

PAIN TOOLKIT



- ◆ Tool 1 Accept that you have persistent pain....and then begin to move on
- ◆ Tool 2 - Get involved - building a support team
- ◆ Tool 3 - Pacing
- ◆ Tool 4 - Learn to prioritise and plan out your days
- ◆ Tool 5 - Setting Goals/Action Plans
- ◆ Tool 6 Being patient with yourself
- ◆ Tool 7 - Learn relaxation skills
- ◆ Tool 8 - Stretching & Exercise
- ◆ Tool 9 - Keep a diary and track your progress
- ◆ Tool 10 - Have a setback plan
- ◆ Tool 11 - Team Work
- ◆ Tool 12 - Keeping it up...putting into daily practice the tools 1-11



The Pain Toolkit....is for people who live with persistent pain

A persistent pain problem can be difficult to understand and manage on an everyday basis.

The Pain Toolkit is a simple information booklet that could provide you with some handy tips and skills to support you along the way to manage your pain.

It is not meant to be the last word in pain self-management but a handy guide to help you get started. All you need to be is willing to read it and take on board some of the suggestions.

Good luck!

Pete Moore

Pete Moore has persistent pain, asthma, prostate cancer and osteoarthritis and has put these tools together with the help of friends, family and health care professionals.

Welcome to the Pain Toolkit

This is a shortened FREE version of the **Pain Toolkit** and **there is a larger 24 page version** NHS and other organisations purchase from us, and includes extra useful information about:

- ✦ **Pain & Sleep**
- ✦ **Pain & Work**
- ✦ **Using the Internet**
- ✦ **Extra resources**
- ✦ **Stretching/exercising**
- ✦ **Pacing daily activities**
- ✦ **Dealing setbacks**

Pete says...

“Living with pain can be tricky, and you may need some help as I did.



Where do you get the help?

Well, you can get help and support from your family, friends, health care professionals and work colleagues.

Your 3 step guide how to how best use the Pain Toolkit

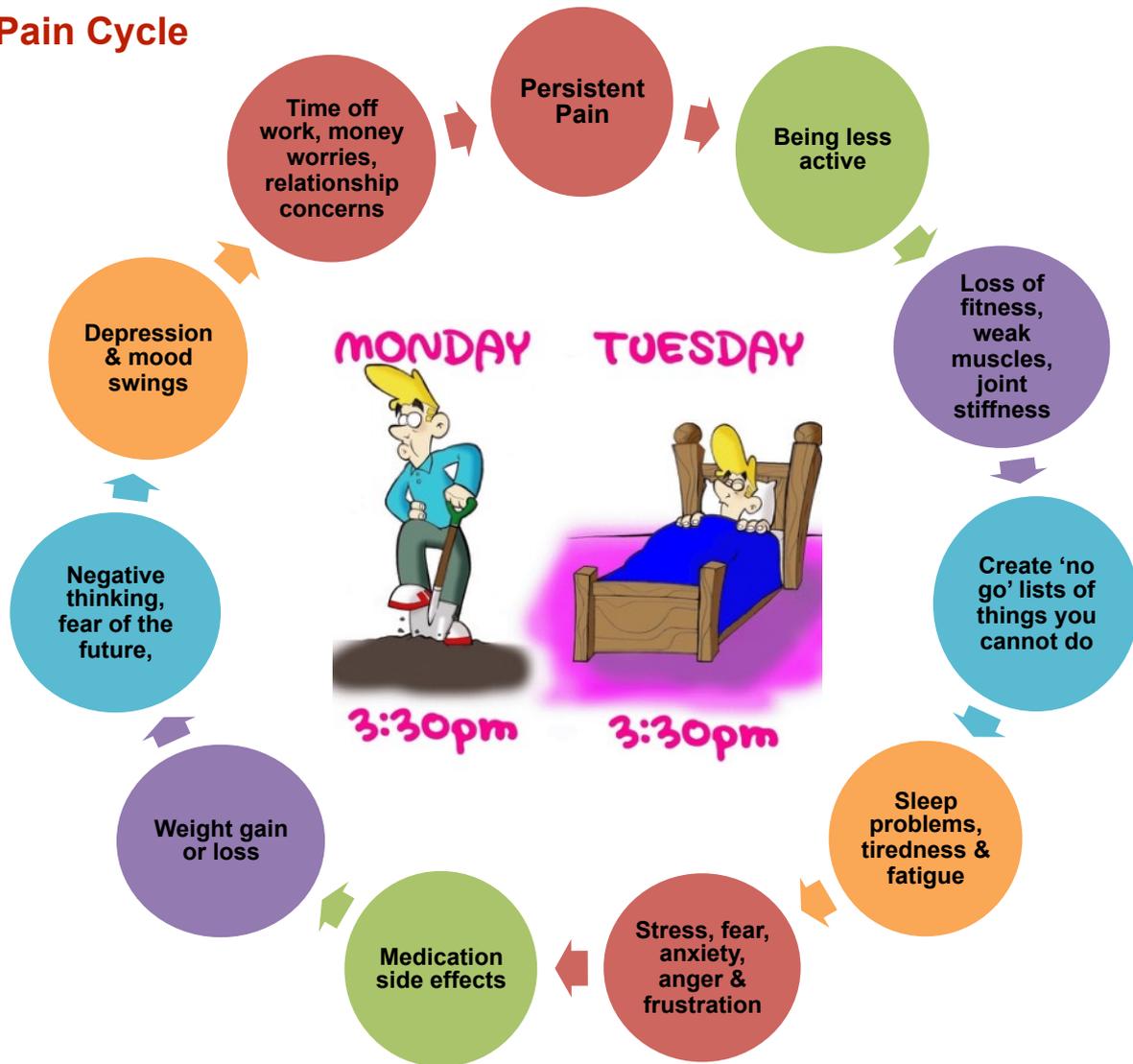
1. Read the Pain Toolkit and show it to your partner, GP/health care professional, friends, family or work colleagues.
2. Tick off or circle the three tools you have the most problems with and show them to your GP/health care professional, friends, family work colleague and ask them for help and support.
3. Once you feel confident with those three tools, then choose another three and repeat the process.

Important tip - using the Red links

Throughout the Pain Toolkit you will see highlighted words in **red** For example here is a good one **Understanding Pain in less than five minutes** These are links to websites, so all you need to do is just click on them.

So, lets get started... and see if you can recognise yourself in the Pain Cycle and answer any of the three questions on the next page?

Pain Cycle



Do you feel trapped in a persistent pain cycle?

If so, ask yourself these three questions

1. Do you do more on good days and less on bad days?
2. Are you an over achiever – doing more than you have to?
3. Are you a people pleaser? Do you have a problem saying NO to others when you are asked to do things?

Could you see yourself in the persistent pain cycle and did you recognise yourself in the three questions above? If you did, then this Pain Toolkit could be for you, so please read on.

Persistent pain (sometimes called chronic or long-term) is:-

Pain that continues for 3 months or more and may not respond to standard medical treatment. It can be disabling and frustrating for many people to manage. It can also affect relationships with your family, friends and work colleagues.

Sometimes people with persistent pain are told by healthcare professionals after assessment:



"I am afraid you have a chronic or long-term pain problem. You will have to learn to live with it."

To date, your healthcare professionals may have done all that they can to help you and may have used many of the tools available in their toolkit. However there are so many things that you can do to help self-manage your pain with the support of your health care professional, family, friends and work colleagues. All you need is to be willing to ask for help.

Have you become a 'can't do' person?

A 'can't do' person is someone who has tried to carry out or take part in everyday tasks such as going to work, doing the house work, gardening, playing a sport, taking holidays, going to the cinema, eating out or taking part in family activities but has stopped or given them up because of their pain. When this happens it is usual for your confidence levels to reduce.

Is this ringing any bells? If you have reached this point you need to stop and take action.

By taking on board and practising the tools in the Pain Toolkit you could become a 'can do' person again but it could take time so please be patient with yourself.

Pete says ***"I used to expect my pain to be fixed by others. I had to realise, I needed to do something myself"***.

So is persistent pain a problem in the UK?

The short answer is yes, so you are not on your own.

Here are some alarming facts from the **Chronic Pain Policy Coalition**

- **28million people** live with persistent pain and of those almost one in four said pain had kept them from usual activities (including work) on at least 14 days in the last three months.
- Back pain alone is estimated to cost £12.3 billion per year.
- People with persistent pain were more likely to be anxious or depressed - 69% with severe pain reported concerns about their moods.

Why do I need to manage my pain? After all I see my health care professional and aren't they supposed to do that for me?

Many people with persistent pain see their health care professional for treatment, help and support. But have you actually estimated just how many hours during the course of a year you spend with your health care professional?

It has been said that people with health conditions (including pain) may spend less than 3 hours a year on average in contact with a health care professional. For the remaining 8,733 hours of the year they are on their own. So the need to learn pain self-management skills and incorporate them in their everyday activities is very important. So as you can see, the need to become more involved in your own pain self-management is both necessary and important. It is certainly not all up to your doctor or health care professional to manage your pain.

**You have to play a vital part as well
- it is all about teamwork.**



About Pete Moore, author of the Pain Toolkit and the motivational bit....

Pete lives in North East Essex, in the UK and is a keen promoter of self-management and other health conditions. Pete has written several **pain self-management programmes and books**.

He is often asked to provide educational seminars for health care professionals and patient groups in the UK, Europe and around the world.



Pete Moore

Memberships etc...

- **British Pain Society (Honorary Member)**
- **International Association for the Study of Pain (IASP)**
- **Presenter at European Pain Federation (EFIC) Pain School**
- **EFIC Patient Liaison Group**

Follow me on **Twitter**  @paintoolkit2

Pete says *“Self-managing pain or a health problem is not as hard as you think and the best way to approach it is by taking small steps.*

Be patient with yourself. We as they saying goes ‘we want to walk before we can run’. Easy does it. You will get there.

Always ask for help and support from your health care professional, family, friends and work colleagues. In time you will become more confident and in control”.

Special thanks to Dr Frances Cole who co-authored the Pain Toolkit and to all the healthcare professionals and patient groups who support pain self-management.



Useful website links for more information and support

Click on the **Red** links to take you to the sites.

Arthritis Care

Arthritis Research Campaign

British Pain Society

Chronic Pain Scotland

Depression Alliance

Exercise Works

Endometriosis

Get a life - Get Active

Health talk on-line

Health talk on-line (Young People)

Fibromyalgia Association UK

Living with Pain (Manchester)

ME Association

Mindfulness

Migraine Trust

MIND (confidential help and advice)

Multiple Sclerosis Society

National Rheumatoid Arthritis Society

NHS Choices

Overcoming mental health problems

Pain Toolkit

Pain Concern

Pain Support

Pain Relief Foundation

Pain UK

Pain Tips

Pelvic Pain Support Network

Prescription for Exercise

Rheumatoid Arthritis Society

Self-Help Connect UK

Smoking (how to stop)

Sheffield Persistent Pain

Stroke Association

Shingles Support

Talking Therapies

Trigeminal Neuralgia Association UK

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