

## **What is a Pain Management Programme (PMP)?**

A PMP is a group treatment which uses education and practice sessions to help people with persistent pain “**get life back on track**” - even though there is not a cure for the symptoms that you have, it aims to help people manage pain and everyday activities better.

Long term pain is pain that continues for more than three months. It can be disabling and frustrating, and can affect your relationships with family, friends and work colleagues. It can also result in you not feeling believed. Inevitably, pain has an impact on quality of life.

## **Who runs a PMP?**

PMPs are run by Physiotherapists, Psychologists/Psychological therapist and Nurses with special skills to help you manage pain.

## **Who is a PMP for?**

PMP treatment is for people with persistent pain, which affects quality of life. It is recommended after an assessment with the pain management team and the skills covered are felt to be helpful for you.

## **How can I get onto a PMP?**

Before being invited to join a PMP you will need to fill in some questionnaires, and following this, be assessed by a member of the team to see if it would be helpful for you. You will have the opportunity to ask any questions about the programme.

## **What will I do on a PMP?**

A PMP is a group environment where you will learn skills to help understand pain and live better with the pain you have. You can have positive discussions with other people who have persistent pain. People often make friends with other group members while they are on the PMP. Some people will find that sharing their experiences with others can be extremely supportive and helpful in feeling less alone with their pain. Some participants prefer not to say much about themselves, and this is OK too.

PMP is a group to learn new skills and is not a group therapy programme.

## **Topics covered**

The programme covers a number of areas and skills to help with these:

### **-Understanding your pain**

Why is it still there; what changes with long term pain?

### **-Exercise and movement.**

Exploring new approaches to exercise and practicing ways to progress them. Exploring ways to in engaging effectively in exercise.

### **-Activity management**

Managing activity levels with pain and alongside what is important to you— Considering what you do and how this can change.

### **-Values and Goals**

Allowing yourself time to think about what is important to you to help identify and plan for goals based on these values.

### **-Impact on mood**

Understanding the links between thoughts, emotions, behaviour and pain, and developing new skills to manage alongside the impact of these more effectively.

### **-Mindfulness**

Understand how mindfulness practice can be helpful in managing pain and learn how to bring this in to your life.

### **-Family and communication**

Dealing with the impact of pain on family, relationships and communication.

### **-Sleep**

Developing ideas to help improve patterns and quality of sleep.

### **-Medication**

Understanding how medications work and how to use them effectively alongside a healthy lifestyle.

**What is the commitment?**

The Plymouth PMP runs for 7 weeks. It is held on Monday and Wednesday mornings from 9:15 – 12:15 with a break. On occasions there are also afternoon programmes that run from 1:30 – 4:30. It is expected you will attend all of these sessions.

You will also be expected to practice things from the course at home between sessions.

The PMP sessions are varied so that you do not have to sit or stand for long periods.

There are follow up sessions 2 and 6 months after the end to the group to review and help progress.

The Programme is currently held at the Plymouth Marjon University sport and health centre.

**What can I expect at the end of a PMP?**

The aim of a PMP is to help you have a better quality of life alongside persistent pain. At the end of a PMP, people are usually more flexible and have increased stamina. They also have increased confidence and feel happier. They are managing to live emotionally better alongside their symptoms.

To have long term benefit you will need to continue doing regular gentle exercise and use the skills and ideas covered on the programme.

**What support is available after a PMP?**

We will see you for the planned follow up sessions.

Often people make friends on the PMP and create their own support network for after the PMP.

**PLYMOUTH  
PAIN MANAGEMENT  
PROGRAMME**

**PATIENT INFORMATION LEAFLET**

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