



Information for  
patients and  
carers

**PAIN MANAGEMENT PROGRAMME  
(PMP)**

## What is a Pain Management Programme (PMP)

A pain management programme (PMP) is an evidence-based “intervention of choice for people with persistent pain which adversely affects their quality of life” (British Pain Society, Guidelines for Pain Management Programmes for Adults, 2021).

Persistent pain, also known as long term or chronic pain, is pain that continues for more than three months. It can be disabling and frustrating and can affect many areas of life such as relationships, hobbies, work and impact upon mood. If you learn to manage your persistent pain in a better way, you may find your quality of life also improves.

While attending a PMP, you will develop skills that help you to deal with and manage your pain. These skills include:

- Learning about managing everyday activities with pain, such as hobbies and work
- How to do gentle exercise with pain
- How to soothe both your mind and body
- How to avoid overdoing activity and increasing your pain
- Understanding the psychological effects of persistent pain
- Learning about how lifestyle can affect pain
- Understanding more about pain medications and their effect

## Who runs a PMP?

PMPs are run by healthcare professionals with special skills to help you manage your pain. At Preston this includes Clinical Psychologists, Pain Specialist Physiotherapists, Clinical Nurse Specialists, and a Pain Consultant.

## Who is a PMP for?

PMP treatment is for people with persistent pain, which is causing reduced activity and impacting upon quality of life. It is usually recommended after you have had all appropriate investigations for your pain and are ready to focus upon management of persistent pain.

## How can I get onto a PMP?

The multi-disciplinary team at Preston (consultants, nurses, physiotherapists, psychologists) all refer patients to the programme. Before being invited to attend a PMP you will need to be assessed to see if it will be helpful for you. This usually involves a discussion with the PMP team, and you will be asked to fill in some questionnaires. During this assessment you will have the opportunity to ask questions about the treatment.

## Can everyone with persistent pain attend a PMP?

In order to ensure that you will gain full benefit from a PMP you will need an assessment before you are invited to attend. Examples of things that may impact upon your ability to join a PMP at the time of referral include:

- Additional medical problems which need current treatment
- Significant life stress or mood problems that may impact upon attending and engaging with sessions
- Drug or alcohol problems
- If you are waiting for further investigations or treatments which you expect will solve your pain problem

## How is the PMP run?

The PMP is delivered in a group of 10-15 patients, meeting over 12 weeks for 3 hours a week. At Preston we offer face to face and virtual

PMPs at different points of the year. The days, times, and location of the PMP will be discussed in your assessment appointment.

## What will I do at the PMP?

A PMP is a friendly group environment where you can have positive discussions with other people who have persistent pain. People often make friends with other group members while they are on a PMP.

We ask you to wear comfortable, loose-fitting clothes when you attend the PMP. You will be invited to participate in the activities such as gentle exercise. The PMP sessions are varied so that you do not have to sit or stand for long periods. You will be able to get up, move, stretch at regular intervals. You may bring in items from home that may help you sit comfortably if required.

We hope there will be a collaboration between the team leading the PMP and you as participants, the more we all talk together the more we can learn together. The sessions include the following:

**Gentle exercise:** In a group setting, an expert will guide you on the right sort of exercise for you. You will not be given physiotherapy manipulation as a treatment. Continuing gentle daily exercises after the PMP will help to keep you fit and active and help keep pain levels down.

**The role of soothing:** Stress and tension can increase pain and make it difficult to concentrate. The PMP helps you learn how to soothe your mind and body. Continuing these skills after the PMP will help you manage your stress and pain.

**Teach pacing:** Some people overdo activities on good days and then pay for it afterwards. This leads to frustration, loss of confidence and increased pain. Pacing methods are used to set simple, realistic targets for your activities. Continuing pacing methods after the PMP will help build up your activities and stamina, and also increase your confidence.

**Discussion groups:** These confidential and positive group discussions are about managing your own pain. Discussion topics include:

- How pain occurs
- Medication for pain and how to rely less on medication
- How pain affects your mind and body
- How to manage stress
- How lifestyle factors such as sleep, and nutrition affect pain
- How your pain affects your friends and family
- How to continue hobbies and work

## **Are there any side effects?**

You may have some muscular discomfort at first, as you start to do gentle exercises. This is the same for anyone who does exercise that they have not done for some time. This discomfort is not caused by your condition getting worse, and it will reduce as you continue with to exercise gently.

## **Will I be cured?**

Your pain will still be there at the end of the PMP, but often people report that their pain is reduced. Although the pain is still there, people are more confident to manage it on a day-to-day basis. They feel emotionally stronger and more able to cope with the pain psychologically.

## **What can I expect at the end of a PMP?**

At the end of a PMP, people are usually more flexible and have increased stamina. They also have increased confidence and feel happier. The aim of a PMP is to help you have a better quality of life, despite having persistent pain. To have long-term benefit you will need to continue doing regular gentle exercise and apply the management techniques taught in order to continue to benefit long term.

## What support is available after the PMP?

Often people make friends on the PMP and create their own support network for after the PMP. There are pain support groups around the UK and our programme has input from the organisation Pain Concern. We will provide other information throughout the course from a variety of sources for you to use if you choose to.

You will be invited to a follow up appointment with our PMP team at Preston at 3 months of completing the course.

## Contact details

Should you require further advice or information please contact the Pain Management Service via the secretaries contact number **01772 522687** or **01772 524185** or email [pain.management@lthtr.nhs.uk](mailto:pain.management@lthtr.nhs.uk)

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

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

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

Sean's story <https://www.youtube.com/watch?v=l17SjDth4pU>

Brian's story <https://www.youtube.com/watch?v=CjHI0FKhKUw>

<https://painconcern.org.uk/>

[https://www.britishpainsociety.org/static/uploads/resources/files/PMP\\_participant\\_leaflet.pdf](https://www.britishpainsociety.org/static/uploads/resources/files/PMP_participant_leaflet.pdf)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

### **Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

### **Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

### **Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

### **Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਖਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਾੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

### **Urdu:**

دو سر ی زبانون او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھیا جس ییہ ابی دست ہو یسکت ہے براے مہر یان پوے یچھدی۔ معلومات

### **Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن توفير هذه المعلومات

**Department: Integrated Pain management service**

**Division: Diagnostic and Clinical Support**

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