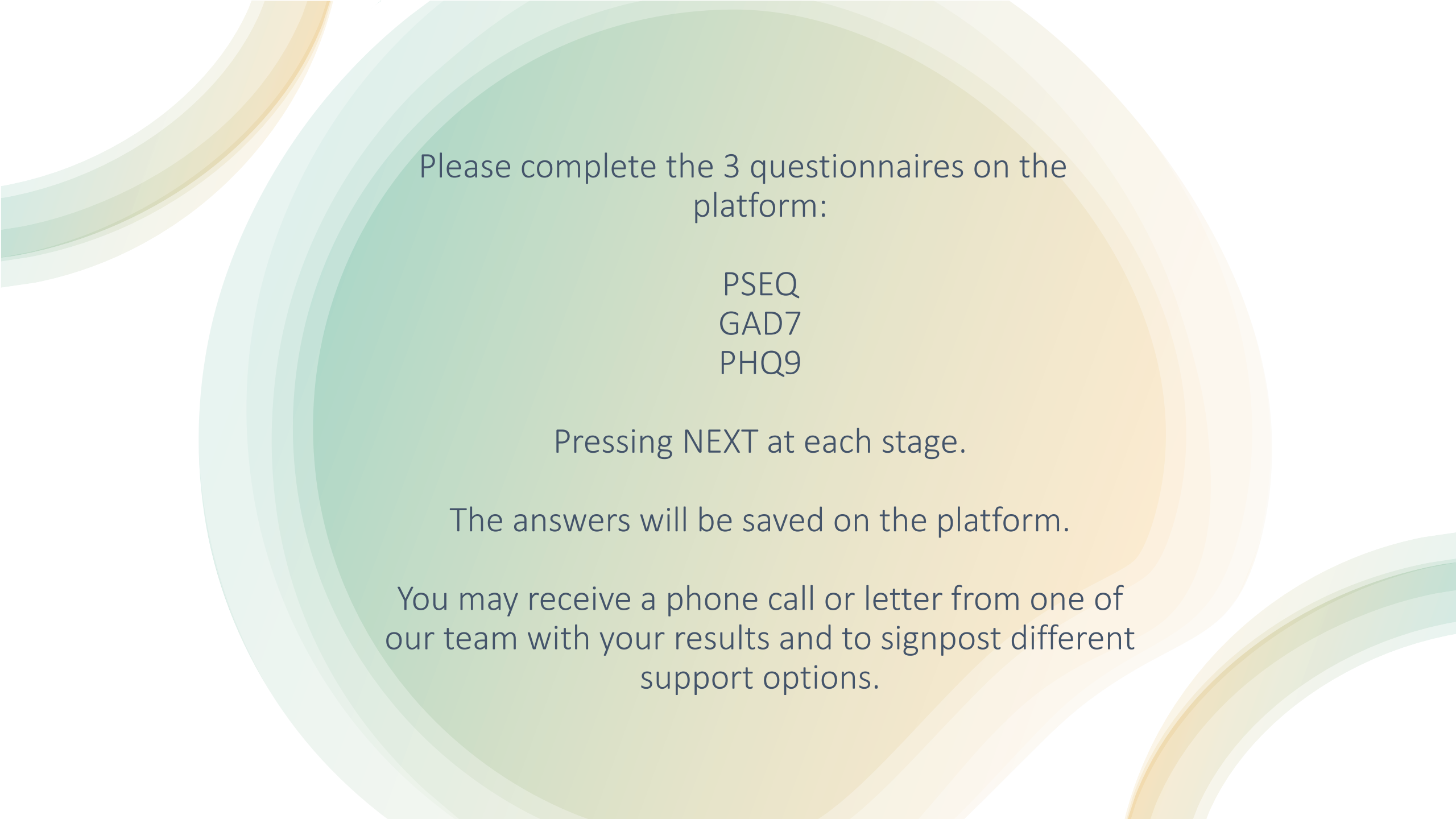
Please enter your title. Please enter your first name. Please enter your last name.

Type in the 10 digit access code [What's this?](#)

Please enter your ten digit access code.

If you require technical support when creating your account please email support@kyoh.org.

Next



Please complete the 3 questionnaires on the platform:

PSEQ
GAD7
PHQ9

Pressing NEXT at each stage.

The answers will be saved on the platform.

You may receive a phone call or letter from one of our team with your results and to signpost different support options.

Sign in

Know Your Own Health

Minimize

←↻🏠

🔍🔊★

N⚙️🛡️🔗🌟📌📄

SomersetFT Links

OneDrive

NHS ESR

Leap

NHS Attend Anywhere


Maxims


KYOH

Men's Mental Health

Somerset NHS Trus...

RiO

Patient Platform

NHS
Somerset Community
Pain Management Service
Part of Musgrove Park Hospital

🏠 Home

My settings

Management tools

Logout

01
Starting out


02
Shaping your journey

03
On your way


04
Maintaining momentum

Step One – Starting out


Re-read the welcome introduction

Wellbeing snapshot

How are things for you now?
First you need to identify what things are like for you right now. If you've completed a Wellbeing Snapshot or other questionnaire, this can help you to identify the different aspects of living with a health condition you may want support with.

Community


How do other people manage?
You may also like to read some other people's stories about their self-management journey and how it has worked for them. You can read these in Community.


Search


What do you want to know?
You may simply like to find out more about your health condition using the Search function to get information you can trust. Then keep any favourite search results in one your Library ✂️ by clicking on the scissors icon beside the search result.


When you are ready


Start shaping your journey


Clinician


ELearning


Search


Library


View activity


Community


Extra support


Goals


My personal network

Workbook notes

Resources

Trackers

Wellbeing snapshot

My concerns

Next steps:



Please opt-in to one of our support options

Please opt in to one option only.



Email our service to state which option you believe best suits your needs

painservice@somersetft.nhs.uk



Within 4 weeks please



You will hear in due course from our admin team regarding when your option will commence



If you would like to request a 1:1 appointment, please specify if you would like a face to face, video or telephone appointment

NUMBERS THAT MAY BE USEFUL

COMBAT STRESS
combatstress.org.uk
0800 138 1619

SOMERSET ACTIVITY
and SPORTS
PARTNERSHIP (SASP)
Sasp.co.uk
01823 6539907

MINDLINE
mindlinesomerset.org.uk
01823 276892

SAMARITANS
Samaritans.org
116 123

CRUSE
cruse.org.uk
0800 808
1677

SOMERSET DRUG AND
ALCOHOL SERVICE
(SDAS)
turning-point.co.uk
0300 303 8788

You can also find a
wealth of resources
on our website
somersetpain.co.uk
'somerset referral options'

TALKING THERAPIES
0300 323 0033
&
TT BOOKSHELF
somerseft.nhs.uk