**Pain Self -Management**

**Prescription**

 **Education :** Increase your knowledge about chronic pain and coping strategies through books from the library & attached websites

 **Self Management: try** heat packs, cold pack or gels, TENS, etc that may help with your pain and use them regularly (2-3 times per day to keep pain manageable).

 **“Flare Up” Plan:** when you have a bad day or a bad spell, have a plan for how to deal with it. Cut back on your daily activity but don’t take to your bed.

 **Medication**: take your pain medication regularly to try to keep your pain under control. Seek advice from pharmacists/ GP on how to increase it when you have a “flare-up” or reduce it safely

 **Activity Management/ Pacing:** Look at what you are doing in

a day, begin to prioritise, plan and pace yourself throughout the week. Try to space out your daily activities across the week and not all in one day.

 **Exercise:** -keep active- gentle home exercise routine, investigate suitable classes with Fife Sports & Leisure trust

 **Set Realistic Goals**: Be kind to yourself, small steps. Small changes can make big differences to your quality of life

 **Relaxation:** Try different methods of relaxation, set time aside each day.

 **Emotions:** Keep diary, reflect if your emotions can affect your pain. Understand how stress and anxiety affect your pain.

 **Communication :** It’s important to talk, catch up with friends, keep your family up to date with how you feel

 **Get Involved:** Find local support groups. E.g. Pain Association

Scotland

**Try to focus on 1-2 areas initially**

**GENERAL HELP WEBSITES**

• Fife Integrated Pain Management Service Website – [www.nhsfife.org/chronicpain](http://www.nhsfife.org/chronicpain)

• Chronic Pain Scotland – NHS Scotland - [chronicpainscotland.org](http://chronicpainscotland.org/)

• Pain Association Scotland - [www.painassociation.com](http://www.painassociation.com/) (Freephone: 0800

783 6059)

• Pain Concern - [www.painconcern.org.uk](http://www.painconcern.org.uk/)

• The British Pain Society – [www.britishpainsociety.org](http://www.britishpainsociety.org/)

• The Pain Toolkit – <http://www.paintoolkit.org/>

• NHS Inform (Muscle or Joint Problems) – [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk)

**SPECIFIC CONDITIONS & ASSOCIATED PROBLEMS**

• NHS Choices – [www.nhs.uk/Conditions/Back-pain/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Back-pain/Pages/Introduction.aspx)

• Back Care Charity – [www.backcare.org.uk/](http://www.backcare.org.uk/)

• Sheffield Back Pain – [www.sheffieldbackpain.com/](http://www.sheffieldbackpain.com/)

• The Neuropathy Trust – [www.neuinsight.com](http://www.neuinsight.com/)

• Arthritis Care – [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk/)

• Fibromyalgia Association – [www.fmauk.org](http://www.fmauk.org/)

• Low mood, Stress, Anxiety, Mindfulness (Moodcafé) – www.moodcafé.co.uk

• Relaxation, Sleep, Chronic pain/ fatigue (Get Self Help) –

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk/)

• Breathworks -[http://www.breathworks-mindfulness.org.uk/mindfulness- for-health-reader-resources](https://web.nhs.net/OWA/redir.aspx?SURL=2zr84CLvf3yrjW4FzXxCTGgtep8gDg_npmXptKMbW7DoVVJug-rSCGgAdAB0AHAAOgAvAC8AdwB3AHcALgBiAHIAZQBhAHQAaAB3AG8AcgBrAHMALQBtAGkAbgBkAGYAdQBsAG4AZQBzAHMALgBvAHIAZwAuAHUAawAvAG0AaQBuAGQAZgB1AGwAbgBlAHMAcwAtAGYAbwByAC0AaABlAGEAbAB0AGgALQByAGUAYQBkAGUAcgAtAHIAZQBzAG8AdQByAGMAZQBzAA..&amp;URL=http%3a%2f%2fwww.breathworks-mindfulness.org.uk%2fmindfulness-for-health-reader-resources)

• Steps for Stress - [www.stepsforstress.org](http://www.stepsforstress.org/)

• Sleep Problems – [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk/)

• ALSO BOOK PRESCRIPTION SCHEME in local Fife Libraries – ACCESS BOOKS WHICH ARE RECOMMENDED TO HELP WITH CHRONIC PAIN

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