



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

York 4 Session Pain Management Programme

Information for patients, relatives and carers

York Pain Management programme, covering the York
Hospital and online programmes

① For more information, please contact:

The Pain Management Clinic
Tel: 01904 721419

York Pain Management Programme (4)

It is estimated that around 20% of people around the world suffer from long term pain. The pain management programme has been established to both educate and provide independent coping strategies to manage pain.

The aims of the programme are to reduce distress, improve quality of life and to help sufferers understand the complex changes that take place in their nervous system as chronic pain develops.

Understanding Long Term Pain

Long-term pain is defined as pain that lasts for three months or more, and can continue despite every effort to relieve it. One type of treatment alone may not be the answer. Medical evidence has proved a Holistic Approach to managing pain is more effective.

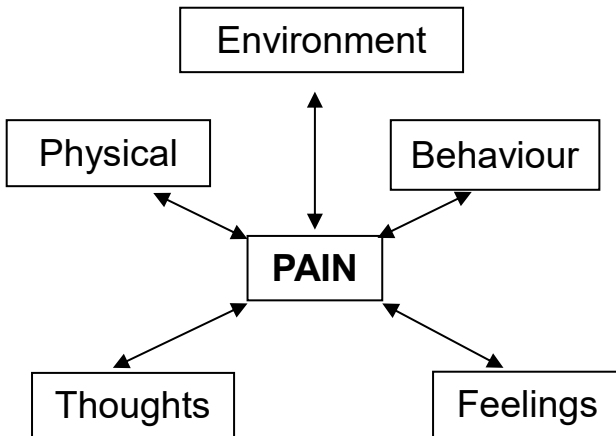
The Holistic Approach to Pain Management

The holistic approach to pain means that we look at how the pain affects the whole of the person and not just the body. We look at how it affects the body and mind together, as we know that long-term pain can affect life in many different ways

Pain not only affects people physically but it also affects what they do (behaviour), how they feel (feelings and emotions) and what they think about themselves (thoughts).

What people do what people think and what people feel can also affect their pain levels.

This diagram helps to illustrate how pain interacts with all these things, in both directions.



For example an individual with pain may experience some of the following:

- Varying activity levels
- Frustration/Isolation
- Fear of aggravating pain
- Depression/Irritability

How the programme works:

The pain management course consists of four weekly interactive group sessions, each lasting two and a half hours. They will take place either in-person in York, or online.

Sessions include both an educational and exercise component.

Subjects that are covered in the sessions include:

- Understanding pain
- Improving physical fitness
- Graded return to activity
- Pacing and goal setting
- Relaxation techniques
- Psychological techniques
- Pain coping strategies

In order for this course to be successful, a commitment is required to attend all sessions and to implement the course skills into daily life.

You can access the Pain Management Programme (4) through a referral from your Health Care Professional.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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