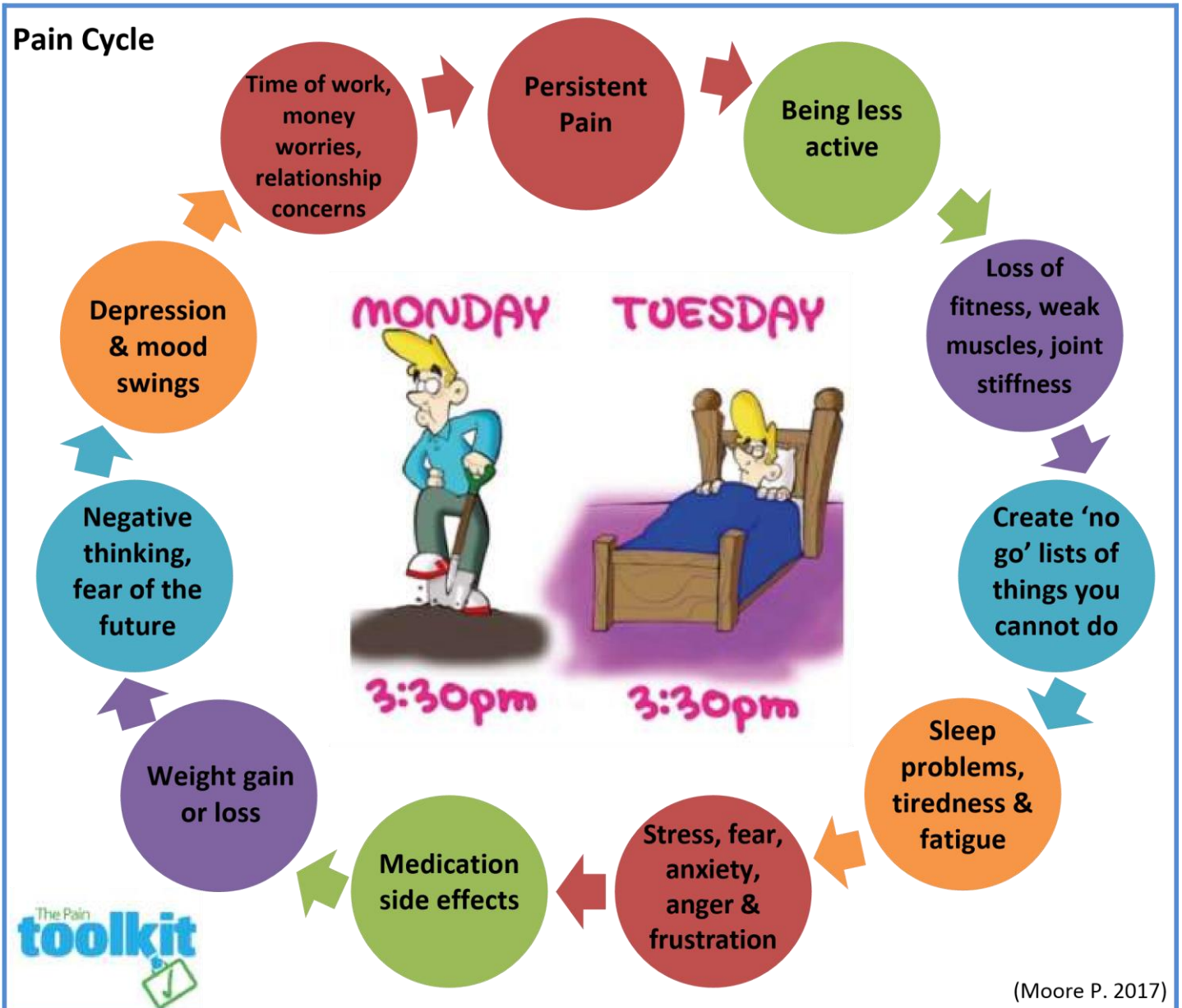


PERSISTENT PAIN: SUPPORTING SELF-MANAGEMENT CLINICIAN'S QUICK GUIDE



Step 1

- Discuss with patient the impact of pain - see pain cycle above
- Explain: persistent pain / reassure

Step 2

- Enable access: to resources/tools to increase knowledge & skills
- Assess: patient's confidence to self-management

Step 3

- Self referral : IAPT, Physiotherapy
- Refer: Local community Pain Management service

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STEP 1: Resources to explain persistent pain

[Understanding pain and what to do about it in less than 5 minutes](#) – You tube for patients.

[Retrain Pain](#) - Free course. 8 short modules which provide a scientific approach to understanding persistent pain through clear diagrammatic illustrations and key messages.

STEP 2: Resources/tools for patients

National information for patients with persistent pain.

[Pain tool kit slide set](#) – Power point presentation that introduces the pain tool kit.

[Pain Toolkit](#) - Simple guide that provides some handy tips and skills to help patients understand and manage their pain better. Available in hard copy, app, and an animated video. Website contains useful links for both patients and professionals.

[Getting the best from an appointment for pain](#) - a YouTube video providing advice on how to get the best out of your appointment for pain.

[Explaining what a Pain Management Programme \(PMP\) is](#) - a YouTube video explaining what a Pain Management Programme is.

[Tips about pain and work](#) - a YouTube video providing tips about pain and work.

[Musculoskeletal self-help information](#) - Online information and exercises developed by EPUT

[Overcoming chronic pain](#) - A self-help guide using cognitive behavioural techniques.

Resources for clinicians

[Professional section on the Pain Toolkit website](#) - On line information that explains how to use the persistent pain cycle with patients. Website also has extensive selection of resources for clinical practice.

[Live Well with Pain](#) - A website that provides support to clinicians to increase their confidence and skills in enabling people to live well through both self-management and effective medication use.

Version	2.0 Harmonisation of West Essex guidance and HMMC guidance, updates include: <ul style="list-style-type: none"> • Replaced West Essex Community Pain Management service with local community pain management service (p1 step 3) • Removal of West Essex-specific information resources, national resources retained. • Rebadging with HWE ICB, removal of WE CCG and EPUT • Review date removed and replaced with standard statement.
Date ratified	V1.0 – Approved at West Essex Medicines Optimisation Programme Board Dec 2018
Review date:	The recommendation is based upon the evidence available at the time of publication. This recommendation will be reviewed upon request in the light of new evidence becoming available.