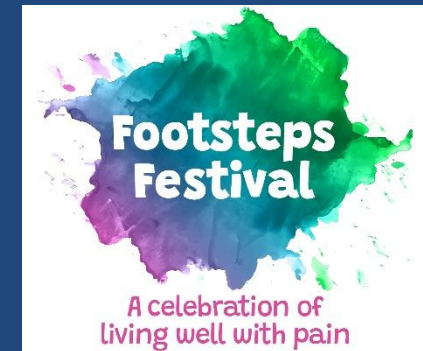


# PAIN SELF-MANAGEMENT TEN FOOTSTEPS PROGRAMME

- Sean Jennings, Lived Experience Trainer
- Ann Livingstone, Lived Experience Trainer
- Rachel Stovell, Specialist Pain Physiotherapist
- Dr Laura Hissey, Specialist Pain Physiotherapist



**28<sup>th</sup> February 2024**  
**Session One**





# Welcome & Introductions

2



Introductions



Overview



House keeping

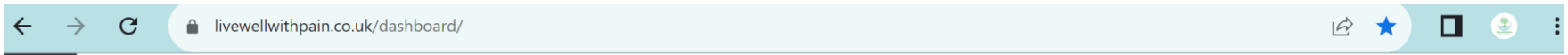


Learning objectives



# Pre-Course Evaluation and Website log in

3



home | **dashboard**

## Welcome to Live Well with Pain for practitioners

*Live Well with Pain* is the largest collection of resources for practitioners, developed by clinicians and people with lived experience, and used by thousands of professionals in health and social care settings throughout the UK and beyond.

*Live Well with Pain's* wide range of trusted resources are designed to help you support people on their journey to becoming effective self managers of their persistent pain.

### True Story videos

Nothing inspires us more than hearing from someone who has gone through something similar to ourselves, and found a positive way through it.

**EXPLORE TRUE STORIES** →

These videos featuring people with lived experience of pain will encourage those you are supporting in their efforts to adopt a self management approach.

People living with pain can access all of these videos when they sign up to this site.



### My favourites

#### Favourite pages

Live Well with Pain Health Check tool ★  
True stories ★

#### Favourite resources

No resources chosen as favourites

[View all favourites](#)



HOME



DOWNLOADS



FAVOURITES



SKILLS & KNOWLEDGE



MEDICINES



TEN FOOTSTEPS



TRAINING ZONE



LOG OUT



# Aims of Ten Footsteps Training

4



To teach evidence-based knowledge on pain & self-management



To provide skills + tools & resources to support people with pain using Ten Footsteps programme



To introduce ways to have different conversations; be a coach or guide; and enable people to make and sustain changes



To teach self-management core skills; *pacing, goal setting, getting more active, setbacks, sleep issues*



To encourage positive, helpful attitudes to working with people with pain



To provide support, resources + access to further training



# TASK - poll

## Confidence levels + learning outcomes

5

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

**0 (not at all confident) – 10 (absolutely confident)**

2. Write **one** learning objectives for the training in the chat

# Part 1 – The Biopsychosocial impact of Pain

6

- Understanding the impact of long-term pain
- Assessing the impact of Pain
  - The Pain Cycle
- Ann's Story
- Sean's Story
- Recognising the biopsychosocial nature of pain
  - The Live Well With Pain Health & Well Being Tool
  - Pain Iceberg Tool



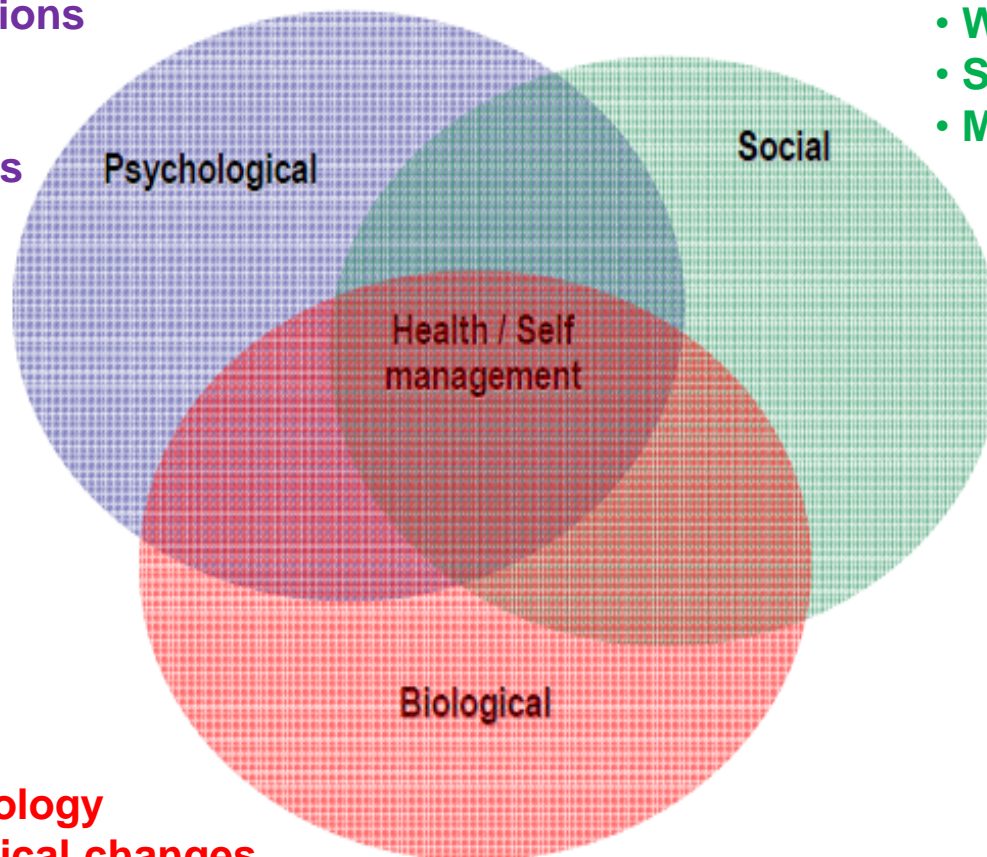
# Task: The impact of long-term pain

What is the impact of long-term pain on individuals ?



# The Bio-psychosocial model of Pain

- Beliefs & expectations
- Worry
- Distress
- Thought processes



- Relationships
- Environment
- Work
- Support network
- Media

- Pain
- Pathology
- Physical changes



# Impact of Pain – Ann's Story





# Impact of pain – Sean’s story

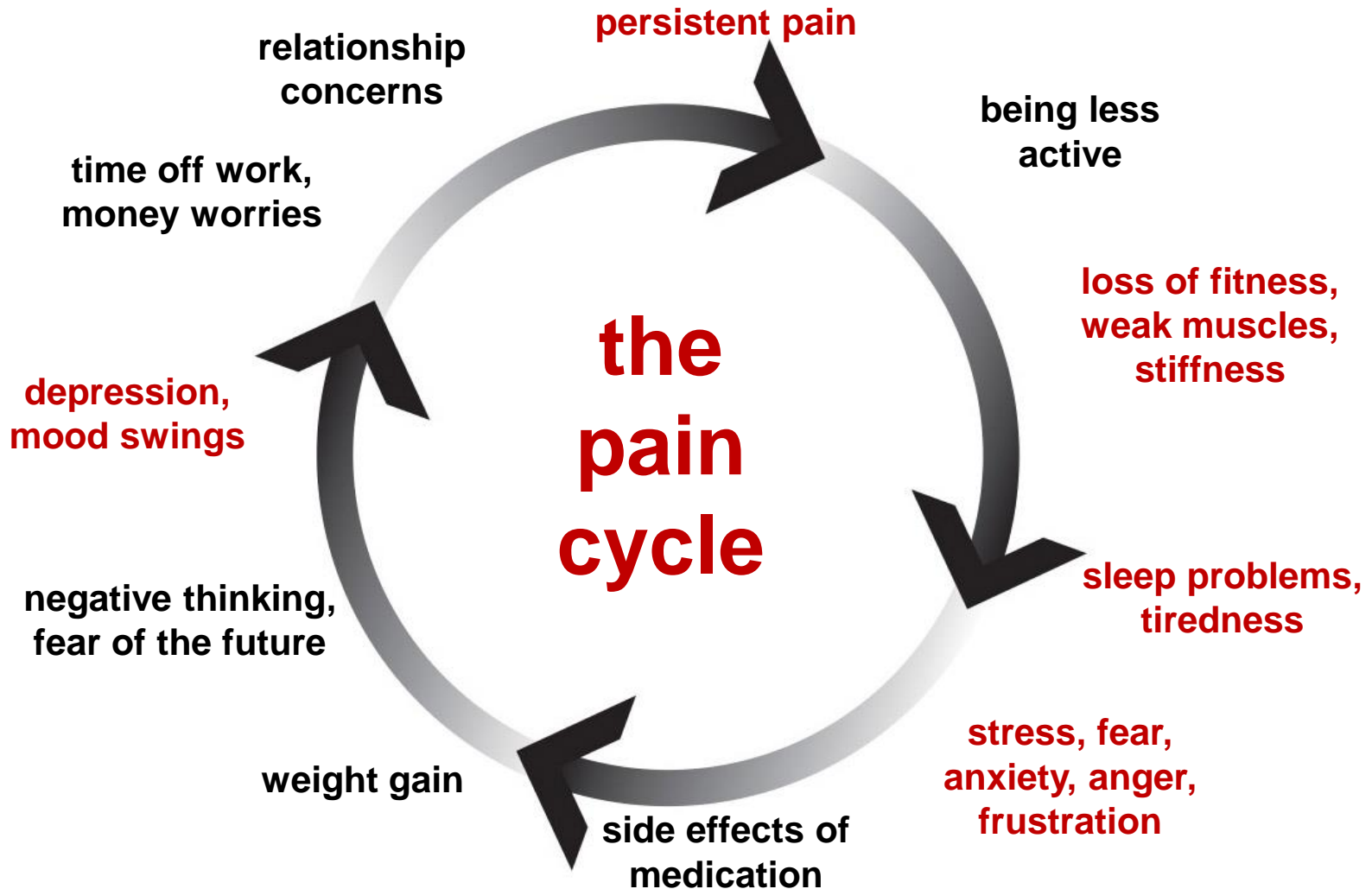


- Not being able to do all activities after operation.
- Exploratory operation, diagnosed nerve entrapment in gauze repaired
- Extensive social life all gone
- Feeling totally worthless
- High dose polypharmacy
- Weight gain through inactivity, and medication

# The Pain Cycle

Understanding the 'what' before the 'how'

11



# Live Well with Pain Health & Well-Being Tool

The LWWP Health Check tool is for practitioners in primary and community care use.

Works well in 10-15 minute consultation times - helps:

- address impact of chronic pain on an individual's health & wellbeing.
- widen focus of medication review
- use resources that exist within the local context
- provide outcome measures of changes in mental health wellbeing, self-efficacy, pain intensity & pain distress.

# Live Well with Pain Health Check

Exploring how pain affects your health and life

Please help us understand about your health and the main obstacles to improving your quality of life and self managing with confidence.

There are **four steps** to completing this Health Check. Please complete all four steps – tick or circle all the answers that apply to you.

## STEP 1 How do you feel?

For each statement please circle which is closest to how you have been feeling over the past two weeks

|  | all of the time | most of the time | more than half the time | less than half the time | some of the time | at no time |
|--|-----------------|------------------|-------------------------|-------------------------|------------------|------------|
| I have felt cheerful and in good spirits                   | 5               | 4                | 3                       | 2                       | 1                | 0          |
| I have felt calm and relaxed                               | 5               | 4                | 3                       | 2                       | 1                | 0          |
| I have felt active and vigorous                            | 5               | 4                | 3                       | 2                       | 1                | 0          |
| I woke up feeling fresh and rested                         | 5               | 4                | 3                       | 2                       | 1                | 0          |
| My daily life has been filled with things that interest me | 5               | 4                | 3                       | 2                       | 1                | 0          |

## STEP 2 Tell us a bit about your pain

### Your current level of pain

Circle one of the numbers on the scale to rate your pain level at present.

0 = 'No pain' 10 = 'Worst/extreme pain'

0 1 2 3 4 5 6 7 8 9 10

### Your pain over the last seven days

Circle the number on the scale to rate how distressing the pain was on average over the last seven days.

0 = 'No distress' 10 = 'Extremely distressing'

0 1 2 3 4 5 6 7 8 9 10

### Managing your pain

Please rate how confident you are that you can do the following things at present, despite the pain. Circle one of the numbers on each of the scales.

0 = 'Not at all confident' 6 = 'Completely confident'

"I can live a normal lifestyle, despite the pain"

0 1 2 3 4 5 6

"I can do some form of work, despite the pain"

0 1 2 3 4 5 6

(work includes housework, paid and unpaid work)

## STEP 3 Do you have any problems or difficulties with:

- Walking or moving about, lack of fitness and stamina
- Balance or recurrent falls
- Side effects or problems with current pain medication e.g. tablets etc.
- Pain relief
- Understanding why persistent pain occurs
- An unhelpful cycle of activity of less pain, so do too much, so more pain, so rest more often or for longer
- Eating the right sort of foods, weight changes
- Disturbed sleep, tiredness or lack of energy
- Managing mood changes of depression, anger, anxiety or worry
- Relationship difficulties: with partner, family etc, or sex life concerns
- Remaining in work or returning to work and/or training
- Financial or money difficulties

Other difficulties (for example, concerns about housing, leisure or social events, drinking, gambling or drug use). Please describe here:

## STEP 4 If you ticked more than three boxes above, please circle the three most important ones to change.

Have you completed all four steps?  
We have the completed form with you at your pain management and medicines review. We will look at it together to help explore your concerns, issues and problems linked to your pain. Thank you for helping us understand how your pain is affecting your health and life.

Name: \_\_\_\_\_ Your date of birth: \_\_\_\_\_  
Completed by: \_\_\_\_\_

# Live Well with Pain Health & Well-Being Tool

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© My Live Well with Pain UKA 10/21

## Live Well with Pain Health Check

Exploring how pain affects your health and life

Please help us understand about your health and the main obstacles to improving your quality of life and self managing with confidence.

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| I have felt active and vigorous                            | 5               | 4                | 3                       | 2                       | 1                | 0          |
| I woke up feeling fresh and rested                         | 5               | 4                | 3                       | 2                       | 1                | 0          |
| My daily life has been filled with things that interest me | 5               | 4                | 3                       | 2                       | 1                | 0          |

## STEP 1 – How do you feel?

- **STEP One** - the person completes the WHO Mental Well Being scale. It asks about five emotional areas > have affected the individual in previous two weeks.
- WHO MWB scale is validated for people with chronic pain & other health conditions. It is translated into more than 30 languages & used worldwide.

# Live Well with Pain Health & Well-Being Tool

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## STEP 2 Tell us a bit about your pain

### Your current level of pain

Circle one of the numbers on the scale to rate your pain level at present.

0 = 'No pain' 10 = 'Worst/extreme pain'

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

### Your pain over the last seven days

Circle the number on the scale to rate how distressing the pain was on average over the last seven days.

0 = 'No distress' 10 = 'Extremely distressing'

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

### Managing your pain

Please rate how confident you are that you can do the following things at present, despite the pain. Circle one of the numbers on each of the scales.

0 = 'Not at all confident' 6 = 'Completely confident'

*"I can live a normal lifestyle, despite the pain"*

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

*"I can do some form of work, despite the pain"*

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|

(work includes housework, paid and unpaid work)

## STEP 2 – Tell us a bit about your pain

- **Step 2** - about aspects of pain and the self-confidence to manage it. Person records **pain intensity & pain distress** levels. The higher the level of distress the greater the current and past emotional content is important to consider.
- **Self confidence (Pain Self Efficacy Questionnaire – PSEQ 2)**. These two validated questions help identify the level of confidence the person has to self-manage currently. The closer the score out of 12, the greater the level of confidence to self-manage. Levels less than 4 = low levels of confidence so more complexity in the impact of pain on the individual's health.

# Live Well with Pain Health & Well-Being Tool

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## STEP 3 Do you have any problems or difficulties with:

- 1 Walking or moving about, lack of fitness and stamina
- 2 Balance or recurrent falls
- 3 Side effects or problems with current pain medication e.g. tablets etc.
- 4 Pain relief
- 5 Understanding why persistent pain occurs
- 6 An unhelpful pattern of activity of doing too much, getting more pain, then doing too little
- 7 Eating the right sort of foods, weight changes
- 8 Disturbed sleep, tiredness or lack of energy
- 9 Managing mood changes of depression, anger, anxiety or worry
- 10 Relationship difficulties: with partner, family etc, or sex life concerns
- 11 Remaining in work or returning to work and/or training
- 12 Financial or money difficulties
- 13 Other difficulties (for example, concerns about housing, leisure or social events, drinking, gambling or drug use). Please describe here:

## STEP 3 – Do you have any problems or difficulties with . . .

- The health needs assessment tool guides the individual to see the wider picture of the impact of pain on their health at present. 13 areas of health need are explored.
- More areas ticked or identified with problems, the more severe the impact on all aspects of health; physical, emotional & social role function.
- Severe impact with high pain distress & low confidence indicates severity and complex > consider specialist service
- Health needs assessment needs a collaborative focused person-centred approach with the person and other services where needed



# Live Well with Pain Health & Well-Being Tool

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## STEP 4

If you ticked more than three boxes above, please circle the three most important ones to change.

Have you completed all four steps?

Please have the completed form with you at your **pain management and medicines review**.

We will look at it together to help explore your concerns, issues and problems linked to your pain.

Thank you for helping us understand how your pain is affecting your health and life.

Your name

Your date of birth

Date filled in

Page 3

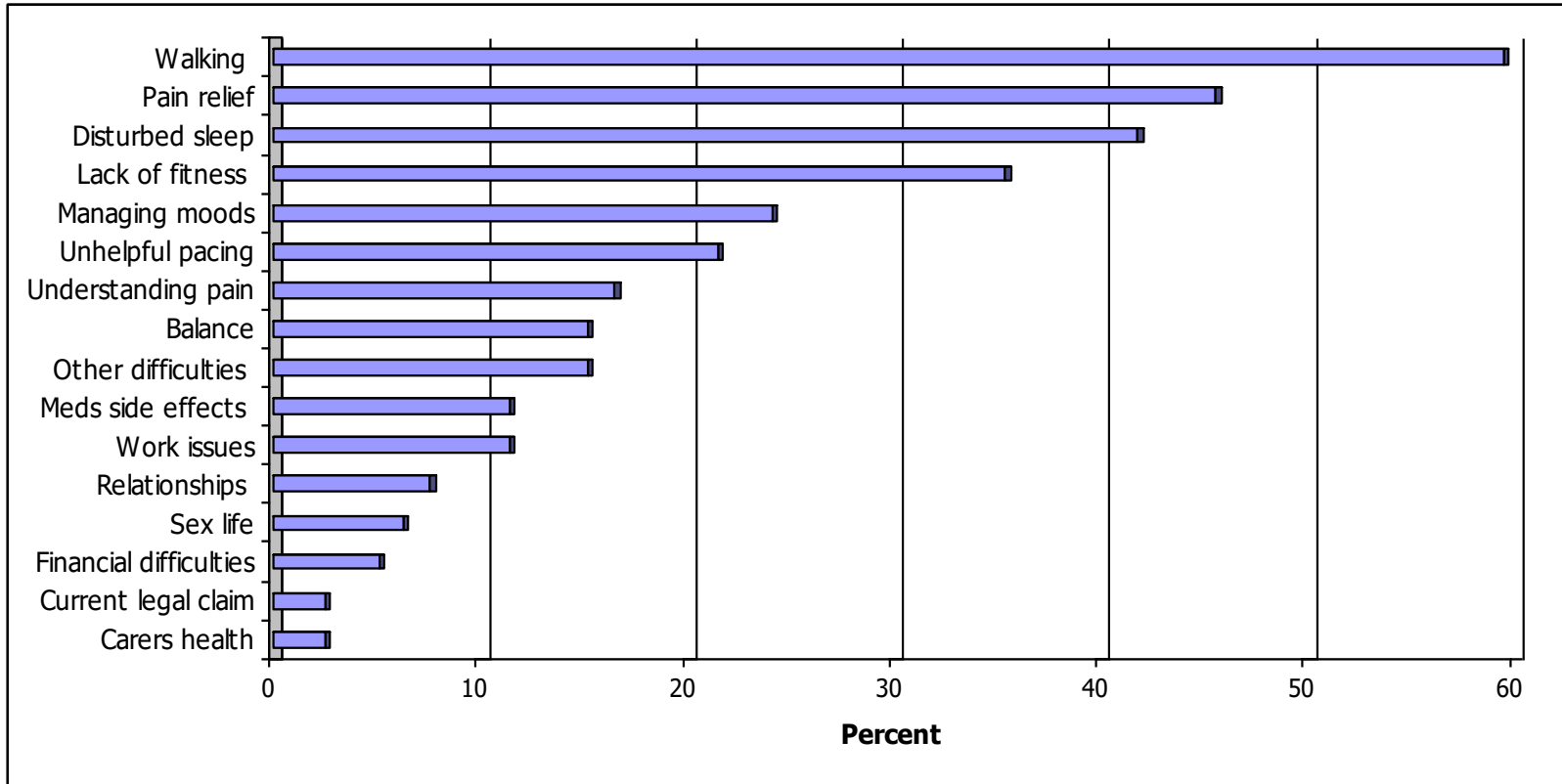
© Live Well with Pain V06 11/22

- **STEP 4 – The three most important things to change now**
- **Step 4:** guides the person to prioritise their current needs to form a focus for a consultation or review, so effective use of brief consultation time
- Patients or clients can also be directed to *Ten Footsteps to Living Well with Pain*, the online programme they can access when they sign up to this website.

# What are the priorities to change? Collation of shared Health Needs due to impact of pain

64% response rate n=79: 254 problems prioritised  
Bradford 2008

18



# LET experiences of LWWP Health & WBT

19

- What is your experience of the LWWP Health & WBT?
- What aspects are important?
- What helped from your perspective?



## Live Well with Pain **Health Check**

*Exploring how pain affects your health and life*

Please help us understand about your health and the main obstacles to improving your quality of life and self managing with confidence.

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| I have felt active and vigorous                            | 5               | 4                | 3                       | 2                       | 1                | 0          |
| I wake up feeling fresh and rested                         | 5               | 4                | 3                       | 2                       | 1                | 0          |
| My daily life has been filled with things that interest me | 5               | 4                | 3                       | 2                       | 1                | 0          |

# Practitioner experience of using the LWWP HWBT

20

“ I tend to email the LWWP HWBT prior to consultation and ask the patient to complete it and bring it along to discuss in their appointment. This really helps to save time.”

**Pharmacist,  
Nottinghamshire**

“I have found using the HWBT to be very helpful in terms of moving the focus away from medication and widening the conversation to get the self-management”

**GP,  
Bristol”**

“I regularly refer to and use Footstep 9- medication along with the LWWP HWBT to help people achieve positive outcomes whilst limiting the use of addictive pharmacological therapies”

**Pharmacist,  
Newcastle Upon Tyne**

“We have used the LWWP HWBT successfully as part of our pain management programme to get participants to think about their personal goals and what their priorities are in terms of what they want to change”

**Physiotherapist,  
Birmingham**

# Pain Iceberg Tool

Persistent pain is like an iceberg – there's so much more to it beneath the surface....

## How to use it

- Ask you patient to circle three things that they would like to change now (they can also add any other issues that aren't listed on the poster)
- Explore different ways that they could deal with these issues
- They can take the poster away with them to help remind them of what they plan to tackle



# Task; Assessing the impact of Chronic Pain Role Play

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- Work in pairs in breakout rooms
- One person be the practitioner, one person the person with pain then swap
- Use the **Live Well with Pain Health & Well-Being Tool** to assess the impact of chronic pain and identify 3 areas to change
- 15 minutes

# Part 2 – Enabling effective self management

23

- What is self-management?
  - Definition of self-management
  - What are the benefits to the person with pain, friends & family & the NHS
  - What do people need to be able to self-manage effectively?
- Engaging people with a self-management approach
- Providing a framework for understanding pain

# What is Self-Management?

Lorig KR, Sobel DS, Ritter PL, Laurent D, Hobbs M. 2001 Effect of a self management program on patients with chronic disease Effective Clinical Practice [URL:http://www.ncbi.nlm.nih.gov/pubmed/11769298](http://www.ncbi.nlm.nih.gov/pubmed/11769298)

24

**Self-management** means managing (long term) health conditions, in order to **minimise the impact** that health has **on quality of life.**

This means helping people to see that there are things **they** can do that will make a difference rather than relying on health & care professionals.



# Task (LETs): What do people need from practitioners to be able to self-manage pain?

25

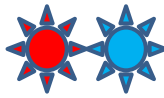
- **Accurate information** about pain to develop appropriate concepts ( e.g. explanations on what pain is and what they can expect to happen)
- **Information** = fits with what people know ( e.g. *valid* in terms of their experience)
- The chance to “**normalise**” their experience (e.g. to talk about the wider impact of pain)
- To develop a **sense of control** over the problem (e.g. explanations of pain cycle biopsychosocial nature of pain)
- The **knowledge and skills and resources** to self-manage their pain
- **Support and engagement** to develop practical self-management skills
- **Encouragement** to feel positive about what they are doing

# Engaging people in a self-management approach to their pain

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- We can work together to learn new ways to live a better, fuller life, despite the pain
- Self-management looks at all the different parts of your life. It's about discovering new ways to deal with the effects of pain on your life, learning new skills, and 'taking back control.'
- While it may be true that persistent pain can't be cured, there are many other parts of your life where changes can be made
- Self-management is about shrinking the part of your life that is about pain, and growing the other parts of your life, so that pain no longer dominates
- Learning to self-manage your pain takes time. It will mean learning new skills. So it's often better to get help and support

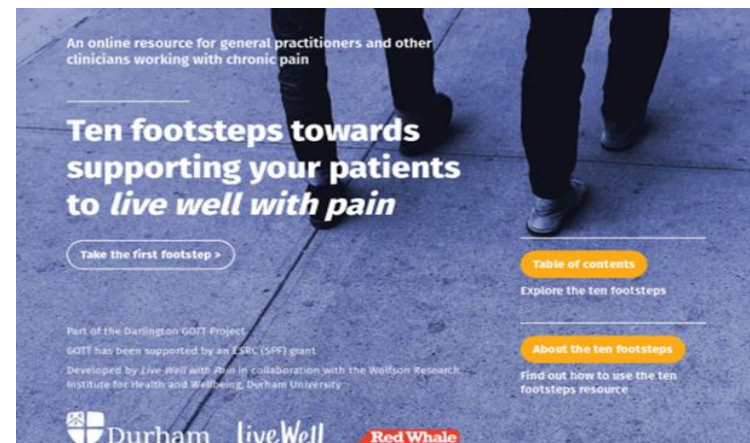




# Part 3 – Clinical Skill Development

27

- Supporting effective self-management using the **Ten Footsteps Programme**
  - **Footstep 1 : Pain & The Brain**
  - **Footstep 2 : Acceptance**
  - **Footstep 3: Pacing**
  - **Footstep 4: Setting goals**
  - **Footstep 5: Relaxation & Mindfulness**
  - **Footstep 6: Sleep**
  - **Footstep 7: Communication**
  - **Footstep 8: Managing Moods**
  - **Footstep 9: Medicines & Nutrition**
  - **Footstep 10: Managing setbacks**





Footstep 1

## **Pain and the brain**





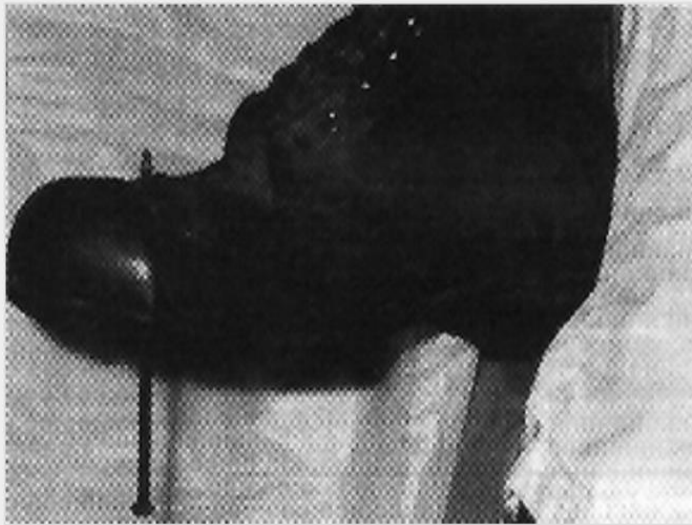
# Building Knowledge about pain

- ✘ Helping to **understand** more about the experience of pain
- ✘ Providing pain information that is **relevant**

# Pain Quiz!

1. **Pain means there is some damage or injury to the body**

True or False?



A builder aged 29 came to the accident and emergency department having jumped down on to a 15 cm nail. As the smallest movement of the nail was painful he was sedated with fentanyl and midazolam. The nail was then pulled out from below. When his boot was removed a miraculous cure appeared to have taken place. Despite entering proximal to the steel toecap the nail had penetrated between the toes: the foot was entirely uninjured.—  
P FISHER, senior house officer, D T HASSAN, senior registrar, N O'CONNOR, registrar, accident and emergency department, Leicester Royal Infirmary.

1211 people w/o symptoms

20's: 75% disk bulge  
Total: 87.6% disk bulge

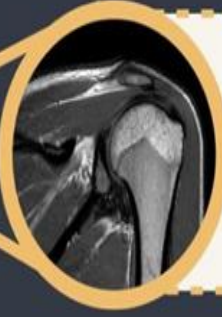
*Nakashima, H. et al. Spine (Phila Pa 1976), 2015.*



53 people w/o symptoms  
(age 45-60)

**72% SLAP injury**

*Schwartzberg, R. et al. Orthop J Sports Med, 2016.*



3110 people w/o symptoms

At 50 y/o:  
**80% disk degeneration**  
**36% disk protrusion**

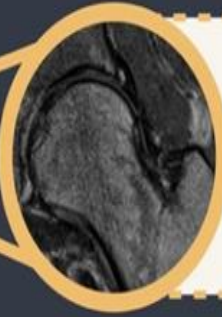
*Brinjikji, W. et al. AJNR Am J Neuroradiol, 2014.*



45 people w/o symptoms  
(age 15-66)

**69% signs of labral tear**

*Register, B. et al. Am J Sports Med, 2012.*



44 people w/o symptoms  
(age 20-68)

**43 had at least one  
meniscal abnormality**

*Beattie, K.A. et al. Osteoarthritis Cartilage, 2005.*



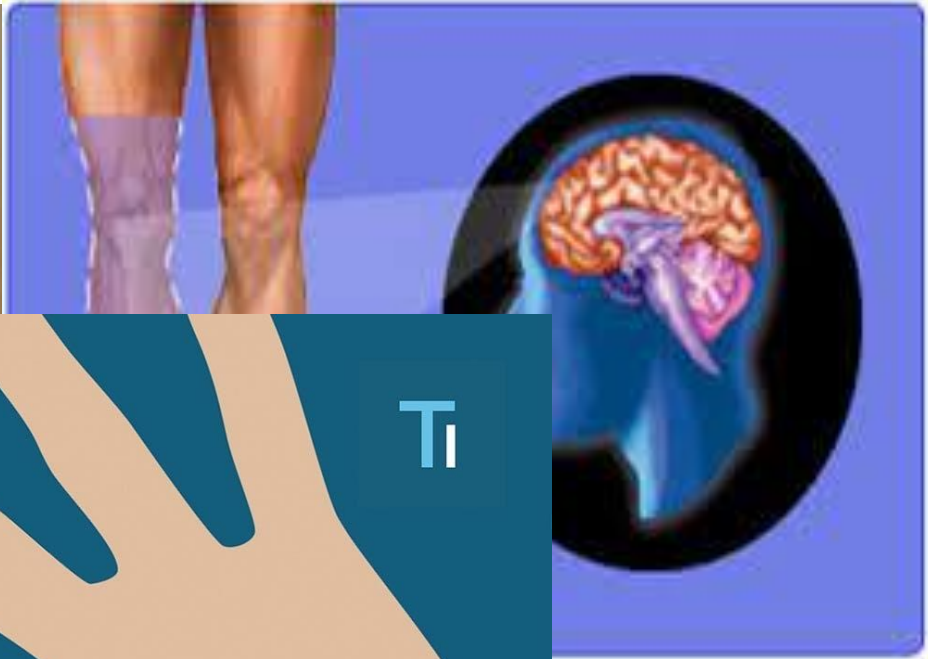
ABNORMAL OR JUST A PART OF LIFE?

**ASYMPTOMATIC FINDINGS.**

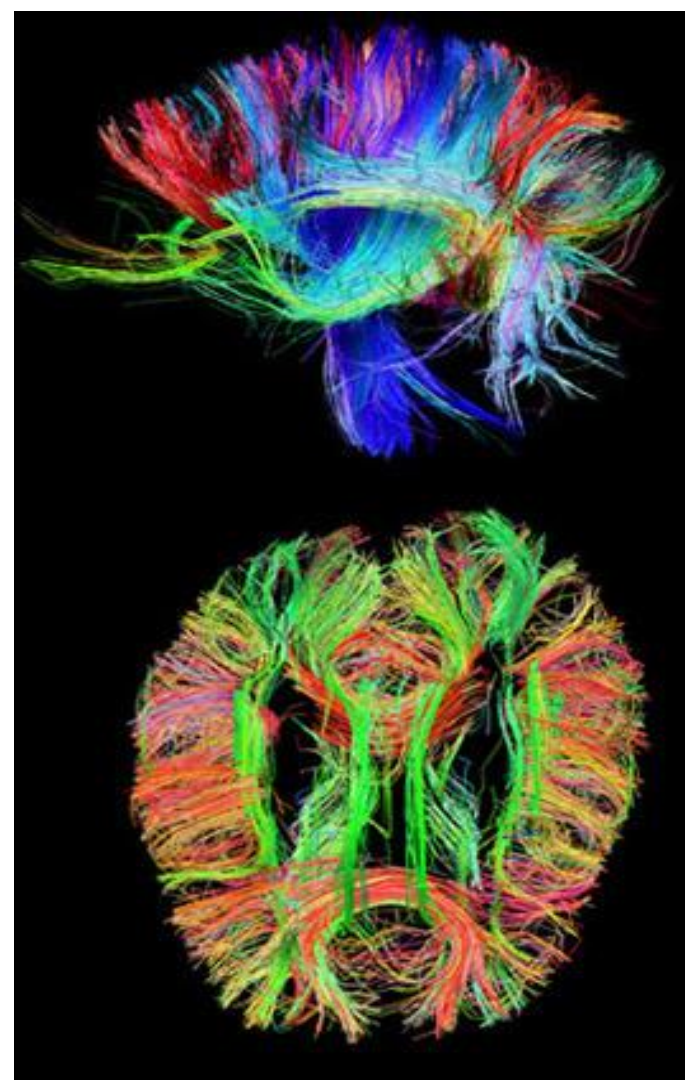
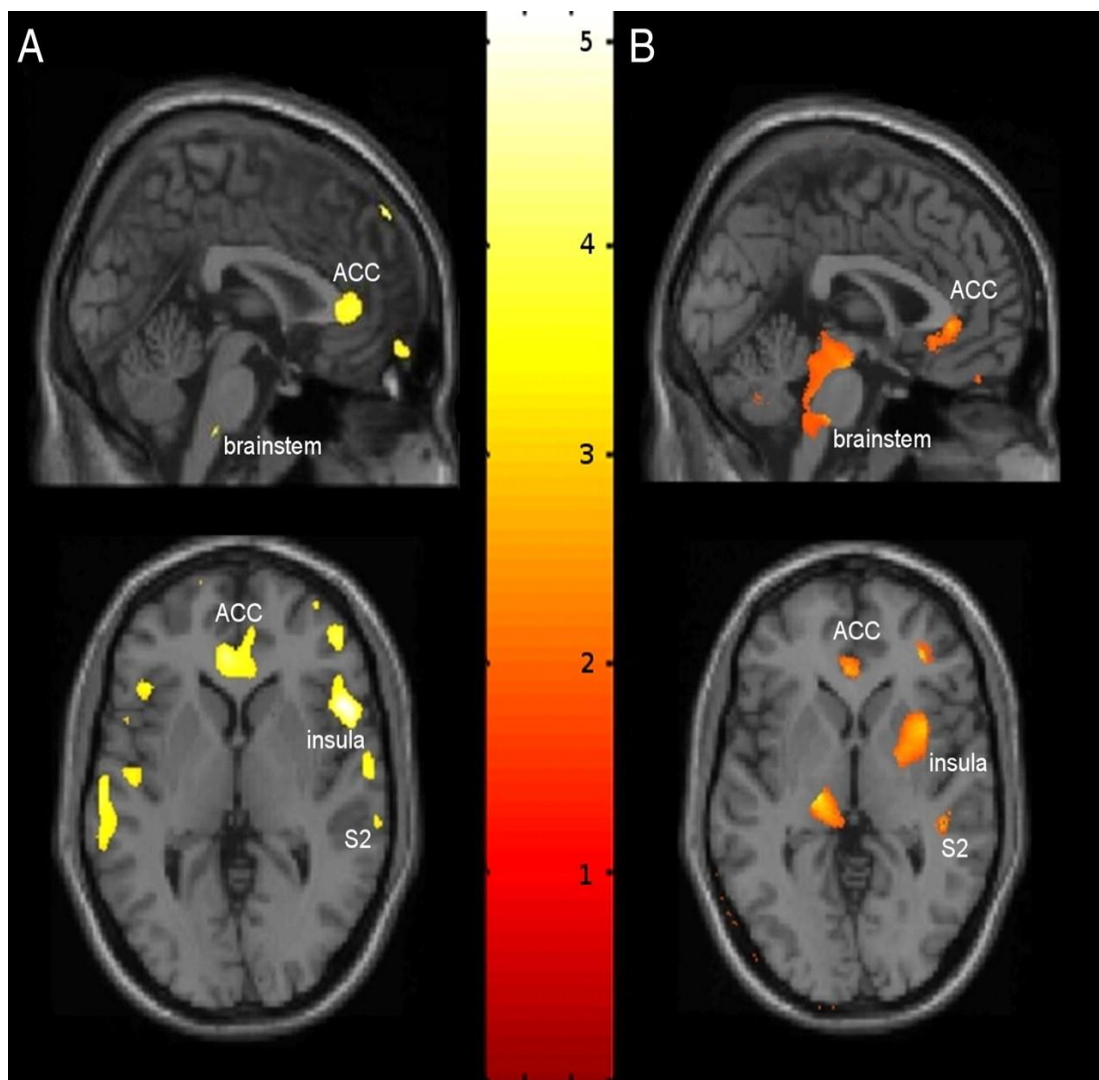




# Pain Quiz!

A stylized illustration of a human hand in a light tan color, set against a dark teal background. A small, red, diagonal cut is shown on the index finger. The letters 'Ti' are written in a light blue font in the upper right corner of the teal area.

**WHY PAPER CUTS  
HURT SO MUCH**



# Pain Quiz!

1. **Pain means there is some damage or injury to the body**

True or False?

2. **The body tells the brain how much pain to create in a certain place**

True or False?

3. **Chronic pain can cause physical changes to the brain & nervous system**

True / False?

# Pain: What is Chronic Pain (key messages)?

Pain lasting > 3 months



Healing times

Chronic Primary and Chronic Secondary Pain

# Pain is:

- **Normal**, & not unusual (~30%)
- **Real** (Validation)
- **Complex**
- A useful **protective system**
- **≠ Damage** (Hurt ≠ Harm, intensity ≠ level of injury)
- An **Experience**
  - **Different to nociception**
  - **Not a pathway**: no such things as *pain* nerves, pathways, or receptors
  - Affected by both **Top down and bottom-up influences**
  - **Influenced by context**      personal/social/cultural/geographical/political
- **Not fixed: Bio-plasticity** “*our bodies are always capable of change*”.

Potential to change & Hope

SAFETY

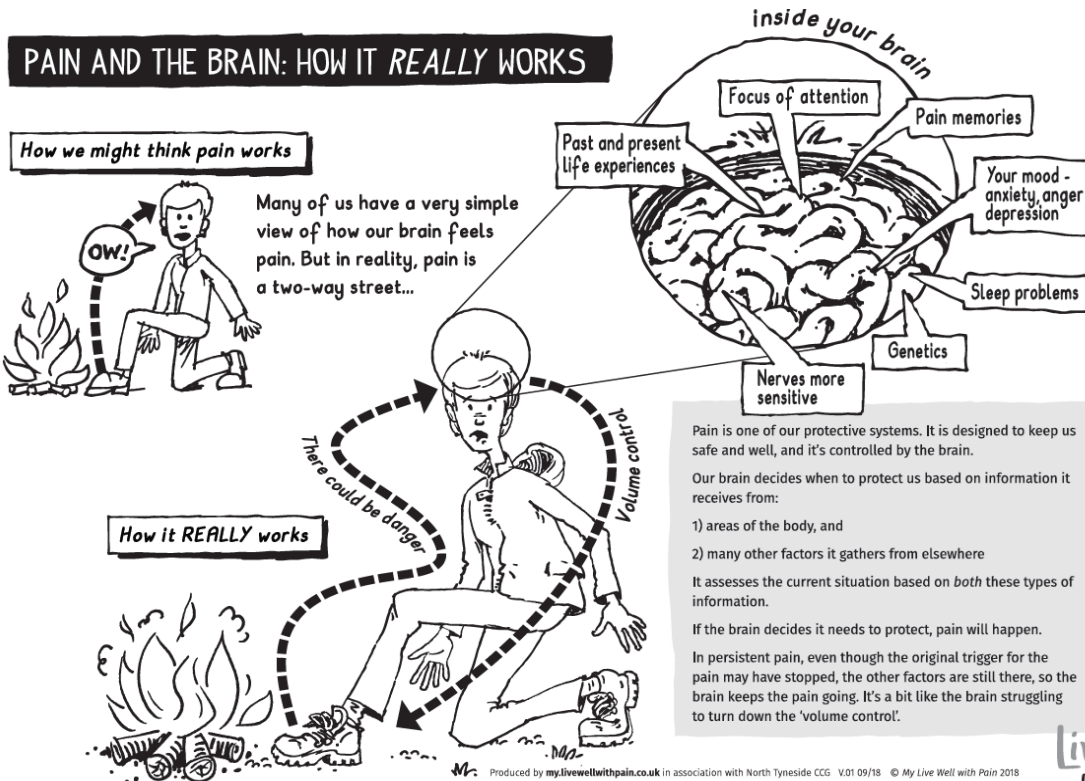
# Complexity of Pain



# “Ingredients” and pain



# Footstep 1: Building Knowledge about pain



<https://youtube/DWuGGvyzE6k>

<https://livewellwithpain.co.uk/resources/supporting-self-management/pain-and-the-brain-explained/>



# Footstep 1: “All in my head???”



<https://youtube/DWuGGvyzE6k>

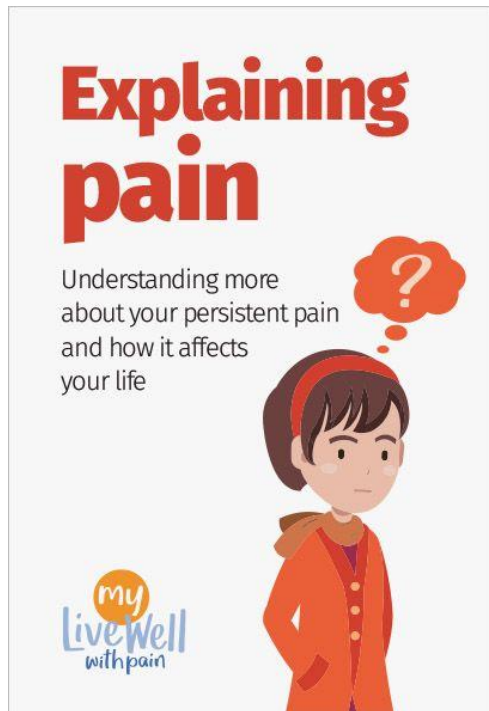
<https://livewellwithpain.co.uk/ten-footsteps-programme/pain-and-the-brain/>

# Understanding pain: Ann & Tim's experiences



# Understanding pain:

## Additional resources



<https://s3.eu-west-2.amazonaws.com/uploads-7e3kk3/12506/explaining-pain.7adbd1556ed9.pdf>



<https://www.flippinpain.co.uk/understanding-pain/>



<https://my.livewellwithpain.co.uk/resources/understand-pain/understand-pain-in-under-five-minutes/>

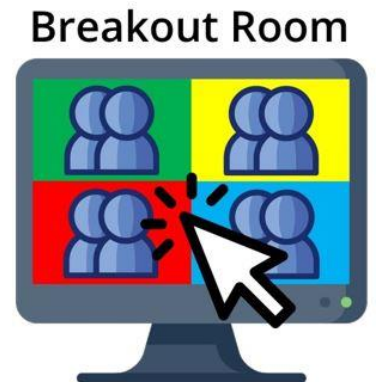
# Understanding Pain – Practice

Each person should have a turn at role playing the practitioner and **practise explaining persistent pain** using the ideas / resources discussed in Footstep 1

**When we return, please share in the chat:**

💡🕒 What key message(s) you shared?

💡🕒 1 analogy/ sentence/ metaphor you found helpful



# Thank You

45

## Any Questions?

[frcole60@gmail.com](mailto:frcole60@gmail.com)

[laura@livewellwithpain.co.uk](mailto:laura@livewellwithpain.co.uk)

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[info@livewellwithpain.co.uk](mailto:info@livewellwithpain.co.uk)

[info@footsteps-festival.co.uk](http://info@footsteps-festival.co.uk)