



What might a Pain Self-Management Tool kit look like

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Pain

Pain is a general term that describes uncomfortable sensations in the body.

Pain can be acute or can occur over a longer period of time. It may be related to a specific injury or issue, or it may be chronic, with ongoing sensations lasting for longer than three months. Pain can be consistent, can start and stop frequently, or can appear only under some conditions.

It stems from activation of the nervous system.



Pain

People respond to pain differently.

Some people have a high tolerance for pain, while others have a low tolerance -pain is highly subjective.

Pain can be localized, affecting a specific area of the body, or it can be general—for example, the overall body pain.

With many chronic conditions, the cause of the pain is unknown.

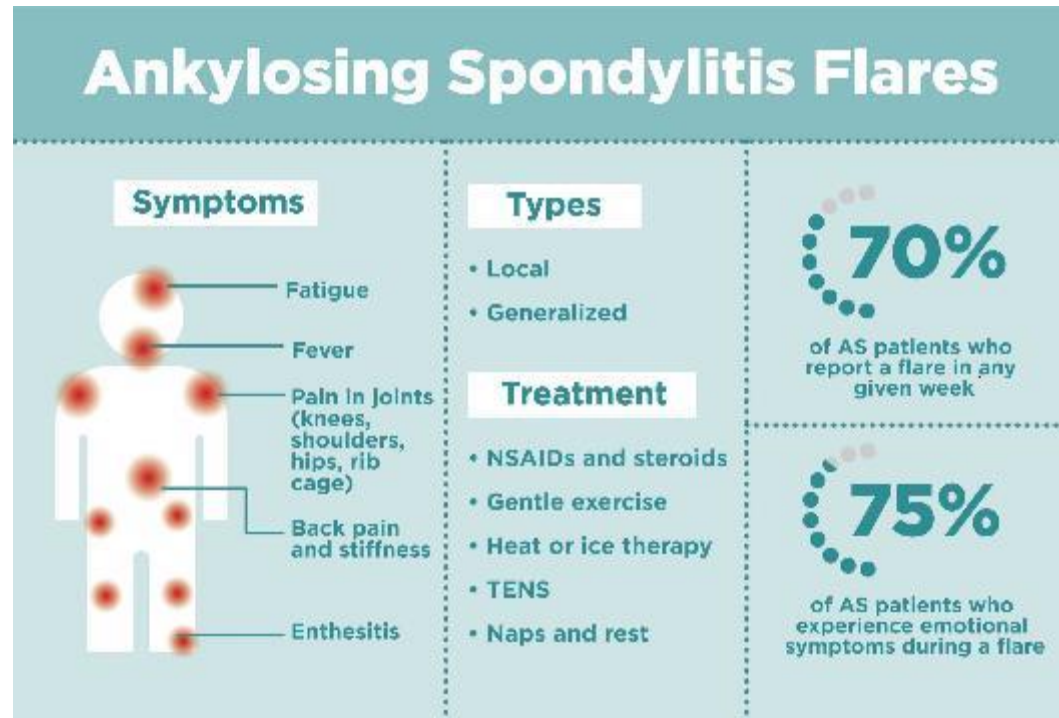
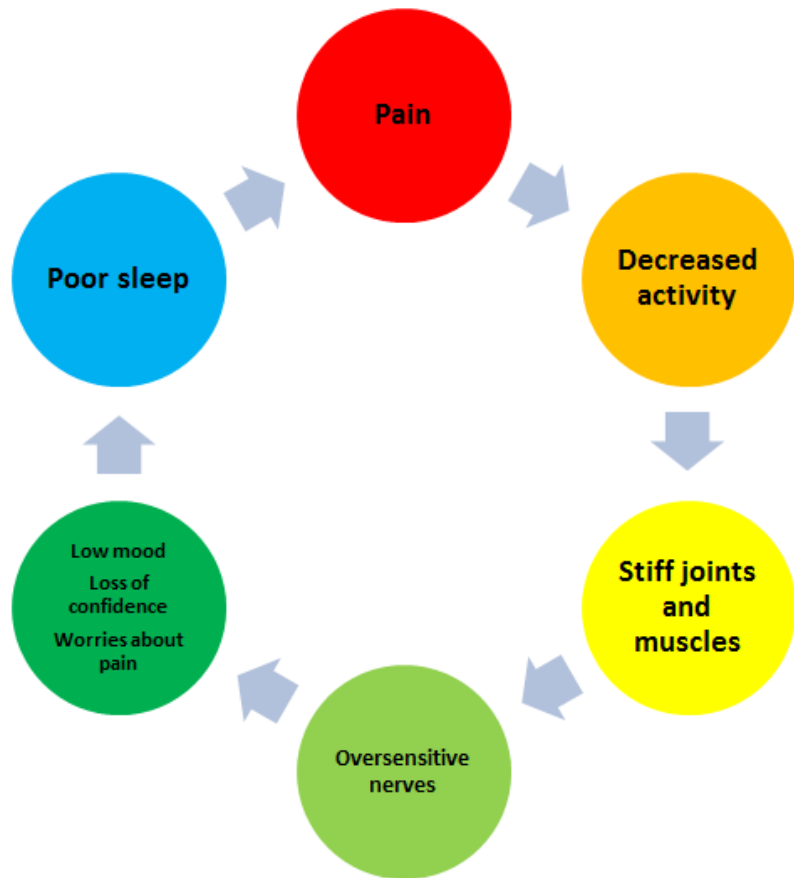
Describing Pain is difficult

Describing Pain :-

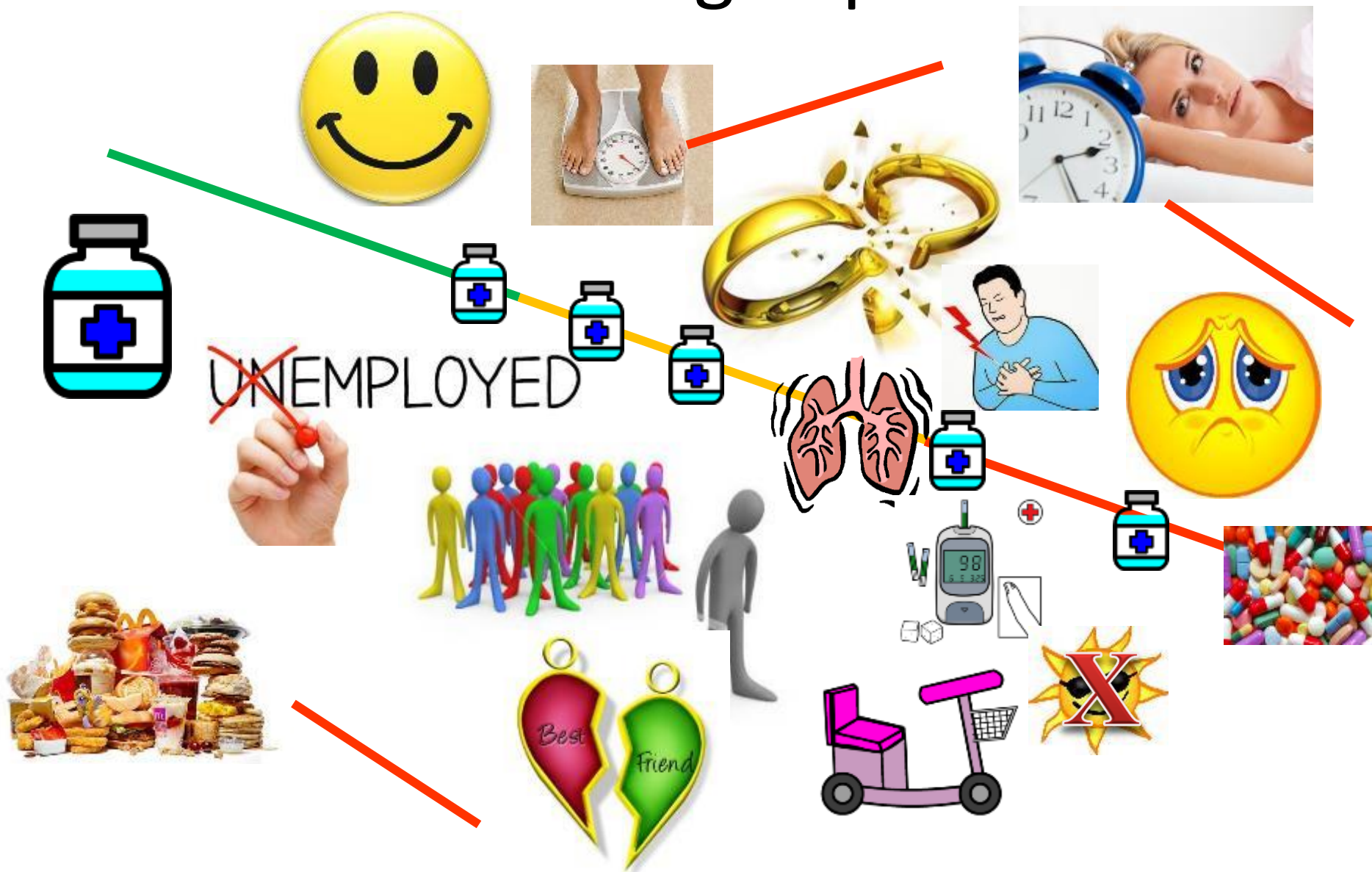
Can feel like a
sharp stabbing
dull ache
throbbing
burning
stinging
sore
pinching



Persistent Pain V Pain Flares



Un managed pain



Pain Management



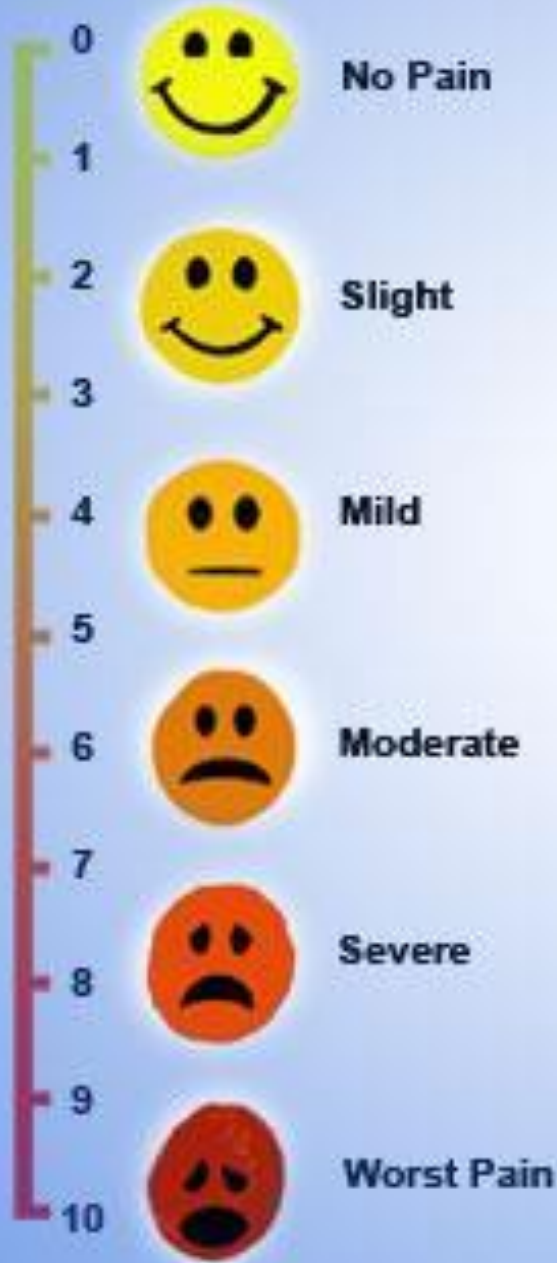
Disease
Control

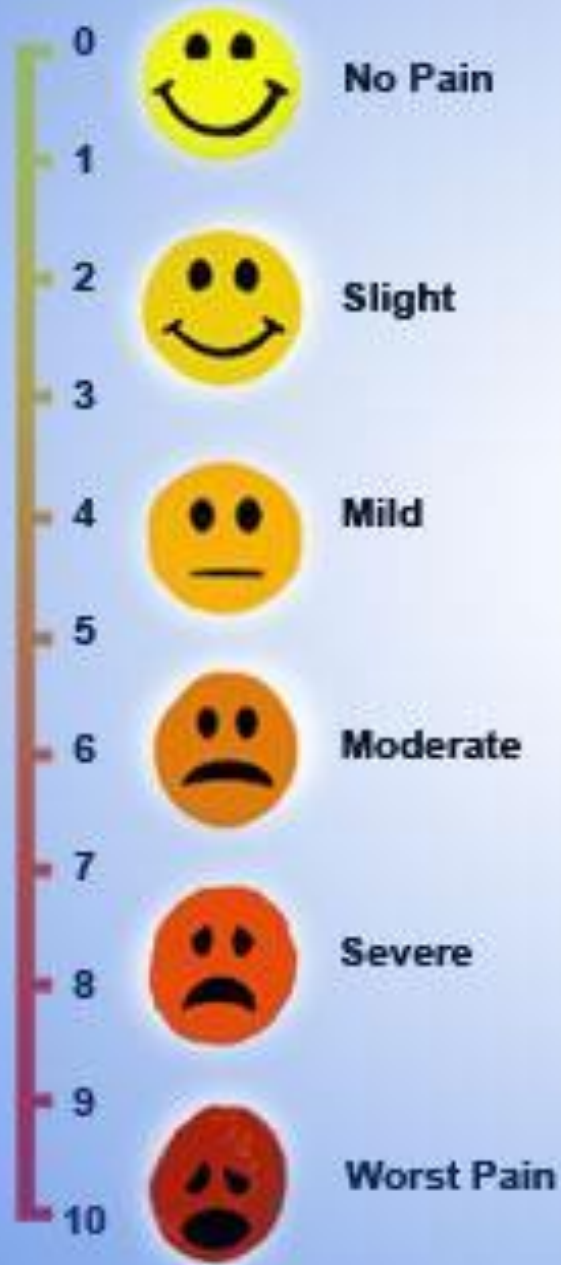
Pain Management



Self
management

HOW ARE YOU MANAGING YOUR PAIN TODAY





MIDNIGHT

1
2
3
4
5
6
7
8
9
10
11



MIDDAY



1
2
3
4
5
6
7
8
9
10
11



0 No Pain



1 Slight



2 Mild



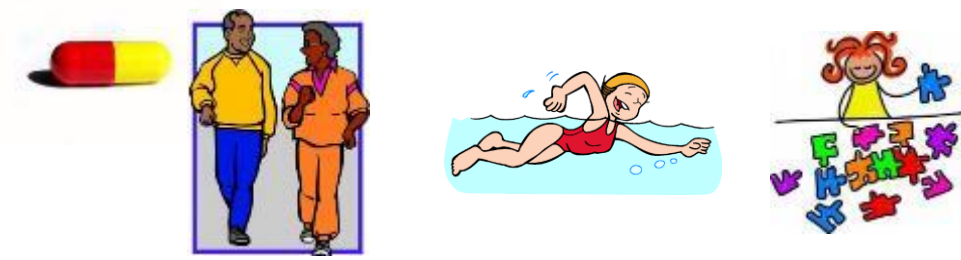
3 Moderate



4 Severe



5 Worst Pain





8am



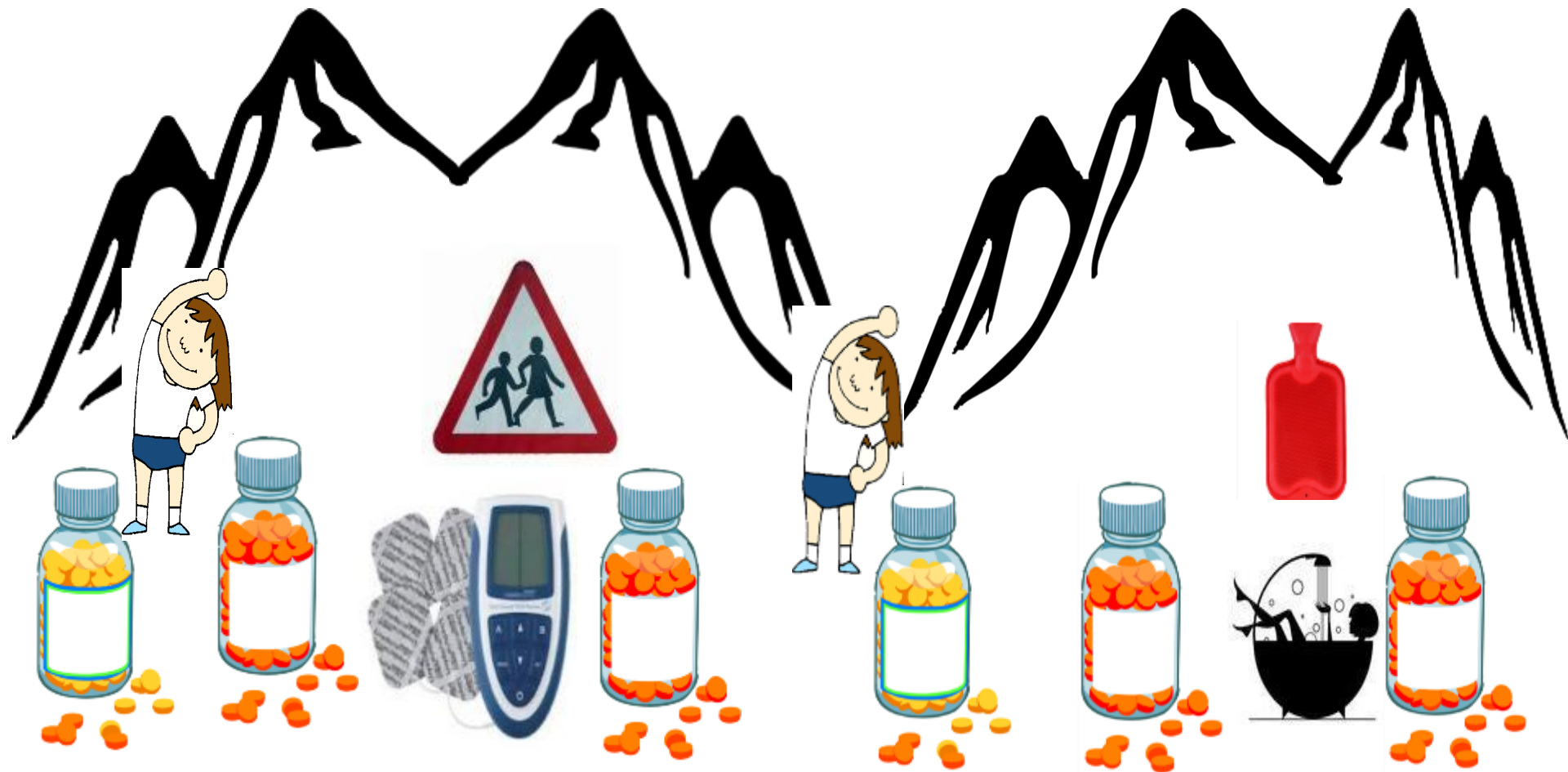
12midday



6.00pm



10.00pm



8am

12midday

6.00pm

10.00pm

What are my options?

Action



No
Action

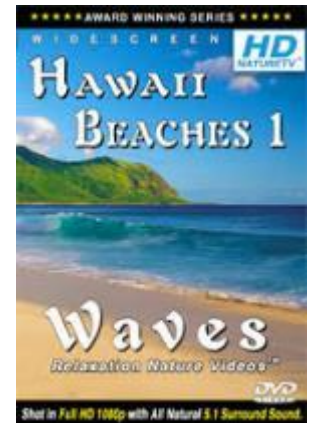
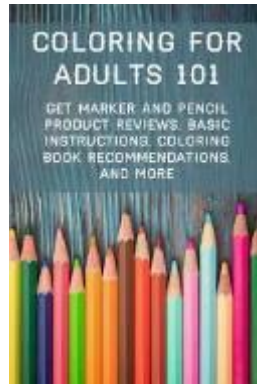
Tool Kits



Pain Tool Kit at home



Distraction Items for your Tool Kit



Aromatherapy

- Roll on before or after a workout
- Use it for a massage
- Add it to a relaxing bath
- Add it to a cold or warm compress
- Use with room diffuser

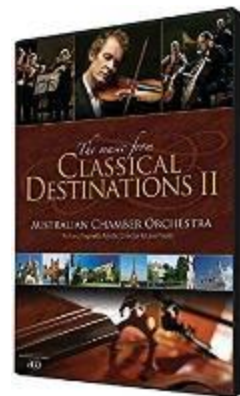


Aromatherapy Safety Tips

- Essential oils are potent.
- If they aren't used properly, they can irritate your skin and actually add to your swelling. Essential oils must be diluted with a carrier oil before application.
- Although carrier oils absorb some of the essential oil's potency, they don't interfere with its therapeutic properties.
- Seek advice:-
 - Pregnancy

Association





Visual distraction

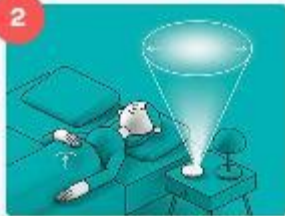
A meditation exercise based on heart coherence

1



Turn Dodow on

2



Breathe in

3



Breathe out

4



Sleep



Singing Therapy



Improving Posture



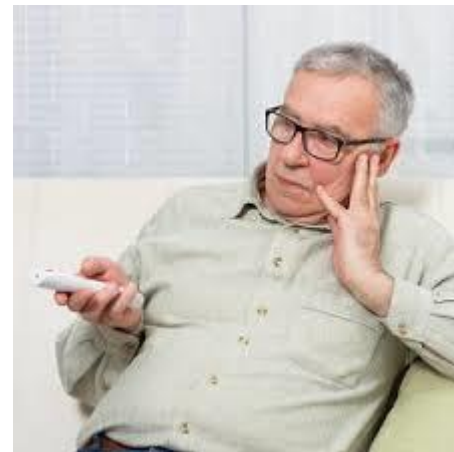
EASY OFFICE EXERCISES

Stretching exercises vs Office syndrome



Take a few minutes to Relax!

Posture At Home



Practice

Practice

Practice

TO REDUCE STRESS



Tai Chi



Relaxing
Music



Guided
Visualization



Progressive
Muscle Relaxation



Laughing



Deep Breathing

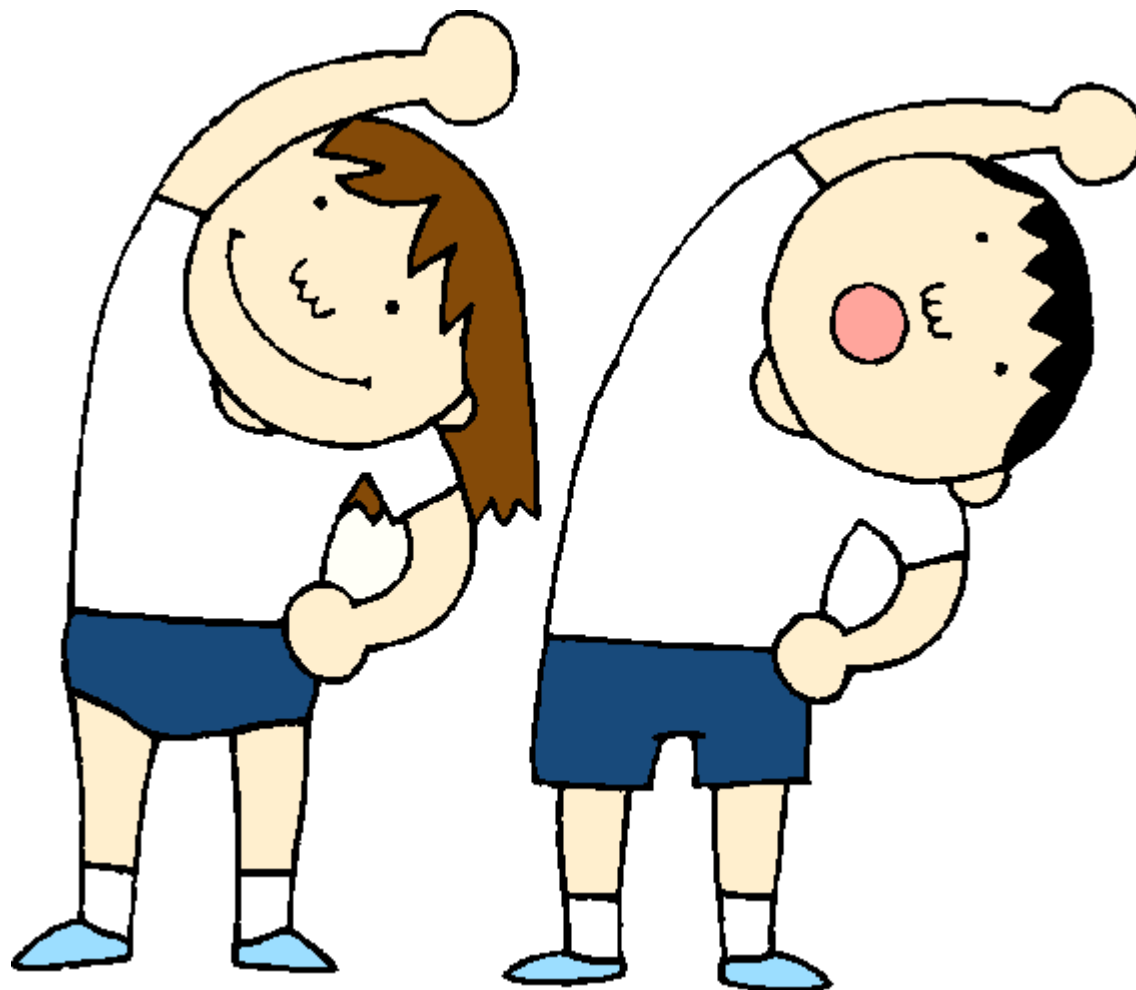
A good night's sleep

Sleep Hygiene

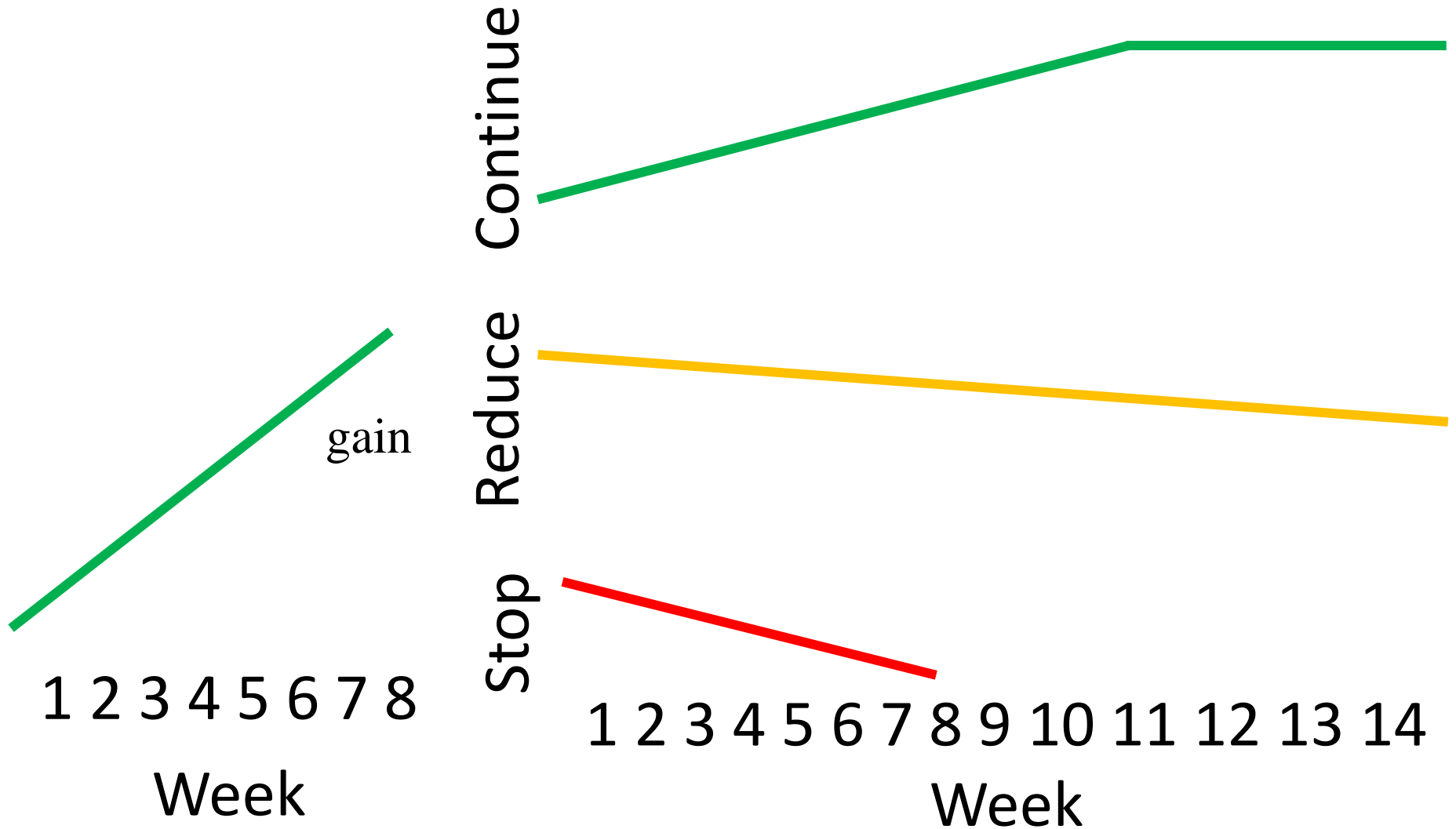
- Wind down an hour before bed
- Warm bath
- Reduce caffeine
- Avoid alcohol
- In pain, take painkillers
- Avoid eating or watching TV in bed
- Keep bedroom cool, dark and quiet
- Set a routine
- Naps should be short and early in the day
- Don't exercise 6 hours before bedtime
- Only small snacks no large meals



Exercise and Activity & Pain



Benefits of Exercise



Challenges in pain management

- Health Care Professional Perception
- Time to explore new options

- Self Management



- Individual-
 - Personality
 - Health Beliefs
 - Support Networks
 - Right time

What are my options?

Action



No
Action