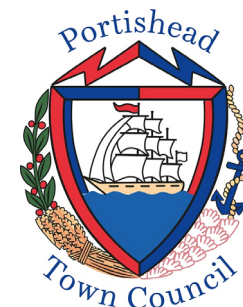


Portishead wellbeing workshops

Living with chronic pain

17 January 2024

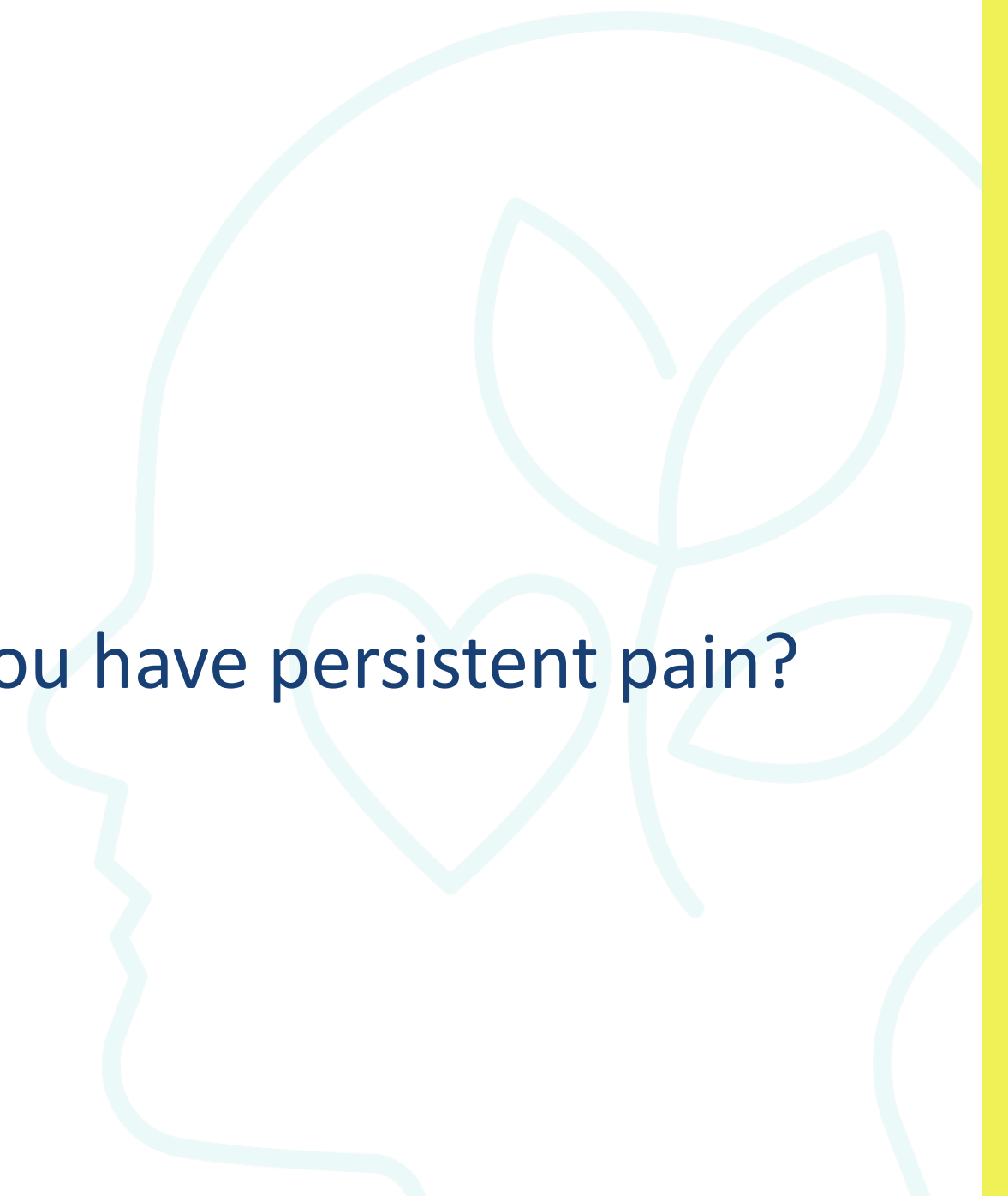


Woodspring
Locality Partnership

Persistent Pain

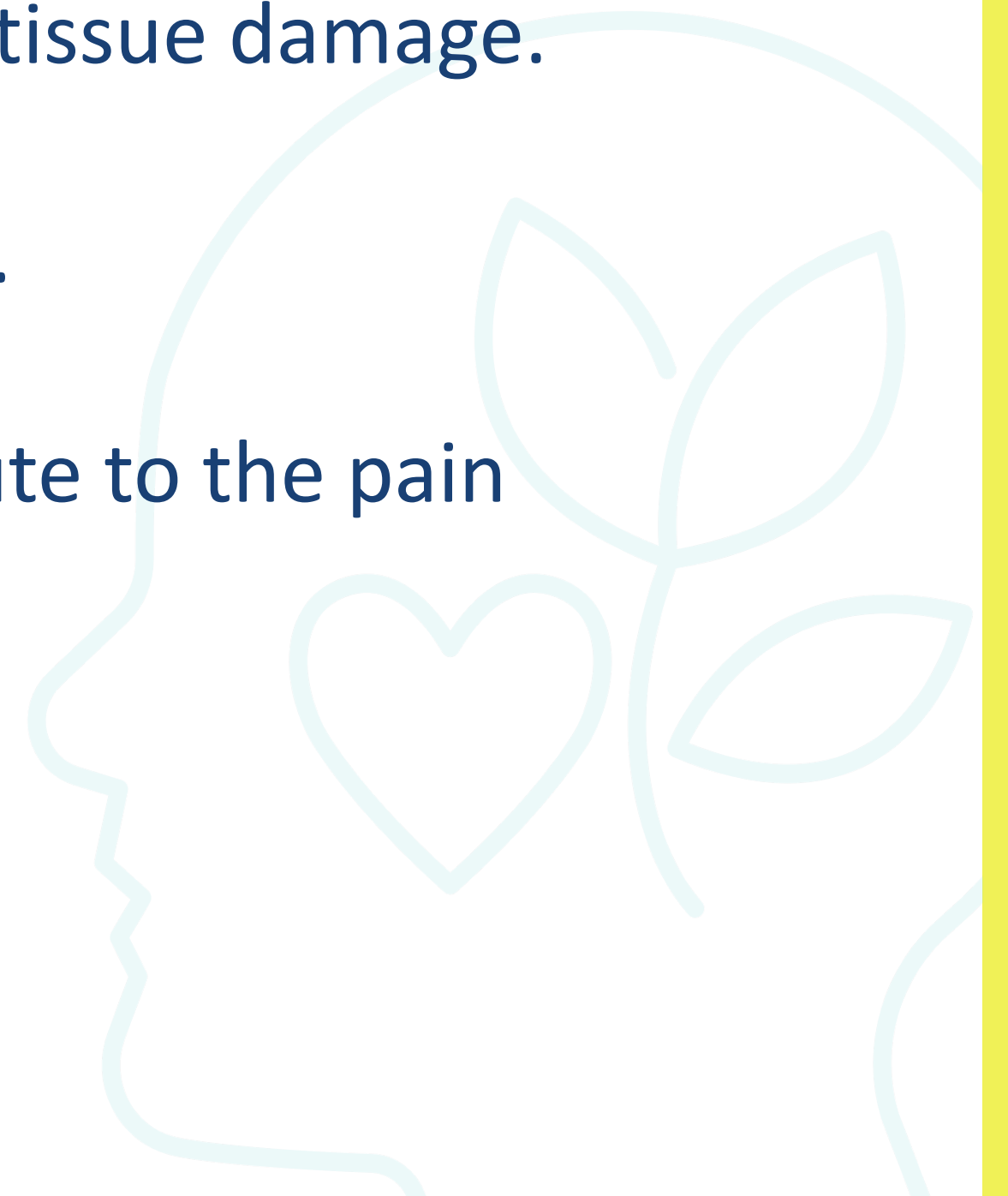
Musculoskeletal physiotherapy

- 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?

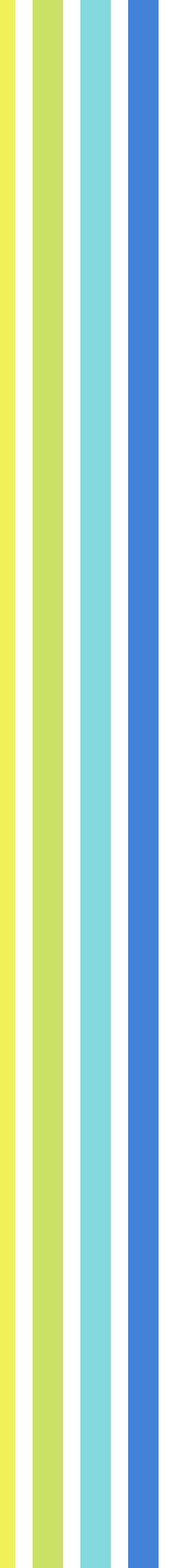
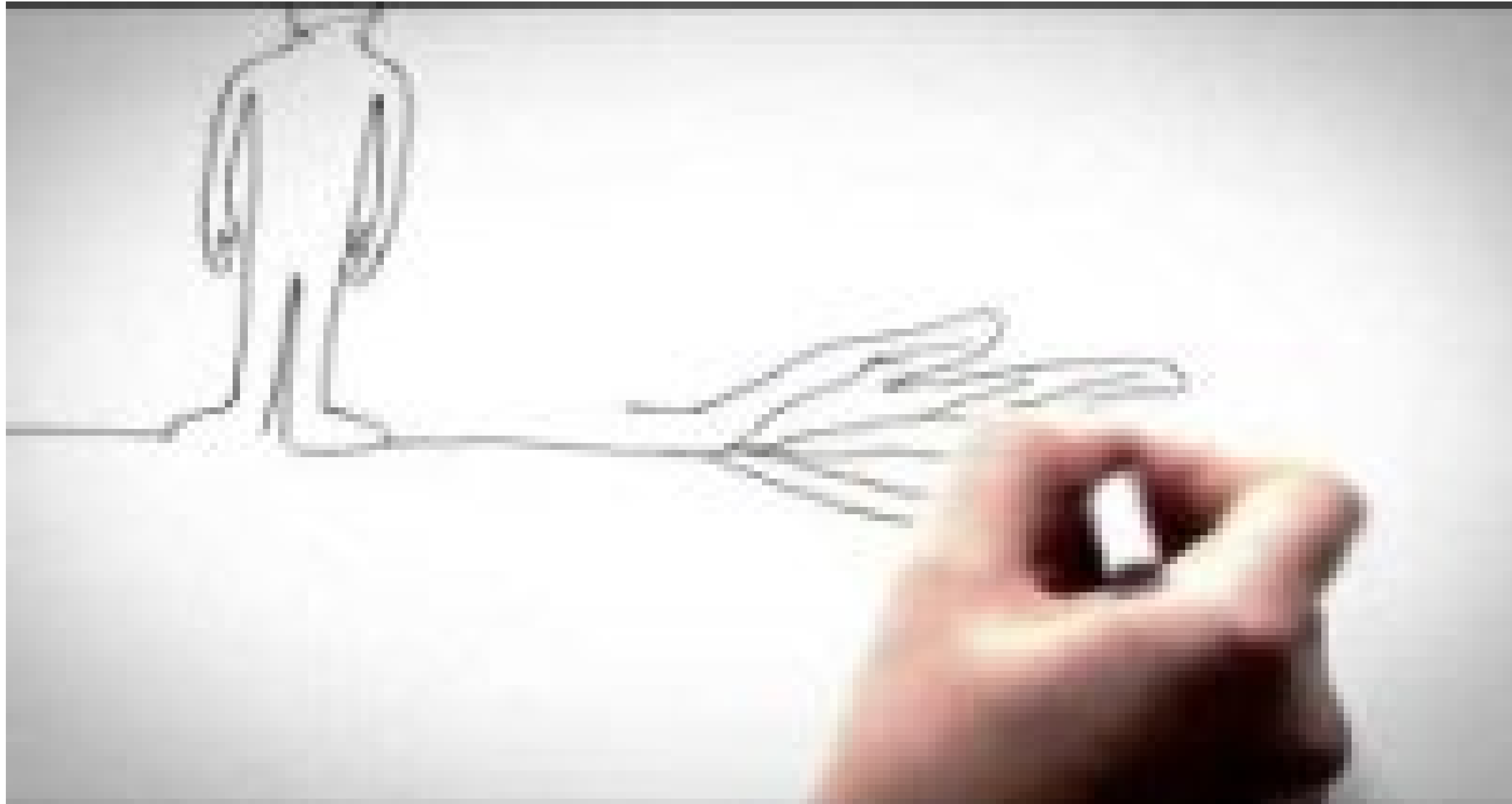


Persistent Pain

- 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.



Persistent Pain



Persistent Pain

Chronic Pain

what people see

persistent
pain

what people don't see

aching pain
anxiety
burning pain
cutting pain
depression
discomfort
drilling pain
dull pain
electrical pain

fatigue
irritability
numbness
pressure
shooting pain
sleeplessness
soreness
stabbing pain
stiffness

mychronicpain team

Physiotherapy

What it is?

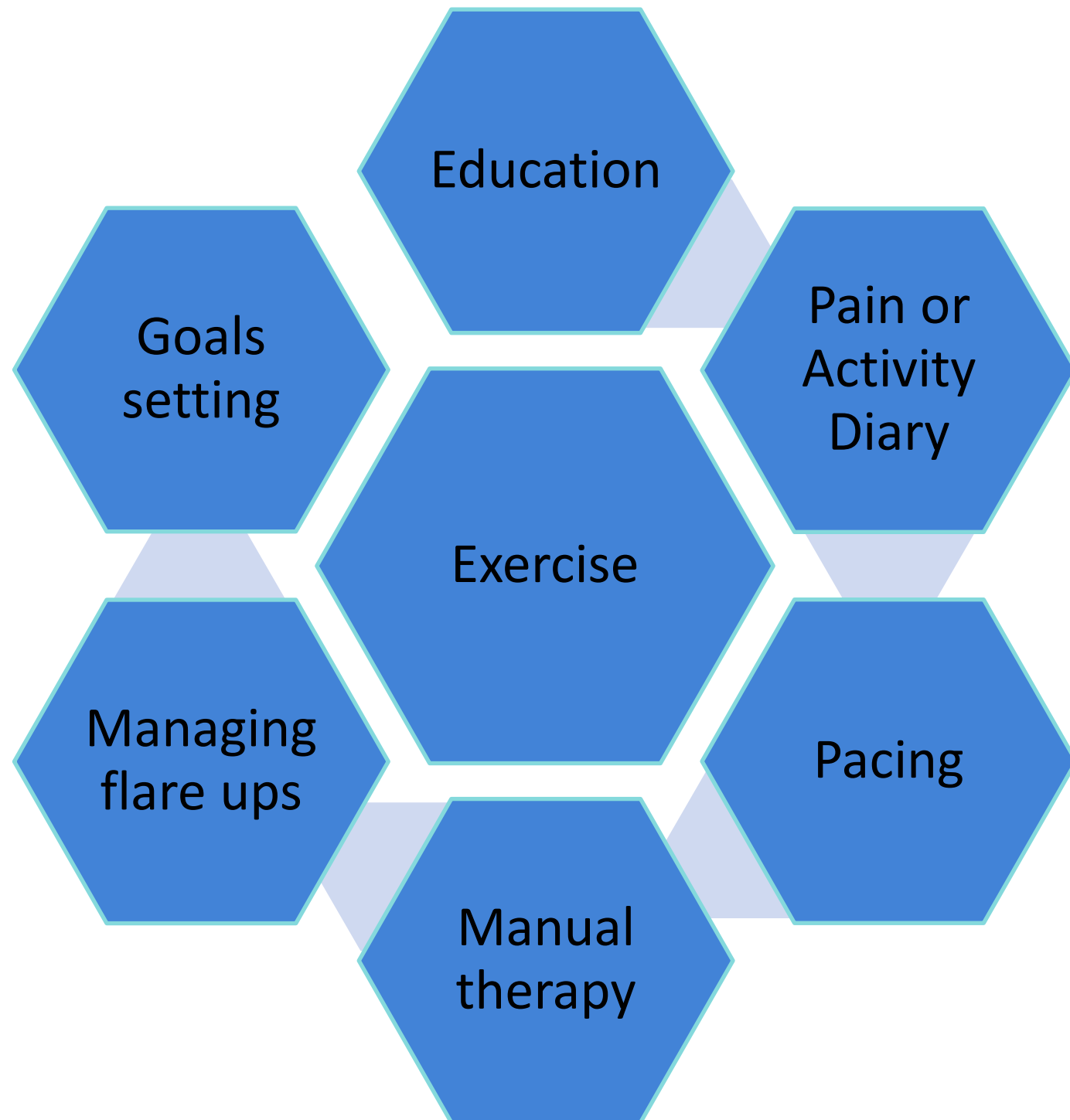
It helps restore movement and function when a person is affected by injury, illness or disability.

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.

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

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-wLdlHjs>
- **Patient self-help handout** - [https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Self help for persistent pain v11 Feb 21.pdf](https://bnssg.icb.nhs.uk/wp-content/uploads/2022/06/Self_help_for_persistent_pain_v11_Feb_21.pdf)

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



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>

CBT for Chronic Pain

What is CBT?

Cognitive Behavioural Therapy

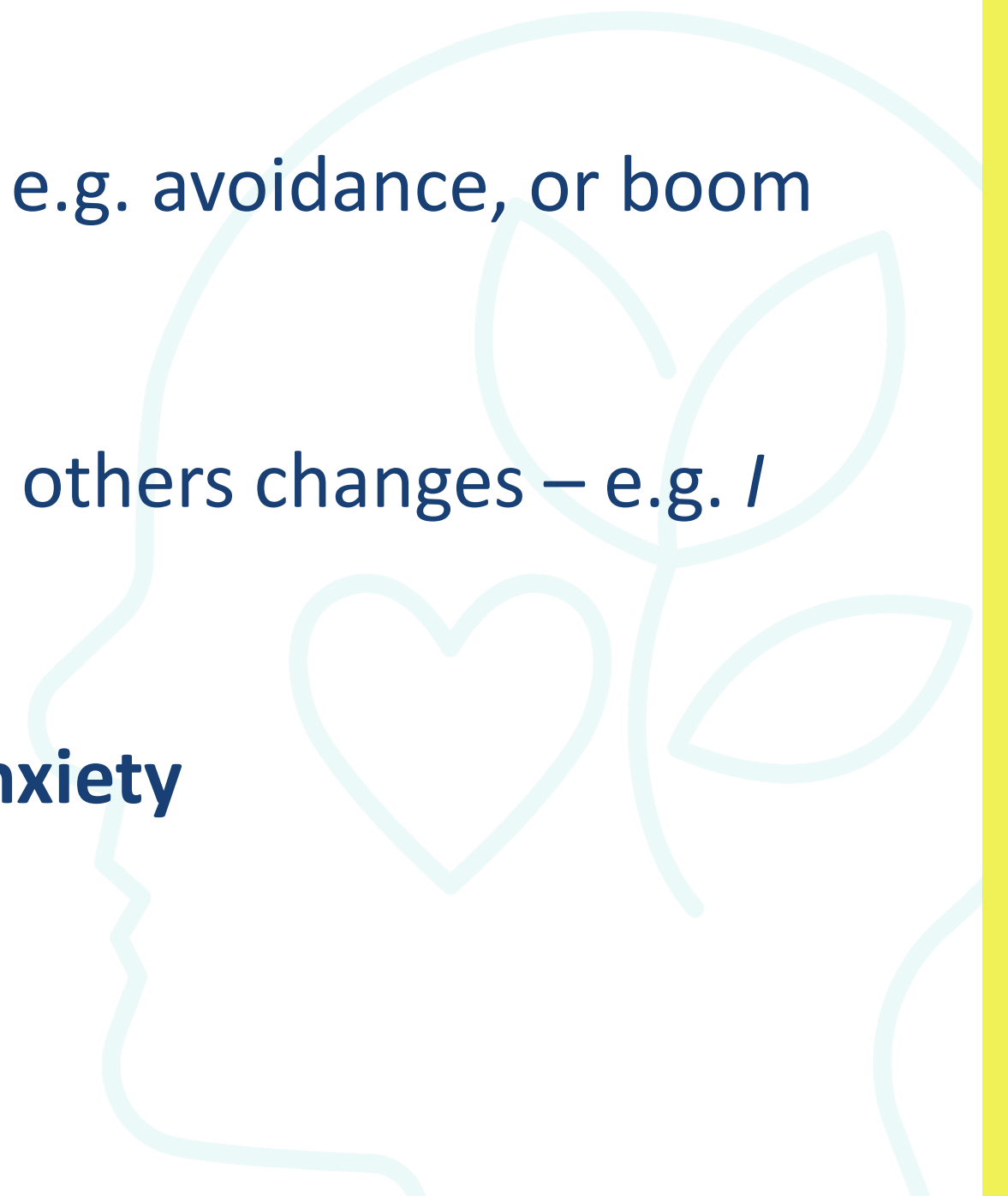
- It is a talking therapy
- It is based on how we are coping in the present
- It identifies goals
- It involves experimenting
- It recognises that what we think and do impacts how we feel



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**



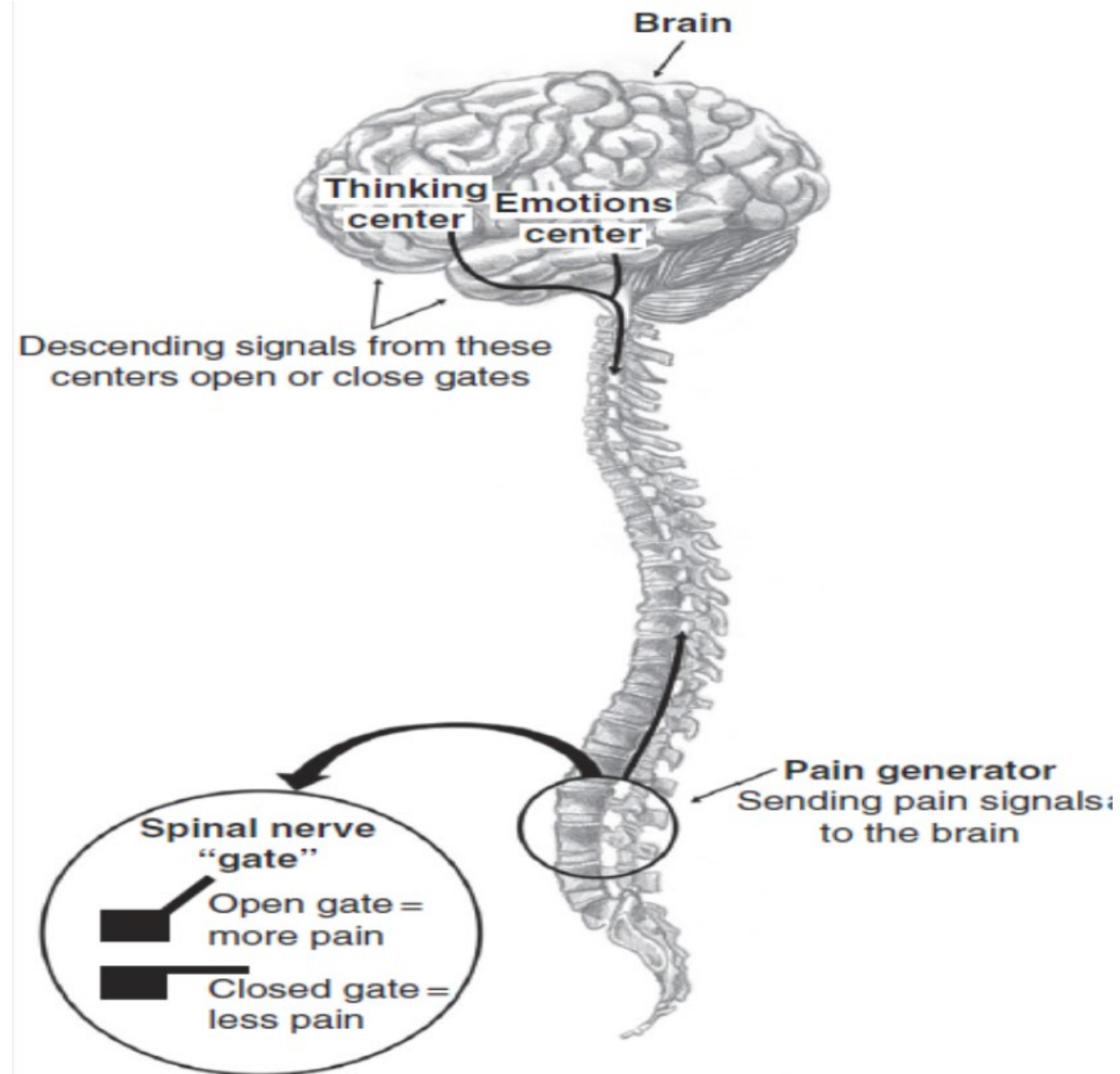
CBT for Chronic Pain

The tug of war metaphor



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.

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

CBT for Chronic Pain

Relaxation & imagery

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

CBT for Chronic Pain

Engaging in meaningful activities

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

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

CBT for Chronic Pain

Pacing

- Recognising boom and bust
- Learning how to pace

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

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

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

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
 - Calm
 - Breethe
 - 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>

Chronic Pain

A trauma perspective

Trauma comes from the Greek word meaning WOUND



A Trauma Perspective

Shock trauma

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



A Trauma Perspective

Collective trauma

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

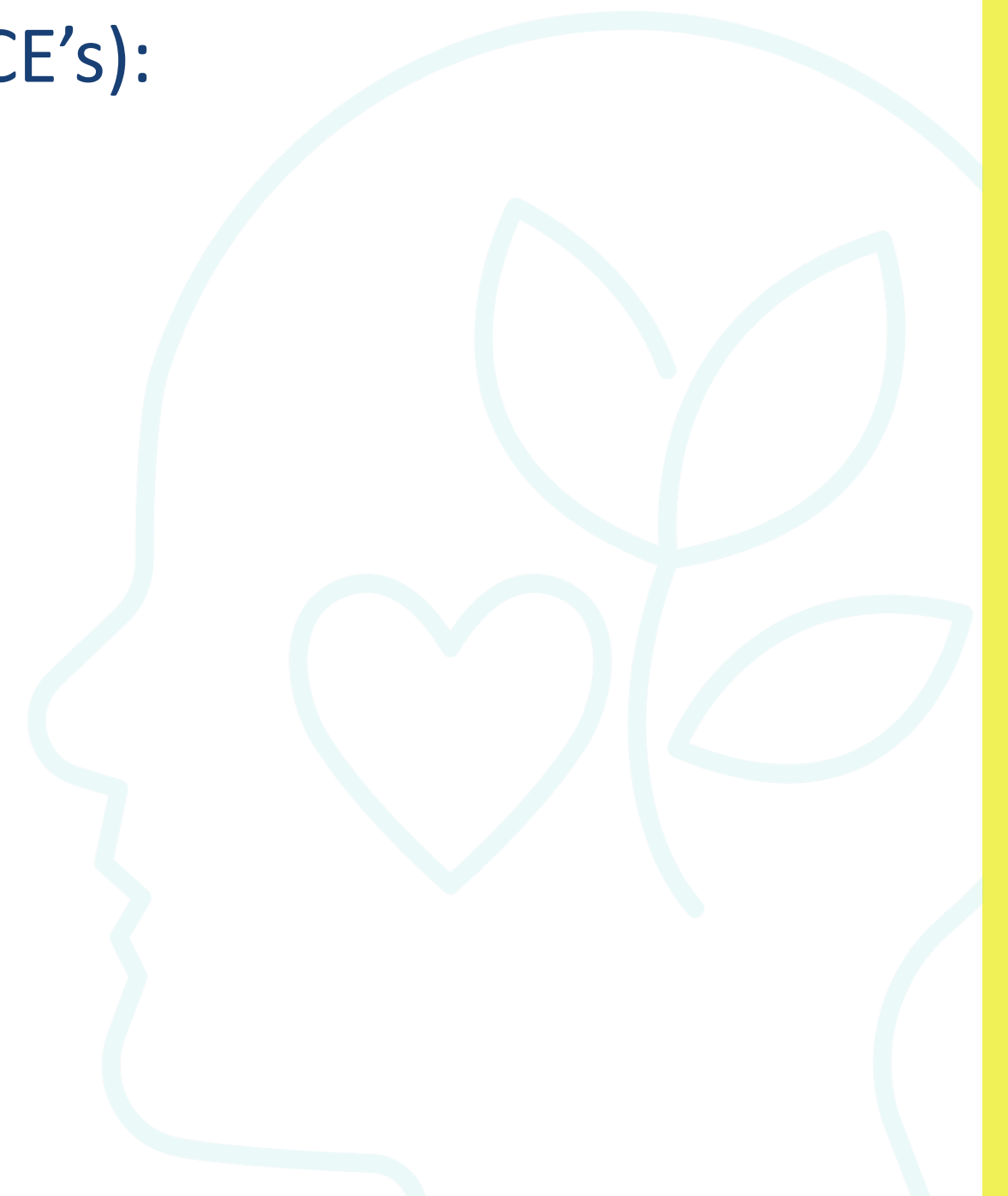


A Trauma Perspective

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



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



A Trauma Perspective

Domestic abuse

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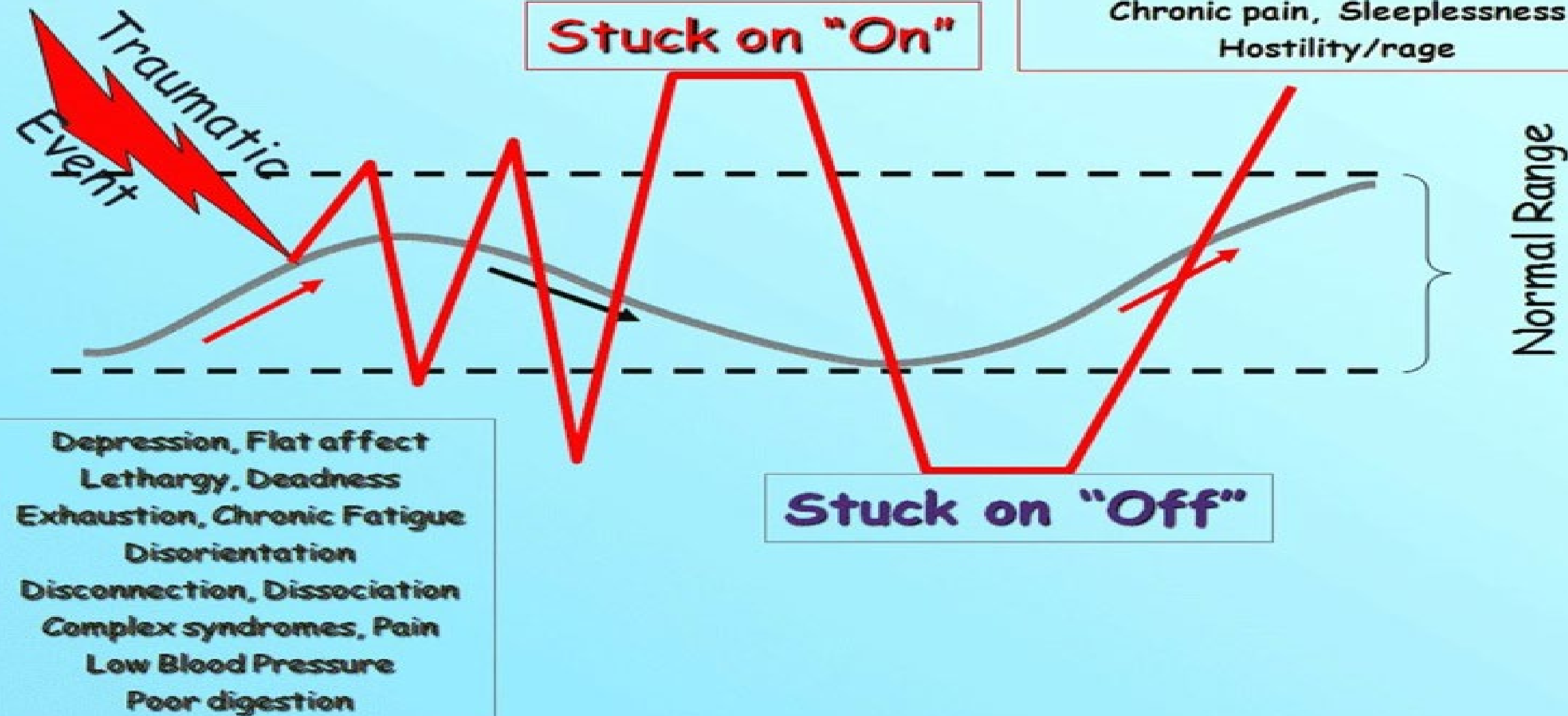
A Trauma Perspective

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

A Trauma Perspective

Symptoms of Un-Discharged Traumatic Stress



A Trauma Perspective

Recovery



A Trauma Perspective

A whole -body response to chronic pain



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



Support



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

Thalia.Gilligan@reclaimvans.org.uk

Website (Coming soon)

www.thalia.org.uk

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!

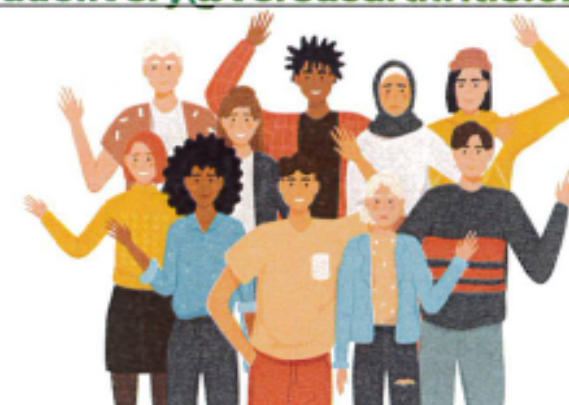
TO REGISTER FOR THIS CLASS:

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**



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.



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**

Q and A's

