

Large print and other languages

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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں!

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Please contact us if you need general information or advice about Trust services:
www.bartshealth.nhs.uk/pals

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Patient information

Persistent Pain Self-Management Resources



What is persistent pain?

Persistent pain is a complex and long-term condition that does not go away. Research shows that there is a limited response to medication and interventions (injections and surgery). Instead, the recommendation is to have an integrated treatment based on an understanding of different biological, psychological, and socio-environmental factors may be impacting on the pain and its management. This leaflet offers references to some good resources based on the recommended treatment. In addition, it has information about some helpful websites which have information about persistent pain, its impacts and management.

Disclaimer: Please note that these websites are not managed by us. However, we have thoroughly researched into these websites and found them to have useful information. If you have any concern regarding any website given in the leaflet, please contact us as soon as possible.

Websites for persistent pain management

paintoolkit.org The Pain Toolkit website provides handy tips and skills for managing pain and was developed by Pete Moore, who has persistent pain, asthma and osteoarthritis. He put these tools together with the help of friends, family and health care professionals.

painsupport.co.uk This website is developed and run by individuals suffering from persistent pain. It offers a range of advice and support to self-manage persistent pain. The aim is to facilitate a fulfilling and meaningful life despite the experience of pain. They also offer a Discussion Forum and a Contact Club for making new friends. They have a shop with books, CDs and Downloads, as well as a regular lively email Newsletter.

painconcern.org.uk A charity run website aiming to produce and disseminate information on pain using a variety of media platforms. The charity offers support to people with pain and their carers and raise awareness about pain. It advocates for the improvement of pain management services.

The Older Adult mental health team provides community mental health services to people aged 65 and over with serious and/or enduring mental health problems such as depression, anxiety, schizophrenia. It also provides community mental health services to people aged 18 and over with complex cognitive disorders. Your GP needs to refer you to the service.

For further information, please access

<https://www.nelft.nhs.uk/services-waltham-forest-older-adult-mental-health>

Emergency: For mental health emergencies outside usual working hours call Mental Health Direct on 0300 555 1000. Alternatively, call an ambulance or go to local A&E.

Leaflet use:

This leaflet can be used by anyone who has persistent pain. However, the services information is only local and applicable to patients with a Waltham Forest GP.

Contact information

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of England has produced an audio CD containing information about persistent pain and how to manage it. It can be downloaded for free from **www.paincd.org.uk** and includes the following sections:

1. Living with chronic pain
2. Regaining control of your body
3. Sleep and diet
4. Medication- friend or foe
5. Setting goals
6. Managing negative emotions
7. Learning to relax your body
8. Relaxation in a nutshell
9. Relaxation session-introduction
10. Relaxation session

Radio/Podcasts

Pain Concern and Able Radio have a radio show called Airing Pain focusing on a wide range of topics for individuals living with persistent pain. To listen, and catch up on past shows, visit the following website: www.ableradio.com and select 'pain concern'.

Psychology Services in the area

Waltham Forest Talking Therapies (Improving Access to Psychological Therapies) offers a free and confidential therapy service for people who are over 18 years of age who have difficulties with stress, anxiety and depression. Your GP can refer you to the service. Alternatively, you can self-refer to the service by contacting 0300 300 1554 or by filling an online form on <http://wftalkingtherapies.co.uk/>

Access and assessment and brief intervention is based at Thorpe Coombe Hospital and is for adults aged 18 and over needing community mental health services. Referrals will be accepted from GPs or other health professional. Self-referrals or from family, carers or friends and via walk-in centres. Telephone: 0300 300 1570 - Opt 4 **For further information, please access** <https://www.nelft.nhs.uk/services-waltham-forest-access-assessment-brief-intervention>

It also provides some help and advice over the phone or serve as a 'listening ear' to the person in pain and their family or friends.

backcare.org.uk A charity offering helpful information and advice for people with back pain. It also provides a telephone helpline, an email service and run regular events to raise awareness about back pain and how to manage it.

healthtalkonline.org A charity offering free, reliable information about health issues, by sharing people's real-life experiences. You can watch people sharing their stories different health issues. It also offers information and advice on how to make decisions regarding your health and treatment, talk to family and friends, improve emotional wellbeing, understand and manage the impact on work and education and how to deal with practical issues such as money and travelling. Please type 'chronic pain' in the 'search' box in the top left hand corner and press enter to find the relevant material.

Fibroguide: fibroguide.med.umich.edu This is a comprehensive on-line symptom management programme for people living with fibromyalgia developed by researchers, clinicians and patients at the Chronic Pain and Fatigue Research Centre, University of Michigan, USA. Although developed for people with fibromyalgia, many of the strategies, ideas and advice are applicable to people with other types of persistent pain.

Fibromyalgia Action UK: fmauk.org Is a registered charity run primarily by unpaid volunteers. It was established in order to provide information and support for people living with fibromyalgia and their families. In addition, the association provides medical information for professionals and operates a national helpline.

knowpain.co.uk This site was developed by Mike Stewart who works as a Spinal Clinical Specialist for East Kent Hospitals University Foundation NHS Trust. He has over fifteen years of experience managing complex, persistent pain conditions. The website has a number of resources on persistent pain.

Websites for Mental Health and Wellbeing:

The Compassionate Mind Foundation:

<https://compassionatemind.co.uk/> It is a charitable organisation which promotes general wellbeing by facilitating the scientific understanding and application of compassion. Compassion is one of the key elements in managing persistent pain. The website has useful resources and lectures for patients.

Centre for clinical interventions cci.health.wa.gov.au This is an Australian website and consists of online self-help books on a number of topics including assertiveness, perfectionism, anxiety, depression, self-esteem etc. Please go to the 'Workbook' or the 'Resources – consumer' section to access the material.

getselfhelp.co.uk This is a useful website with worksheets, explanations and techniques/strategies adapted from psychological principles and therapy to help with managing different types of mood problems and difficult life experiences.

breathworks-mindfulness.org.uk The Breathworks organisation aims to help people learn how to live with persistent pain and "reclaim" their lives. A 3-minute breathing space mindfulness exercise can be accessed on the site. Free meditation sessions are also available.

www.guilford.com/MBCT_audio Free audio tracks for mindfulness. The links can be downloaded to smartphone or iPad notes as well.

Video Clips

All of the videos can be accessed via YouTube

1. Understanding pain. What to do about it in less than five minutes (Pain video – Australia)
2. Tame the beast - Pain
3. Pain explained by Central London Community Healthcare Trust
4. What is chronic pain and how does it work? – video explainer | Society | The Guardian.
5. The Flippin' Pain™ Formula - Everything matters when it comes to pain - YouTube

6. Drug cabinet in the brain by David Butler
7. All it takes is 10 mindful minutes by Andy Puddicombe

Self-help books

There are many self-help books available. When you are selecting one, aim for a book which is easy to read and based on evidence-based treatments (such as Cognitive Behavioural Therapy (CBT) and third wave CBT ideas such as mindfulness, Acceptance and Commitment Therapy). Here are some that we think may be helpful.

You can ask your local library for a copy of the book.

1. The pain management plan: How people living with pain found a better life (2010) by Lewin & Bryson (It comes with a relaxation cd)
2. Managing Chronic Pain: A Cognitive-Behavioural Therapy Approach Workbook (Treatments that work) (2007) by Otis.
3. Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioural Techniques (2005) by Cole, Macdonald, Carus & Howden- Leach.
4. Living Beyond Your Pain: Using Acceptance & Commitment Therapy to Ease Chronic Pain (2006) by Dahl & Lundgren.
5. Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing (2013) by Burch & Penman. (It comes with a cd for guided meditations).
6. Manage your Pain – Practical and Positive Ways to Adapt to Chronic Pain (2003) by Nicholas, Molloy, Tonkin & Beeston.
7. The Compassionate Mind Workbook – A step-by-step guide to developing your compassionate self by Chris Irons and Elaine Beaumont.

CDs

Living with chronic pain (Non-profit self-help CD for people who suffer persistent pain) A pain management unit in the North