

WELCOME AND THANKYOU!



Somerset Community Pain
Management Service

**Working together
on **my** health**

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
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

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 water line. The sky is blue with light clouds, and the ocean is a deep blue.

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

Sleep problems

Money worries

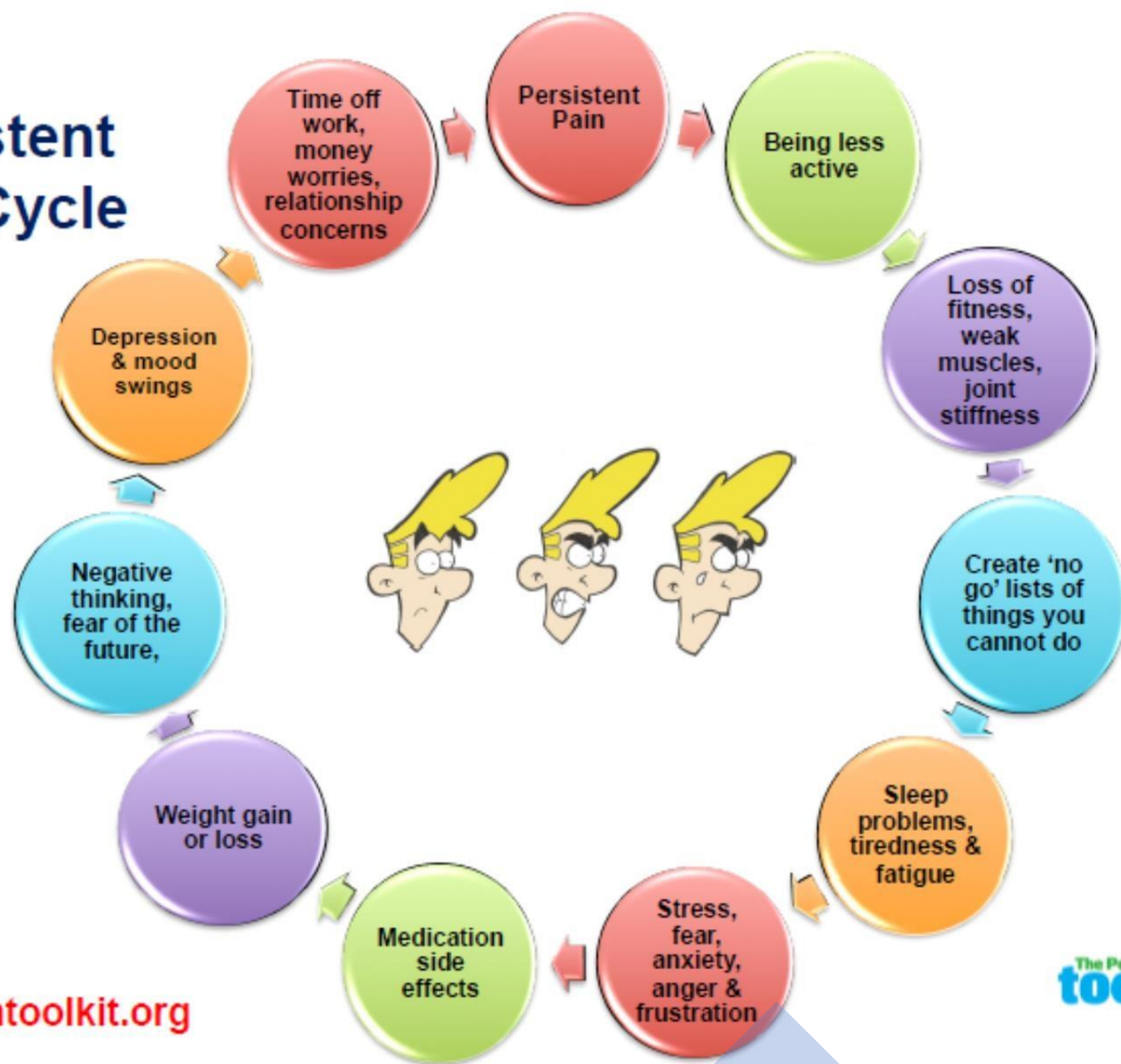
Medication side effects

Feeling low

Stress

Relationship worries

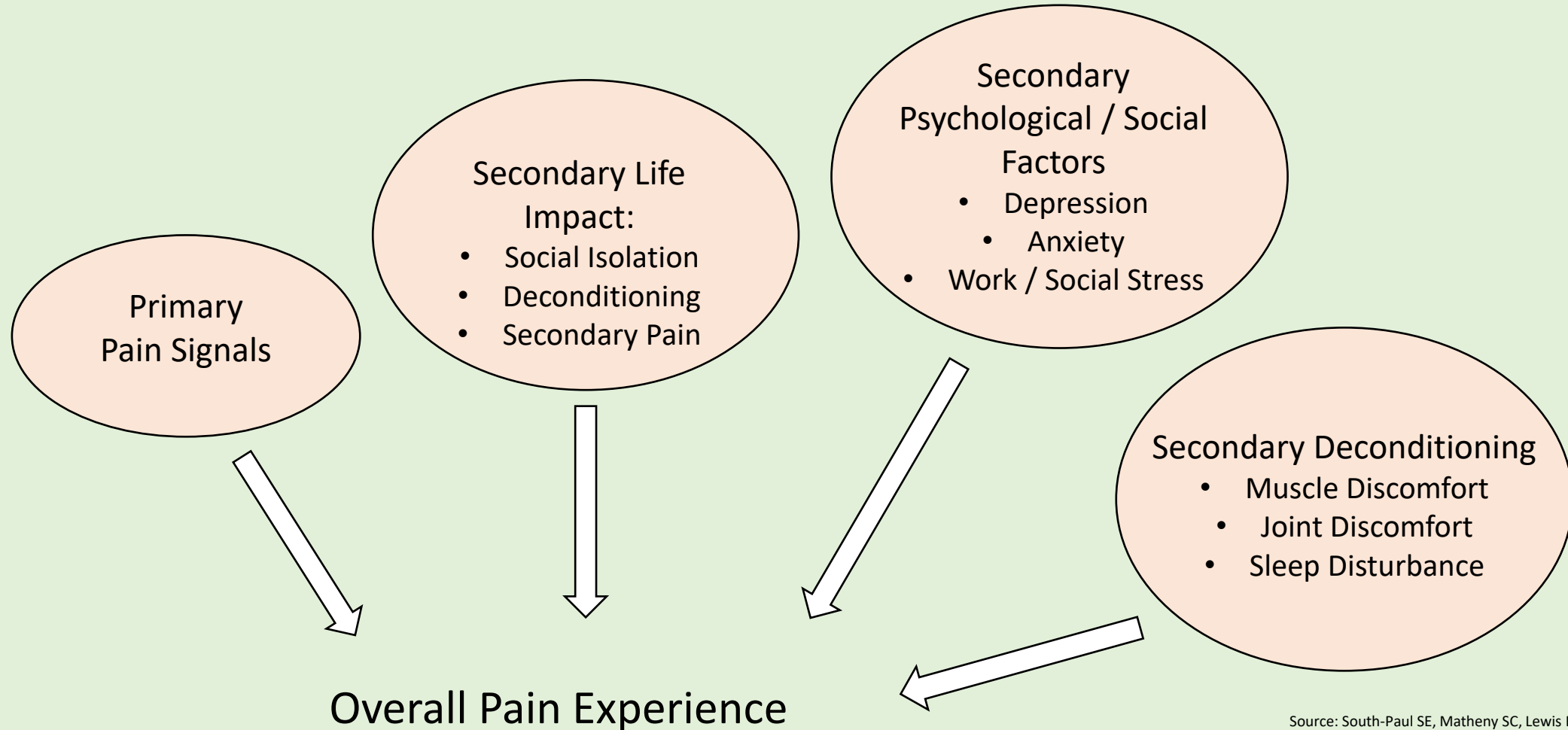
The Persistent Pain Cycle



Primary and Secondary Pain

What is it?

How does it impact on me?



OUR VIRTUAL PROGRAMMES

MINDFULNESS BASED
STRESS REDUCTION
(MBSR)
8 WEEKS

PAIN MANAGEMENT
PROGRAMME
(PMP)
7 WEEKS



BODY
REPROGRAMMING
8 WEEKS

SELF TAUGHT
ONLINE PMP

Mindfulness Based Stress Reduction (MBSR)

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

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 around 1.5 hrs

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 a method called The STOP technique . 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

Self Directed Programmes

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

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

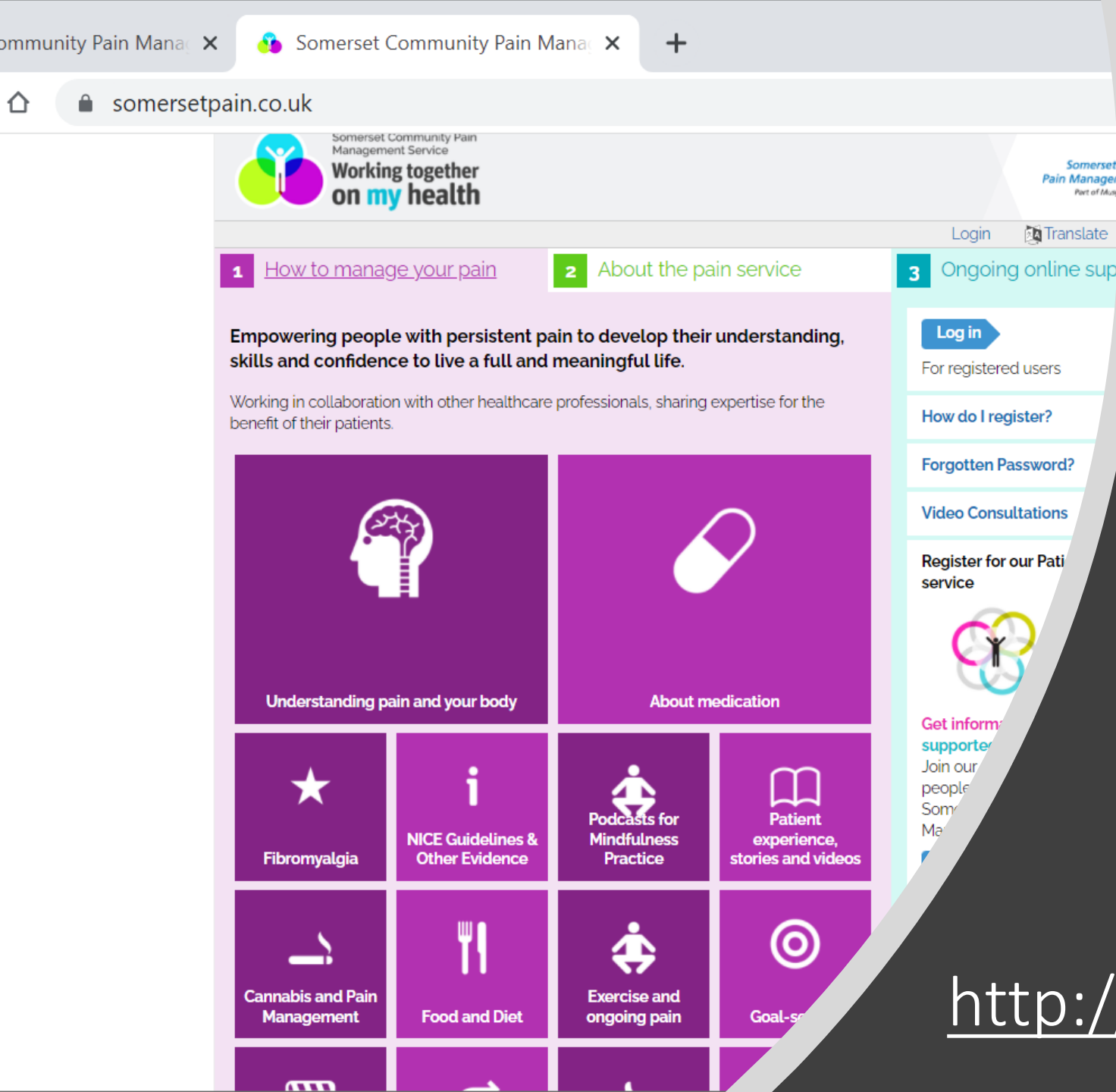
You can learn at your leisure and at a time that suits you

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



THE BENEFITS OF GROUP INTERVENTION

HOW TO OPT IN
painservice@somersetft.nhs.uk



Our website - a hub of information and signposting

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

Now
what???

Opt in to one of our attractive options

- **Please only opt in to one option .**

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 option will commence

TAKE HOME MESSAGES



YOU ARE NOT
ALONE IN THIS



SOMERSETPAIN
WEBSITE FOR ALL
OF TODAY'S
INFORMATION AND
MORE!

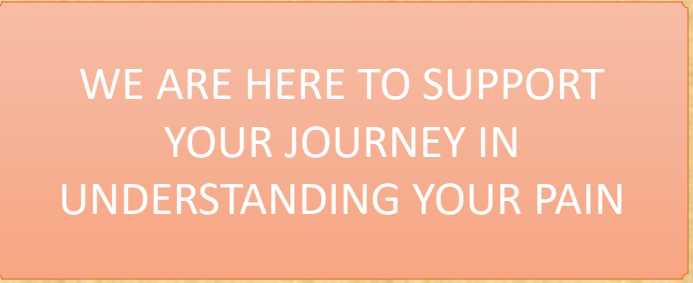


THANK YOU FOR
ATTENDING

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



YOU WILL
BE
LISTENED
TO



WE ARE HERE TO SUPPORT
YOUR JOURNEY IN
UNDERSTANDING YOUR PAIN



TAKE
YOUR
TIME

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
somersetft.nhs.uk