

# What is a Pain Management Programme (PMP)?

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NHS Greater Glasgow and Clyde



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# What is a Pain Management Programme (PMP)?

The PMP is a course designed to help you live a more fulfilling life, despite having chronic pain. This kind of approach to managing your pain has been developed over many years. Many studies have shown that this kind of programme is effective in reducing the impact chronic pain can have. It is used with great success in many areas throughout the United Kingdom. The sessions will help you to develop new ways of dealing with your pain.

By the end of the programme, we hope you:

- **Know more about pain**
- **Are able to do more of what matters to you**
- **Understand your medicines**
- **Have learned relaxation and mindfulness meditation techniques**
- **Have identified clear goals**
- **Are more confident**
- **Are able to enjoy life more**

The Greater Glasgow and Clyde Pain Management Programme team consists of specialists in Pain Management. You may have already met some of these people within the Pain Service and some will be new to you, including:

- **Psychologists**
- **Nurses**
- **Physiotherapists**
- **Occupational Therapists**
- **A Pain Doctor**
- **Administration Staff**

## What do I need to do?

Your dedication and commitment to the programme is what makes it a success. This means attending all the sessions and working on all the practical tasks, both at the sessions and at home.

Many studies have shown that the more that people commit to this approach, the more benefit they are likely to get out of it. As a team we have seen its effectiveness and benefits.

Before commencing group sessions, we need to meet with you to assess the suitability of the programme for your needs. We understand that you have also had assessments with our colleagues at the Pain Service, but we may need different information to understand your needs.

In brief, the assessment appointment will allow us to gather information about:

- **Your pain**
- **Any previous treatments**
- **What you have already tried**
- **How you manage your pain at present**
- **What you would like to be doing differently**

Once a referral has been made to the PMP by a member of the Pain Service and your name comes to the top of the waiting list, we will send you an 'opt-in letter' requesting that you contact the department to arrange an assessment with us.

## What does the assessment involve?

The assessment will last up to one hour and will be by online video call or face to face at Parkhead Hub. During this assessment one or various members of the team will see you and ask you questions about your pain and other aspects of your life. There will also be time for you to ask any questions that you may have about the programme.

We will email you full details of how to join the online video call.

To join, you will need an electronic device such as a smart phone, tablet or laptop, with a camera and microphone to allow you to join the video call.

Following the assessment, we will make a decision about whether the programme is the appropriate next step for you in your pain journey. We will discuss this with you.

If the programme is not suitable for you, we will give you further advice that may help you to manage life with pain.

If we offer you a place on the programme, then we will contact you by letter or email once your name reaches the top of the waiting list.

## How do the groups work?

The PMP programmes are either 10- or 12-week programmes of one session every week. These sessions will be on the same day and the same time each week. The sessions vary in length and can last up to 2½ hours.

At the group sessions you will meet 12-15 other people who all have some form of chronic pain. We aim to provide a relaxed, supportive atmosphere to allow you to discuss various topics. The programme will include education, as well as doing practical tasks. Some of the practical sessions will involve you being more active or doing some gentle exercise. Therefore, we recommend you wear loose-fitting, comfortable clothing as well as flat shoes that provide some support.

We will also give you some tasks to do at home on your own in between the sessions. This will allow you to try out ideas and techniques for yourself which we have discussed in the sessions.

### Face to face Group Sessions

These sessions will run at Parkhead Hub. You will have a one-to-one review session booked as part of the programme with one of the PMP staff to check in on your progress. This will be part of session five.

### Online Group Sessions

These sessions take place online, using the same link each week. You will have three telephone review appointments to allow PMP staff to check in on your progress throughout the programme. These are short calls, lasting up to 15 minutes.

### Medication Review

Following the programme, you will have the opportunity to discuss your medication with a member of the PMP team.

## What happens when I am starting the group?

You will receive an invite letter or email, detailing your group programme. Once you have received this you should check all dates of the programme and if you are unable to attend you can discuss this with the team secretary. Please note that attendance at session one is mandatory to continue with the programme.

You will receive all worksheets by post and the dates of all sessions will be attached to your invite email.

If you are attending the online group sessions, there is an added session at the beginning called a 'Prep Session.' During this session, the PMP team will be on the call to welcome your group. It is an opportunity to troubleshoot any technical issues, discuss the plan for the group and hopefully allay any concerns that you may have about the group using an online format. You will also have the chance to meet the other group members.

We look forward to meeting with you in the future!

## Contact Details

NHS Greater Glasgow and Clyde Pain Management Programme

Parkhead Hub

1251 Duke St

Parkhead

Glasgow

G31 5NZ

☎ 0141 355 1493

✉ [ggc.pain.management@nhs.scot](mailto:ggc.pain.management@nhs.scot)

🌐 [www.nhsggc.scot/hospitals-services/chronic-pain](http://www.nhsggc.scot/hospitals-services/chronic-pain)

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