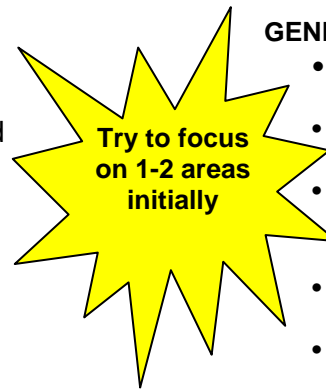




Pain Self-Management Prescription



- 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

GENERAL HELP WEBSITES

- Fife Integrated Pain Management Service Website – www.nhsfife.org/chronicpain
- Chronic Pain Scotland – NHS Scotland - chronicpainscotland.org
- Pain Association Scotland - www.painassociation.com (Freephone: 0800 783 6059)
- Pain Concern - www.painconcern.org.uk
- The British Pain Society – www.britishpainsociety.org
- The Pain Toolkit – <http://www.paintoolkit.org/>
- NHS Inform (Muscle or Joint Problems) – www.nhsinform.co.uk/msk

SPECIFIC CONDITIONS & ASSOCIATED PROBLEMS

- NHS Choices – www.nhs.uk/Conditions/Back-pain/Pages/Introduction.aspx
- Back Care Charity – www.backcare.org.uk/
- Sheffield Back Pain – www.sheffieldbackpain.com/
- The Neuropathy Trust – www.neuinsight.com
- Arthritis Care – www.arthritiscare.org.uk
- Fibromyalgia Association – 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
- Breathworks -<http://www.breathworks-mindfulness.org.uk/mindfulness-for-health-reader-resources>
- Steps for Stress - www.stepsforstress.org
- Sleep Problems – www.sleepcouncil.org.uk
- ALSO BOOK PRESCRIPTION SCHEME in local Fife Libraries – ACCESS BOOKS WHICH ARE RECOMMENDED TO HELP WITH CHRONIC PAIN