




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



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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];
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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

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

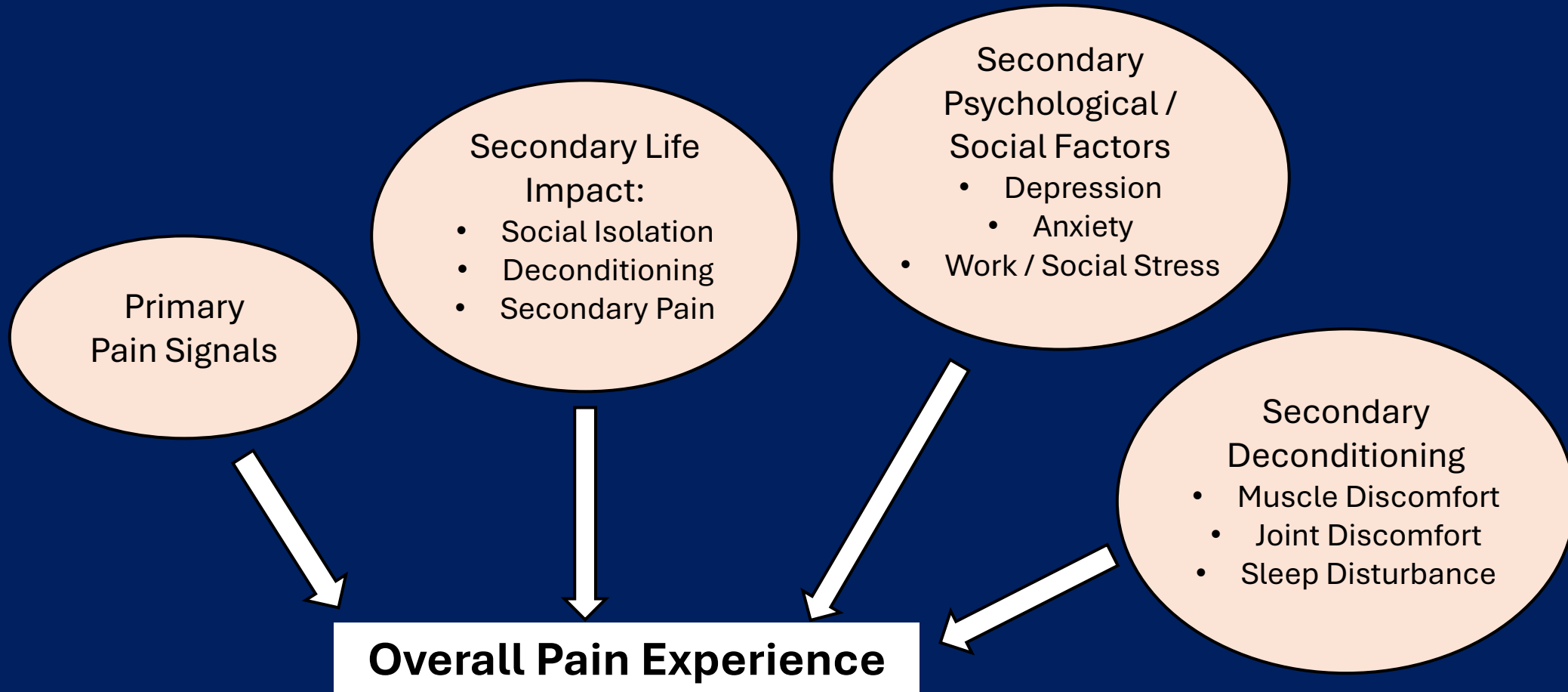
Medication side effects

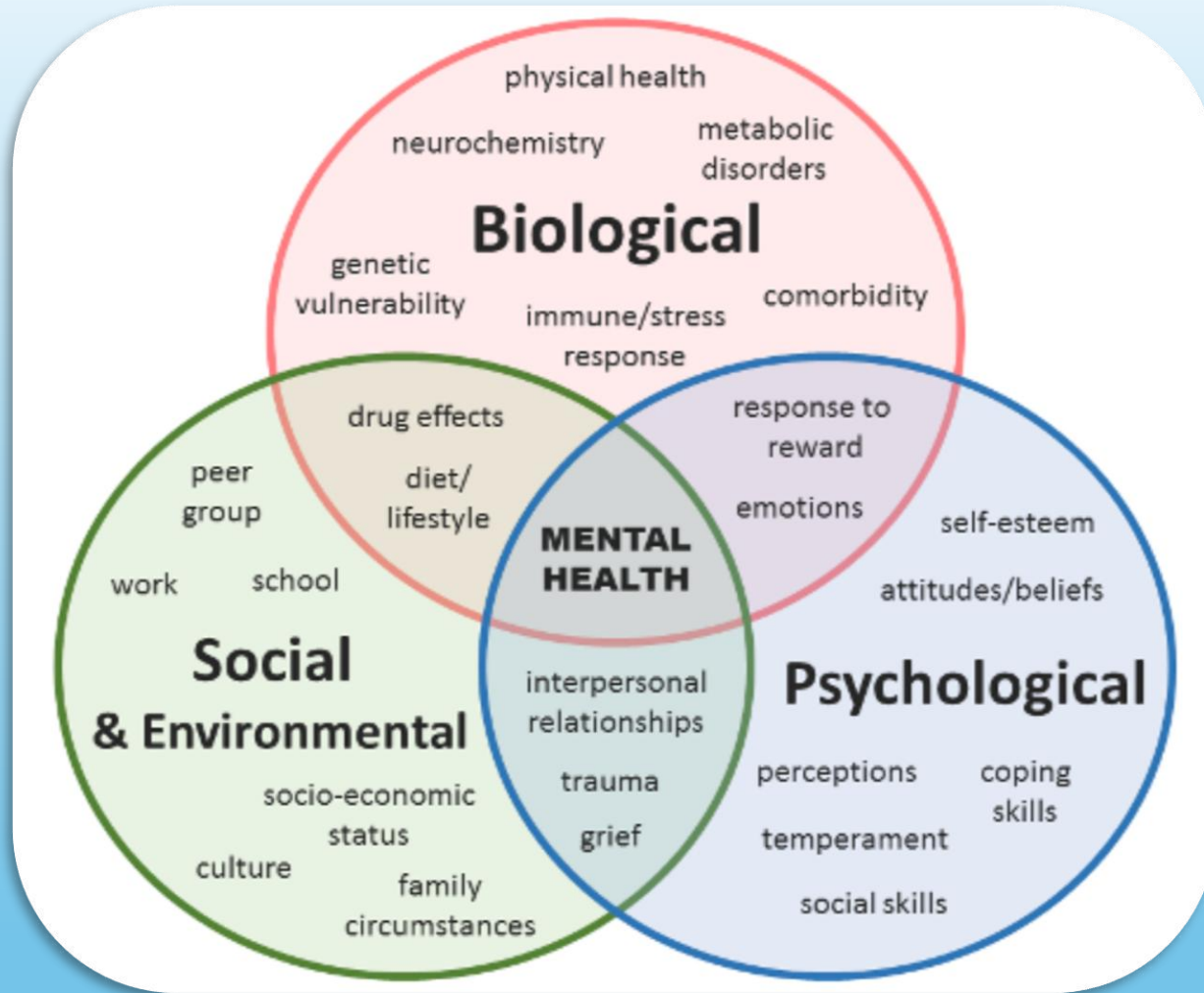
Feeling low

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

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.



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

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

NOW WHAT ?

**Wait for the text from our service and follow the instructions
(We will explain about this in a moment)**



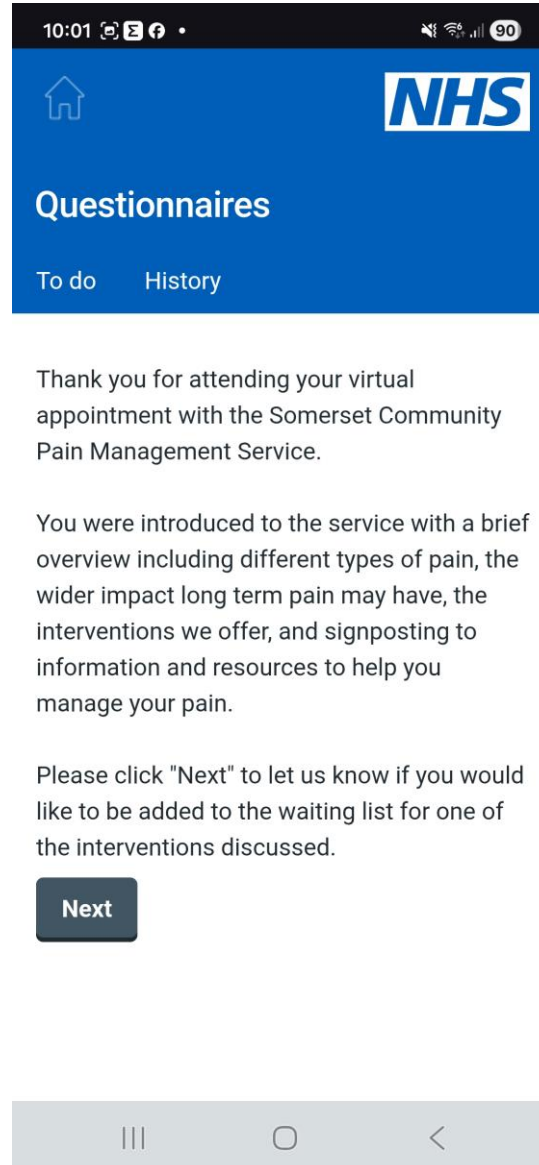
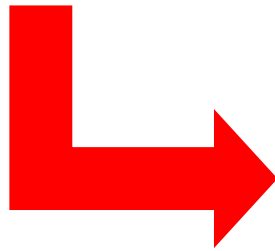
**Opt into which ever option you would like for a 1:1
appointment or to start the E-learning programme**



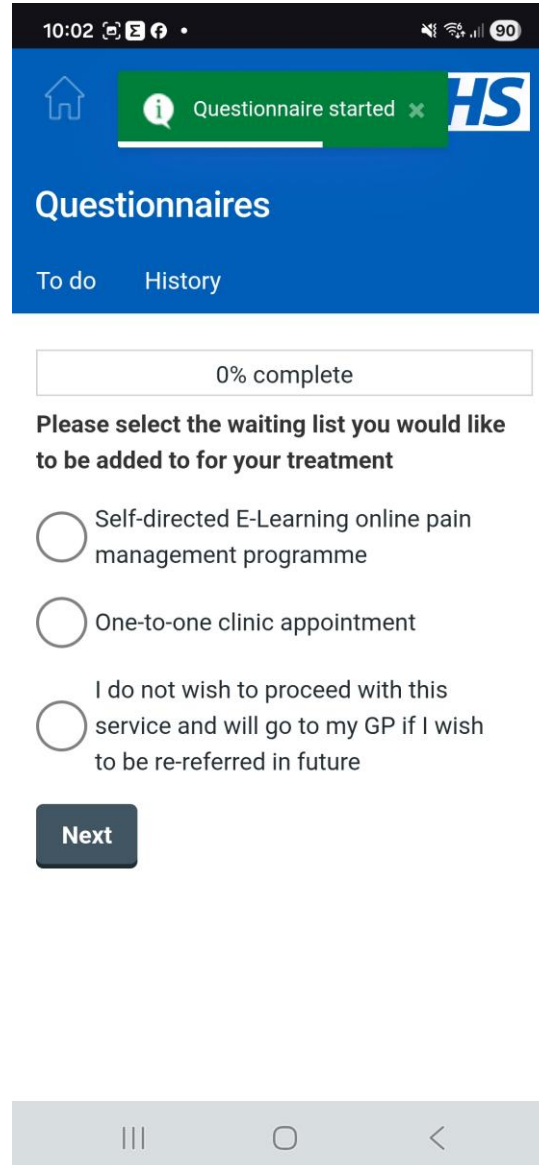
**You will hear in due course from our admin team regarding
when your appointment will be**



You will get
this text



Please select an option



The screenshot shows a mobile app interface for a questionnaire. At the top, there is a status bar with the time 10:02 and various icons. Below the status bar is a blue header with a home icon, a green notification bubble that says "Questionnaire started" with a close button, and the "HS" logo. The main title "Questionnaires" is displayed in white on the blue background. Below the title are two tabs: "To do" and "History". The main content area has a white background and shows a progress bar at 0% complete. Below the progress bar is the instruction "Please select the waiting list you would like to be added to for your treatment". There are three radio button options: "Self-directed E-Learning online pain management programme", "One-to-one clinic appointment", and "I do not wish to proceed with this service and will go to my GP if I wish to be re-referred in future". A dark blue "Next" button is located below the options. At the bottom of the screen is a grey navigation bar with three icons: a list icon, a circle icon, and a back arrow.

10:02

Questionnaire started

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 the NHS Questionnaires app interface. At the top, the status bar displays the time 10:02, signal strength, and battery level at 90%. The app's header is blue with a home icon on the left and the NHS logo on the right. Below the header, the title 'Questionnaires' is displayed, followed by two tabs: 'To do' and 'History'. A progress bar indicates '25% complete'. Below this, a message asks the user to provide their email address for e-learning instructions. A text input field is provided for the email address. At the bottom of the form are two buttons: 'Previous' and 'Next'. The bottom of the screen features a standard Android navigation bar with icons for the app drawer, home, and back.

10:02 90

Questionnaires

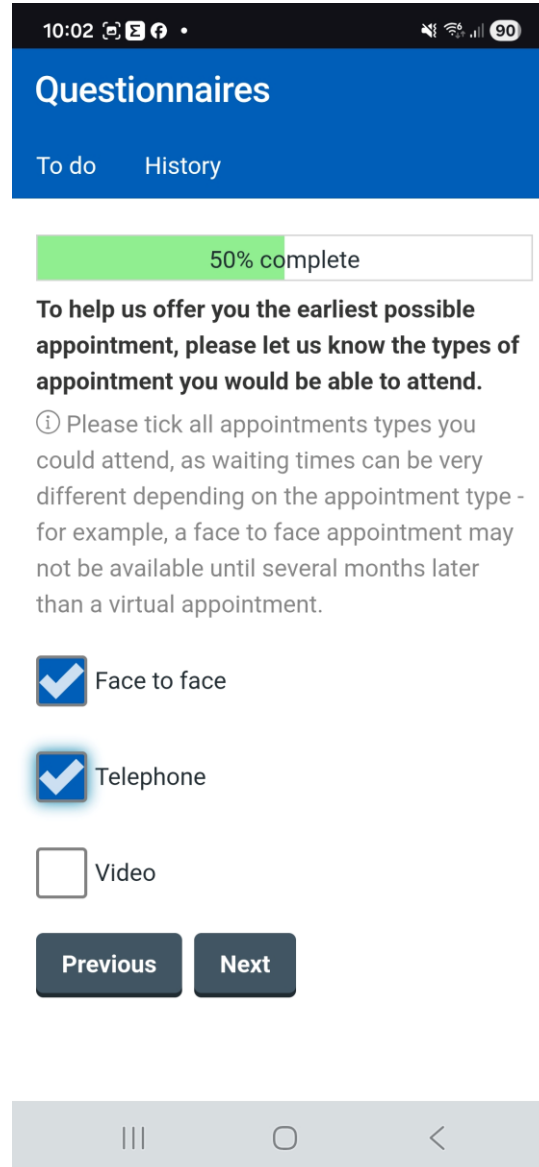
To do History

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, and battery level at 90%. The app header is blue with the title 'Questionnaires' and two tabs: 'To do' and 'History'. Below the header is a progress bar showing '50% complete'. The main text asks the user to help offer the earliest possible appointment by selecting appointment types. An information icon (i) is followed by a paragraph explaining that waiting times vary by appointment type, using face-to-face vs. virtual as an example. There are three options: 'Face to face' (checked), 'Telephone' (checked), and 'Video' (unchecked). At the bottom are 'Previous' and 'Next' buttons. The very bottom of the screen shows standard Android navigation icons (three vertical lines, a circle, and a back arrow).

10:02

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.

① 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

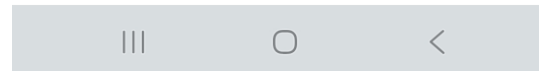
That's it!

You will then hear 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)