

Chronic Back Pain Management Programme- Information for Healthcare Professionals

We run a self-management 10 week programme available county wide via NHFT for a group of 8-10 people all living with chronic back pain.

We focus on practical management and improving quality of life despite living with chronic pain. The group runs at Isebrook hospital in Wellingborough on a Thursday morning for 3 hours from 9.30am-12.30am, it includes a break, paced exercise, practical relaxation as well as education and discussion so you can regularly change your position during the morning. It is not a medical intervention; our approach is a cognitive behavioural therapeutic intervention with discussion and support.

It is run by an occupational therapist, physiotherapist and psychological practitioner with focus on reducing the disruption and distress that living with pain can cause. The group is goal focused and working to help you make progress in being your own pain therapist.

The programme addresses the complex long-term effects be it physical, emotional and social that living with pain can have on daily life.

The 10 weeks cover the following areas:

- Paced physical exercise and mobility
- Developing practical coping strategies
- Exploring acceptance
- Relaxation techniques
- Enhancing independence and quality of life
- Communicating pain
- Question and answer session about medication (guest pharmacist attends)
- The impact of the environment on your pain experience
- Activities of daily living and leisure
- Sleep
- Emotions and thoughts

Who is eligible:

- Anyone experiencing back pain (relevant to those that also experience pain in other areas) for more than 6 months.
- Open to engaging in a self-management approach.
- No other physical or mental health issues that would mean they were not able to engage in a group environment.

How to refer

- General Practice Health Professionals can refer via MSK referral pathway
- Pain clinics or consultants
- AHPs

If referrers do not have access to system one a short referral letter addressed to the service is accepted noting pain history and meeting the criteria as above.

Details for referral:

Chronic Back PMP
John Notley day centre,
St Mary hospital,
London Rd,
Kettering,
Northants,
NN15 7PW
Tel: 07395843945