

## 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 Interventions covering a number of different themes.</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 improve your quality of life despite the pain and discuss the different options available to you.</p> <p>This may involve being seen over a number of 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 a Pain Specialist.</p> <p><b>Website-</b> <a href="http://www.somersetpain.co.uk">www.somersetpain.co.uk</a></p>	<p><b>Pain Management Programme-</b> 7-week, 2.5 hour sessions</p> <p><b>Body Reprogramming-</b> 7 week, 2.5 hour sessions, more specifically for people with fibromyalgia and central sensitisation. Includes elements of tai chi</p> <p><b>Mindfulness Based Stress Reduction-</b> 8 week 2 hour sessions. Includes regular mindful practises</p> <p>Ask your specialist for further details and/or an information leaflet.</p>	<p>An initial assessment with a Clinical Psychologist, followed by a joint decision as to 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>
<b>When is this appropriate?</b>	<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 to 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>
<b>What do you need to consider?</b>	<p>You will need to be able to get to the locations where we hold clinics.</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 7 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>Whether you can commit to regular attendance. Appointments are held weekly or fortnightly, for up to 1 hour.</p> <p>Whether other services such as Talking Therapies, the Community Mental Health Team, or drugs/alcohol service might be more appropriate and which service best meets your current needs.</p> <p>People can get upset during sessions.</p>
<b>How many sessions does this involve?</b>	<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. <b>Patient Platform</b> - You can continue even when you have completed working with us. <b>Mindfulness</b> - 4-week course.</p>	<p>7 weekly group sessions.</p>	<p>There are usually several assessment appointments.</p> <p>If you decide to work with the psychologist then the number of intervention sessions will be agreed between you.</p>

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

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	Physical Activities	Group Programmes	Talking Therapies	Somerset You Can Do / Active Living Service	Compass Disability	Adult social care and Integrated Rehabilitation Teams
<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><a href="https://www.healthysomerset.co.uk/">https://www.healthysomerset.co.uk/</a></p> <p><b>Falls and Balance Classes</b> Group work run by the community rehabilitation team in Taunton area.</p>	<p><b>Reclaim Your Life Course</b> Free confidential psycho-educational group intervention. A service that offers a variety of treatment approaches to meet peoples' emotional needs.</p> <p><b>Frome Pain Management Programme via Helath Connections Mendip</b> Covering a number of themes to support you with managing your pain.</p>	<p>Free confidential sessions by qualified therapists, involving 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 that supports people with attending groups, socialising etc. Carer support also available.</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>These teams provide support for people to live as independently as possible in their own homes.</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 in engaging 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 emotional distress or mental health difficulties, e.g. post-traumatic stress disorder, or depression.</p>	<p>When you require support with, travelling, developing your 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 a willingness 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>