

West Essex Community Pain Management Service Persistent Pain: Supporting Self-Management Useful Information and Resources for Patients and Carers

Local organisations

Epping: www.eppingforestfrontline.org.uk

Harlow: www.harlowfrontline.org.uk

Uttlesford: www.uttlesfordfrontline.org.uk

Physiotherapy Self-Referral (EPUT) www.eput.nhs.uk

Chronic Pain Support Group: <http://www.chronicpainsupportgroup.co.uk/> or telephone: 07724 187774

STEP 1: Resources to explain persistent pain

Understanding pain and what to do about it in less than 5 minutes: You tube for patients.

<https://www.youtube.com/watch?v=RWMKucuejls>

Retrain Pain: Free online course. Short modules which provide a scientific approach to understanding persistent pain through clear diagrammatic illustrations and key messages.

<https://www.retrainpain.org/>

Explaining Pain - understanding more about your persistent pain and how it affects your life:

<http://livewellwithpain.co.uk/>

STEP 2: Key Resources/tools

Pain tool kit slide set. Power point presentation that introduces the pain tool kit

<https://www.paintoolkit.org/about/pain-toolkit>

Pain Toolkit. Simple guide that provides some handy tips and skills to help patients understand and manage their pain better. Available in hard copy, app, and an animated video Website contains useful links

<https://www.paintoolkit.org/>

Musculoskeletal self-help information. A selection of patient information leaflets for musculoskeletal conditions developed by EPUT <https://eput.nhs.uk/our-services/essex/west-essex-community-health-services/adults/rehabilitation/musculo-skeletal-physiotherapy/>

Community Pain Management Service provided by:

NHS West Essex CCG

Princess Alexandra Hospital Trust

Essex Partnership University Trust

Stellar Healthcare

Understanding and managing long-term pain-information for patients. British Pain Society publication. Members of the public can request a free hard copy by contacting the BPS secretariat on 0207 269 7840 or info@britishpainsociety.org.

<https://www.britishpainsociety.org/british-pain-society-publications/patient-publications/>

Overcoming chronic pain. A self-help guide using cognitive behavioural techniques. This book on prescription can be borrowed from the Library. <http://reading-well.org.uk/resources/842>

Useful books, CD's, video's and podcasts

Driving and Pain <https://www.rcoa.ac.uk/system/files/FPM-Driving-and-Pain-patient-information.pdf>

Manage Your Pain M. Nicholas, L. Beeston, A. Molloy, L. Tonkin & L. Beeston, (2012)

Managing Pain Before It Manages You (third edition) M. Caudill (2008)

Overcoming Chronic Pain F. Cole, H. Macdonald, C. Carus & H. Howden-Leach (2010)

Overcoming Insomnia and Sleep Problems C.A. Espie

The Pain Management Plan Npowered

Self-help leaflets for a range of emotional issues <https://web.nrw.nhs.uk/selfhelp/>

The Sleep Book – How to Sleep Well Every Night. G. Meadows (2014)

You are Not Your Pain V. Burch V and D. Penman (2015)

Pain CD Neil Berry, psychologist in pain management, option to purchase CD at low cost or <http://www.paincd.org.uk/>

Pain and me: <https://www.youtube.com/watch?v=ZUXPqphwp2U>

Podcasts on chronic pain (transcripts available for most programmes)
www.ableradio.com/podcasts

Useful websites for specific conditions

Arthritis: <https://www.arthritiscare.org.uk/> or <https://www.arthritisresearchuk.org/>

Back pain: <http://backcare.org.uk/>

Dependency: <http://opdalliance.org.uk/> or <http://www.painkillerfree.co.uk/>

Fibromyalgia: <http://www.fmauk.org/>

Migraine: <https://www.migrainetrust.org/>

Persistent pain and opioids: <https://www.rcoa.ac.uk/faculty-of-pain-medicine/opioids-aware>

Sleep disorders: <https://sleepcouncil.org.uk/> or <https://www.sleepfoundation.org/>

Stress, anxiety and depression: <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Useful websites

<https://www.britishpainsociety.org/people-with-pain/>

<http://painconcern.org.uk/>

<http://www.action-on-pain.co.uk/>

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<http://www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/>
<https://painuk.org/>
<https://painsupport.co.uk/>
<https://www.nhs.uk/>
<http://www.healthtalk.org/>
<https://www.moodjuice.scot.nhs.uk/>
<https://www.getselfhelp.co.uk/>
<https://www.bigwhitewall.com/v2/LandingV2.aspx?ReturnUrl=%2f>
<https://www.disabilityrightsuk.org/>
<https://soundcloud.com/user-486534099> (Hypnosis recordings by Mr Eamonn Coveney)

Telephone help lines

Action on Pain: 0345 603 1593;
Pain Concern: 0300 123 0789;

Arthritis Care: 0808 800 4050;
Patients' Association: 0845 608 4455

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