

PAIN ASSOCIATION SCOTLAND

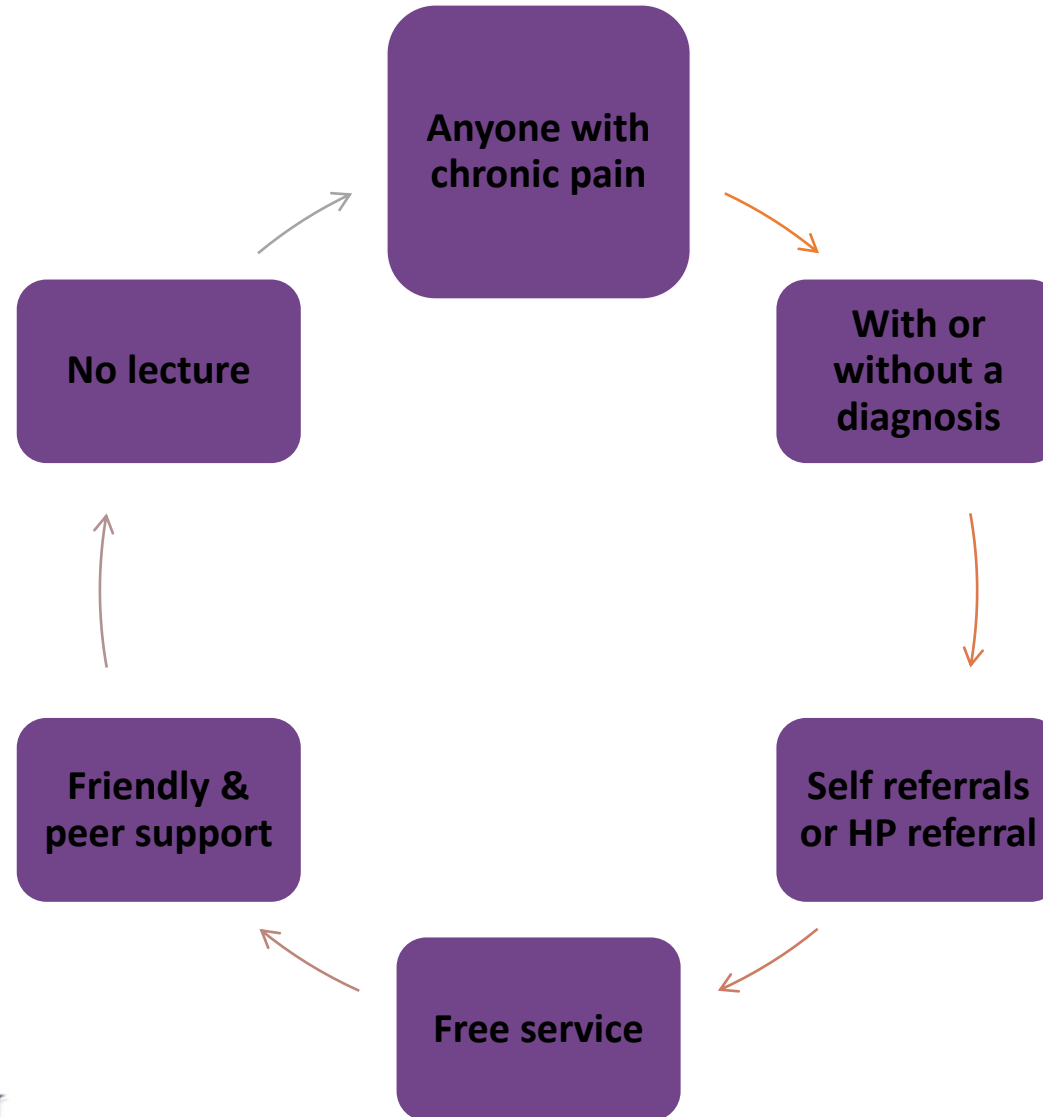
LOUISE HALL
TRAINER

Acute vs Chronic Pain

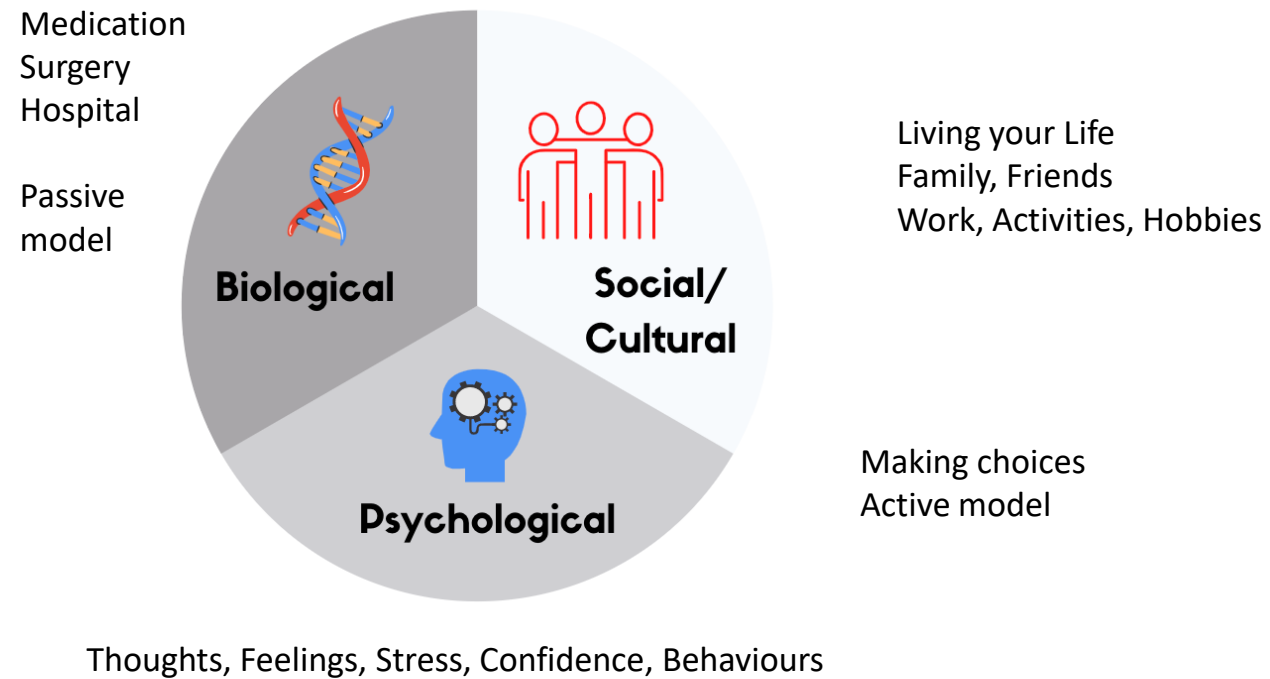
- **Hurt =Current harm**
 - **Issue in the tissue**
 - **Visible**
- **Pain reduces over time**
 - **Meds work well**
 - **Bio-medical model**

- **Issue in the nervous system**
 - **Invisible**
 - **Pain varies**
- **Pain persists beyond healing time**
 - **Meds don't work so well**
- **Needs a wider Bio-Psycho-Social approach**

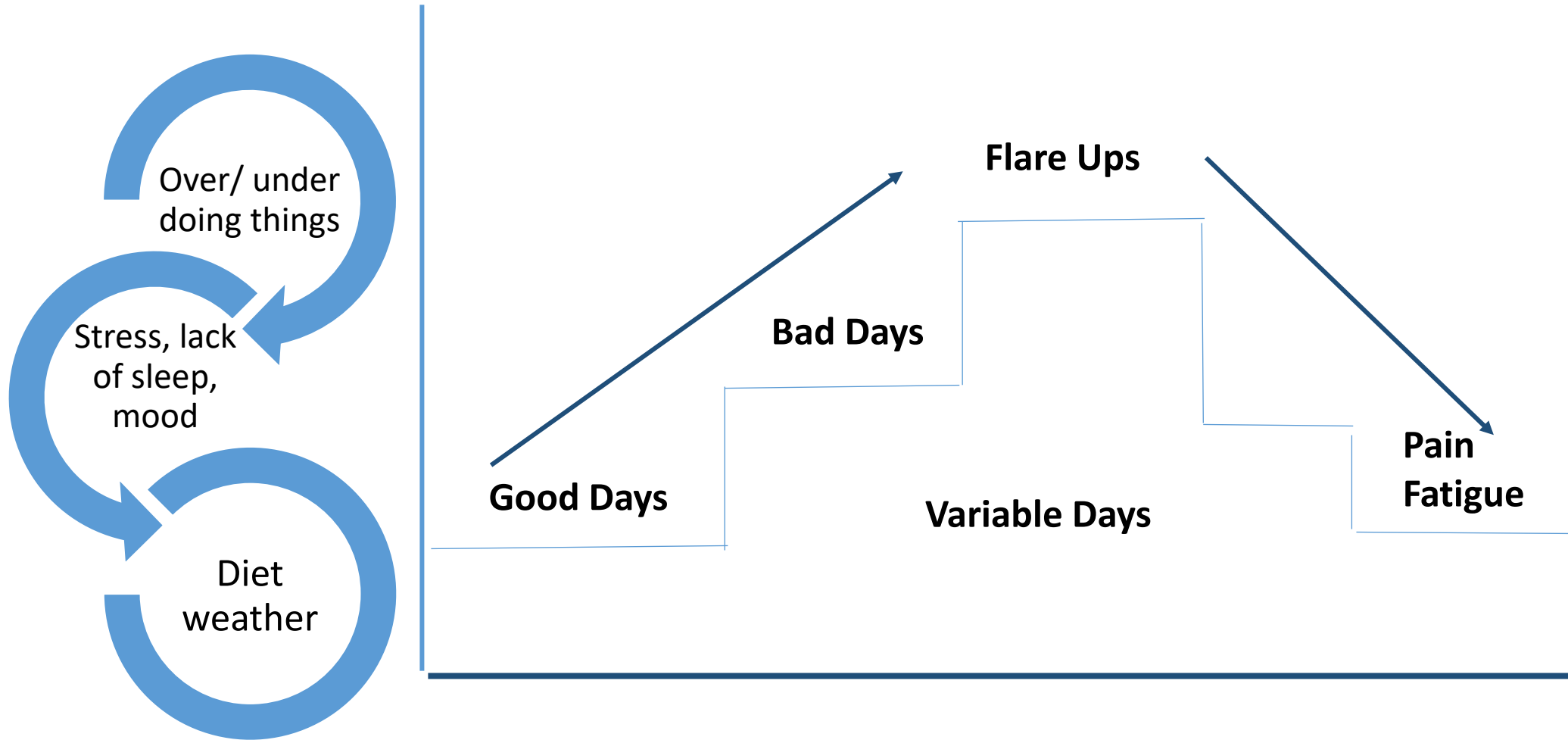
Who is Pain Association for?



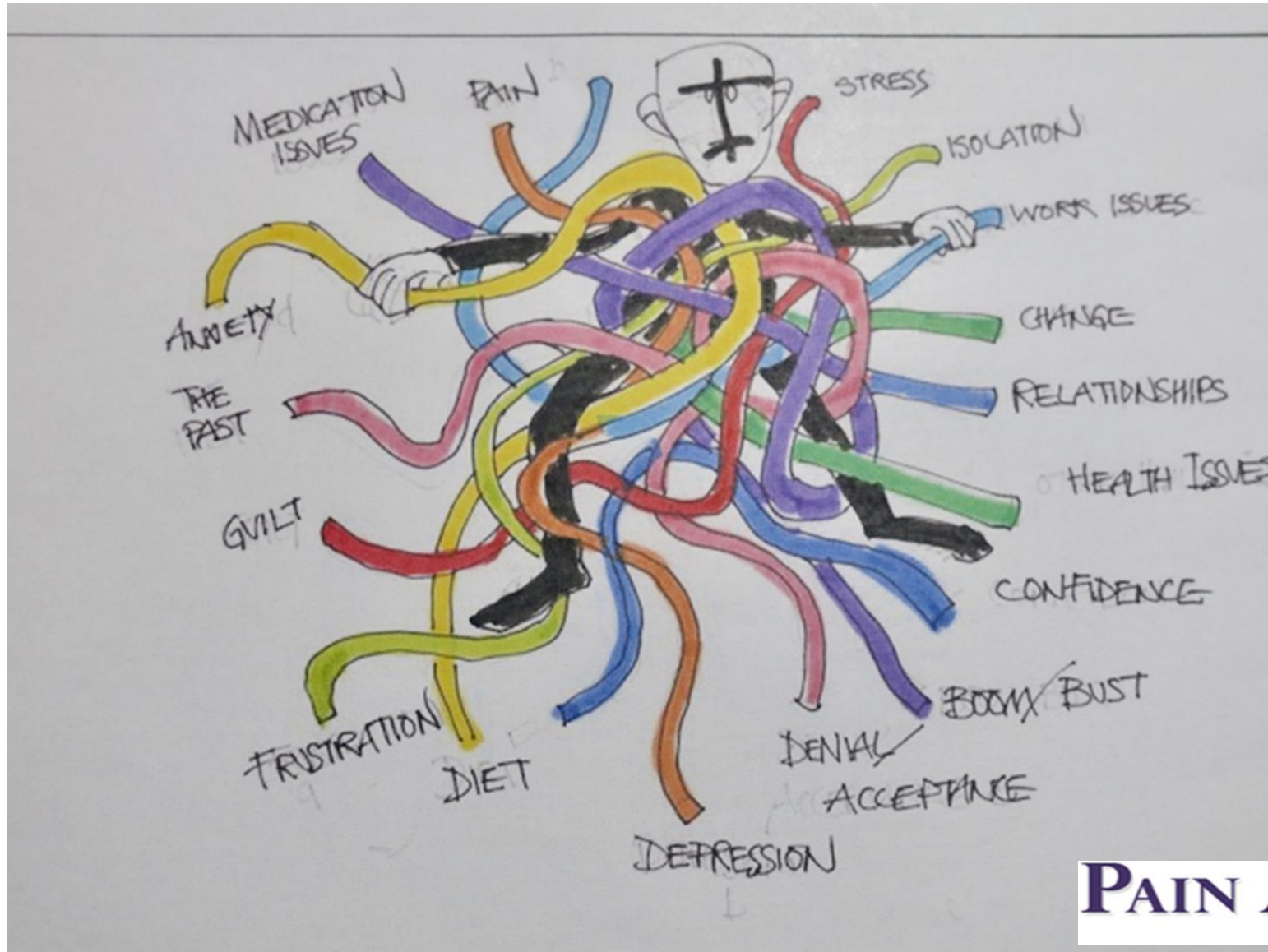
Bio psycho social model of health



Understanding Chronic Pain



Complex knot of pain



Services we offer

- **Scotland Wide: Introduction to Managing Chronic Pain** *online*
- **5 Week Intensive Self-Management Course** *online/face to face*
- **Monthly self management groups** *online/face to face*
- **Veterans 5 Week Self-Management Course** *online*

Key Topics

**Understanding
Pain**

**Pacing
& Taming
Boom-Bust**

**Pain – Stress
Cycle**

**Prepare for a
Flare Up**

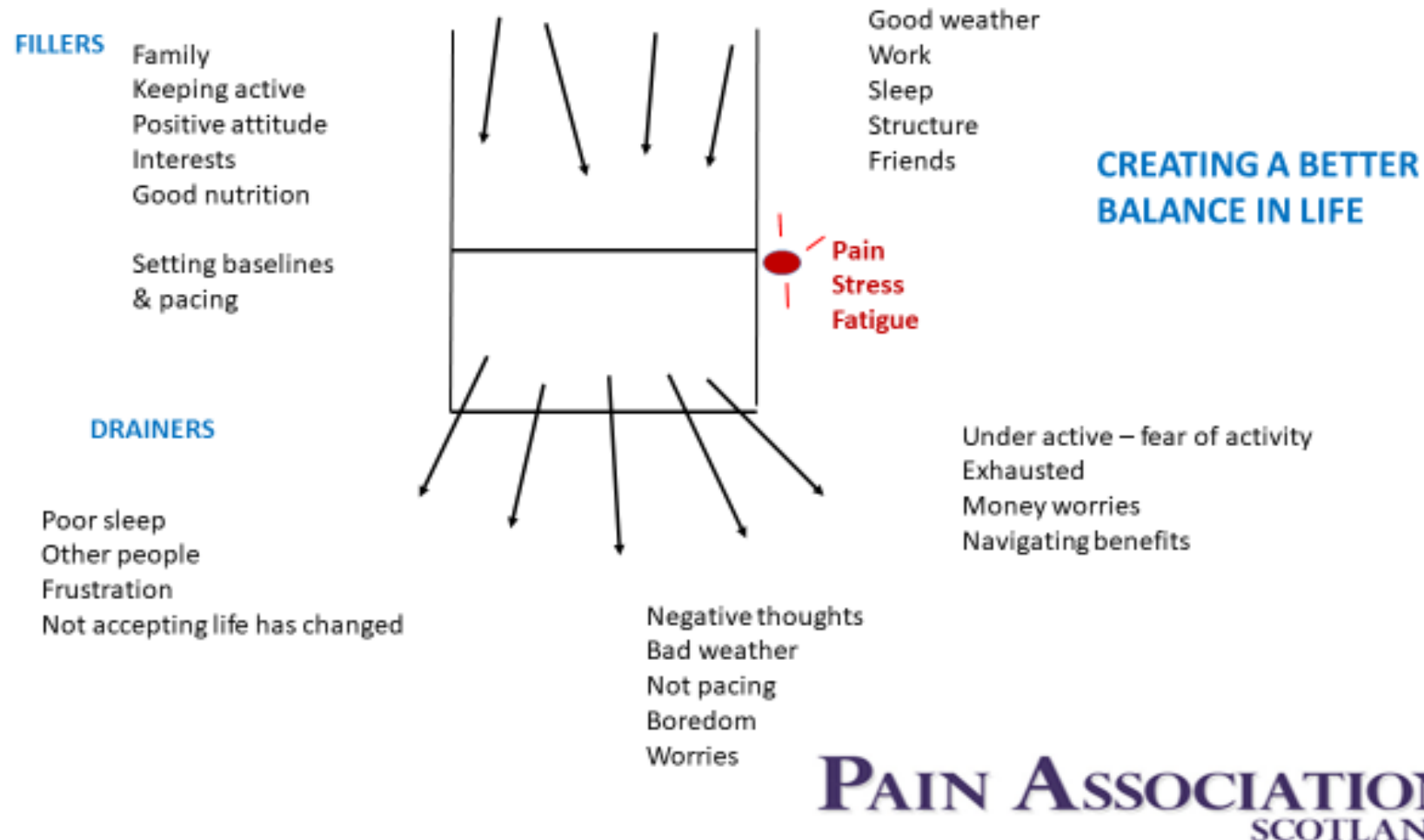
Sleep

Relaxation

**Dealing with
other People**

**Building
Resilience**

'Pain management' is about improving the whole picture of life, not just judging everything based on pain.



What are we aiming to achieve

- Reduce suffering & sense of threat
- Deal with 2-way impacts eg. stress, anxiety, insomnia
- Improve quality of life and well-being
- Improve confidence & self efficacy
- Changing response to pain
- Break the Pain Stress Cycle
- Loosen the grip of pain on life

Key Outcomes from Service Users Survey (2023)

95% advised that attending group helped them maintain self-management skills and habits

60% had fewer visits to GP

43% been living with pain for more than 10 yrs

82% felt more in control

90% felt more able to cope on a daily basis as a result of attending the group

PAIN ASSOCIATION
SCOTLAND

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