The Chronic Pain Self-Management Program

Dartmouth General Hospital

An interdisciplinary approach to chronic pain self-management.
The Chronic Pain Self-Management Program

What is the Chronic Pain Self-Management Program?
The Chronic Pain Self-Management Program is not a support group. It is a 5-session group education program that teaches self-management strategies for living with chronic pain. Self-management means taking control of your health and wellbeing by making everyday choices that can improve your health, pain, and quality of life.

Research shows that chronic pain is best managed through a combination of medical/therapeutic treatments, and self-management strategies. The things you do outside of your medical/therapeutic treatments, like eating well, getting restful sleep, finding ways to have fun and relax, and getting exercise, can have a big impact on your ability to manage your pain.
<table>
<thead>
<tr>
<th>Goal</th>
<th>Ways to move forward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand what’s happening and what can help</td>
<td>• Understand chronic pain, understand your health conditions</td>
</tr>
<tr>
<td></td>
<td>• Identify your personal goals, challenges, and willingness/ability to make changes</td>
</tr>
<tr>
<td>Get the support you need to make changes</td>
<td>• Financial, emotional, spiritual, legal, and interpersonal support</td>
</tr>
<tr>
<td></td>
<td>• Self-compassion, forgiveness, and acceptance</td>
</tr>
<tr>
<td>Improve your day-to-day pain control</td>
<td>• Activity pacing, ergonomics (efficient at work), energy conservation (learning to save your energy when needed)</td>
</tr>
<tr>
<td></td>
<td>• Medications, tools, relaxation</td>
</tr>
<tr>
<td>Improve your health</td>
<td>• Nutrition, sleep, exercise</td>
</tr>
<tr>
<td></td>
<td>• Treat physical, psychological and medical conditions</td>
</tr>
</tbody>
</table>
Who is this program for?
This program is for people who wish to learn more about chronic pain and pain management strategies, so they can better understand and work through the challenges they face each day.

What will I learn?
You will learn about:
› Relaxation strategies
› Activity pacing
› Managing mood
› Improving health and fitness
› Effective communication
› Improving sleep
› Ergonomics and energy conservation
› Understanding and managing chronic pain
When and where is the program held?

• Sessions are held once a week for 5 weeks. Each session lasts 2 hours and 15 minutes. Please contact Kerry at 902-473-5471 to find out the dates and locations of upcoming programs.

To benefit from this program you must:

• Be willing to take part in an interview to learn more about the program and decide whether it would be a good fit.

• Be ready and willing to try new strategies for managing chronic pain, including exercise, relaxation, and activity pacing.

• Be willing to take part in group discussions.

• Help us evaluate the program by filling out questionnaires.

• Agree to be on time and attend all sessions.

• Agree to practice the skills you learn, keep records, and track your progress.
What is different about this program?
Unlike other treatments, you will not have anything done to you. Instead, you will take an active role in deciding what to do to improve your pain. At the end of the program, we hope you will have a plan for making positive changes in your life.

How can I learn more or sign up?
Contact Kerry with the Pain Self-Management Program at 902-473-5471 for more information and/or to sign up for the program.*

*Please note that you will have a phone interview to talk about your readiness and suitability for the program before attending the sessions.

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