

# Live Well with pain

[www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk)

Key resources for clinicians to support patient engagement in self management

## Two key questions to identify if chronic pain is a health problem

- 1 “During the past month has it often been too painful to do your day to day activities?”
- 2 “During the past month has your pain been bad enough or often enough to make you feel worried or low in mood?”

## Alternative key questions

(Based on ACT-UP psychological screening tool questions)

- **Activities:** how is your pain affecting your life (ie. sleep, appetite, physical activities and relationships)?
- **Coping:** how do you deal/cope with your pain (what makes it better/worse)?
- **Think:** do you think your pain will ever get better?
- **Upset:** have you been feeling worried (anxious, depressed, down or blue)?
- **People:** how do people respond to you when you have pain?

## An explanatory model for patients: the Pain Cycle (see overleaf)

The Pain Cycle (and the Self Care Cycle) can be used with patients to explore their experiences of pain. It is a prompt to explore with them how they can move from the negative cycle of pain towards the more positive experience of self managing.

You can download the Pain Cycle and the Self Care Cycle as a handout to give to your patients, at:

<http://livewellwithpain.co.uk/resources-for-your-patients/information-and-worksheets/the-pain-cycle/>

## Six Self Care Questions

The person self assesses their own needs and takes action themselves with support as needed

- 1 What's important for me?
- 2 What's important for my health?
- 3 What can I do to help myself? (How does it affect me? What can I change myself?)
- 4 What skills do I need to keep well? (Do I have the information / knowledge about my condition?)
- 5 What ongoing support do I need? (Who else could be involved with me to help?)
- 6 Do I know what to do if I get stuck?

Find out how to use the Six Self Care Questions at:

<http://livewellwithpain.co.uk/resources-for-clinicians/shifting-the-conversation/six-self-care-questions/>

## Aide Memoire for the Ten Top Tips

by Dr Tim Williams

**Self-Managing with confidence is the aim of management.**

**Expect persistent pain to be a Long Term Condition, so you can take your time.**

**Listen to the 'pain story' from start to finish. (appointment 1)**

**Form with patient- person centred goals for their future. (appointment 2 and onwards)**

**Metaphors can be used to explain persistent pain concepts to patients.**

**Analgesia should be kept simple and effective.**

**Neuropathic pain may require special attention.**

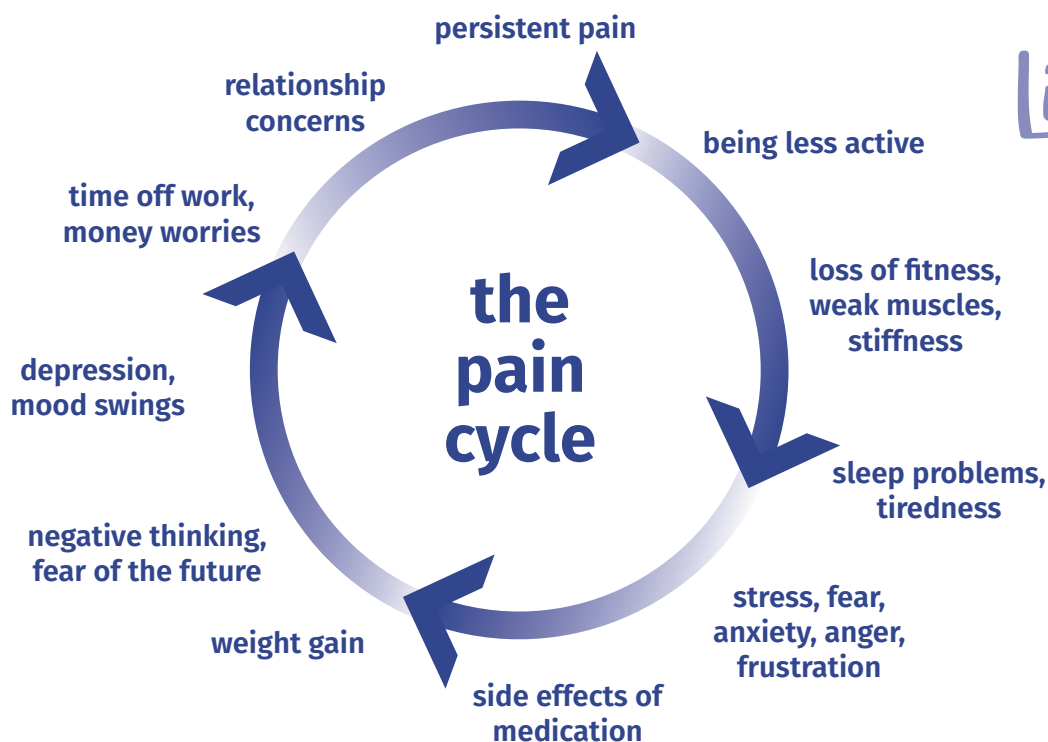
**Ask about life – It's not all about the pain. Consider sleep, mood, activity etc.**

**Give strong opiates with extreme caution and careful review.**

**Encourage continuity with a limited number of involved health care professionals.**

**Watch Dr Tim Williams explain his 10 Top Tips at:**

<http://livewellwithpain.co.uk/resources-for-clinicians/supporting-self-management/ten-top-tips-to-wards-self-management-persistent-pain/>



Choose three things from this cycle that you want to take action on now:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



Choose three things from this cycle that you want to take action on now:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_