

# Yarmouth Pain Self-Management Program

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

# **Yarmouth Pain Self-Management Program**

## **What is the Pain Self-Management Program?**

- The Pain Self-Management Program (PSMP) is a group program. It helps people with long-term pain learn skills to manage their pain each day.
- The PSMP recognizes that pain affects the whole person (body, mind, and spirit). The program uses ideas from psychology, physiotherapy, and occupational therapy. It teaches ways to live better with long-term pain.
- There are up to 10 people in each group. The program lasts for 6 sessions.

## **Who is the program for?**

- The PSMP can help anyone who is ready to learn new ways of managing long-term pain, other than medication.
- You will take an active part in learning ways to improve your quality of life and make a plan to live better with long-term pain.

# What kinds of things will we do in the PSMP?

- Each session covers a few topics. You will have 2 breaks. Each break usually lasts for 10 to 15 minutes.
- During each session, everyone is invited to move around in the room as needed to be as comfortable as possible.
- Past participants said it helped to share their experiences with other participants during program breaks.
- Sessions may include a presentation and group discussion.
- The program has a schedule and structure to make sure that all topics are covered. There is also room for changes to meet the needs of the group.
- We may have visits from guests such as dietitians, career counsellors, etc., as needed.
- **Topics include:**
  - › Body awareness
  - › Communication
  - › Goal setting
  - › How your body should move
  - › Mindfulness
  - › Movement and exercise
  - › Pacing
  - › Pain and eating well
  - › Pain and medication

- › Pain and memory
- › Pain and sleep
- › Pain and work
- › Relaxation
- › Self-talk
- › Understanding pain

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

### **You are ready if:**

- You want to improve your quality of life.
- You want to use something other than medication for pain control.
- You are willing to explore new ways to manage your pain.
- You are willing to challenge your old attitudes and beliefs.
- You are aware that your thoughts, emotions, and behaviour can affect your pain.
- You want to learn more about yourself and do things differently.
- You are open to learning more about:
  - › current pain science.
  - › ways you can retrain your pain response.

## **How can I get the most out of the PSMP?**

- Keep taking your pain medication as prescribed.
- Be open and willing to try new ways of managing pain, other than medication.
- Understand that learning and change is a process, and it takes time and energy.
- Agree to practice new skills and keep track of your progress.
- Be willing to take part in group discussions.
- Be willing to learn how to safely move more and improve your overall health and well-being.

## **When and where is the PSMP held?**

- › The program runs on Tuesdays from 1:30 to 3:30 p.m. (when sessions are available).
- › The program is held at the Wellness Centre, 4th floor, Building C at Yarmouth Regional Hospital, 60 Vancouver Street.

## How do I join the PSMP?

Call the PSMP:

- › Phone: 902-742-3542, ext. 1460

**OR**

- › Ask your health care provider to refer you.

## What are other people saying about the PSMP?

*“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.”*

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

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*Prepared by: Yarmouth Pain Self-Management Program*

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