

Halifax Pain Self-Management Program

Pain Management Unit

Do you live with long-term pain?
If so, we can help.

A collaborative program developed and provided by Psychology, Physiotherapy, and Occupational Therapy.

Halifax Pain Self-Management Program

What is the Pain Self-Management Program (PSMP)?

The Pain Self-Management Program is a 12-session interdisciplinary group program made up of 8-12 people. It is designed to help people with long-term pain learn skills to help manage their pain and their lives.

What is the PSMP philosophy?

The PSMP philosophy recognizes that pain affects the whole person (body, mind, and spirit). The PSMP builds on ideas from psychology, physiotherapy, and occupational therapy. It teaches participants ways to live better with long-term pain.

Who is the PSMP for?

This program can help anyone who is ready to learn ways of managing long-term pain without medication. You will take an active part in learning strategies to improve your quality of life. You will develop a new plan for living more successfully with long-term pain.

What will the PSMP help me learn?

The PSMP will help you:

1. Develop skills to manage your pain.
2. Develop skills to lower your stress and body tension.
3. Develop a healthier lifestyle.
4. Increase your ability to do daily tasks.
5. Become more confident in your ability to manage pain on your own.

How do I know if I am ready for the PSMP?

You are ready if:

1. You want to improve your quality of life.
2. You do not want to rely on medication alone for pain control.
3. You are willing to explore new possibilities in pain management.
4. You are willing to challenge your old attitudes and beliefs.
5. You are aware that your thoughts, emotions, and behaviour can impact your pain.
6. You are eager to learn more about yourself and to do things differently.
7. You are open to learning more about current pain science and the active role you can play in desensitizing your nervous system.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

What will help me get the most out of the PSMP?

1. Keep taking your pain medication as prescribed.
2. Be open and willing to try new non-medicinal ways of coping with pain.
3. Understand that learning and change is a process and may take extra time and energy.
4. Agree to practice new skills, keep records, and track your progress.
5. Be willing to take part in group discussions.
6. Be ready and willing to move and improve your physical fitness.

What kinds of things will we do in the PSMP?

- Each session covers multiple topics with two breaks (10-15 minutes each).
- During the sessions, everyone is invited to move around in the room as needed to be as comfortable as possible.
- Many people have reported that sharing experiences with other participants during breaks has been helpful.

- Facilitators present on different topics in an open format, blending lecture and discussion from group participants.
- While the program has a specific schedule and structure to ensure that all topics are covered, there is room for flexibility to meet the needs of the group.
- Staff who specialize in certain topics will be present as needed, such as a dietitian and vocational counsellor.

Topics covered include:

- Body awareness
- Body mechanics
- Communication
- Goal setting
- Mindfulness
- Movement and exercise
- Pacing
- Pain and diet
- Pain and medication
- Pain and memory
- Pain and sleep
- Pain and work
- Relaxation training
- Self-talk
- Understanding pain

Testimonials

“I really feel this program has given me a little light at the end of a long tunnel when I was in complete darkness. Thank you with all my heart.”

“I would again like to thank you....Although I will never be rid of my pain, I now know I'm not alone and there is support out there for me.”

“You all made me feel comfortable enough to speak out and ask questions which I normally don't do in a crowd. The professionals were all great and very understanding.”

“The program gave me an opportunity to share my feelings of frustration, anger, and fears. It gave me a sense of accomplishment. I feel relaxed, happy, and comfortable. I learned a lot, and I will miss it!”

“I learned more in this program than I have learned in many years in therapy and from doctors.”

“For the first time since all my health problems began, I had not one, but three persons who did nothing but give helpful advice and were great at helping me.”

“I enjoyed every aspect of this program. My first thoughts of the program were very, very negative. Now all I can say is they were the 12 most productive days for me in a long, long time.”

“An A+++++++. Fantastic.”

Where is the PSMP held?

Room 4008, Pain Management Unit
4th floor, Dickson Building
Victoria General Hospital site, QEII
1276 South Park Street, Halifax

When is the PSMP held?

- Morning groups (9 a.m.-12:15 p.m.) run for 3 days a week on Tuesdays, Wednesdays, and Fridays for 4 weeks.
- Afternoon groups (12:30-3:45 p.m.) run for 2 days a week on Wednesdays and Fridays for 6 weeks.

How do I get into the PSMP?

- You can contact the program directly or you can ask your doctor or another health care professional to refer you.
- **You must call 902-473-5471 to schedule an interview before you can start the program.**
- You will have an appointment with two of the group facilitators to talk about your readiness and suitability for the program. Please note that there may be a wait for your interview appointment. For more information or to schedule an appointment, please call 902-473-5471.

NSHA is a scent-free environment. Please do not wear scented personal products when you come to any NSHA site, including the PSMP.

Halifax Pain Self-Management Program contact information

Phone: 902-473-5471

Fax: 902-473-4126

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Pain Self-Management Program

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

PM85-1654 © September 2018 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.