

Portishead wellbeing workshops

Living with chronic pain

17 January 2024



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Persistent Pain

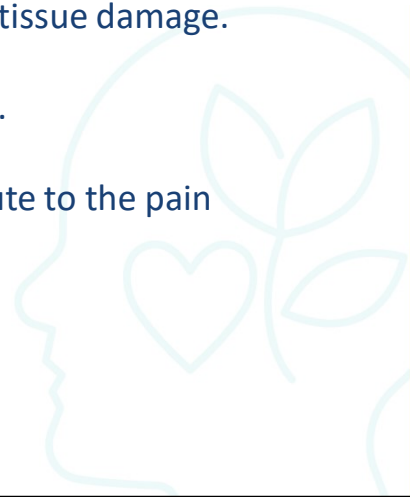
Musculoskeletal physiotherapy

- What is Persistent Pain?
- How does Persistent Pain present?
- What is Physiotherapy and what might it involve?
- What information and services are available for you if you have persistent pain?

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Persistent Pain

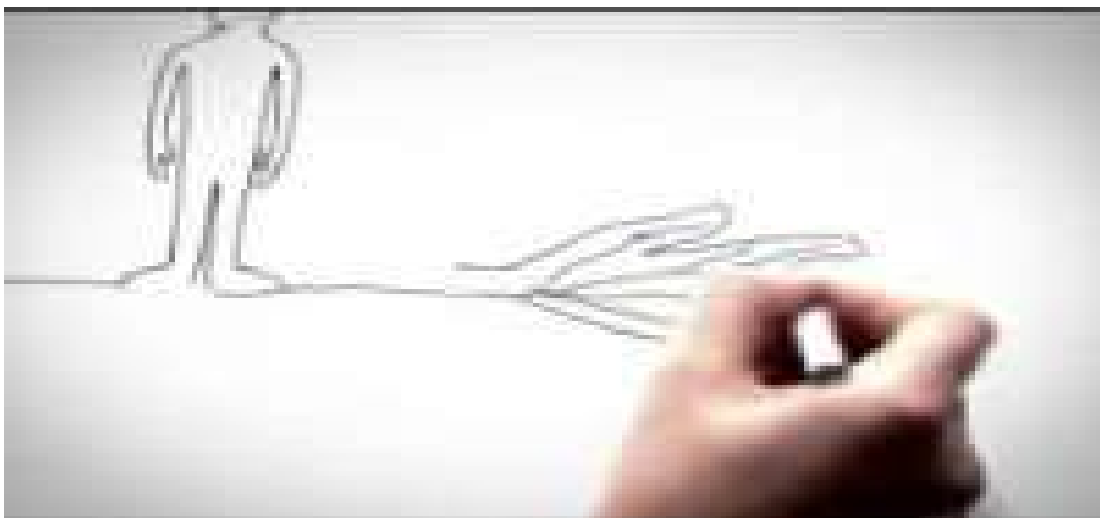
- An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage.
- Pain that persists or recurs for more than 3 months.
- Biological, psychological, and social factors contribute to the pain syndrome.



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Persistent Pain

https://youtu.be/C_3phB93rvI?t=9



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Persistent Pain



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Physiotherapy

What it is?

It helps restore movement and function when a person is affected by injury, illness or disability.

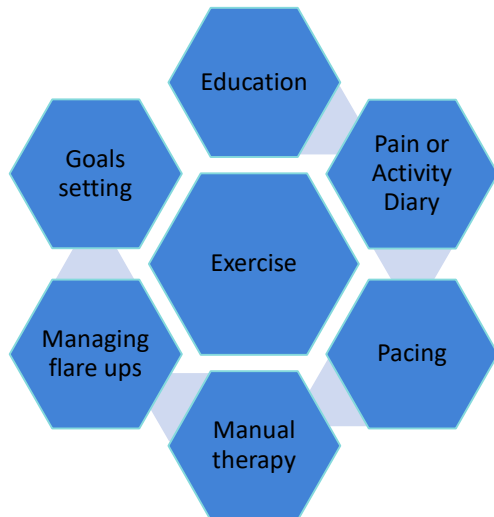
It is a science-based profession and takes a 'whole person' approach to health and wellbeing, which includes the patient's general lifestyle.

It is centred around the patient's involvement in their own care – through education, awareness, empowerment and participation in their treatment.

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Physiotherapy

What might be involved?



Ask your GP or First Contact Physiotherapist for a referral to NHS Physiotherapy.

For referral to private Physiotherapy – www.csp.org.uk

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Resources

Persistent pain

- **Retrain Pain** – www.retrainpain.org
- **Pain-ED** – www.pain-ed.com/public/
- **Living Well with Pain** – www.livingwellpain.net
- **The brain's role in pain podcast** – www.abc.net.au/listen/programs/healthreport/the-brains-role-in-pain/7735610
- **Why Things Hurt Tedx Talk** - <https://www.youtube.com/watch?v=gwd-wLdIHjs>
- **Patient self-help handout** - https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Self_help_for_persistent_pain_v11_Feb_21.pdf

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Resources

Persistent pain

- **Get U Better App** – www.getubetter.com
- **My joint Health Hub** – www.myjoinhealthhub.bnssg.nhs.uk
- **The Pain Tool Kit** – www.paintoolkit.org

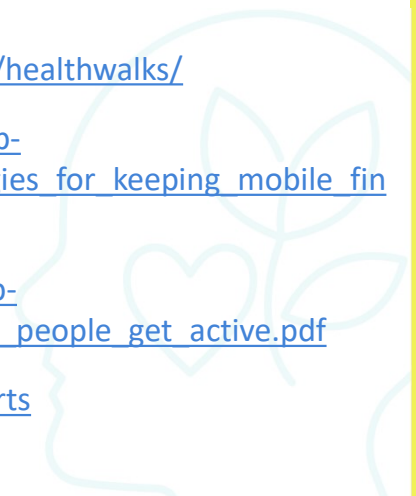


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Resources

Increasing activity levels

- **Better Health** – www.betterhealthns.co.uk/get-active/
- **Health Walks** - www.betterhealthns.co.uk/information/healthwalks/
- **Patient self-help handout** - [https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Patient information Strategies for keeping mobile financial.pdf](https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Patient%20information%20Strategies%20for%20keeping%20mobile%20financial.pdf)
- **Patient signposting sheet** - [https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Useful information to help people get active.pdf](https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Useful%20information%20to%20help%20people%20get%20active.pdf)
- **NHS Arts on Referral** - <https://www.nbt.nhs.uk/fresh-arts>



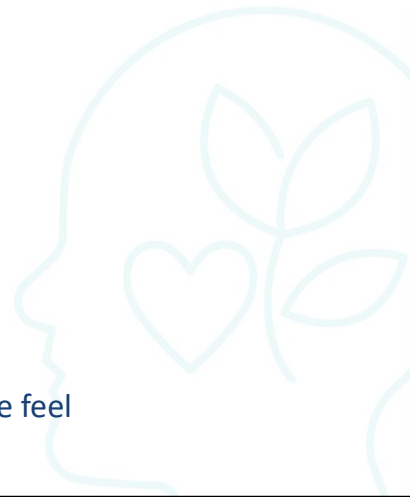
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CBT for Chronic Pain

What is CBT?

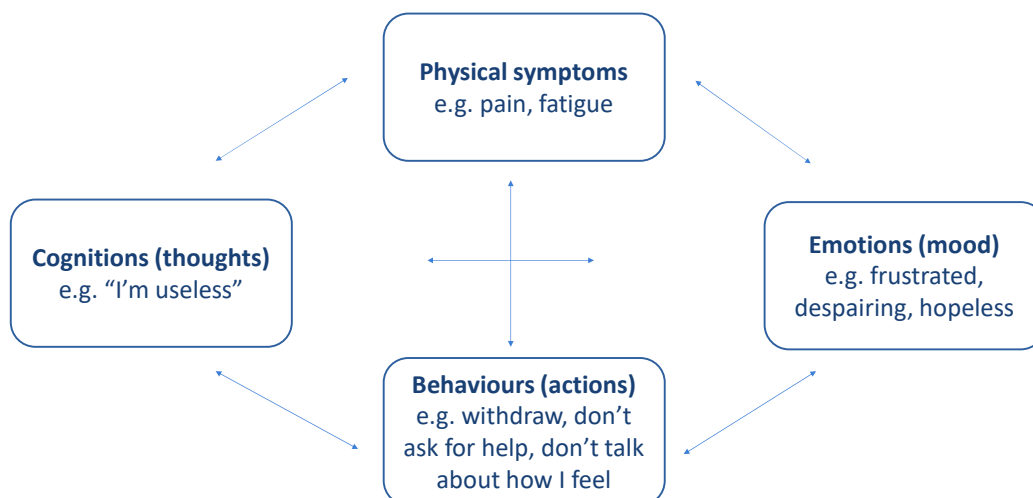
Cognitive Behavioural Therapy

- It is a talking therapy
- It is based on how we are coping in the present
- It identifies goals
- It involves experimenting
- It recognises that what we think and do impacts how we feel



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The CBT Cycle

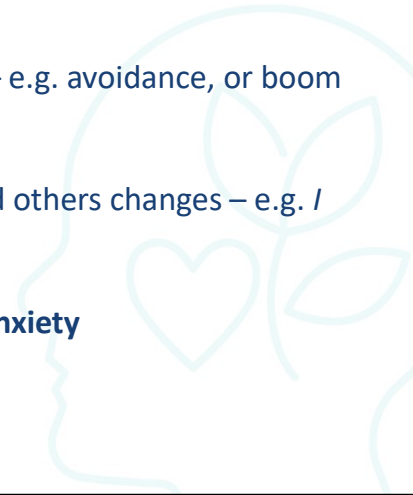


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CBT for Chronic Pain

Why CBT?

- Pain is a stressor
- When we experience pain, we change our behaviours – e.g. avoidance, or boom and bust
- When we are in pain, our thoughts about ourselves and others changes – e.g. *I am a burden; others do not understand*
- Pain impacts on our mood leading to **depression** and **anxiety**



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CBT for Chronic Pain

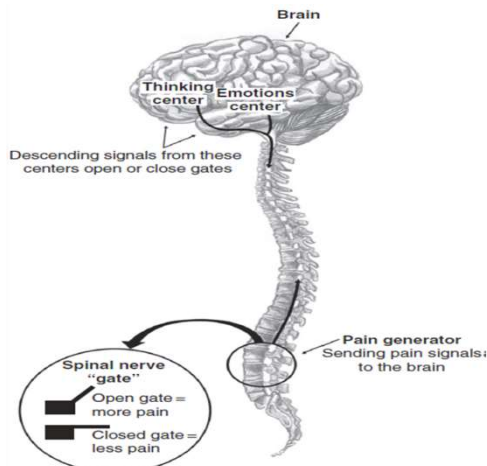
The tug of war metaphor



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CBT for Chronic Pain

The pain pathway



Gate Openers

- Activity – either too little or too much
- Negative moods & thoughts – e.g. depressed, anxious, angry, fearful, catastrophic thinking
- Too much pain medicine over a long period of time

Gate Closers

- Physical activity, yoga, meditation
- Mindfulness & being in the present
- Pacing activities without underdoing or overdoing.

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CBT for Chronic Pain

The pain pathway

Open Gate	Closed Gate
Stress / tension	Relaxation, imagery
Ruminating on the pain	Distraction – being engaged in meaningful activities
Thinking in unhelpful ways	Thinking in helpful ways
Inactivity – stiff joints	Exercise
Overdoing things	Pacing

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CBT for Chronic Pain

Relaxation & imagery

- This helps to trigger the soothing system
- Breathing
- Progressive muscle relaxation
- Visualisations

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CBT for Chronic Pain

Engaging in meaningful activities

- Exploring values
- Setting values-based goals
- Adapting according to good and bad days

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CBT for Chronic Pain

Thinking in helpful ways

- Identifying unhelpful thoughts
- Recognising that thoughts are not facts – thinking it does not make it true
- Balanced thinking – What's the evidence? What would I say to a friend?
- Testing out thoughts

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CBT for Chronic Pain

Pacing

- Recognising boom and bust
- Learning how to pace

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CBT for Chronic Pain

What is on offer at NHS Talking Therapies

Low Intensity

Guided Self-Help

- (Phone) adapted for LTCs

Digitised CBT

- Diabetes
- Chronic pain
- CHD
- Lung conditions

Online Webinars (7 weeks)

- Living Well with LTCs

High Intensity

1:1 CBT

- Adapted for LTCs / MUS

Group CBT (10 weeks)

- Living Well with Chronic Pain & Fibromyalgia

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CBT for Chronic Pain

Employment support

- Employment Support consists of 3 possible avenues:
 - **Remain in work**
 - **Return to work**
 - **Find work**
- Aims to support patients with their personal employment goals
- Open to people who have been assessed as suitable for treatment with NHS Talking Therapies
- 8-10 sessions

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CBT for Chronic Pain

Healthy Living Healthy Minds

- 4-week webinar for those on the waiting list

OR

- 6 sessions
- For people with depression or are assessed as suitable for treatment for Long Term Conditions (LTCs)
- To improve physical health and lifestyle to benefit mental health
- A focus on increasing physical activity and healthier eating

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Resources

Recommended

- **Living with chronic pain** – <http://www.paincd.org.uk/listen>
- **Guided mindfulness** - <https://www.bangor.ac.uk/mindfulness/audio/index.php.en>
- **Practical guide to mindfulness** - <https://www.vidyamala-burch.com/>
- **Mindfulness apps:**
 - Headspace
 - Breethe
 - Calm
 - Insight Timer
- **Live Well with Pain** - <https://livewellwithpain.co.uk/ten-footsteps-programme/>
- **Patient self-help handout** - <https://bnssg.icb.nhs.uk/wp-content/uploads/2022/08/FINAL-Chronic-Pain-self-help-summaryv9.pdf>

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Chronic Pain

A trauma perspective

Trauma comes from the Greek word meaning WOUND



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A Trauma Perspective

Shock trauma

- Accident or one big event
- Death / loss of someone
- Witnessing accident / incident / death
- A sudden impacting event



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A Trauma Perspective

Collective trauma

- Something that changes a society or community from the normal way of life
- Pandemics
- Warfare & conflict
- Natural disasters



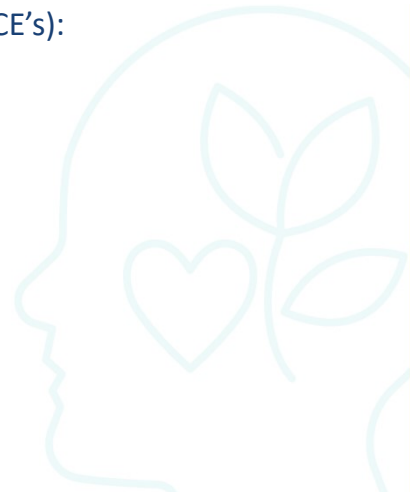
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A Trauma Perspective

Relational trauma

Attachment Trauma or Adverse Childhood Experiences (ACE's):


- Divorce / loss of parent
- Discrimination / bullying / racism
- Abuse & neglect (physical / emotional / psychological)
- Around addiction or mental health
- Lack of emotional support or acknowledgement
- Domestic Abuse in the family



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A Trauma Perspective

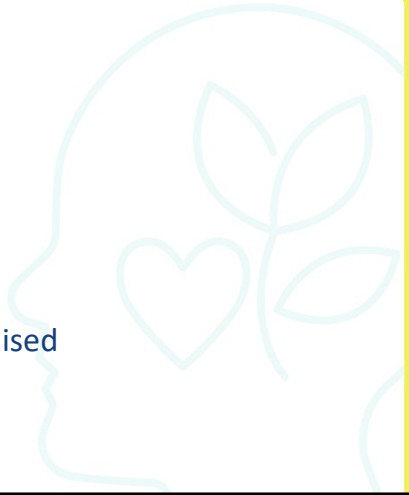
Domestic abuse

- Emotional, mental & physical
 - Coercive control & manipulation
 - Isolation
 - Walking on eggshells to avoid backlash
 - Financial control
 - Gaslighting / doubting your own reality / being marginalised
 - Bread-crumbing
- 

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A Trauma Perspective

Domestic abuse

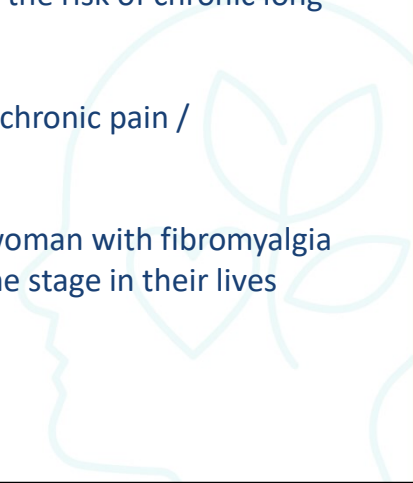
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A Trauma Perspective

The links to chronic pain

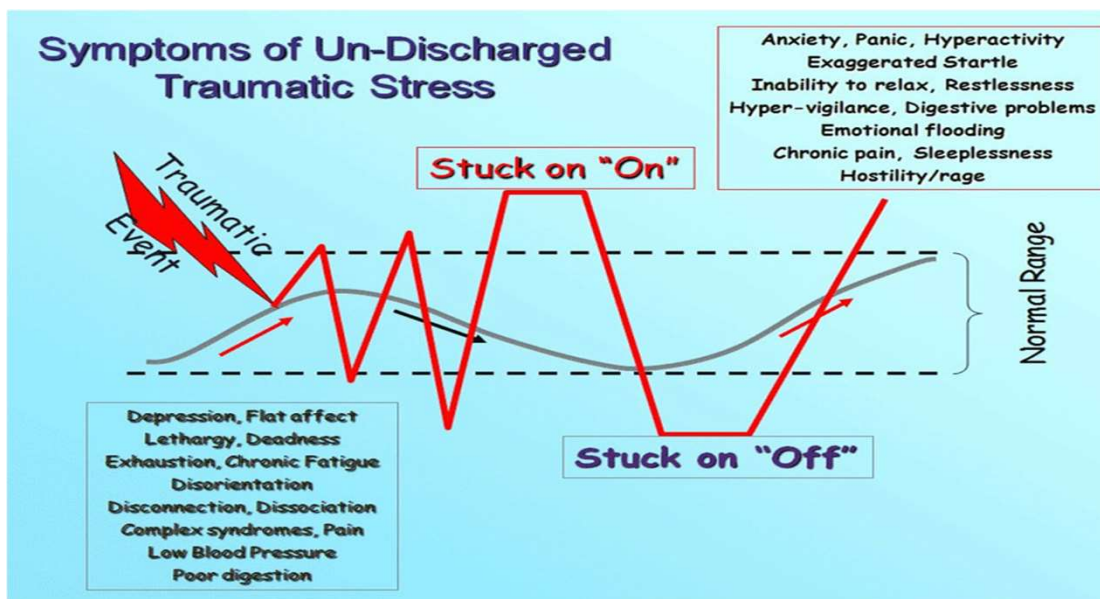
- Experiences of childhood adversity or trauma increases the risk of chronic long-term conditions
- Survivors of Domestic Abuse are twice as likely to have chronic pain / autoimmune conditions
- The institute for chronic pain states that up to 90% of woman with fibromyalgia and 60% of patients with arthritis report trauma at some stage in their lives



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A Trauma Perspective

Symptoms of Un-Discharged Traumatic Stress



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A Trauma Perspective

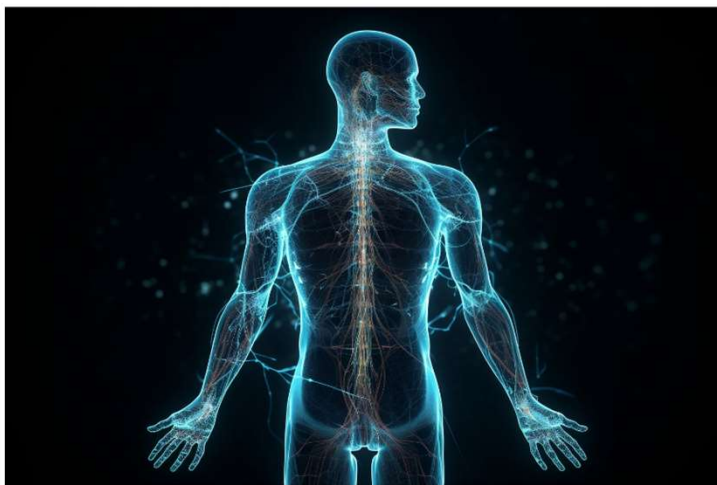
Recovery



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A Trauma Perspective

A whole-body response to chronic pain

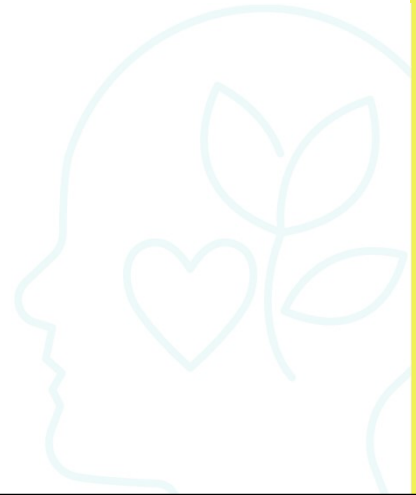


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Resources

Recommended books

- Gabor Mate: When the body says no
- Gabor Mate: The myth of normal
- Bessel Van De Kolk: The body keeps the Score
- Donna Jackson Nakazawa: Childhood Disrupted
- Peter Levine: Waking the Tiger



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Support



For more information on accessing free specialist
Domestic Abuse & Disability Counselling:

Thalia.Gilligan@reclaimvans.org.uk

Website (Coming soon)

www.thalia.org.uk

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Support

Living with Arthritis?

Join us for a bite-sized self-management workshop that cover a range of issues faced by people living with arthritis including **Fatigue, Pain, Sleep and Fibromyalgia**. The sessions will be delivered in small groups where you'll meet other people facing similar issues and will spend a couple of hours exploring ways to manage your symptoms.

Where: - Folk Hall, 95 High St, Portishead, North Somerset, BS20 6PR

Managing Pain	On: - Friday 26 th January	Time: - 1:30 PM – 3:30 PM
Managing Sleep	On: - Friday 2 nd February	Time: - 1:30 PM – 3:30 PM
Managing Fatigue	On: - Friday 9 th February	Time: - 1:30 PM – 3:30 PM
Fibromyalgia	On: - Friday 16 th February	Time: - 1:30 PM – 3:30 PM

Places are limited so register now to avoid disappointment!

TO REGISTER FOR THIS CLASS:

go to our website and fill in the online form:

www.versusarthritis.org/in-your-area/england/

Or Scan the QR code below and fill in your details.

For more information email us at: southeastdelivery@versusarthritis.org

North Somerset
**VERSUS
ARTHRITIS**



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Support

ESCAPE-pain

Enabling Self-management and Coping with Arthritic Pain using Exercise.

ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant.

<https://escape-pain.org/>

Parish Wharf leisure centre - once a week for 12 weeks from February.
Each session will take an hour. This is a 20-minute discussion and 40-minute exercise session.



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Free wellbeing workshops

for residents of Portishead



Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

THESE WORKSHOPS WILL COVER:

- 2023 ● 20th Sep ► **Managing anxiety in children and young people**
- 18th Oct ► **Menopause**
- 15th Nov ► **Developing a healthy relationship with food**
- 2024 ● 17th Jan ► **Living with chronic pain**
- 7th Feb ► **Diabetes management**
- 20th Mar ► **Dementia and falls prevention**
- 17th Apr ► **End of life conversations**

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Q and A's

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