

Pain Management Programme (PMP)

Chronic Pain Management Service (CPMS)



What is a Pain Management Programme (PMP)?

A PMP is a group treatment; it involves attending a set of education and practice sessions aimed at helping people to manage chronic pain.

What is Chronic Pain?

You will have discussed your individual experience of Chronic Pain with your Consultant, however for most people it is described as:

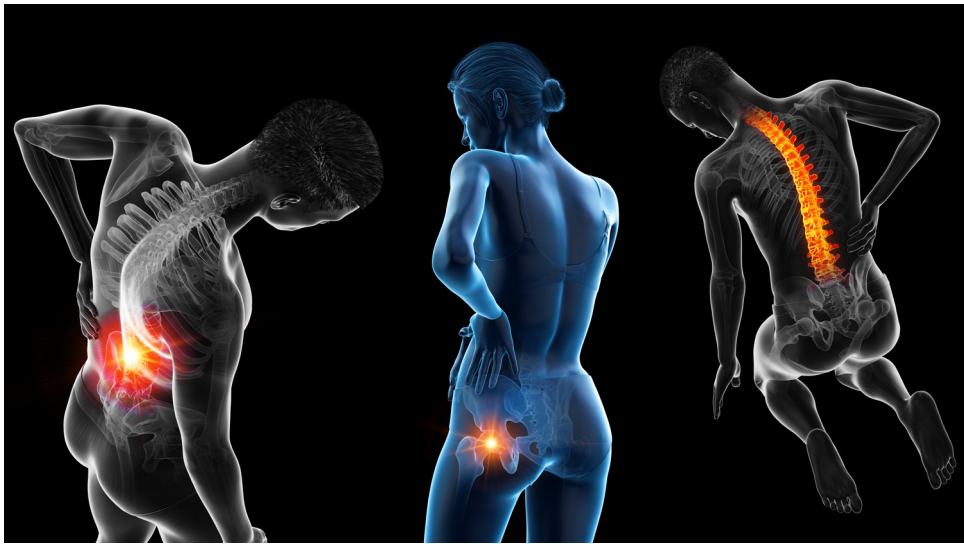
- Persistent pain for longer than 12 weeks
- Persistent pain despite using medication or other forms of treatment

The most common Chronic Pain includes:

- Headache
- Postsurgical pain
- Post-trauma pain
- Lower back pain
- Arthritis pain
- Neurogenic pain (pain caused by nerve damage)

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



Chronic Pain can be disabling and frustrating, and can affect relationships with family, friends and work colleagues.

However, if you learn to manage persistent pain in various ways, you may find your quality of life improves.

How will a PMP help?

While attending a PMP, you will develop skills that will help you to deal with and manage chronic pain. These skills include:

- Learning about managing everyday activities, such as hobbies and work
- How to do gentle exercise
- How to relax both your mind and body
- How to avoid overdoing activity and increasing pain
- Understanding the psychological effects of persistent pain
- How to improve your confidence to cope with persistent pain



Who is a PMP for?

PMP treatment is for people with Chronic Pain which is causing a reduced quality of life (for example, reduced activity, emotional difficulties).

However, not everyone can benefit from a PMP therefore you will need an assessment before you are invited to attend.

What will I do at a PMP?

The sessions include the following:

- Chronic pain education:
 - how pain occurs
 - medication for pain
 - how to improve sleep
 - how to continue hobbies and work
 - how to set goals and pace activities
- Psychoeducation:
 - how pain affects your mind and body
 - how to manage stress
 - how pain can impact relationships
- Gentle exercise
- Relaxation
- Group Discussion: These confidential and positive group discussions are about sharing experiences of managing pain.



Who will run the PMP?

PMPs are run by healthcare professionals who will teach you specialist skills and techniques for managing chronic pain. The team involved in PMP at New Cross Hospital includes a Clinical Psychologist, a Physiotherapist, a Nurse and a Healthcare Assistant.

How can I get onto a PMP?

You will be referred to a PMP by your Chronic Pain Consultant following your initial or follow up appointment.

Before being invited to attend a PMP you will need to be assessed to determine whether it will be helpful for you. This usually involves a discussion with a member of the PMP team and you may need to fill in some questionnaires. During this assessment you will have the opportunity to ask questions about the treatment.

Chronic Pain Management Service

The Royal Wolverhampton NHS Trust

New Cross Hospital
Wolverhampton Road.
Wolverhampton
WV10 0QP

01902 695122, Monday to Friday



English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。