



Patient & Family Guide
2019

The Chronic Pain Self-Management Program

Hants Community Hospital

An interdisciplinary approach to
chronic pain self-management.



www.nshealth.ca

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 and therapeutic treatments, and self-management strategies. The things you do outside of your medical and 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.

Who is this program for?

This program is for people who wish to learn more about chronic pain and pain management strategies to better understand and work through the challenges they face each day.

Goal	Ways to move forward
Understand what's happening and what can help	<ul style="list-style-type: none"> • Understand chronic pain, understand your health conditions • Identify your personal goals, challenges, and willingness/ability to make changes
Get the support you need to make changes	<ul style="list-style-type: none"> • Financial, emotional, spiritual, legal, and interpersonal support • Self-compassion, forgiveness, and acceptance
Improve your day-to-day pain control	<ul style="list-style-type: none"> • Activity pacing, ergonomics (efficiency at work), energy conservation (learning to save your energy when needed) • Medications, tools, relaxation
Improve your health	<ul style="list-style-type: none"> • Nutrition, sleep, exercise • Treat physical, psychological, and medical conditions

What will I learn?

You will learn about:

- › relaxation strategies
- › activity pacing
- › managing your 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?

- The program is held at Hants Community Hospital in Windsor. Participants meet one afternoon each week for 5 weeks.
- The program usually runs 3 times each year. Please call the Pain Clinic at 902-792-2142 for information about scheduling and start dates.

To benefit from this program you must:

- Be willing to take part in an interview to learn more about the program and decide if 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?

Please call our Health Educator at 902-792-2142.

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>

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Prepared by: Pain Management

Designed by: NSHA Library Services

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

PM85-1658 © September 2019 Nova Scotia Health Authority

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