

Rheumatology  
Department

## No Time for Pain

Patient and Partner/Family/Carer - Workshop



### Specialist Support

This leaflet can be made available in another language, large print or another format. Please speak to the Rheumatology Team who can advise you



## **Chronic and persistent pain associated to Arthritis and Connective Tissue Diseases - Patient & Family/Carer workshop.**

**While pain is never pleasant, coping with continuous pain can be the hardest part of living with arthritis and connective tissue diseases. It can affect every part of your life, and many aspects of your life can also affect your pain.**

“No time for Pain” is a new project being undertaken by the **Rheumatology Department** to help our patients to self-manage their chronic and persistent pain.

The workshop takes place over 3 hours and is **free** to attend but must be booked as places are limited (you are welcome to be accompanied by 1 guest - usually partner, family member or carer).

When you attend the “No Time for Pain” Workshop, we aim to share a lot of knowledge that can help you create your own pain management plan.

Once you know how to effectively address pain, you can stop it from interfering with your home and work life – and breathe a sigh of relief!

## What will we cover during the afternoon workshop:

- **Pain - overview**
- **Developing Your Pain Plan**
- **Open discussion and way forward**
- **Refreshments**

Once you understand the difference between acute and chronic/persistent pain - then it's time to develop a comprehensive pain self-management plan looking at your own.

During the workshop we will provide you with useful information, tools and techniques that you can use in your own personal toolkit, then you can get started on taking control of your pain and your quality of life.

Your mind plays an important role in how you feel about pain and how you respond to illness. As you develop your action plan, use these tips to build a sense of personal control by changing how you think about pain.

## **“No Time for Pain” 3 hour workshop:**

The Pain Workshop has a mix of presentations and interactive sessions and has been designed to help people living with arthritis and connective tissue diseases understand the wider impact that pain can have, and to equip them with the tools they need to make positive changes in their lives to tackle their pain.

The aim of the workshop is that “people with Arthritis and Connective Tissue Diseases can enjoy a good quality of life, in spite of having pain.”

The workshop is presented by members of the Rheumatology team who are experts in the management of pain associated to arthritis

### **Q - Who is the programme designed for?**

“No Time for Pain” has been specifically designed to target those patients attending Rheumatology clinics who are affected by long term (chronic painful) conditions.

### **Q - To attend the programme does it matter what type of arthritis/connective tissue disease I have?**

The programme is open to anyone regardless of their arthritis or connective tissue disease.

### **Q - What is covered during the programme?**

During the programme you will be able to discuss and understand the non-medical management of pain, especially focusing on self management/pain management topics. Each topic is delivered in a way that makes it possible for individuals to interact and contribute and make sense of pain management.

### **Q - What does self management mean?**

Self-management means you being back in control, not the pain controlling you. The ideas on offer are about becoming a person again rather than a patient.

### **Q - Do I need to be referred in to attend?**

To find out more about the course or to book a place on a course that is starting soon, please contact the Rheumatology

Department through the address details on the back of this brochure.

Details of when courses are starting will be posted within the department and on our webpage on the Portsmouth Hospitals NHS Trust website.

We also work with our charity and community partners to try to keep people informed about the support and help available

## What to expect when attending the “No Time for Pain” programme

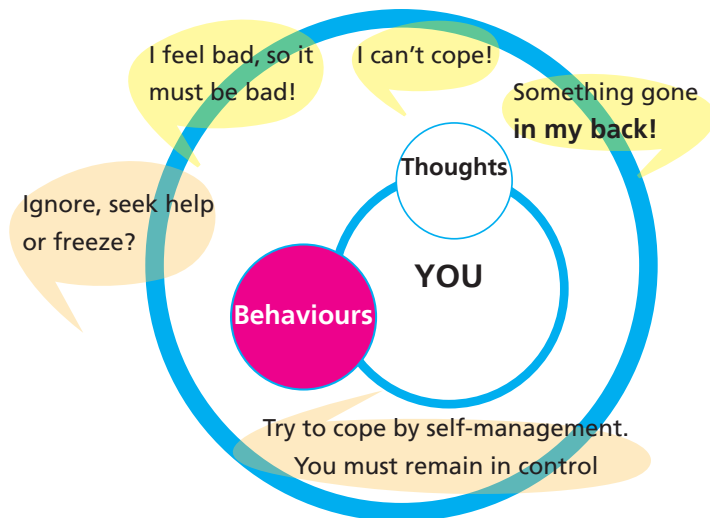
What you will find when you walk through the door:-

Sessions covering –

- Understanding your pain associated to arthritis
- Learning how to manage your pain, by developing your own pain management tool kit.
- An opportunity to meet others living with chronic pain associated to their arthritis and to share experiences and strategies.

Any activity is at your own pace because each person’s experience of pain is their personal responsibility to monitor.

### Vicious Cycle of Pain



**Notes:**

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## **Information we hold about you and your rights under the Data Protection Act**

Please refer to the booklet 'Your Health-care Information – Your Rights! Our Responsibilities!' for further guidance.

### **Consent - What does this mean?**

Before any doctor, nurse or therapist examines or treats you they **must have your consent or permission**. Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important **before giving permission that you understand** what you are agreeing to. If you do not understand – ask. More detailed information is available on request.

### **How to comment on your treatment**

We aim to provide the best possible service and if you have a question or a concern about your treatment then the Patient Advice and Liaison Service (PALS) are always happy to try to help you get answers you need. You can contact PALS on 0800 917 6039 or E-mail: **PHT.pals@porthosp.nhs.uk** who will contact the department concerned on your behalf.

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**[www.porthosp.nhs.uk](http://www.porthosp.nhs.uk)**

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