



Patient & Family Guide

2023

The Chronic Pain Self-Management Program

Hants Community
Hospital



www.nshealth.ca

The Chronic Pain Self-Management Program

What is the Chronic Pain Self-Management Program?

Chronic (ongoing) pain is best managed through a combination of medical and therapeutic treatments, and self-management. Self-management means taking control of your health and wellbeing.

The things you do outside of your medical and therapeutic treatments can have a big effect on your ability to manage your pain. These include:

- › Eating healthy foods
- › Getting restful sleep
- › Finding ways to have fun and relax
- › Exercising

The Chronic Pain Self-Management Program is a group education program. It teaches ways to self-manage chronic pain to improve your:

- › Health
- › Pain
- › Quality of life

The group meets once a week for 5 weeks.

To benefit from this program, you must:

- › be willing to take part in an interview to learn about the program and decide if it is right for you.
- › be ready and willing to try new ways to manage chronic pain, including exercise, relaxation, and activity pacing.
- › be willing to take part in group discussions.
- › help us evaluate the program by filling out questionnaires.
- › agree to be on time and attend all sessions.
- › agree to practice the skills you learn, keep records, and track your progress.

Who is this program for?

This program is for people who want to learn more about chronic pain and ways to manage it, to better understand and work through the challenges they face.

Examples of goals and ways to move forward:

Goal #1

Understand what is happening and what you can do to help

- Understand chronic pain and your health condition(s)
- Identify your personal goals, challenges, and willingness/ability to make changes

Goal #2

Improve your pain control

- Pace your activities to make the most of your energy
- Body mechanics (posture and movement)
- Energy conservation (learn to save your energy)
- Medication(s) and relaxation

Goal #3

Improve your health

- Eat healthy foods, sleep, exercise
- Treat physical, psychological, and medical conditions

What will I learn?

You will learn ways to:

- › Relax
- › Pace your activities
- › Manage your mood
- › Practice self-compassion
(being kind to yourself)
- › Improve your health and fitness
- › Communicate better
- › Improve your sleep
- › Use ergonomics and energy conservation
- › Understand and manage chronic pain

How will this program help me?

- Unlike other treatments, you will not have anything done **to** you. Instead, **you will take an active role in deciding what to do to improve your pain.**
- At the end of the program, we hope you will have a plan for making positive changes in your life.

Where and when is the program held?

The program takes place at Hants Community Hospital in Windsor.

It is held one afternoon a week for 5 weeks. The program usually runs 3 times a year.

How can I learn more or sign up?

Call the Pain Clinic for more information:

- › Phone: 902-792-2142

