

Rehabilitation Team

Helping people to live well with pain

Pain Management Programme Information Sheet

The Blackpool Pain Management Programme is a group based course aimed at helping people to live well with their pain.

It is run at the pain management service based in the Whitegate Health Centre. The course runs 1 day a week over 8 weeks with 2 half day reviews at around 6 and 12 weeks later.

Usually there are between 8 and 10 patients in each group who have a variety of different persistent pain conditions. The most common are chronic spinal pains, fibromyalgia, and osteo-arthritis.

The Pain Management Programme does not aim to cure but to offer a range of tools to help achieve the best quality of life with pain. Research evidence indicates that this is best achieved with an inter-disciplinary group programme. This course is led by a Clinical Psychologist and Specialist Physiotherapists who are employed specifically to help people with Chronic Pain.

Analysis of the outcomes of this particular programme has shown a significant reduction in emotional distress and improvement in physical condition.

To be accepted onto the programme you will need to attend a 1-2 hour assessment appointment. This is an opportunity for us to understand your condition and see whether the course is likely to be helpful. It is also a chance to find out more and answer any of your questions. You will be asked to consent to having a video taken doing some simple everyday task such walking and going from sitting to standing. This is an integral part of the course as it highlights how pain can alter movement.

The course contains a variety of sessions including formal presentations, group discussion and group exercise. Away from the course you will be expected to practice a gentle daily exercise programme and there is also a small amount of written work filling in record sheets and diaries.

Having a member of the family or friend come along with you on the first morning can be very helpful. They learn about the course and give you support. Week 7 is Friends and Family day when we invite you to bring someone close to you along for the whole day. Previous patients often mention what a useful day this is.

We have numerous testimonials as to how much this programme has helped others cope better with their persistent pain. Please see the following link for some examples:

<https://www.bfwh.nhs.uk/our-services/hospital-services/pain-management-service/>