Yarmouth 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.
Yarmouth Pain Self-Management Program

What is the Pain Self-Management Program (PSMP)?
The Pain Self-Management Program is a 6-session interdisciplinary group program with up to 10 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?**

Wellness Centre, 4th floor building C
Yarmouth Regional Hospital
60 Vancouver Street
When is the PSMP held?
• Tuesdays from 1:30-3:30 p.m. when sessions are available.

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. Call 902-742-3542, ext. 1460 to sign up.

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

PM85-1909 © October 2018 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.