

# The Chronic Pain Self-Management Program

## Hants Community Hospital

**Notes:**

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

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

*Prepared by:* Pain Management, Hants Community Hospital  
*Designed and Managed by:* Library Services

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<https://library.nshealth.ca/patient-education-resources>



### **Where and when is the program held?**

- The program takes place at Hants Community Hospital in Windsor.
- It is held one afternoon a week for 5 weeks. The program usually runs 3 times a year.

### **How can I learn more or sign up?**

- Call the Pain Clinic for more information:
  - › Phone: 902-792-2142

## What will I learn?

### You will learn ways to:

- › Relax
- › Pace your activities
- › Manage your mood
- › Practice self-compassion (being kind to yourself)
- › Improve your health and fitness
- › Communicate better
- › Improve your sleep
- › Use ergonomics and energy conservation
- › Understand and manage chronic pain

### How will this program help me?

- 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.

# The Chronic Pain Self-Management Program

## What is the Chronic Pain

## Self-Management Program?

- Chronic (ongoing) pain is best managed through a combination of medical and therapeutic treatments, and self-management. Self-management means taking control of your health and well-being.
- The things you do outside of your medical and therapeutic treatments can have a big effect on your ability to manage your pain. These include:
  - › Eating healthy foods
  - › Exercising
  - › Finding ways to have fun and relax
  - › Getting restful sleep
- The Chronic Pain Self-Management Program is a group education program. It teaches ways to self-manage chronic pain to improve you:
  - › Health
  - › Pain
  - › Quality of life
- The group meets once a week for 5 weeks.

## **To benefit from this program, you must:**

- Be willing to take part in an interview to learn about the program and decide if it is right for you
- Be ready and willing to try new ways to manage chronic pain, like:
  - › Activity pacing
  - › Exercise
  - › Relaxation
- Be willing to take part in group discussions
- Give feedback about the program by filling out questionnaires
- Be on time and go to all sessions
- Practice the skills you learn, keep records, and track your progress

## **Who is this program for?**

- This program is for people who want to learn more about chronic pain and ways to manage it, to better understand and work through the challenges they face.

## **Examples of goals and ways to move forward:**

### **Goal #1**

#### **Understand what is happening and what you can do to help**

- Understand chronic pain and your health condition(s)
- Identify your personal goals, challenges, and willingness and/or your ability to make changes

### **Goal #2**

#### **Improve your pain control**

- Pace your activities to make the most of your energy
- Body mechanics (posture and movement)
- Energy conservation (learn to save your energy)
- Medication(s) and relaxation

### **Goal #3**

#### **Improve your health**

- Eat healthy foods, exercise, sleep well
- Treat physical, psychological, and medical conditions