




Somerset Community pain management service.

A guide to the service



OUR AIM



“Our aim is to work in collaboration with other services to support individuals to improve their quality of life despite their pain”

Aims of this session

Knowledge of SCPMS – what we do / why we do it



Options in the service



Understanding of treatment pathways

HOW WE CAN HELP YOU TO LIVE BETTER

AN UNDERSTANDING OF LONG - TERM PAIN

THE IMPACT OF PAINFUL CONDITONS OF YOUR EMOTIONAL HEALTH

EDUCATION AND SUPPORT IN LEARNING NEW WAYS TO MANAGE PAIN

MEDICATION SUPPORT IF APPROPRIATE

OFTEN PEOPLE FEEL LOST AND UNHEARD – WE WILL HEAR YOU AND WORK WITH YOU

ACUTE PAIN V`S 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 OFFERING A GOOD QUALITY OF LIFE
PSYCHOLOGICAL ELEMENT	CAN BE PRESENT DUE NATURE OF PAIN EG ACCIDENT/ILLNESS. USUALLY, TIME RESTRICTED.	LIKELY TO BE PRESENT. SECONDARY IMPACT OF PAIN OVER A LONGER COURSE OF TIME
MEDICATION AS A SUCCESSFUL MEASURE	USUAL	OFTEN HELPFUL TO BEGIN WITH BUT SHORT LIVED (THERE ARE EXCEPTIONS)
TISSUE DAMAGE	COMMON	OFTEN NOT PRESENT
INSOMNIA & FATIGUE	SHORT TERM	COMMON
FAMILY / SOCIAL IMPACT	SMALL OR FOR A SHORT TIME ONLY	CAN BE SIGNIFICANT
TREATMENT GOAL	CURE/HEALING OF WOUNDS	FUNCTIONALITY . QUALITY OF LIFE/ LIVING WELL

An illustration of an iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while the much larger, submerged part of the iceberg is visible below. The sky is blue with light clouds, and the water is a deep blue. The text is overlaid on the image.

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

Sleep problems

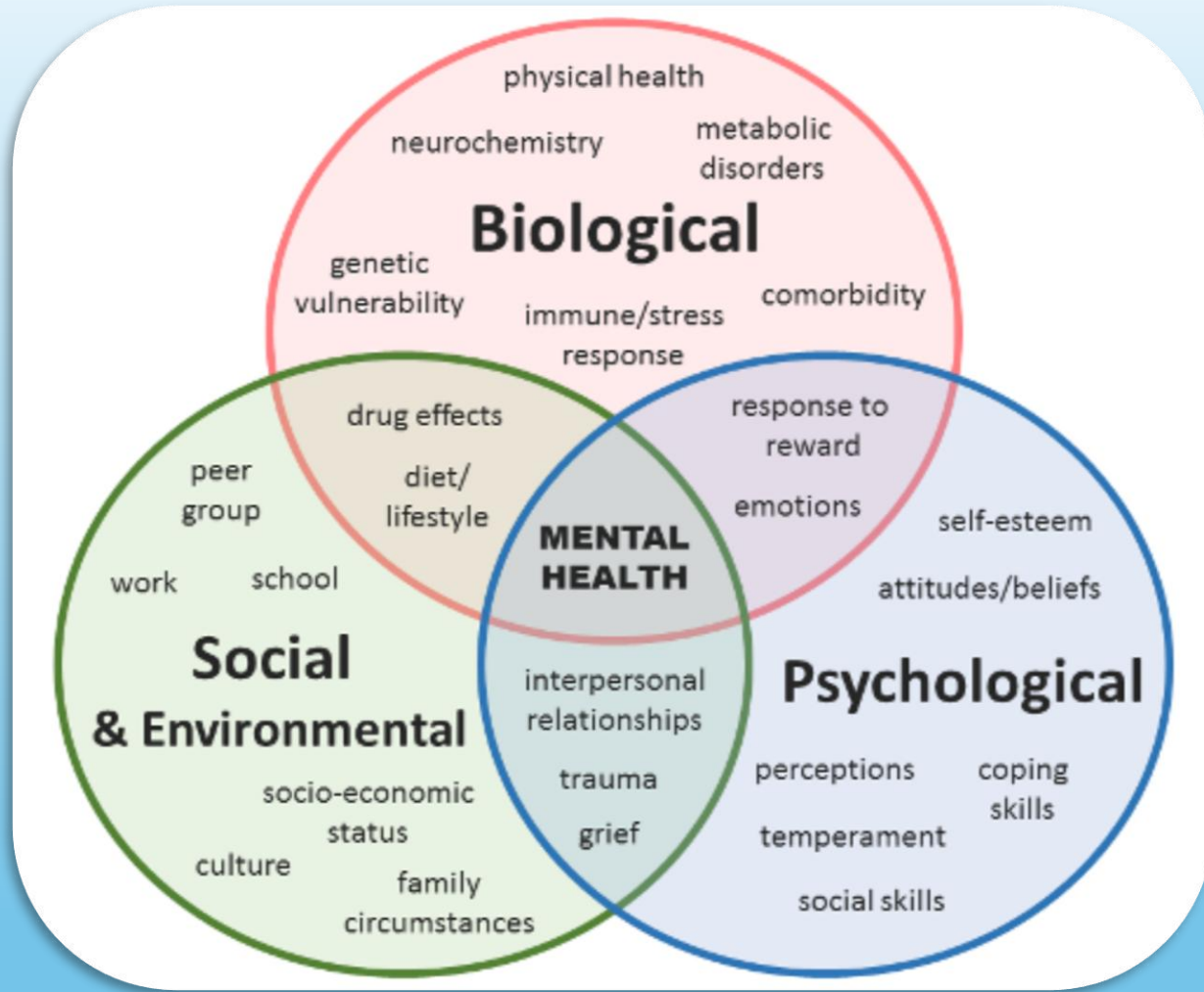
Money worries

Medication side effects

Feeling low

Stress

Relationship worries



Bio-Psycho-Social Model

What do we offer?

- **1:1 consultations**
- **Group interventions:**
 - Pain Management Programme
 - Body Reprogramming
 - Mindfulness Based Stress Reduction
 - Mindfulness for Health
- **Self-directed E-learning**
- **Specialist Clinical Psychology Service**

What do we offer?

- **Medicines Management – if appropriate**
- **Onward referrals if required and appropriate with supporting services**
- **Injection intervention - if appropriate**

OUR VIRTUAL PROGRAMMES

**PAIN MANAGEMENT
PROGRAMME
(PMP)
8 WEEKS**



**MINDFULNESS
PROGRAMMES
8 WEEKS**

**BODY
REPROGRAMMING
8 WEEKS**

**SELF TAUGHT
ONLINE
PROGRAMMES**

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 8 weeks, one session per week lasting around 2 hrs

Mindfulness Programme

This course uses mindfulness practices to explore the importance of self awareness in the present moment

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

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 and looks at how and why 'STOP programmes' sometimes develop. It includes some Tai Chi to encourage gentle movement.

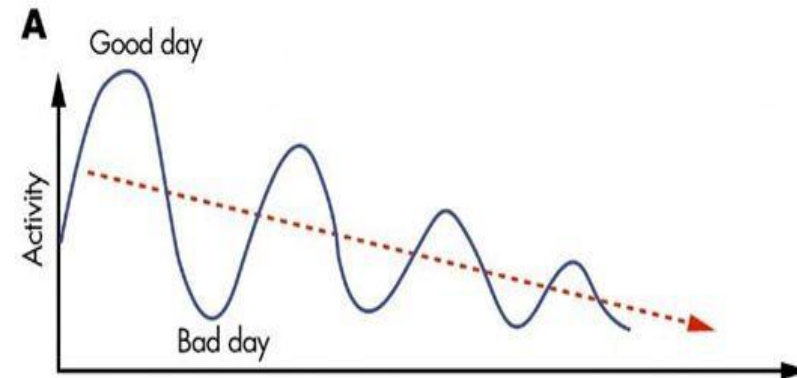
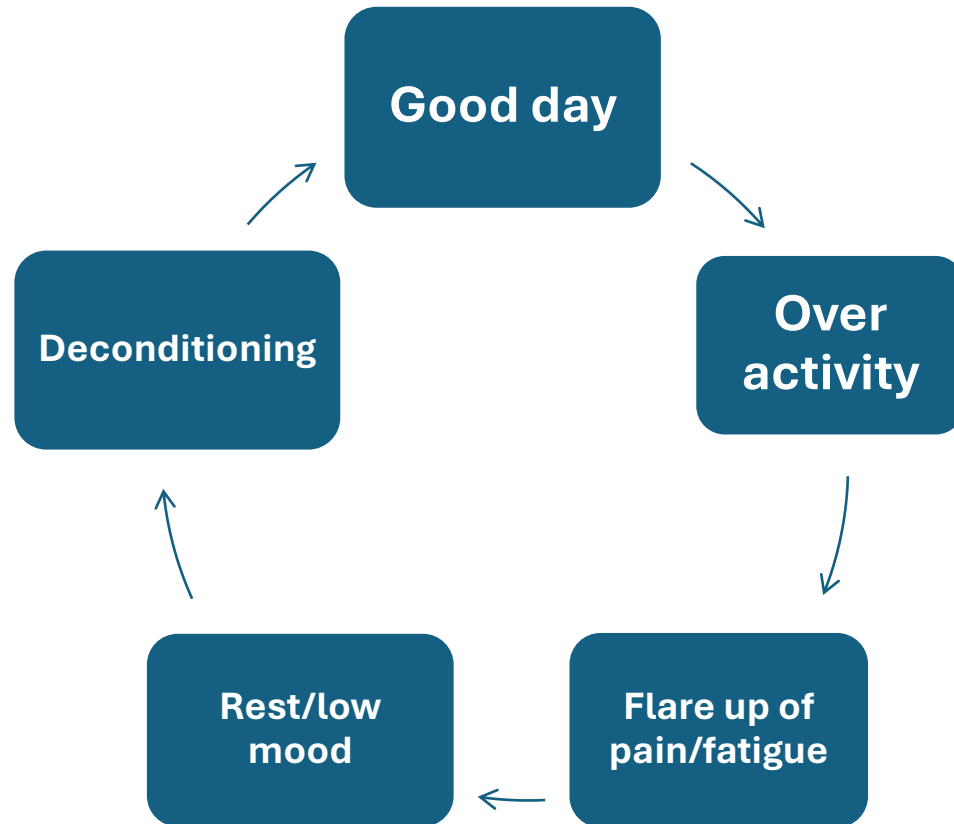
It runs for 8 weeks, one session per week for around 2 hours

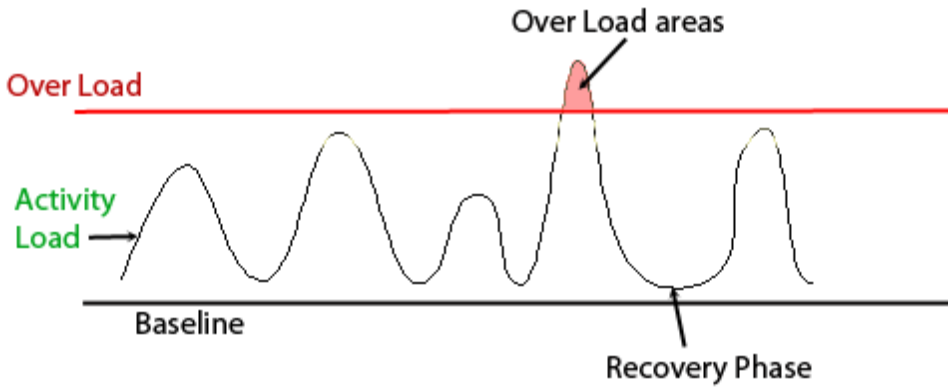
Self Directed Programme (E-Learning)

This Programme has similar theme to the
virtual group programme

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

BOOM and BUST!



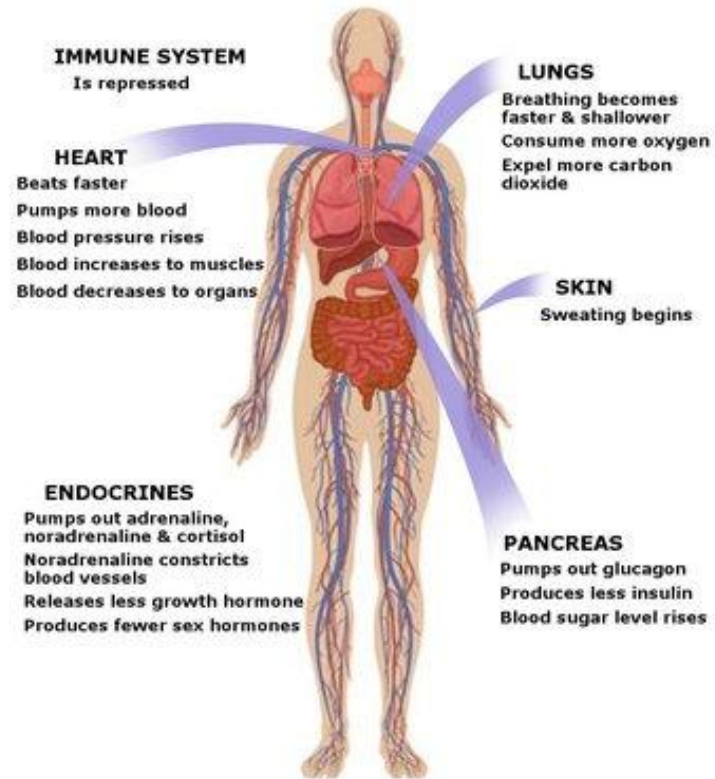


The Three P's

- **Pacing**
- **Planning**
- **Prioritising**

Making sense of stress

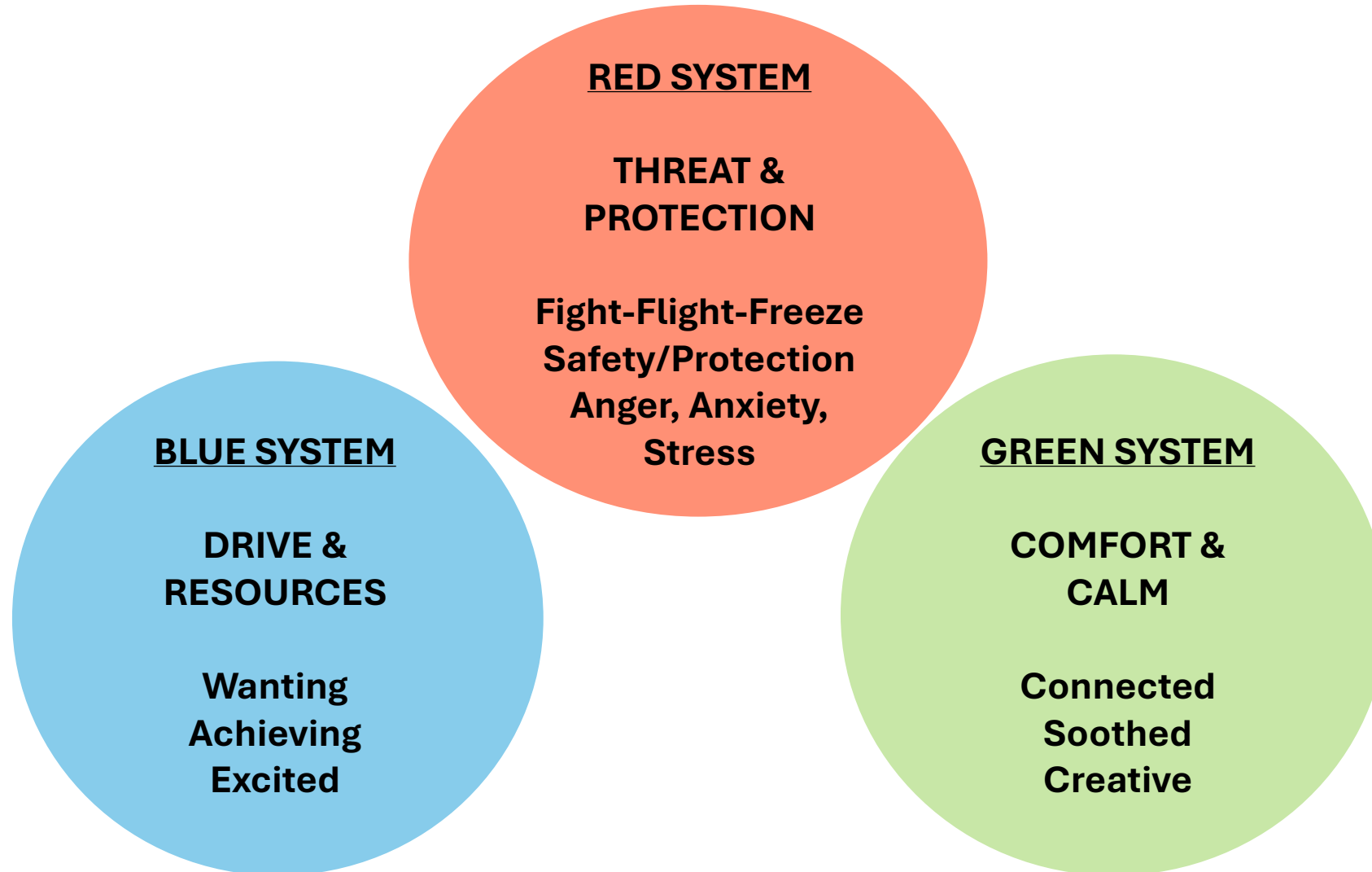
Fight-or-Flight Response



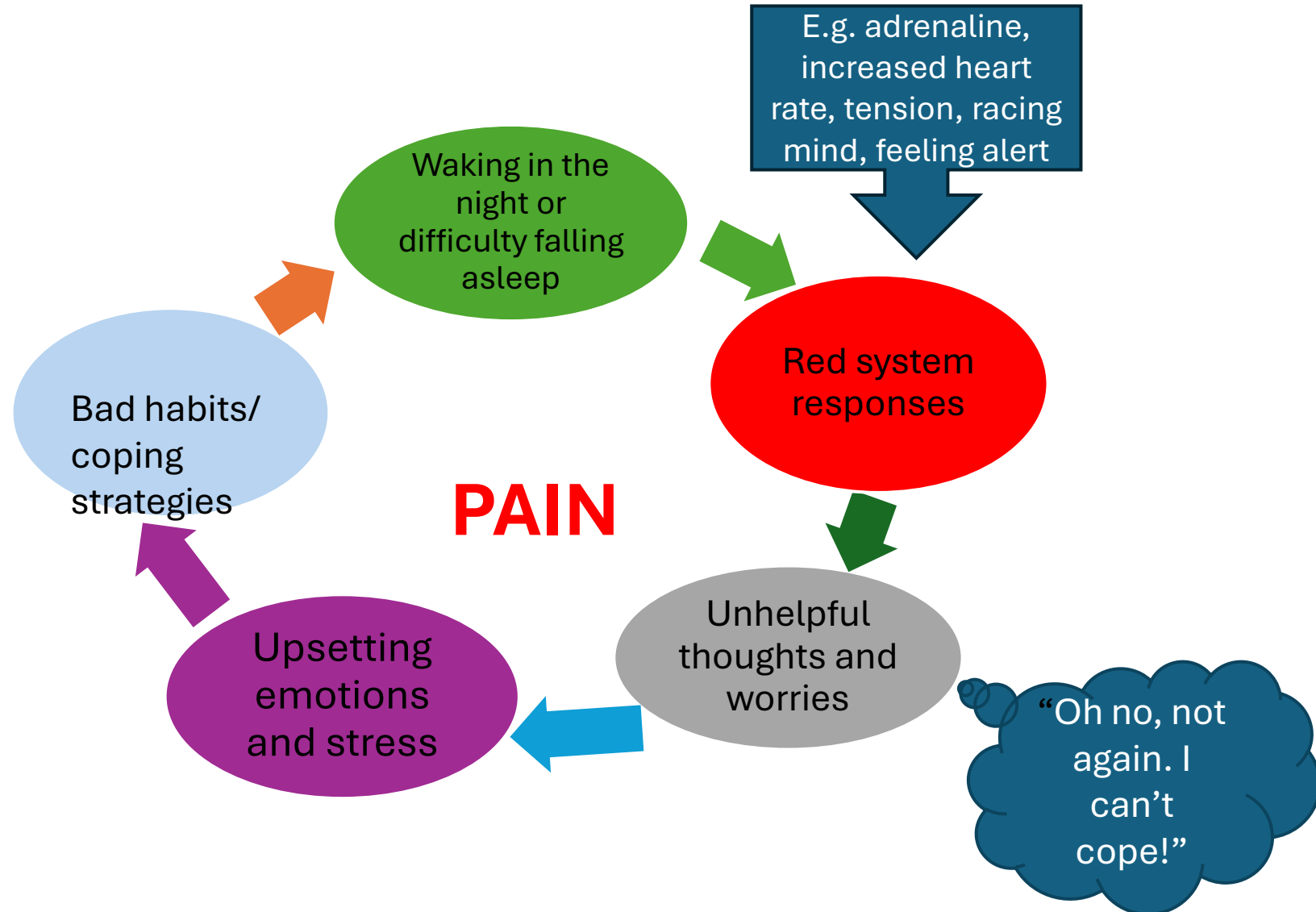
- The fight-flight-freeze response
- Stress and the ‘Red’ threat-protection system

The Three Emotion Regulation Systems

(Gilbert, 2010)



Poor Sleep and Tiredness Cycle



Good Sleep Hygiene



Habits

- Establish a regular routine and wind down time
- Create a relaxed, calming bedroom environment
- Limit day-time napping
- Consider lifestyle changes, e.g. limiting screen time, good nutrition etc.
- Try the 20-minute rule



Body

- Try and engage in regular movement and exercise
- Minimise use of stimulants (e.g. caffeine, alcohol, nicotine)
- Consider the quantity and timing of any medications
- Think about rest and recharge rather than sleep



Thoughts Emotions

- Explore ways to manage your emotions
- Consider writing worries and thoughts down
- Try incorporating meditation, mindfulness or relaxation into your bedtime routine
- Let go of the struggle – forcing it won't help and may make you feel more anxious and stressed



Pain under control

Medication: name & strength:
Take: tablets x every day

Medication: name & strength:
Take: tablets x every day

Medication: name & strength:
Take: tablets x every day

Medication: name & strength:
Take: tablets x every day

To keep my pain under control I also need to:



Pain interfering with usual activities

Extra medication: name & strength:
Take: tablets x every day

To manage more difficult pain I also need to:



Flare up: pain much worse than usual

Extra medication: name & strength:
Take: tablets x every day

To manage a flare up I also need to:

Pain Action Plan



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.

 Understanding pain and your body	 About medication	 Health Coach support via your GP practice	 Fibromyalgia	
	 NICE Guidelines & Other Evidence	 Podcasts for Mindfulness Practice	 Mindfulness recordings	
 Patient experience, stories and videos	 Cannabis and Pain Management	 Food and Diet	 Exercise and ongoing pain	 Goal-setting
 Videos about Pain	 Managing set backs	 Top tips for managing pain	 Stress and anxiety	 Managing Activity

Log in 


For registered users

[How do I register?](#)

[Forgotten Password?](#)


[Video Consultations](#)

Register for our Patients online service



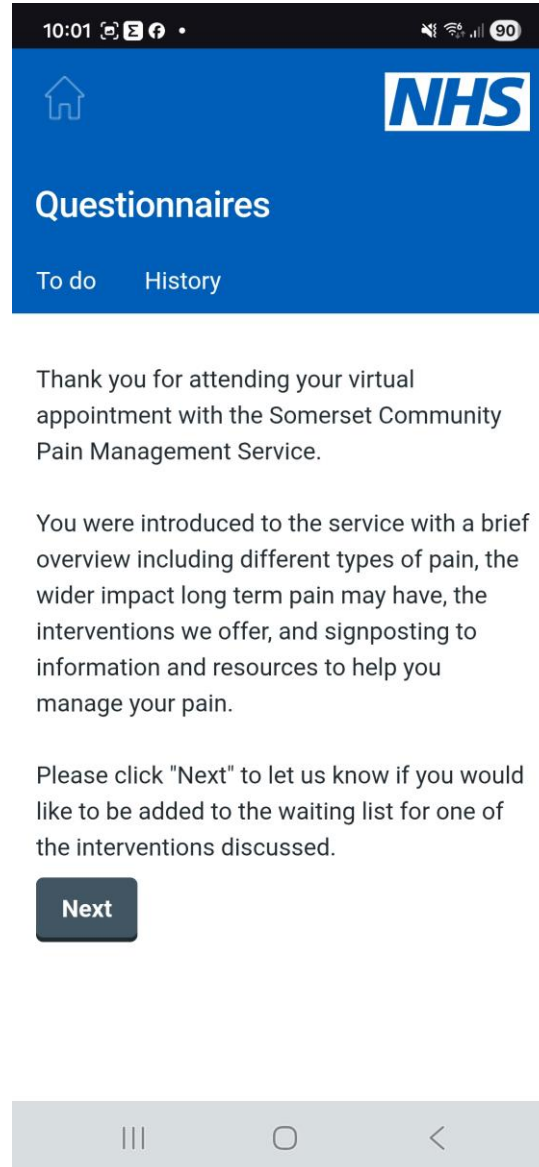
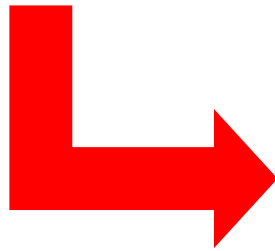
Get information, take action and be supported

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

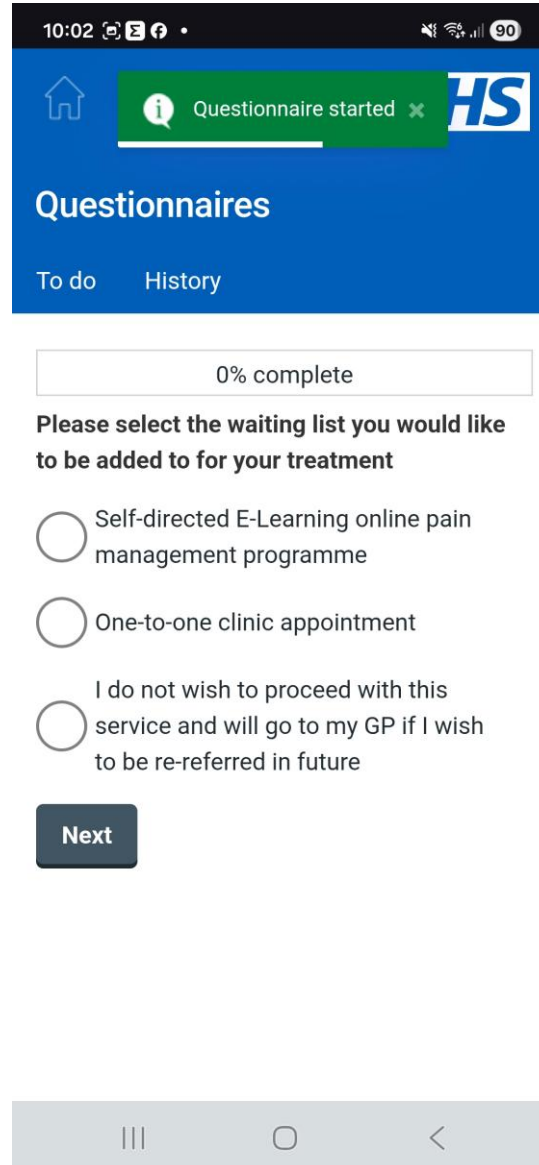
Register 

Our website is a hub of information and signposting

**You will get
this text**



Please select
an option



10:02 [notification icons] [signal strength] [90]

Home [i] Questionnaire started x HS

Questionnaires

To do History

0% complete

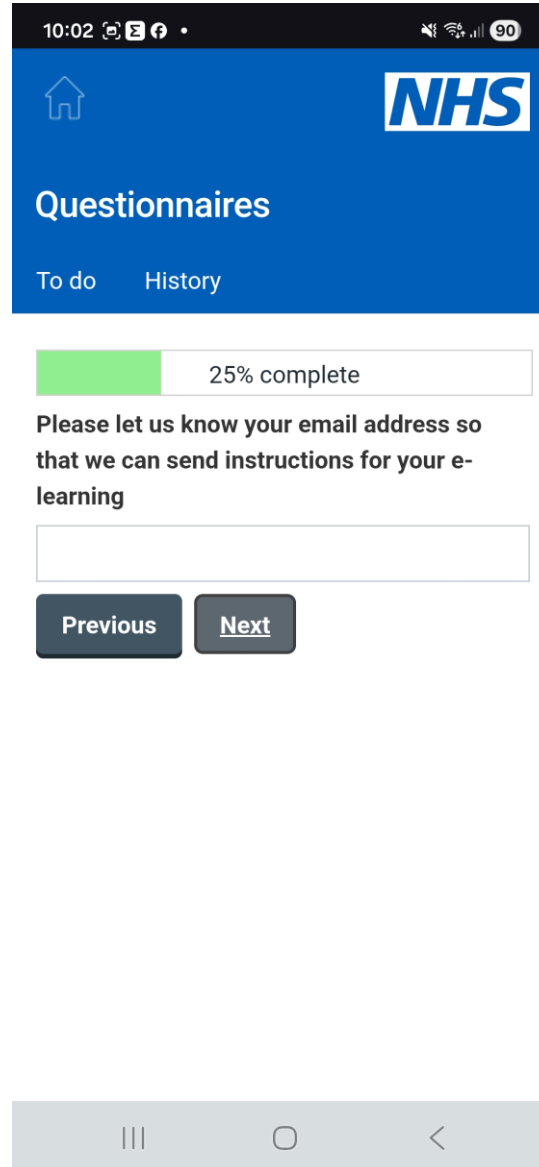
Please select the waiting list you would like to be added to for your treatment

- Self-directed E-Learning online pain management programme
- One-to-one clinic appointment
- I do not wish to proceed with this service and will go to my GP if I wish to be re-referred in future

Next


||| ○ <

**Enter your
email address**



The screenshot shows a mobile application interface for an NHS questionnaire. At the top, the status bar displays the time 10:02, signal strength, Wi-Fi, and battery level at 90%. The app header is blue with a home icon on the left and the NHS logo on the right. Below the header, the title 'Questionnaires' is centered, with 'To do' and 'History' options below it. A progress bar shows 25% completion. The main text asks for an email address to receive e-learning instructions. A text input field is provided, followed by 'Previous' and 'Next' buttons. The bottom of the screen features a grey navigation bar with a hamburger menu icon, a circle, and a back arrow.

10:02 90

 **NHS**

Questionnaires

To do History

25% complete

Please let us know your email address so that we can send instructions for your e-learning

Previous Next

☰ ○ <

**If you have
opted for a 1:1
appointment,
then please
select your
preferred option**

The screenshot shows a mobile application interface for a questionnaire. At the top, the status bar displays the time 10:02, signal strength, Wi-Fi, and battery level at 90%. Below the status bar is a blue header with the title "Questionnaires" and two tabs: "To do" and "History". A progress bar indicates "50% complete". The main content area contains the following text: "To help us offer you the earliest possible appointment, please let us know the types of appointment you would be able to attend." Below this is an information icon (i) followed by the text: "Please tick all appointments types you could attend, as waiting times can be very different depending on the appointment type - for example, a face to face appointment may not be available until several months later than a virtual appointment." There are three checkboxes: "Face to face" (checked), "Telephone" (checked), and "Video" (unchecked). At the bottom of the form are two buttons: "Previous" and "Next". The bottom of the screen shows a grey navigation bar with three icons: a hamburger menu, a home button, and a back arrow.

10:02 90

Questionnaires

To do History

50% complete

To help us offer you the earliest possible appointment, please let us know the types of appointment you would be able to attend.

ⓘ Please tick all appointments types you could attend, as waiting times can be very different depending on the appointment type - for example, a face to face appointment may not be available until several months later than a virtual appointment.

Face to face

Telephone

Video

Previous Next

That's it!

You will then here from us regarding your appointment



The questionnaire is complete.

Thank you for letting us know your selected intervention, we will add you to the appropriate waiting list and will be in touch again when we are able to offer you an appointment.

WEBSITES TO LOOK AT

TENFOOTSTEPS /LIVE WELL WITH PAIN



SOMERSET SPORTS AND ACTIVITIES PARTNERSHIP (SASP)



SOMERSET RECOVERY COLLEGE



PAIN CAFÉ'S



HEALTH COACHING SERVICES LINKED TO GP PRACTICES



Core messages to take away

- **Pain is real, not imaginary**
- **Persistent pain often doesn't go away**
- **Persistent pain does not mean there is ongoing damage**
- **Improving quality of life does not depend upon pain reduction**

NUMBERS THAT MAY BE USEFUL

OP COURAGE FOR
VETERANS - 0800
138 1619

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

MINDLINE
mindlinesomerset.org.uk
01823 276892

SAMARITANS
Samaritans.org
g
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
somersetft.nhs.uk

somersetpain.co.uk

Our Website

[Somerset Community Pain Management Service. Working together on my health. | About the pain service \(somersetpain.co.uk\)](https://www.somersetpain.co.uk)