

Expectations of group members

The aim of the PMP is to support you to develop skills to manage your pain independently. You will be asked to complete between session work which involves practising the new skills you have learned on the programme and working towards goals you have identified. It is important that you can attend all of the sessions on time to fully benefit from the programme.

Who can attend the Knowsley PMP?

People with chronic pain who have a Knowsley GP can attend the Knowsley PMP. The PMP is only able to support people to manage difficulties associated with their experience of pain. If you are experiencing other difficulties, you will need to seek support from another service. You may need to do this first if these difficulties stop you from fully benefitting from the PMP.

How can I be referred?

You can be referred to the Knowsley PMP by speaking with your GP, physiotherapist, nurse specialist or consultant.

How can I find out more?

You can contact the Clinical Psychology Department on **01744 646 864** if you have any questions about the PMP.

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633



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Knowsley Pain Management Programme

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Na żądanie ta ulotka może zostać udostępniona
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Living with Chronic Pain

Living with chronic (long-term) pain can have a big impact on a person's quality of life. It can affect people in different ways and can be difficult to manage and cope with. Some difficulties people with chronic pain may experience include:

- **Being less able to do things** e.g. working, socialising, everyday activities, getting out, hobbies and exercise.
- **Difficult emotions** e.g. low mood, depression, anxiety, frustration, anger, guilt and shame.
- **Unhelpful thinking styles** e.g. focusing on what you cannot do and catastrophising (thinking of the worst outcome).
- **Impact on relationships** e.g. being more irritable with others, needing support from others, saying no to doing things for or with others and others expecting you to do things you may now struggle to do.

What is the Knowsley Pain Management Programme (PMP)?

The Knowsley PMP is a group that aims to help people to develop new ways of managing difficulties related to chronic pain, and to improve their quality of life. The programme is not a cure for chronic pain. The aim is to help people move forward and enjoy life despite experiencing chronic pain.

What does the PMP involve?

You will be invited to an assessment with one of the psychologists from the programme. This will last for approximately 1.5 hours and will be in the Clinical Psychology Department at St Helens Hospital. They will ask you about your pain and how you are currently coping. They will introduce you to some common 'vicious cycles' (traps) experienced by people with chronic pain. They will support you to identify a goal you can work towards to help you to exit a 'vicious cycle' which may be causing your pain to feel less manageable.

You will also be invited to a physiotherapy assessment to assess your suitability for the programme.

What does the PMP involve?

The group programme

The PMP supports a group of between 8-12 people experiencing chronic pain. It runs every Wednesday for 9 weeks and is held at the Therapy Suite in Whiston Hospital.

The first week is a pre-group session and lasts for two hours. You will have a chance to get to know each other, meet the staff who run the group and ask any questions. The other 8 sessions last for a whole day starting at 9.15am and ending at approximately 3.15pm, at Whiston Hospital.

Psychology: morning sessions

The morning session of the PMP is run by psychologists. They will help you to identify how pain impacts on your life and how 'vicious cycles' of thoughts, emotions, body sensations and behaviours may be impacting on your experience of pain in an unhelpful way. You will be encouraged to develop and practise strategies to create more helpful cycles, to help manage your pain and improve your quality of life.

Physiotherapy: afternoon sessions

The aims of these sessions are:

- To further understand the pain process in order to reduce its impact.
- To explain strategies for managing daily activities.
- To understand the benefits of exercising in the midst of chronic pain.
- To help you find physical strategies for managing your more difficult days.
- To increase your exercise tolerance and activity levels.
- To consider general wellbeing and its relation to pain.
- To help you to maintain your independence.

Each session will involve education, discussion, exercise, relaxation and goal-setting.