

# Pain Management Programme (PMP)

Chronic Pain Management Service (CPMS)

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.



## Introduction

You will have discussed your individual experience of pain with your Consultant who has referred you to the Pain Management Programme (PMP) team. A member of the PMP team will discuss if this approach is suitable and the right time for you. You can also decide that PMP is not for you. This leaflet aims to give further information on the PMP to support you in making that decision.

## What is a Pain Management Programme (PMP)?

Our PMP is a group based, supported self management programme for patients experiencing the symptoms of persistent pain. Group sessions explore skills, tools and strategies in a supportive environment with the aim of improving confidence in managing everyday activities and improving quality of life despite pain.

## Who is PMP for?

The PMP is suitable for those who have experienced pain for more than 6 months which is termed persistent or chronic pain. All investigations such as X-rays and scans have already been completed and all treatments including surgery have been explored but pain still persists. Common conditions are joint pain, back pain from injury or a condition called arthritis, muscle pain including fibromyalgia, and widespread pain affecting more than one body part.

## How is PMP run?

PMP is a group based eight week programme delivered either virtually online or by attending face to face sessions. The group size is approximately 15 people all experiencing persistent pain of all ages and backgrounds. The eight sessions are run each week on the same day and time for approximately 2 to 3 hours (depending on virtual or face to face sessions). To get the most out of the programme please ensure that you can commit to and attend all sessions (the dates are advised before the course starts).

The group sessions are run by experienced health care professionals from the PMP Team including Advanced Physiotherapist, Clinical Psychologist, Specialist Nurse and Health Care Assistant. All members of the PMP are here to support you on the programme.

## What to expect from PMP?

The aim of these sessions is to allow you to explore and improve your understanding of the following:

- Why pain can continue long after injury/illness has occurred
- The mind body connection
- Connecting and creating valued based goals
- Ways to maintain or increase physical activity while reducing flaring symptoms
- How and why exercise can improve both your physical and mental health and how to get started or increase exercise safely
- Ways of managing unhelpful thoughts and thinking patterns
- The effects of stress on the body and mind
- Potential strategies and tools that can be helpful in improving sleep
- Introduction to Mindfulness.

This will then allow you to create an individualised tool box of skills, tools and strategies for managing symptoms of pain

## What will I get out of PMP?

The PMP is a supported self management program aimed at giving you a toolbox of skills, tools and strategies for managing the symptoms of pain.

These sessions will provide you with a supportive and positive environment with people who have the shared experience of pain.

You will have support and guidance in practising and implementing tools and strategies discussed each week and feeding back to the group your progress.

A workbook with activities to complete each week to support the weekly sessions to help develop new skills.

Online videos of breathing, exercise and relaxation tools to practise between sessions and after completion of the programme.

Valued based goals and activities to continue to work on following the completion of the programme.

Our overall objective is to support you in creating your own toolbox of tools to increase your overall quality of life despite pain.

## Frequently asked questions

### **Do I have to attend all eight sessions?**

To gain the most out of the programme attendance at all sessions is recommended. We do realise that unforeseen circumstances / holidays do arise therefore we suggest if two or more sessions are to be missed, we will make arrangements to attend a different course.

### **Do I have to wear exercise clothes?**

No just wear something that is loose and comfortable to allow you to move without restriction.

### **Do I have to talk and participate in sessions?**

It can be daunting speaking in a group of people so we don't expect you to feel comfortable doing this at first. As the weeks go by we will gently encourage you to contribute to discussions. We do ask you to take part in take home tasks, practising and trying new skills and tools before the next session.

### **Can bring someone with me to the PMP sessions?**

A family member or friend can bring you to the sessions but would not be able to sit with you through the sessions. All patients attending sign a consent form outlining patient confidentiality.

## 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。