

PAIN SELF-MANAGEMENT TEN FOOTSTEPS PROGRAMME

LWWP Training Team

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Session Three
16/11/23



Recap & Review

- What areas have gone well for you in exploring or using Ten Footsteps approach and/or other suggested resources

Responses in the chat...

- What struggles have you had? Let's problem solve them where possible

Responses in the chat...

Overview of Session 3

- **Focus on Footsteps :**
 - ▣ **Footstep 5: Relaxation & Mindfulness**
 - ▣ **Footstep 6: Sleep**
 - ▣ **Footstep 7: Communication**
 - ▣ **Footstep 8: Managing Moods**
 - ▣ **Footstep 10: Setbacks**



Footstep 5

Relaxation and mindfulness





Freethink: Why is relaxation important?



Lived Experience - Relaxation

- What do you do to relax?
- What relaxation strategies have you found helpful?
- What were/are the challenges in learning to relax?

Su – Relaxation

- Thai Chi – I do this at home following a class on you tube.
- Crafting – I sew and do other crafts to help me relax.
This was helping my granddaughter do her fairy house out of a plant pot



- The best relaxation strategy for me is listening to Audio books, I can disappear into the book whilst resting.
- Mindfulness colouring is good but I find my hands get sore after a while.
- The challenges of doing the above are getting time on my own, running a support group takes up a lot of my time but I always make sure I get me time, and when I do its really helpful.



Footstep 9: Relaxation & Mindfulness

- Relaxation is a skill, an active process
- Learning this skill takes time
- Our role is to offer options to explore

Summary of key points

- Relaxation and mindfulness are skills that patients learn and practice at regular intervals, like learning a language
- These activities are safe and evidenced to benefit mood and quality of life
- You can encourage patients to choose relaxation methods that most appeal to them – there are many options
- By participating in a mindfulness course, patients can become skilled in directing their attention to where they want it to be

Action to take

Some ideas for you to offer your patient ...

❖ **Relaxing activities**

These are activities that can be absorbing and distracting.
Examples include:

- **Gardening**
- **Listening to favourite music**
- **Fishing**
- **Colouring/puzzles/crafting**
- **Mind-body exercise: Yoga, Tai-Chi, Pilates**

All of these can also be done 'mindfully' to maximise benefits.

Action to take

❖ Guided relaxation

This includes things such as:

- **Progressive muscle relaxation**
- **Breathing exercises**
- **Distracting the mind to imagine being in a pleasurable environment e.g. walk on the beach**

❖ Mindfulness or meditation

Mindfulness is about training the brain to be in the moment and creating a pause between thoughts and feelings enabling a choice in how to respond rather than a reaction.

Mindfulness practices have been shown to be beneficial in the management of persistent pain.

Footstep 6

Sleep



Freethink: What are common problems with sleep for people with pain?

Common problems:

- Worry thinking about sleep pattern “what it should be”
- Poor sleep routines and/or negative associations
- Daytime napping
- Disrupted sleep pattern (e.g. the role of unwinding the painful body, broken sleep, regular awakenings)
- Use of media & entertainment at night





Sleep: Facts or myths

- 1) People of all ages needs 8 hours sleep each night
- 2) It helps to drink caffeine or “cola” based drinks to help your sleep
- 3) Resting in bed, watching TV helps for a better night’s sleep
- 4) Snoring and waking through the night is normal
- 5) A good night’s sleep means waking episodes in the sleep cycles through the night
- 6) A memory foam mattress will help improve my sleep

Sleep Well With Pain

How to Sleep well with pain

1 Your daily routines

To understand why daily routines matter it's useful to know a bit about how sleep is controlled by your body. Two systems in your body are important: your **body clock** and your **sleep drive**.

How to Sleep well with pain

4 Your night-time routines

The things that you do leading up to bed time can help your mind and body get ready to sleep well. We tell children this and yet we forget this applies to adults too!

How to Sleep well with pain

2 Your activity levels

Like many people with persistent pain, you may be avoiding physical activity because you are worried it will make your pain worse.

How to Sleep well with pain

5 Helping your mind & body to rest

Making sure that your bedroom is 'fit for sleep' can make a big difference. But you may still find that it is difficult to relax in bed as your mind is racing or your body is tense.

How to Sleep well with pain

3 Your food & drink choices

There are many simple changes you can make to your eating and drinking habits in the evening to help yourself sleep well. Here are some suggestions for you to explore:

Useful resources

How to Sleep well with pain



If you're living with pain and struggling with sleep then you're not alone. It's very common for people with persistent pain to have difficulties getting to sleep or staying asleep.

Why can't I sleep?
It's likely that there are a number of causes of your sleep difficulties. Here are six triggers often found by people living with pain:

- You NOTICE your pain more as there are no other distractions at night
- You are experiencing MOOD CHANGES that create tension in your body
- You are NOT COMFORTABLE in your bed or you are DISTURBED by sounds or light in your bedroom
- Your MEDICATION for pain or low mood makes you drowsy in the day so you sleep at irregular times
- You WORRY about how your lack of sleep will affect you the next day
- You are NOT IN A REGULAR ROUTINE so your mind and body are confused about when it is time to rest.

A vicious cycle
You have probably discovered that poor sleep can have some unhelpful effects on your day-to-day life.
After a broken night's sleep you may find:

- it's harder to concentrate
- you are short tempered with other people
- your mood is low

It's very common for people to find that poor sleep makes their pain seem worse. They can find themselves in a vicious cycle where pain makes sleeping difficult, and poor sleep worsens pain.

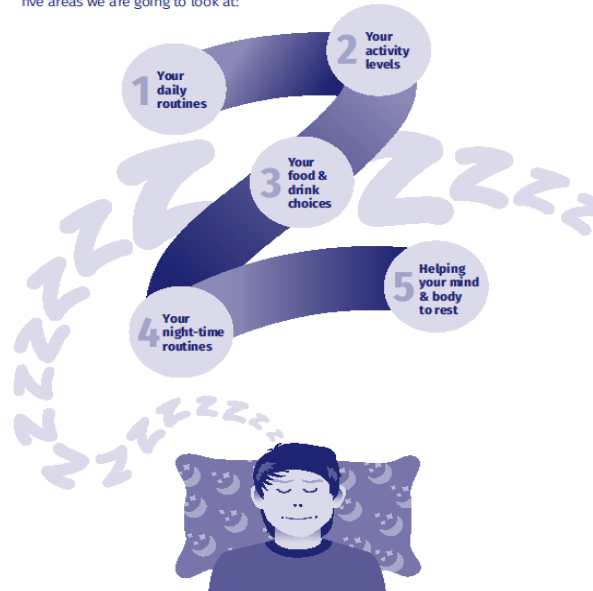
The really good news is that there are lots of ways to improve your sleep.

The good news
Thanks to recent research, we now know that sleeping well with pain is possible, with a different approach and maybe a few new skills.
Over the next few pages we will share with you some ideas and techniques that other people living with pain have found helpful. We're going to look at five areas of your life and suggest some simple changes that you can make to your activities and routines.
Some things you can try out straight away others may need a bit more thought and planning. So we're also going to show you how to set some sleep well goals and then create a plan so that you can get going.

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The five areas

There are lots of changes you can make to help you to sleep well. Over a period of five to six weeks these can make a huge difference. Here are the five areas we are going to look at:



well with pain

My sleep well plan

	My sleep well goals	What I will do	When I will do it	What I need to help me
1 My daily routines				
2 My activity levels				
3 My food & drink choices				
4 My night-time routines				
5 Helping my mind & body to rest				

Lived Experience - Sleep

- What helped you improve your sleep?
- What specific strategies do you use now?
- What would have been helpful to hear from a Health Care Professional?

Su – Sleep

- Sleeping is always a nightmare. I get about 4 to 5 hours on a good night. Normally its 2-3 hours. However, since using the Calm app I have been getting 6 to seven hours some nights.
- I have no tv, no phone, no books, just Alexa and when I ask her to read my books and what chapters to read it helps me to relax and fall asleep.
- Sometimes I use the Calm app with the dulcet tones of Stephen Fry driving through the lavender fields in France.
- Sometimes I just have Buzz for company.



Footstep 7

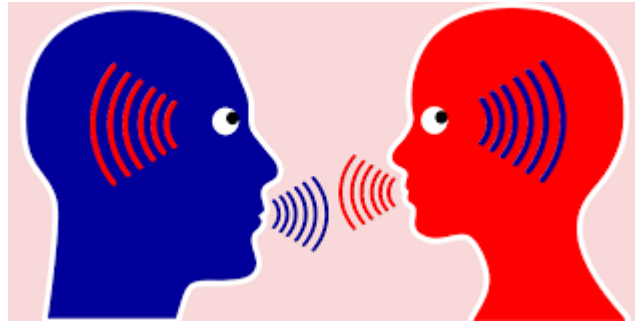
Communication



Relationships & Communication

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- Pain has a wide reaching impact on many different relationships in peoples lives



- As a result, the communication and dynamics within these relationships can change. Sometimes in a positive way; but often in a negative way creating more emotional pain

Lived experience: Communication

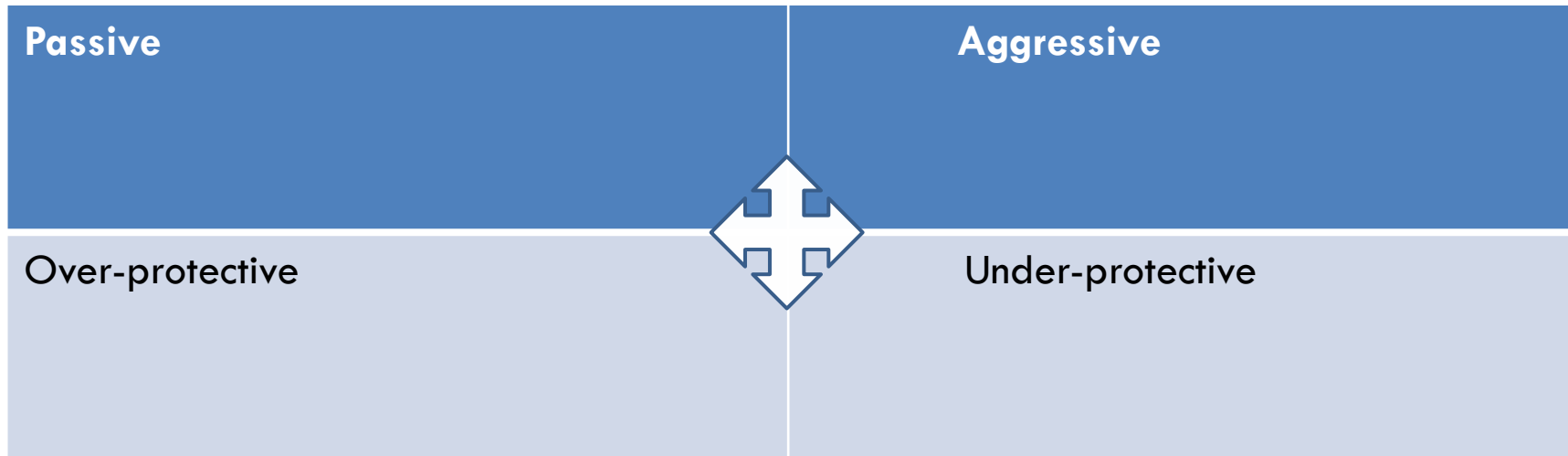
- Did your pain have an impact of your communication/relationships?
- What difficulties did you face?
- What strategies enabled you to communicate your needs better ?

Su's relationships and communication

- When in pain it is really difficult to let people know, especially when in the early stages and you don't know yourself what's really happening.
- Friends is a whole other issue. You lose them and the ones you don't lose, try to be your carer. Its hard to say no to someone who is only trying to help and that's the difficult part.
- The spoon Theory – my husband couldn't comprehend at all what I was going through. Trying to tell him was a nightmare when its hard to describe. I was shown the spoon theory and it helped my husband understand a bit better what my days were like.

Communication problems & relationship styles

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Support people to develop their communication skills

Here are some communication suggestions to share with the person you're supporting:

- ❑ People can't see pain, so they won't know what you have to deal with. Explain your condition – if you don't, they will guess and probably get it wrong.
- ❑ Let people know persistent pain is a long term condition which requires self management and explain what this is.
- ❑ Remember that different people need to know different things. Family, friends, employers, health care professionals all need different types of information to support you, so focus on the things they need to know.
- ❑ Be confident, keep calm, know what you want to say, practice saying it.
- ❑ It's OK to tell others what you need – such as to go slowly or to take rest breaks.
- ❑ Saying 'no' is OK – this is not about people pleasing.
- ❑ Don't say "I'm fine" if you're not.
- ❑ If there's something you can't do – be honest about it and say so. But always try to include a positive, like "I'm learning how to manage this."

Helping patients explain their pain to others

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- **Developing useful phrases**
 - “I have a long-term pain condition but I’m learning to manage it”

- **Asking or declining help**
 - “I am having a bad day today so could you help do xxx?”
 - “I am pacing my activity and working towards my goal of xxx. I am confident that I can manage this on my own”

- **Asserting needs to family & friend, health care professionals; employers; HR, occupational health:**
 - Encourage patients to write down any questions to be asked
 - Practice / role play
 - Emphasis the patients expert knowledge in their own pain

Footstep 8

Managing moods



Footstep 8 Moods

- Mood problems are very common in people with chronic pain
- At least 50% of people with chronic pain are depressed
- The ongoing presence of mood problems can often indicate greater disability and dependence as a result of pain
- Managing mood is an important factor that needs addressing

White board Task: What ways have you found pain affects mood?

Lived experience stories: In what ways did pain affect your mood?

Su - Managing moods

- Managing my moods when busy is the hardest. I am a very calm person anyway but sometimes I want to have a bit of a moan, usually about nothing in particular, but my Play station 3 comes in handy to help.
- Playing games where I can shoot the bad guy helps. Not for everyone but I'd rather vent my frustration on the Playstation so I don't upset anyone.

Pain & Mood

Pain can impact mood in many different ways, the three most common ways that mood is effected are;

Anxiety can be linked to:

- overestimate of the danger or harm
- underestimate ability to cope + use resources or rescue factors

Anger is linked to:

- pain itself / sense of injustice
- Loss of identity & what used to do
- Frustration at not being listened to or understood

Depression is shift in thinking to:

- Negative view of self, others and the world and the future

The five areas model - anxiety

Thoughts

- My pain keeps getting worse
- It must be something serious
- I can't work
- How will I cope financially?
- I need this pain sorting out

Feelings

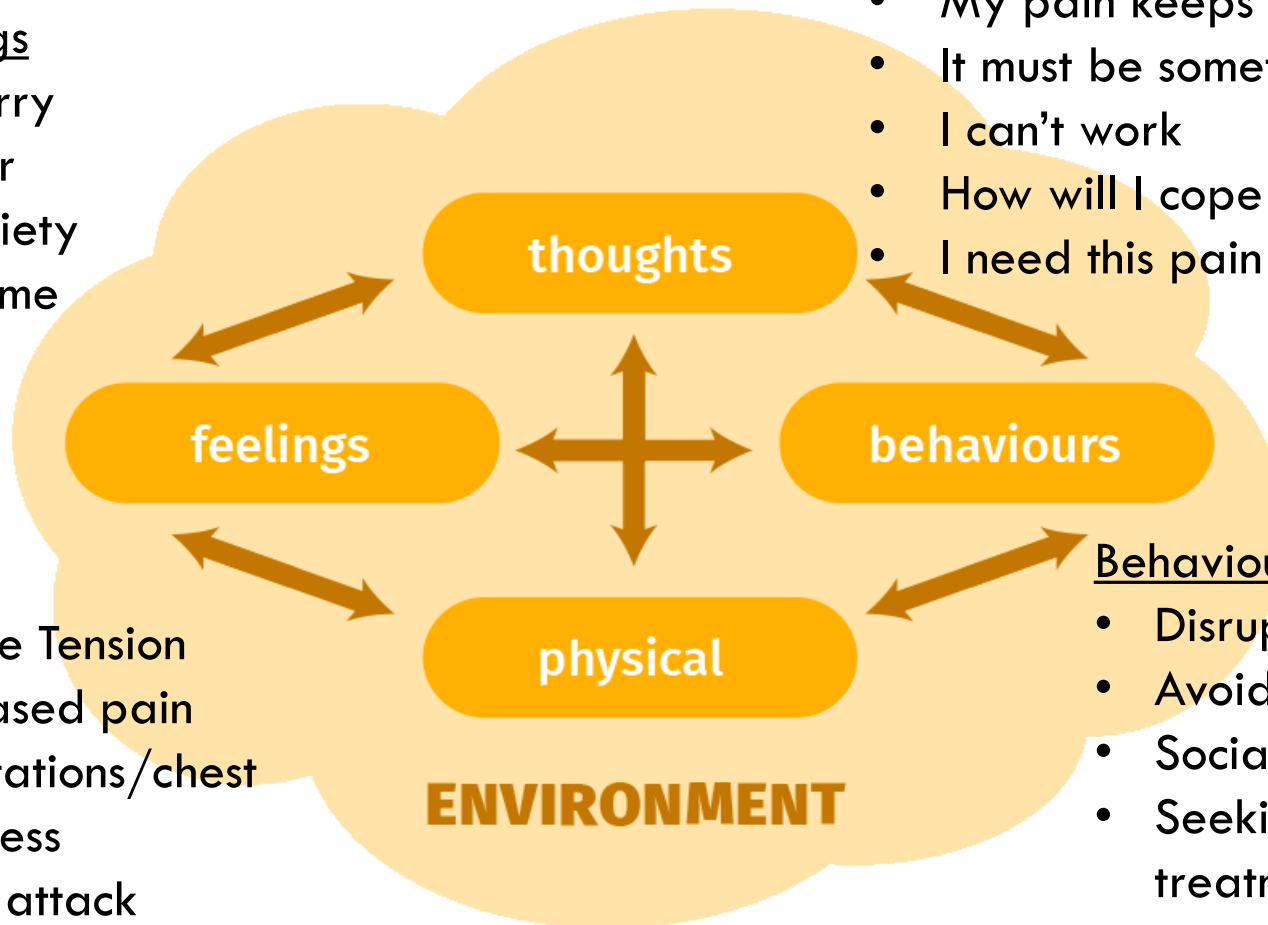
- Worry
- Fear
- Anxiety
- Shame

Physical

- Muscle Tension
- Increased pain
- Palpitations/chest tightness
- Panic attack

Behaviours

- Disrupted sleep
- Avoidance
- Social isolation
- Seeking medical treatment / second opinions
- Poor engagement



Discussion task: How to ask about mood?

- Does the pain have any impact on how you feel? In what way? Give an example in the last week to help me/us understand.
- We've spoken a lot about how the pain effects you physically, does it effect you emotionally at all? In what way? Give an example.....
- How would you describe your mood at moment?

Another way to explore mood issues is with these questions in Footstep 6

Identify mood issues and review regularly

To identify moods quickly you can use these two questions, adapted for the different moods:

□ For depression or low mood:

1. During the last month, have you often been bothered by feeling down, depressed or hopeless?
2. During the last month, have you often been bothered by having little interest or pleasure in doing things?

□ For anger:

1. During the last month, have you often found yourself being angry, irritable or frustrated, every day or some days?
2. During the last month, have you found that being angry, irritable or frustrated has interfered with your day-to-day life, affected others or the pain itself?



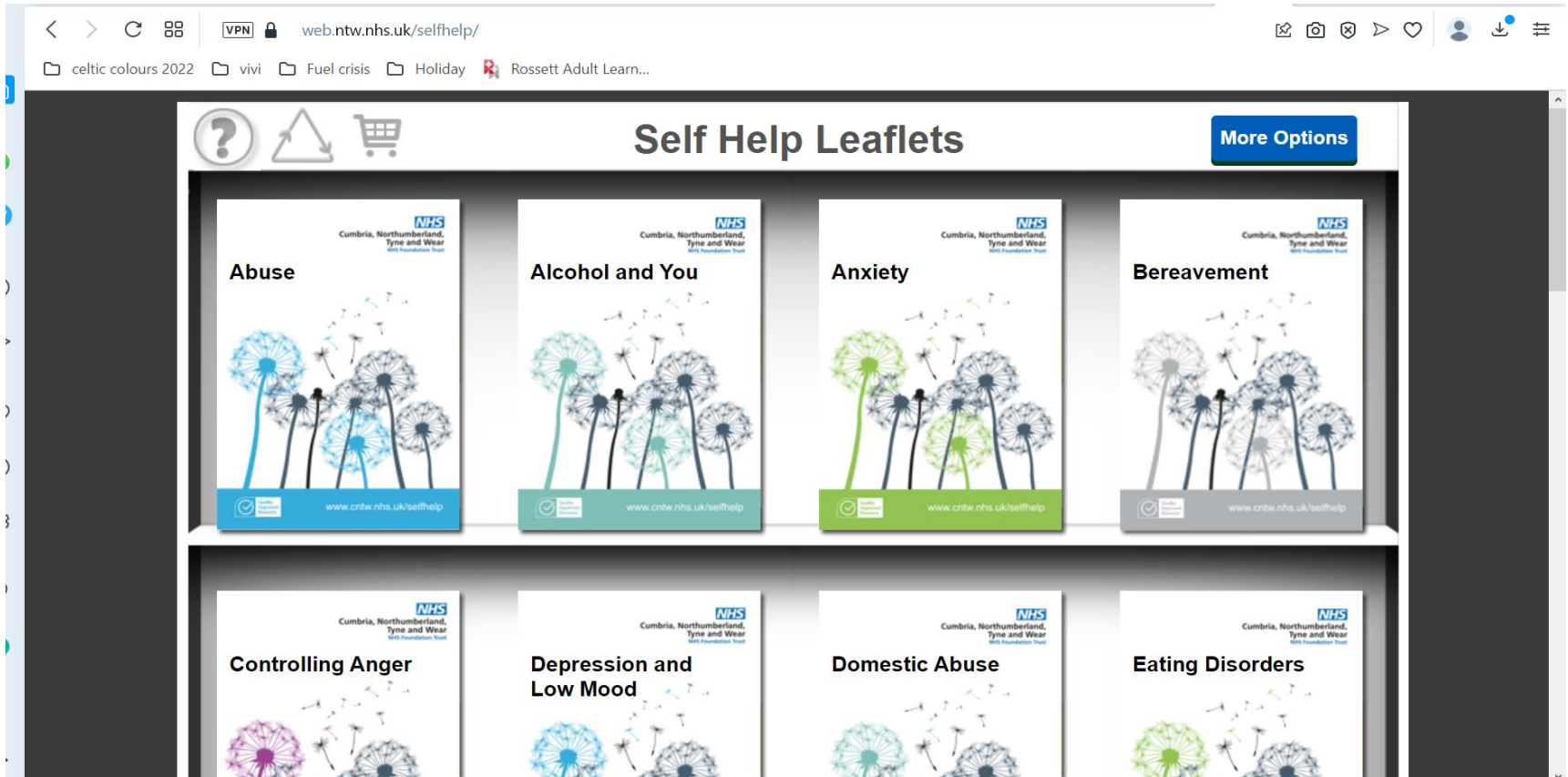
Encourage self-care strategies

FOOTSTEP Six

- ❑ **Nine ways to help you manage moods**
- ❑ 1. Noticing negative thoughts
- ❑ 2. Practice ‘balanced thinking’
- ❑ 3. Do things that unwind your mind
- ❑ 4. Build a list of positive things you have done today, or this week
- ❑ 5. Practice being kind to yourself
- ❑ 6. Learn from others with similar pain issues
- ❑ 7. Get into helpful habits
- ❑ 8. Discover other ways to tackle negative thinking (You can find self-help resources to manage moods in most local libraries or explore the websites below)
- ❑ 9. Share your plans with people you trust and get their support

Remember that you are not alone.

Useful CBT resources; – Free and in app



NHS Self Care <https://web.ntw.nhs.uk/selfhelp/> and the free app

Role Play Task; Break out rooms

Work in pairs; one person be the clinician and the other be the patient...

Patient:

- ❑ Role play a person with pain who is experiencing either;
- ❑ low mood
- ❑ increased anxiety
- ❑ Frustration/anger

Clinician:

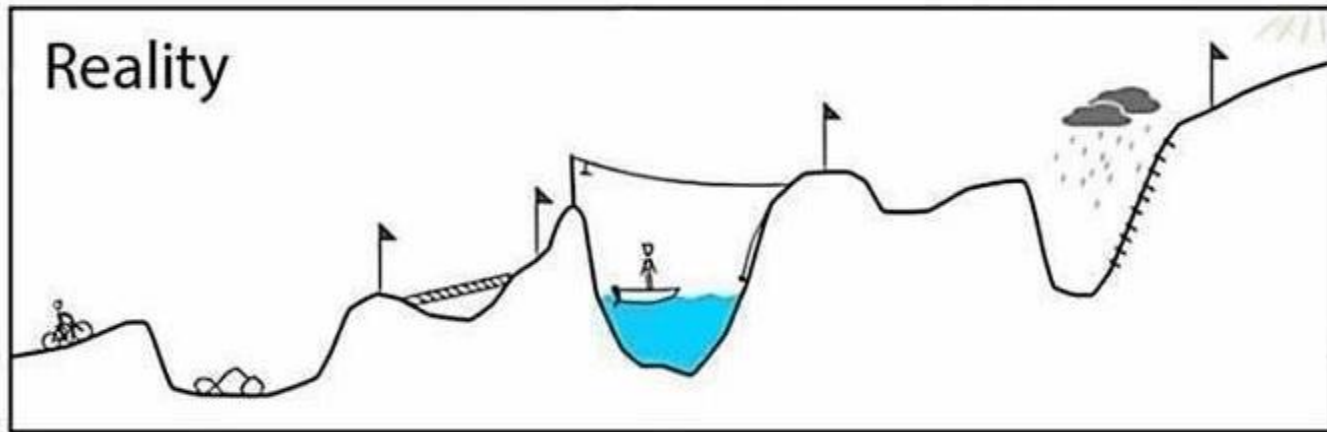
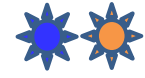
- ❑ Ask about mood to establish how it is being effected by pain.
- ❑ Explain the biopsychosocial nature of pain to reassure the patient.
- ❑ Suggest some self-care strategies that the patient could try to improve how they feel.



Footstep 10

Managing setbacks





Thought experiment

What is a Setback

What causes a setback



Footstep 10:

3 ways to manage setbacks*

Sign posts

- ▣ Learn to recognise the situational signs of heading into a flare up

Warning signs

- ▣ Physical and/or emotional signs you are about to have a flare up

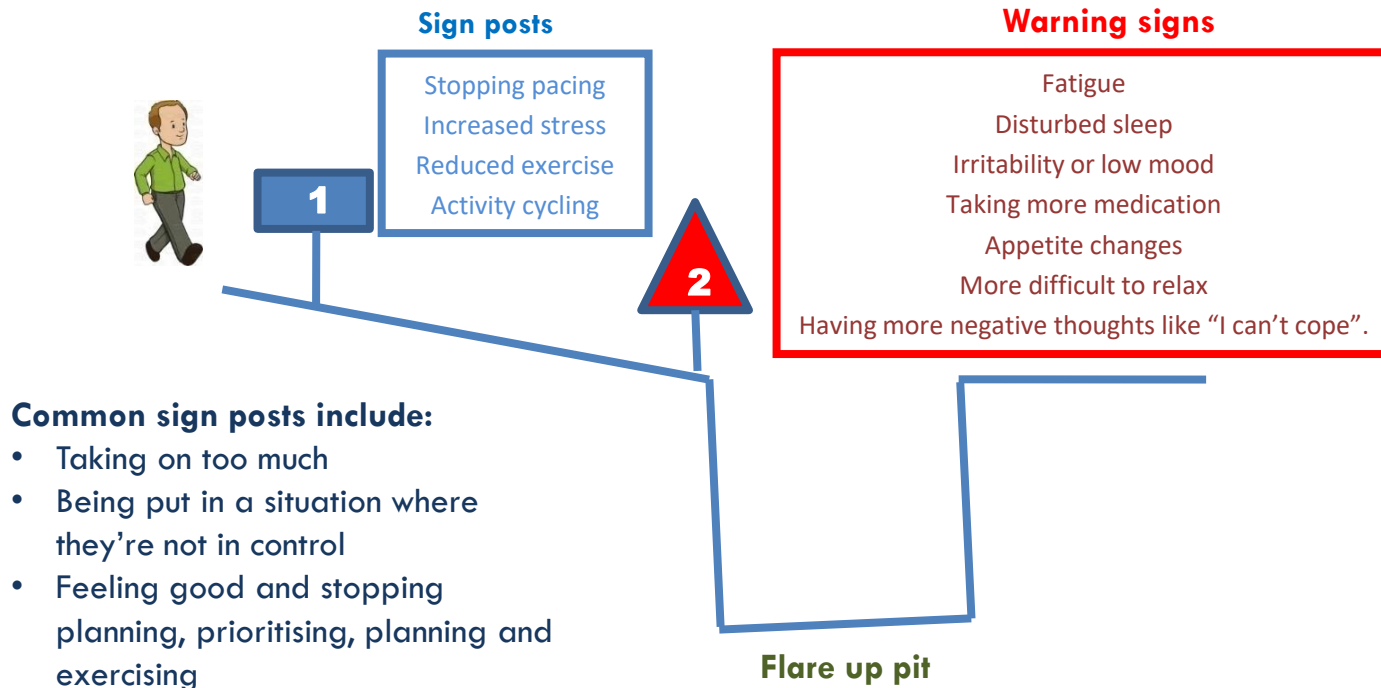
Flare up management plan

- ▣ Develop a practical plan to manage a flare up if you can't stop it happening

Set backs : Prevention and Management



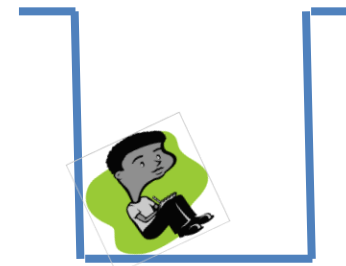
Sign posts and warning signs



Set Backs: Have a Plan!



- Even with the best of planning it may be impossible to avoid a flare up
- It is important to have a plan to follow
 - ▣ Having a plan is much better than not knowing what to do
 - ▣ It enables you to stay in control even if the pain is worse
 - ▣ It will generally help you to manage it more confidently and recover more quickly



Individual Setback Plan

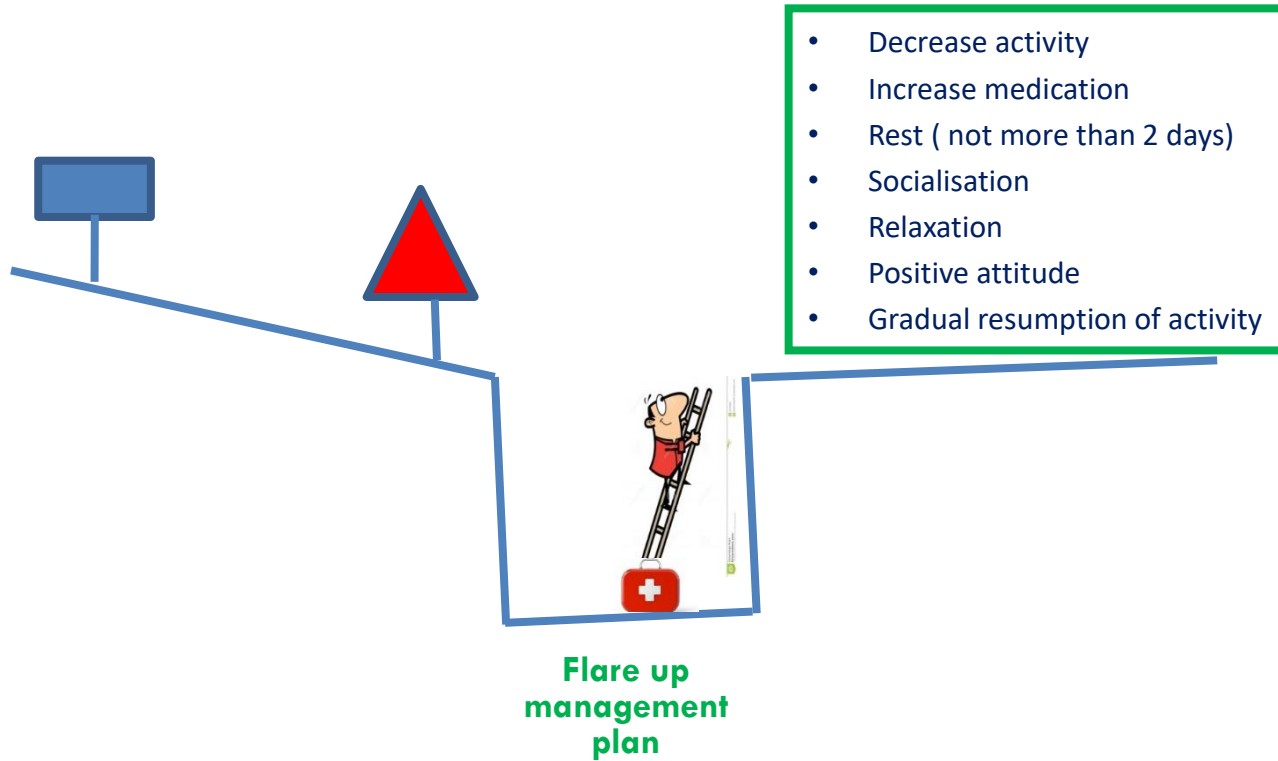


Free think

What might be helpful to have in a flare up management plan?

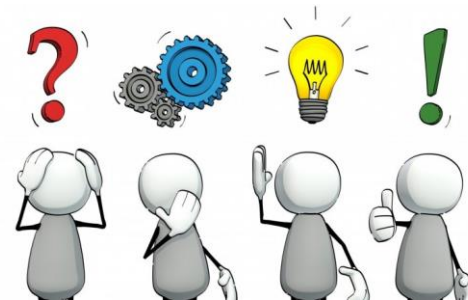
Set backs : Prevention and Management

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What helps you during a Setback?

- Distractions and/or Not talking about it
- Rest and/or Lie down
- Ice packs
- Engage the senses & treats e.g. Drinking cola, smelly candle, nice bath, Massage, Heat
- Gentle stretching
- Something social e.g. Going out
- Glass of wine
- Flare up “*Box*”
- Knowing when to stop/pause/rest
- Use of supports/splints and aids during the flare up
- Medication (speak with your prescriber)



Developing a Setback Plan

The things that help me get through setbacks

Add as many ideas as you like

(if you need inspiration, look at the list on the previous page or talk it through with someone who knows you – a friend, family members, doctor or other practitioner)

Rest



You may find it useful to share this setback plan with the GP or other practitioner who is supporting you to manage your pain.

The three Ps



Plan



Prioritise



Pace yourself

My “Setback box”



The best time to start
weaving your parachute
is not when you have
jumped out of the plane!



Lived Experiences

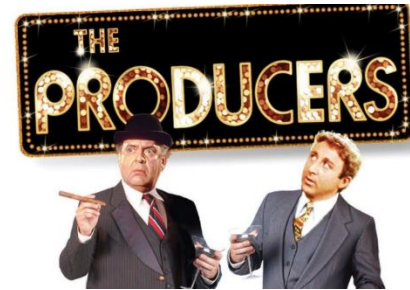


Su's Setbacks

- My husband, my dog and my dearest friends help me through my setbacks.
- Not having all of the above would make it unbearable but very quiet.



Mark – Managing Setbacks



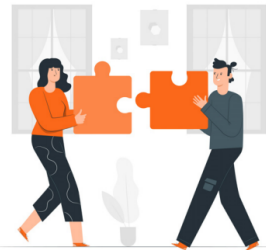
Resources

<https://livewellwithpain.co.uk/wp-content/uploads/2022/11/Managing-setbacks.pdf>



How to manage setbacks

For people living with persistent pain



Most people living with persistent pain experience setbacks. So being confident to deal with them is a 'must have' skill for an easier time. This booklet shows you how to deal with setbacks effectively.

My setback plan

My triggers Things that trigger a setback for me	How high is the risk of this happening? 1 = very low risk 5 = very high risk
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5

My most recent setback What were the things that contributed to it happening?	How likely is it that these things will happen again? 1 = very unlikely 5 = very likely
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5
	1 2 3 4 5

When should I seek professional advice?



- **New symptoms** that you are not familiar with?
 - Experiencing **new changes in your health**,
e.g. Unexplained weight loss, fever or temperature, changes in bladder or bowel control, significant weakness
 - **New injury or trauma** that caused existing symptoms to worsen, &/or New symptoms e.g. a fall or car accident?

- Using **flare up skills for at least two weeks** and your symptoms are continuing to worsen?

Caveat: Check in with expectations

Dealing with setbacks

Key ideas

- ✓ Setbacks are likely to occur but can pass
- ✓ Working through the other footsteps can reduce the risk of setbacks
- ✓ It is important to encourage patients to plan for setbacks

Refresher of The Ten Footsteps

- Footstep 1 – Pain and the Brain**
- Footstep 2 – Acceptance**
- Footstep 3 – Pacing**
- Footstep 4 – Goal Setting**
- Footstep 5 – Relaxation & Mindfulness**
- Footstep 6 – Sleep**
- Footstep 7 – Communication**
- Footstep 8 – Mood**
- Footstep 9 – Medication & Nutrition**
- Footstep 10 – Managing set-backs**



Confidence levels + learning outcomes

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1. Score your confidence to enable a person with chronic pain to engage with self management skills

**0 (no at all confident) – 10
(absolutely confident)**

2. If the confidence level **has changed** since the last session
Share **two reasons** in the chat

Thank You!

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Sign up on the website for regular newsletters and any news updates including new events or additional resources added to the website

Ten Footsteps Training Plus+ Regular one hour online sessions throughout 2023 led by Frances Cole and other LWWP members to help with use of skills in the workplace and problem solve

Free to attend for delegates who have completed the Ten Footsteps Training Programme. Contact info@livewellwithpain.co.uk providing completed post training evaluation and obtained certificate

- ❑ Course certificate – details of how to access will be sent via email
- ❑ Course evaluation online questionnaire:
https://nclpsych.eu.qualtrics.com/jfe/form/SV_d6cKlQLsIQcST6m.



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