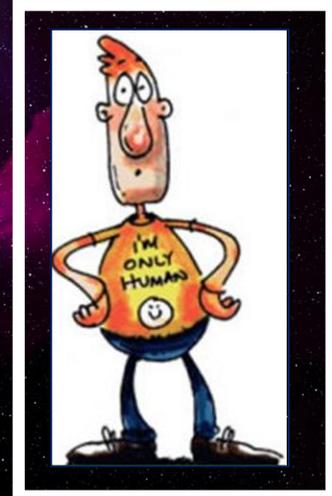


SONIA COTTOM B.A(Hons), MIOd, MBPS  
Director – Pain Association Scotland

MANAGING PAIN IN A  
COMMUNITY SETTING

# Promoting Self-management



**PAIN ASSOCIATION**  
SCOTLAND

# Who are we?

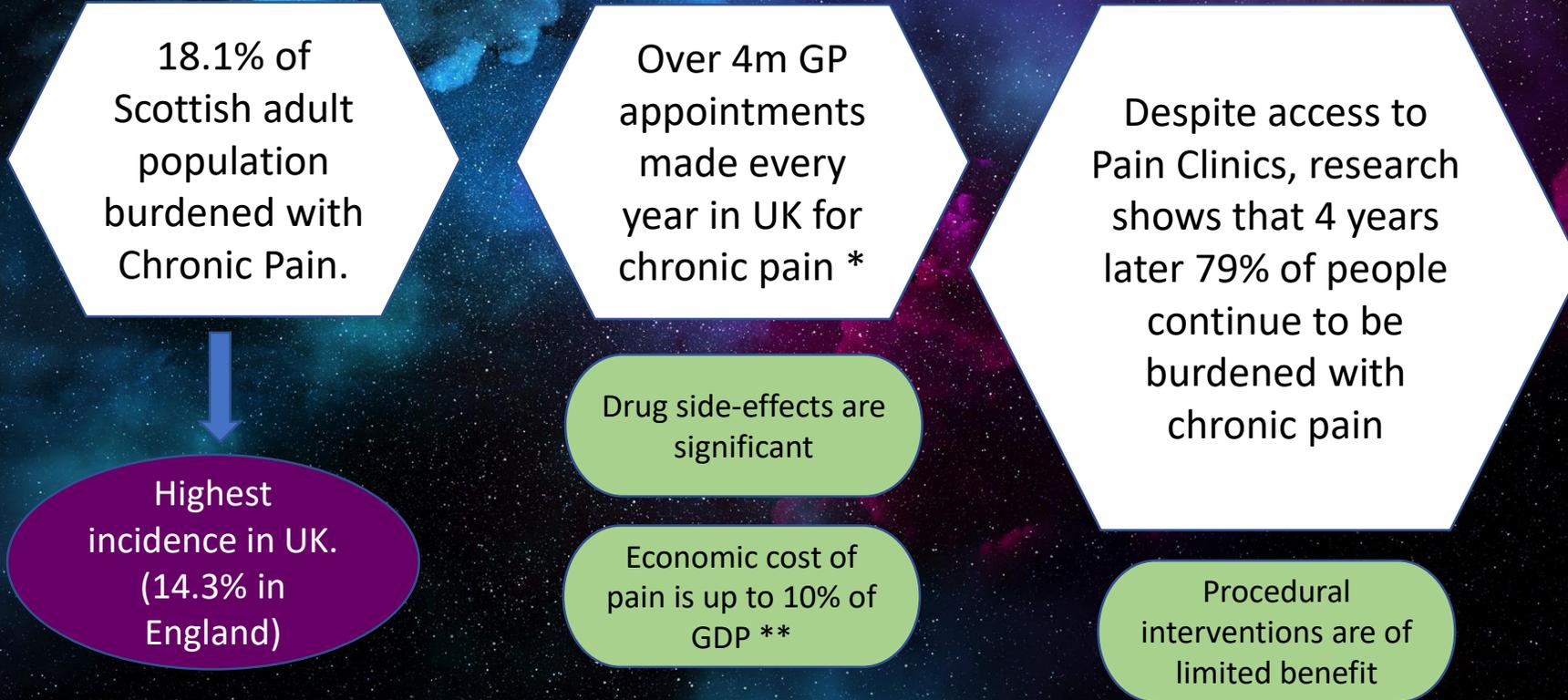
# What do we do?

Pain Association Scotland is a national charity:

- deliver self management training
- people with chronic pain regardless of diagnosis
- professionally led courses & groups
- facilitating peer support

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# Some Facts – Chronic Pain



**Chronic Pain destroys lives – Unless you learn to manage it!**

\* Scottish Government GRIPS Report 2007

\*\* Breivik,H, Eisenberg,E, O'Brien,T

# Support

Supporting patients with Chronic Pain needs more than just handing out medication

In most countries self-management is the first and most widely used approach.

**Why in the UK are we getting it so wrong?**

**68%**

of patients report that their medication is inadequate at times

**22%**

have discontinued prescribed pain medication

# Situation

- Lack of social and community support
- Over-reliance on medication
- Pain relief has become a patient expectation and often used as a passport out of surgery
- Multiple or underlying conditions
- Patients expect to tell the medics
- Diagnostic treatments and procedures are well reimbursed; non-procedural treatments are not



# Aims

Simply, getting people unstuck

Improving quality of life despite pain

Change in locus of control (belief in what you can control)

Developing pathways to overcome challenges and limitations

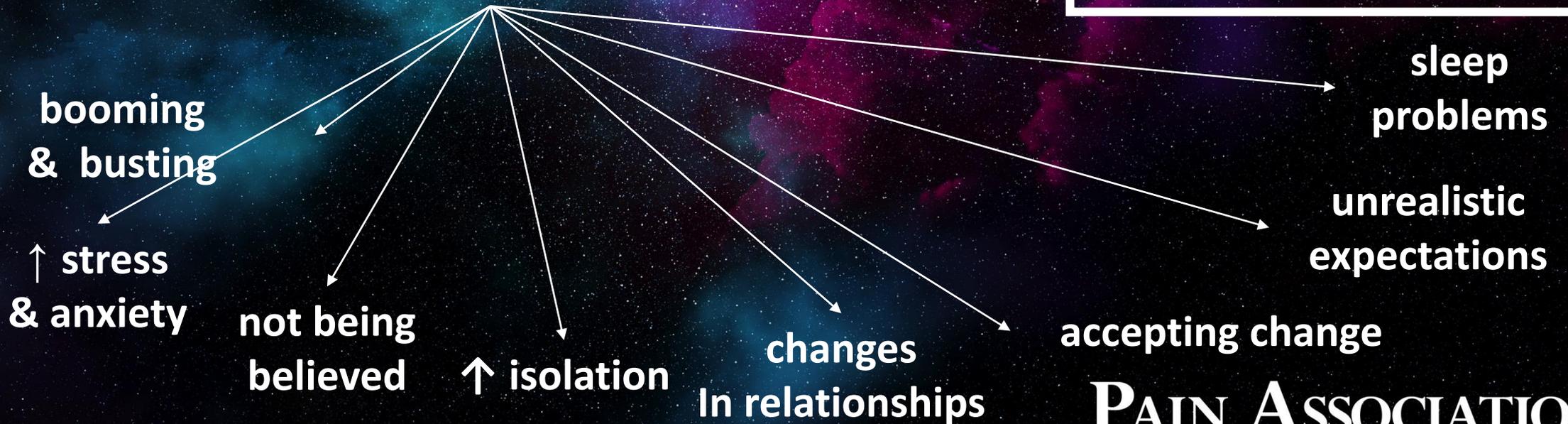
Reduced reliance on Clinical Services through collaborative working

Viable Exit Strategy

# What to expect

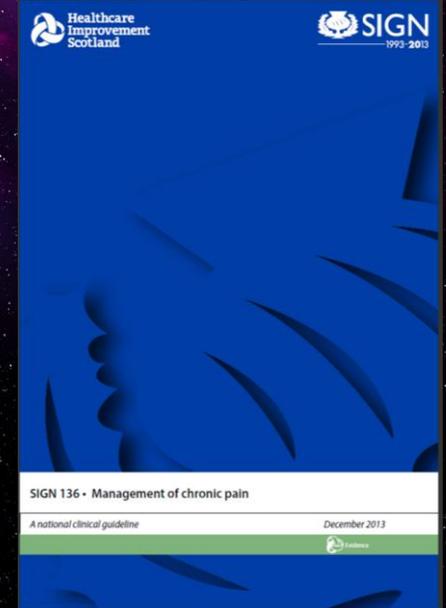
Focus on modifying the experience of pain - activities of daily living

Regardless of condition, people with chronic pain often share these common experiences:



# Chronic Pain – A national priority

SIGN 136 –  
Self-management,  
psychology and  
psychological approaches  
to chronic pain  
management are  
mentioned throughout



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# Groups- what people say

“Speaking to others makes me feel normal”

“Nice to meet other people and hear how they deal with pain”

“...has been a huge help as you know you are not alone when it comes to pain issues”

“...helped me release a lot of tension by talking about it with others”

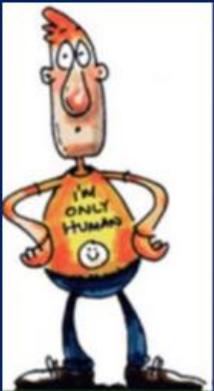
“...a safe place to explore feelings and be honest about how pain is troubling”

“...group support helped when meeting other people in the same situation”

“...met a lot of nice people, good use of group opinions”

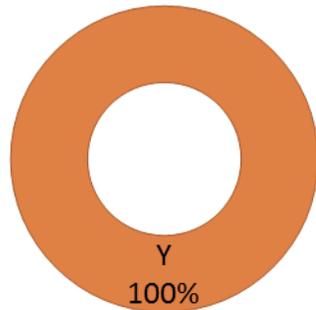
“I feel uplifted being with people in pain like myself and being able to talk in a group was good for me”

“I have benefited from speaking to fellow participants. It has given me courage to ask for help and made me realise I matter”

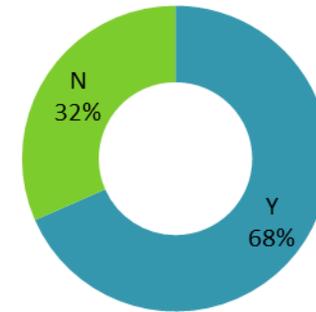


# Benefits / outcomes

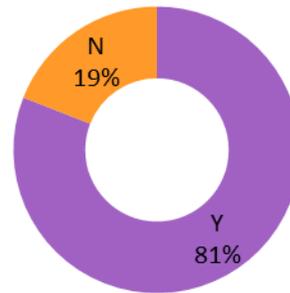
Has your overall coping improved since attending?



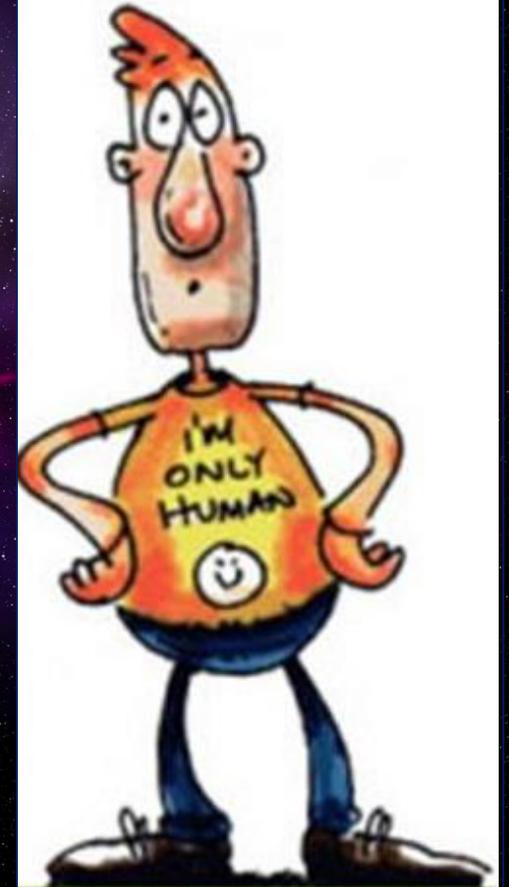
Have you had fewer flare ups?



Have you had fewer visits to your GP regarding pain levels?



Thank you!



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