

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 CONDITIONS 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



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

Sleep problems

Money worries

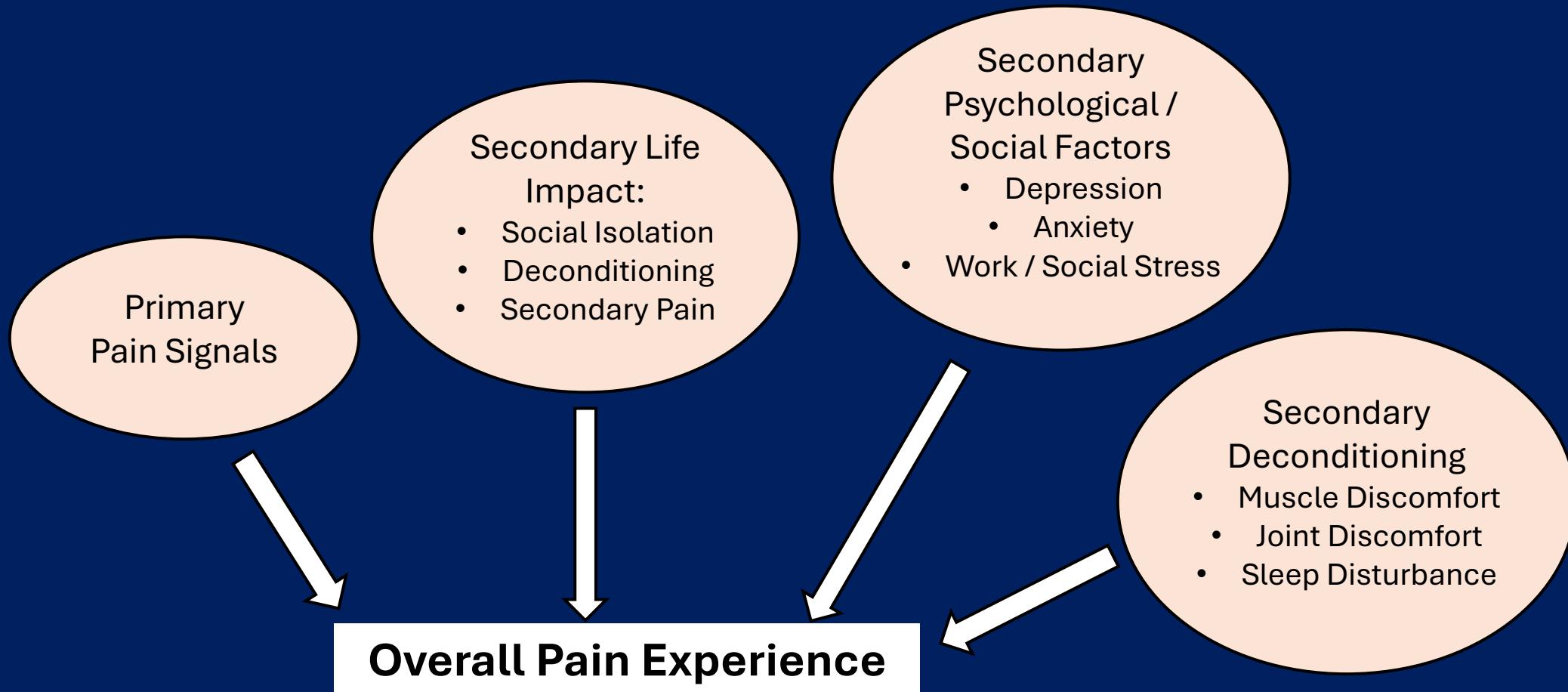
Medication side effects

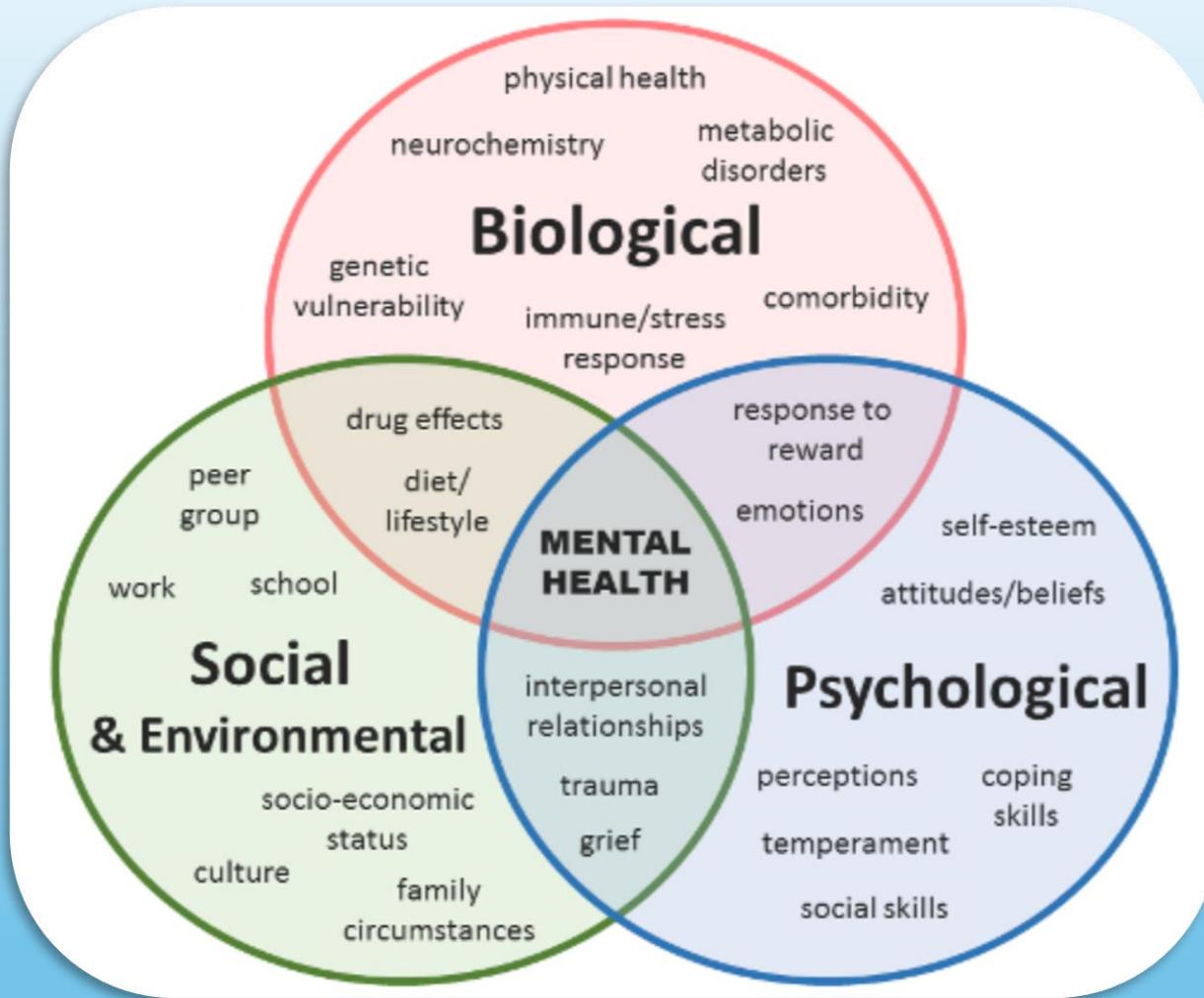
Feeling low

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**



**BODY
REPROGRAMMING
8 WEEKS**

**MINDFULNESS
PROGRAMMES
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

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
 Patient experience, stories and videos	 Cannabis and Pain Management	 Food and Diet	 Exercise and ongoing pain
 Videos about Pain	 Managing set backs	 Top tips for managing pain	 Managing Activity
			

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3 Ongoing online support

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

Register

Know Your Own Health in

**Our website is
a hub of
information
and
signposting**

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

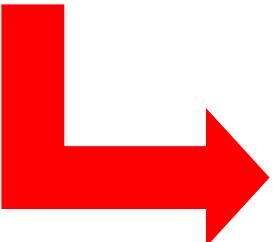
NOW WHAT ?

**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



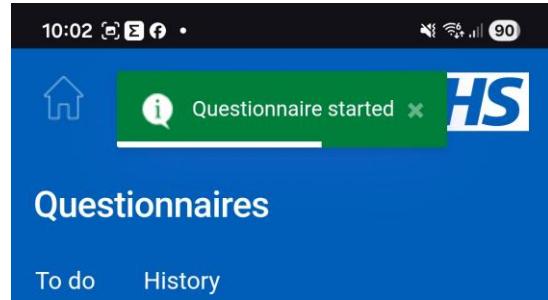
Thank you for attending your virtual appointment with the Somerset Community Pain Management Service.

You were introduced to the service with a brief overview including different types of pain, the wider impact long term pain may have, the interventions we offer, and signposting to information and resources to help you manage your pain.

Please click "Next" to let us know if you would like to be added to the waiting list for one of the interventions discussed.

Next

Please select an option



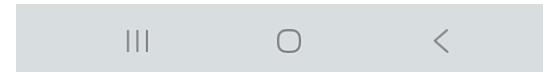
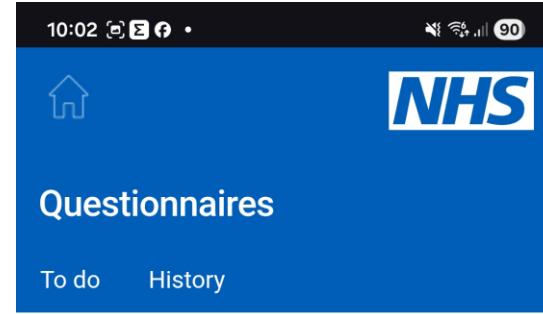
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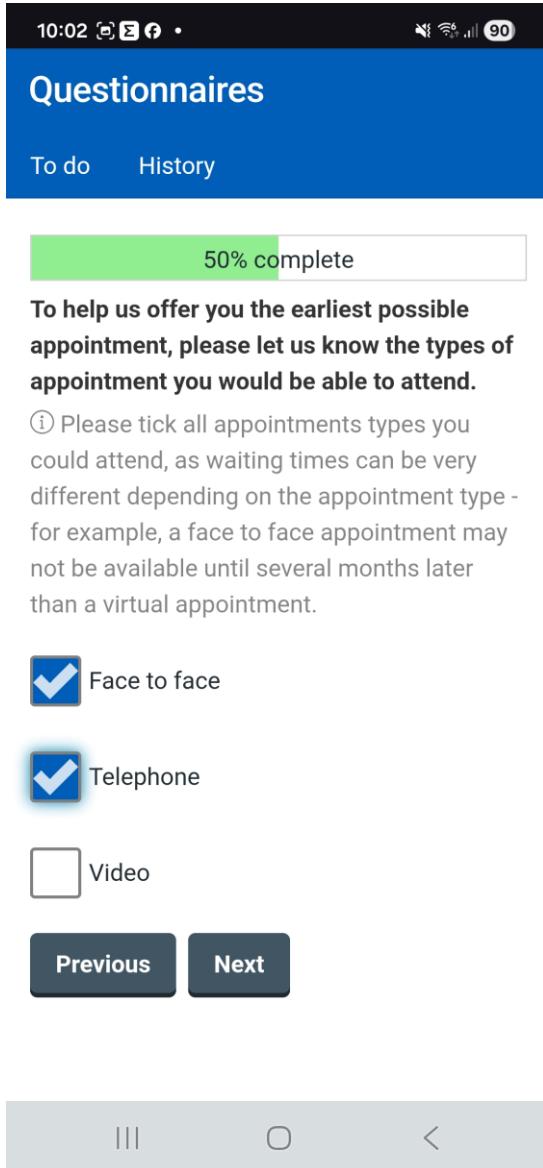
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Enter your email address



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



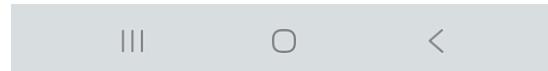
That's it!



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.

You will then
hear from us
regarding your
appointment



WEBSITES TO LOOK AT

TENFOOTSTEPS /LIVE WELL WITH PAIN

SOMERSET SPORTS AND ACTIVITES
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.or
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 \(somersetpain.co.uk\)](#)