

# Brighton & Hove Pain Management Programme

Living a fuller life with pain



Do you feel you could manage your daily life better?

Would you like to manage necessary activities without increasing your pain?

Would you like to feel more able to deal with the stresses of living with pain?

If you answered 'yes' to these questions, a Pain Management Programme (PMP) may be helpful for you, so read on...

## Brighton & Hove Pain Management Programme

Hove Polyclinic  
Nevill Avenue  
Hove  
East Sussex  
BN3 7HY

To book a place on an information session telephone: **0300 304 0111**



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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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A pain management programme is a group based education course which aims to help you manage your pain more effectively. The aim is not pain relief or 'cure' but improving your quality of life with pain.

## What does it consist of?

You would learn about the basis of chronic pain; how to manage the emotional impact of your pain and how to be active using pacing and a self guided exercise programme.

## Course content

- Understanding the factors of where pain comes from
- Activity pacing
- Graded exercise
- Management of extreme pain or flare-up pain
- Medication review
- Mood management
- How to improve sleep
- Communication
- Relationships

## Who are we?

The PMP team consists of:

- a psychologist
- a physiotherapist and
- a specialist nurse

## Where and when is the clinic?

The programme runs each Tuesday for seven consecutive weeks from 10am until 3pm at Hove Polyclinic.

## What happens after the clinic?

There will be three follow up reviews over the year.

## So, I'm interested, how do I find out more?

If you are interested in finding out more about the pain management programme, please attend our next information session (these are open sessions of about an hour in which team members outline what is involved in moving onto a programme and the programme itself).

## Further information

[www.britishpainsociety.org](http://www.britishpainsociety.org)

Living with Chronic Pain (Neil Berry)  
£4.50 (tape or CD) inc. p&p from:  
PO Box 84  
Blackburn  
BB2 7GH

[www.chronicpain.org](http://www.chronicpain.org)

The next **information session** on the programme will be in the meeting room at Hove Polyclinic on:

Clinician - please add date

## If you wish to attend

Please confirm by telephone on **0300 304 0111** to reserve a place

If we have not heard from you or you have not attended a meeting within three months, we will assume you are not interested and you will not be added to the waiting list.