



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



```
graph TD; A[AN UNDERSTANDING OF LONG - TERM PAIN] --> B[THE IMPACT OF PAINFUL CONDITONS OF YOUR EMOTIONAL HEALTH]; B --> C[EDUCATION AND SUPPORT IN LEARNING NEW WAYS TO MANAGE PAIN]; C --> D[MEDICATION SUPPORT IF APPROPRIATE]; D --> E[OFTEN PEOPLE FEEL LOST AND UNHEARD – WE WILL HEAR YOU AND WORK WITH YOU];
```

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 SUCCESFUL 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

<https://www.youtube.com/watch?v=xbSr32OWcX4>

An iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while the much larger, jagged base is submerged below the surface. The sky is blue with light clouds, and the water is a deep blue.

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

Sleep problems

Money worries

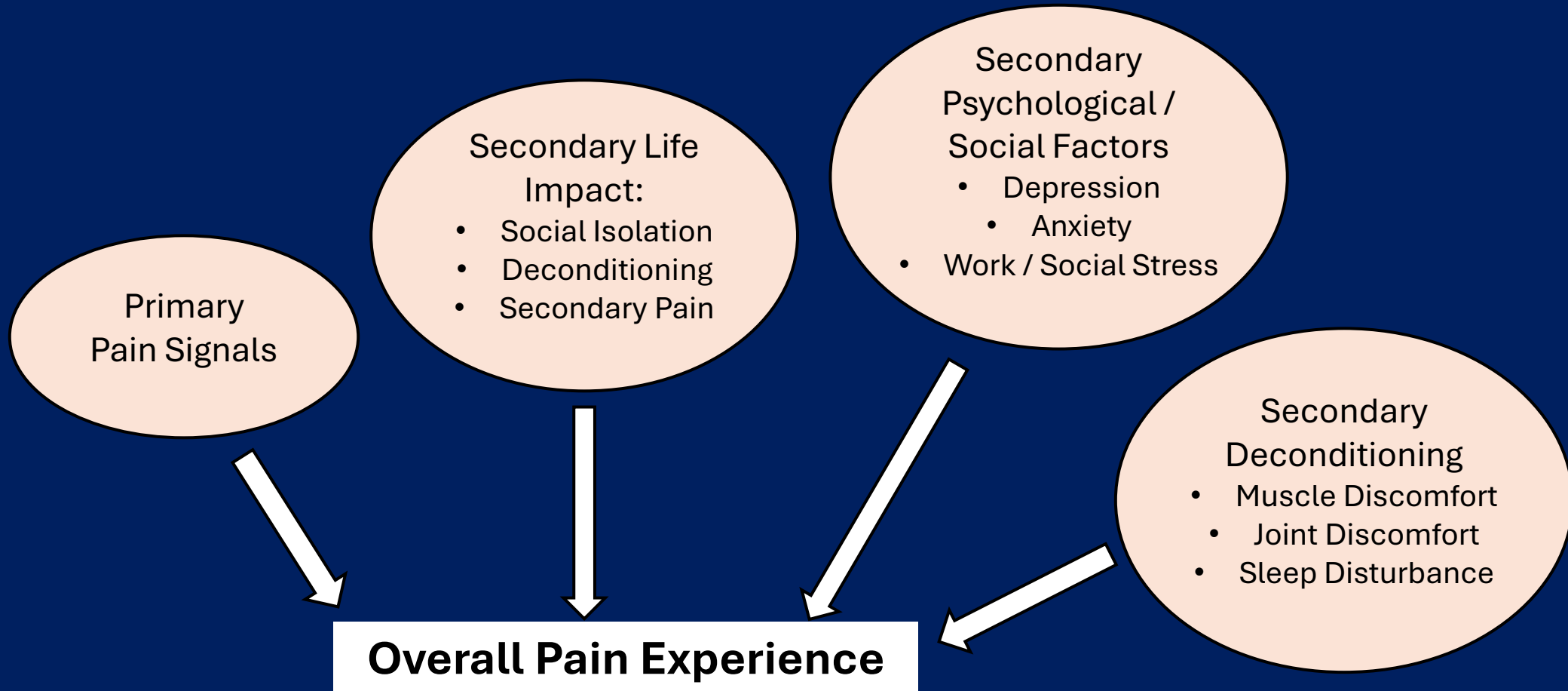
Medication side effects

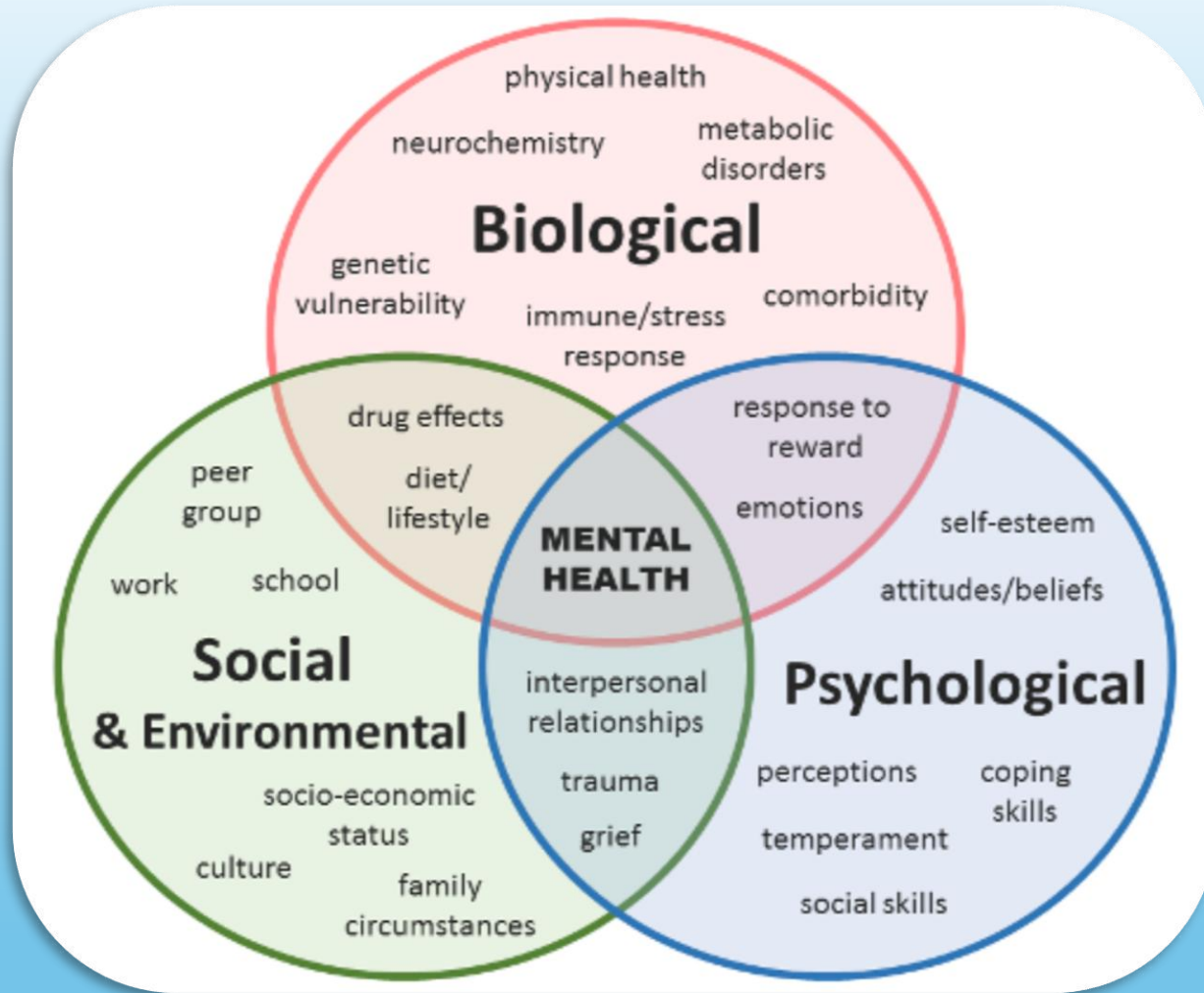
Feeling low

Stress

Relationship worries

Primary and Secondary Pain





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)

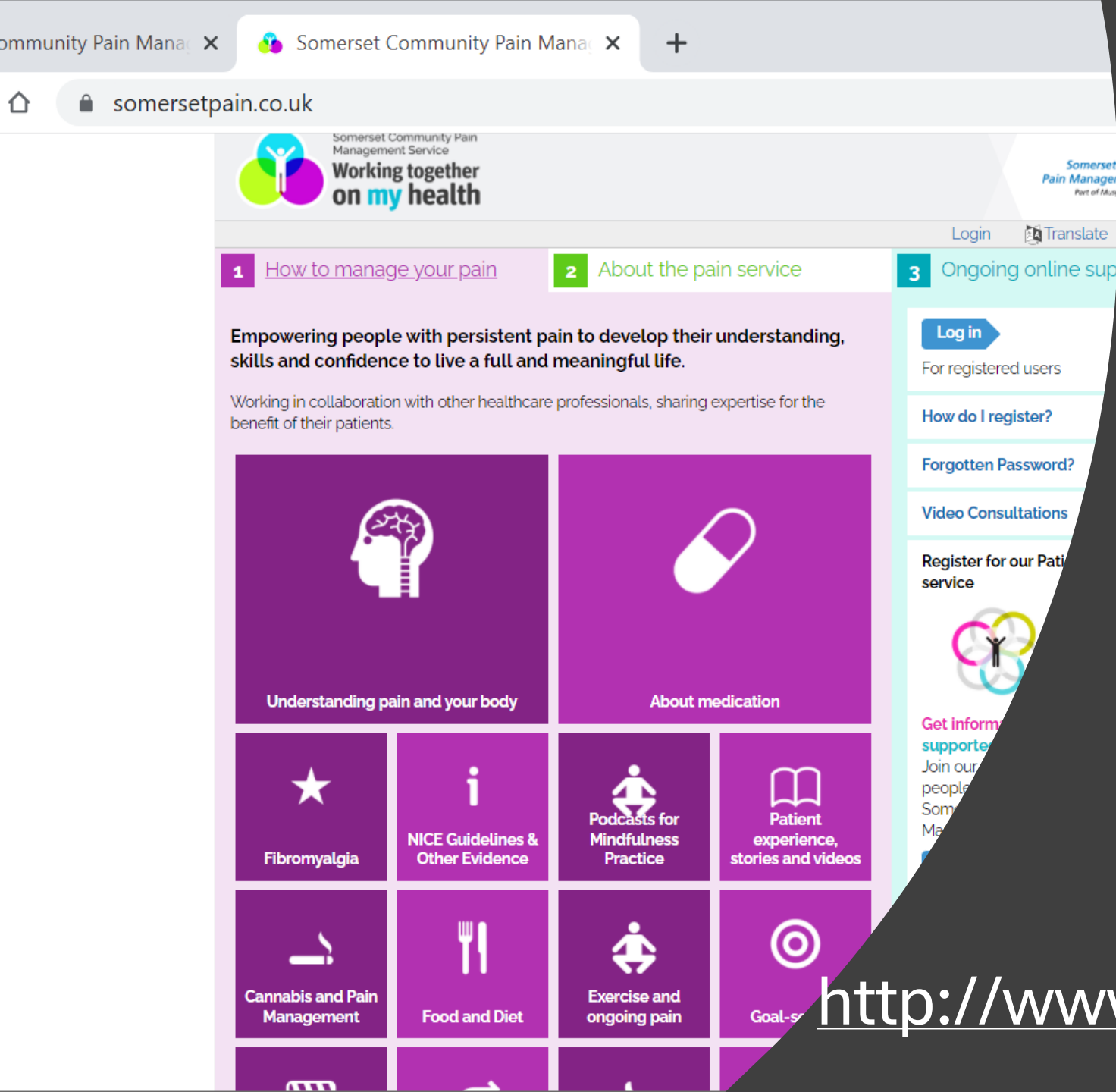
This course is for people who have diagnoses such as Fibromyalgia, Chronic Fatigue or M.E. It explores the link between our brain and pain and looks at how and why 'STOP programmes' sometimes develop. It includes some Tai Chi to encourage gentle movement.

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



Our website - a
hub of
information and
signposting

<http://www.somerseypain.co.uk>



ACTIVATION OF YOUR ` KNOW YOUR OWN HEALTH ACCOUNT` (KYOYH)

**YOUR 10 DIGIT NHS NUMBER WILL BE THE NUMBER YOU
USE INITIALLY TO CREATE YOUR ACCOUNT – YOU CAN THEN
CREATE YOUR OWN PASSWORD.**

**FULL ACCESS TO THE WEBSITE WILL NOT BE AVAILABLE
UNTIL MONDAY AFTERNOON - YOU STILL PERUSE THE
GREEN AND PURPLE SECTIONS THOUGH!**

NOW WHAT ?

Opt in as to how you would like your one-to-one appointment -
telephone, video or in a clinic setting



Email our service to state which option best suits your needs

- painservice@somersetft.nhs.uk



Within 2 weeks please



You will hear in due course from our admin team regarding
when your appointment will be

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**

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



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



somersetpain.co.uk

Our Website

Somerset Community Pain Management Service. Working together on my health. | About the pain service (somersetpain.co.uk)