

## Options offered by the Somerset Community Pain Management Service

Your specialist will discuss these options with you. More detailed leaflets are available on each of the individual options.

	<b>One to One appointment with a Pain Specialist</b>	<b>Online Services</b>	<b>Group Pain Management Programme</b>	<b>Clinical Psychology Service</b>
<b>What does this involve?</b>	<p>Meeting with a specialist who will support you in understanding more about your pain, help you to improve your quality of life, despite the pain and discuss the options that are available to you.</p> <p>This may involve being seen over a number sessions, helping you to develop and implement an action plan.</p>	<p><b>Pain Management Programme (PMP)</b> A package of 24 steps supporting you to manage your pain. It focuses on back pain, although suitable for all long-term pain.</p> <p><b>Patient Platform</b> - on-going support alongside one to one meetings with Pain Specialist.</p> <p><b>Mindfulness</b> - mind and body approach to life experiences and learning to live with pain.</p>	<p>8 week course facilitated by Pain Management Specialists, covering a number of themes.</p> <p>Ask your specialist for more information and/or an information leaflet.</p>	<p>An initial assessment with a Clinical Psychologist. Followed by a joint decision whether you will go on to work together to make changes.</p> <p>Sessions focus on the impact of pain on your daily life, and on the role of the body, mind, mood and environment in the management of your pain. Therapy aims to help you to work out ways to live a meaningful life despite your pain.</p>

<p><b>When is this appropriate?</b></p>	<p>When you have spoken with your GP and have completed all required pain related tests and appointments with other specialists.</p>	<p><b>PMP and Mindfulness</b> can be used alongside one to one work.</p> <p><b>Patient Platform-</b> also available after discharge from our service.</p>	<p>If you would like more information to help you understand your long-term pain and to develop your confidence and skills to move forward with your life. If you value working with other people living with long-term pain in a group format and if you feel ready to make changes in your lifestyle and approach to living with pain.</p>	<p>After discussion with a Pain Specialist about other things in your life that really impact on your pain.</p> <p>When you have completed any specialist appointments/ investigations or seeking other treatment for pain.</p>
<p><b>What do you need to consider?</b></p>	<p>You will need to be able to get to the locations where we hold appointments.</p> <p>Whether you feel you can commit to making a plan of action, with support, to achieve the things that are important to you and whether you are prepared to work on your plan between sessions.</p>	<p>You will need access to a computer and an email address.</p> <p>Motivation to work alone at home.</p>	<p>To commit to all 8 sessions in order to gain maximum benefit from the programme.</p> <p>Be able to travel to the location.</p> <p>Ask your specialist for more information and a leaflet.</p>	<p>People can often get upset during sessions.</p> <p>Whether you can commit to regular attendance. Appointments are usually fortnightly approximately 1 hour long.</p> <p>Whether other services such as the drugs/alcohol service, Community Mental Health Team or local counselling service might be more appropriate or if you are already working with one of these services.</p>
<p><b>How many sessions does this involve?</b></p>	<p>This can vary, you and your clinician will decide between you.</p>	<p><b>PMP-</b> 24 steps to be completed within 6-8 weeks.</p> <p><b>Patient Platform-</b> You can continue even when you have completed working with us.</p> <p><b>Mindfulness-</b> 4 week course.</p>	<p>8 weekly group sessions.</p>	<p>There are usually 3 assessment meetings.</p> <p>If you decide to work with the psychologist then the number of sessions will be agreed between you and the psychologist.</p>

## Services the Somerset Pain Management Service can signpost you to

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	<b>Physical Activities</b>	<b>Group Programmes</b>	<b>Talking Therapies</b>	<b>Somerset You Can Do / Active Living Service</b>	<b>Compass Disability</b>	<b>Adult Social Care / Independent Living Team</b>
<b>What does this involve?</b>	<p>There are various options available, ask your clinician if the below are available in your locality:</p> <p><b>Physiotherapy</b> An appointment to help you develop an action plan to increase your physical activity levels.</p> <p><b>Integrated Lifestyle Service</b> You can be referred to this service for an assessment for a gym based programme or to see a Health Trainer.</p> <p><b>Falls and Balance Classes</b> Group work run by the community rehabilitation team.</p>	<p><b>Reclaim Your Life Course</b></p> <p>Free confidential group psycho-educational intervention. A service that offers a variety of treatment approaches to meet peoples' emotional needs.</p> <p><b>Frome Pain Management Programme</b>, covering a number of themes to support you with managing your pain.</p>	<p>Free confidential sessions by qualified therapists, involving either 1:1 Cognitive Behavioural Therapy, Psychological Therapy or Group sessions.</p> <p>You can self-refer or ask your clinician or GP to refer you.</p>	<p>Voluntary service to support you with attending groups, socialising, carer support etc.</p>	<p>User led service 'To enable disabled people and carers to have equal opportunity'.</p>	<p>Individual assessment by specialist teams who will visit your home.</p> <p>They provide support for people to live independently as possible in their own home.</p>

<b>When is this appropriate?</b>	<p>When you would like to increase your activity levels.</p> <p>When you would like to feel more confident with physical activity.</p>	<p>If you need support with managing your pain and/or other long term conditions as well as the emotional aspects of your life.</p>	<p>When you are experiencing difficult emotional problems or mental health difficulties such as anxiety, stress or depression.</p>	<p>When you require support as a carer, travelling, need more confidence to socialise etc.</p>	<p>If you are disabled or care for someone who is and require support.</p>	<p>When you require support with living at home, carers support and rehabilitation. Call 08453459133 for advice on housing, health and money.</p>
<b>What do you need to consider?</b>	<p>The type of physical activity you require support with.</p> <p>One to one or group work.</p>	<p>Group work.</p> <p>Commitment to attend all sessions.</p>	<p>Committing to sessions and willing to share thoughts and feelings.</p>	<p>Contacting them yourself.</p>	<p>Contacting them yourself.</p>	<p>Consent to home visits.</p>
<b>How many sessions does this involve?</b>	<p>One to one sessions, may vary in length.</p> <p>Back rehabilitation classes consist of 6 weekly sessions.</p>	<p>6 weekly sessions.</p> <p>Ask you clinician for more information.</p>	<p>Variable.</p> <p>Ask you clinician or GP for more information.</p>	<p>Variable.</p>	<p>Variable.</p>	<p>Variable.</p>