

## Further Information, please contact

Buckinghamshire Chronic Pain and Fatigue Management Programmes are held at:

### **(North Bucks)**

Rayners Hedge  
Croft Road  
Aylesbury  
HP21 7RD  
Tel: 01296 393319

### **(South Bucks)**

Therapy Office  
Level 1, Amersham Hospital  
Whielden Street  
Amersham HP7 OJD  
Tel: 01494 734318

**Dr John Pimm - Service Lead**  
**Consultant Clinical Neuropsychologist**

### **How can I help reduce healthcare associated infections?**

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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Author: Dr Ranjeeta Kaur Lota  
Issue date: April 2019  
Review date: April 2021

Leaflet code: PMP-001  
Version: 3.0

## Chronic Pain Management Programme (PMP)

Buckinghamshire Chronic Pain & Fatigue  
Management Service

### **Patient information leaflet**

If you require a translation or an alternative format of this leaflet please call the Patient Advice Liaison Service on 01296 316042

**Safe & compassionate care,**

**every time**

## How can I benefit from pain management?

When medical treatments have been unable to resolve the pain, your clinician may discuss with you a referral to the Chronic Pain Management Service. Whatever the original cause of your pain, it is likely that it has affected your lifestyle and caused distress. You may have reduced your level of activity and because you are doing less you may be less fit and strong. Overall, pain can seriously affect your quality of life.

## Acceptance and change

Your pain is real. For many people pain will be long term or even permanent and so it is helpful to learn how to manage it.

## The Chronic Pain Management Service offers three options for treatment:

- Pathway Through Pain: an internet based Pain Management Programme monitored by the team (up to 1 year)
- Guided Self-Help: Written and audio self-help materials supported by a member of the team (4 appointments)
- Pain Management Programme: A comprehensive course about how to manage pain. (10 appointments)

## The evidence for Pain Management Programmes (PMPs)

The research on PMP's has shown that the best treatment for people who have chronic pain is a group based Pain Management Programme provided by a team of Health Professionals. A PMP does not aim to cure pain. The programme will help you to improve your physical fitness and strength, emotional wellbeing and enable you to start to make changes to improve your quality of life.

You will also have an opportunity to meet other people living with chronic pain.

## Steps to the programme – Information Session

Before attending the programme you may be invited to a Pain Management Information Session. These take place regularly, at Stoke Mandeville and Amersham Hospitals. At this session you will have an opportunity to consider the treatment programmes we offer. Depending on your choice we will then organise a further assessment appointment if needed.

## The team involved in the PMP are

Occupational Therapists  
Physiotherapists  
Psychologists

## Topics covered on the PMP

- The treatments you have tried
- Living well with pain
- Working towards the life you want
- Exploring movement and exercise
- Managing thoughts and feelings
- Coping with setbacks

Working on your own goals between sessions is an important part of the programme.