

## INFORMATION FOR REFERRERS

GP and healthcare professional can refer to:  
Chronic Back Pain Management Programme  
By using the pathfinder electronic system or  
via the address overleaf.

## USEFUL RESOURCES

Listed below are a number of useful  
resources for sufferers of chronic back pain.

Action on pain: [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

T: 0845 603 1593 British Pain Society:

[www.britishpainsociety.org](http://www.britishpainsociety.org)

T: 020 7269 7840

Chronic pain policy Coalition:

[www.paincoalition.co.uk](http://www.paincoalition.co.uk)

T: 0207 202 8580

Pain support: [www.painsupport.co.uk](http://www.painsupport.co.uk)

The pain toolkit: [www.paintoolkit.org](http://www.paintoolkit.org)

Away with pain: [www.awaywithpain.co.uk](http://www.awaywithpain.co.uk)

There is a lot of information about back  
pain, however, if you are unsure please  
speak to your GP or contact the chronic  
back pain management group.



**Northamptonshire Healthcare NHS  
Physiotherapy Outpatients  
St Mary's Hospital  
London Road  
Kettering**

**Telephone: 07395843945**

[www.nhft.nhs.uk](http://www.nhft.nhs.uk)

If you require this leaflet in other  
formats or languages please contact  
PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ফরম্যাটে  
বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800  
917 8504 নম্বরে পালস এর সাথে যোগাযোগ  
করুন

Jei šią skrajutę norite gauti kitu  
formatu ar kalba, kreipkitės į PALS:  
0800 917 8504

Jeżeli są Państwo zainteresowani  
otrzymaniem tych informacji w  
innym formacie lub języku, prosimy  
o kontakt z PALS pod numerem  
telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect  
în alte formate sau limbi, vă rugăm  
să contactați PALS: 0800 917 8504

Если Вы хотели бы  
получить данную брошюру на  
другом языке или в другом  
формате, просим обращаться в  
PALS (Информационная служба для  
пациентов) по 0800 917 8504.

## CHRONIC BACK PAIN MANAGEMENT PROGRAMME



INFORMATION  
FOR PATIENTS  
AND REFERRERS

 01604 682682

 [nhft.nhs.uk](http://nhft.nhs.uk)



#weareNHFT

## HOW DO I KNOW IF I HAVE CHRONIC BACK PAIN?

If you have chronic back pain, it is likely you would have suffered with the following:

- Debilitating back pain for over six months, maybe years
- Medical interventions may have helped in the past, but you are now stuck at a level of pain that is still disabling day to day
- Often there is no identifiable cause for your pain or obvious reason for its continuation
- Your experience of pain severely disrupts your life and limits your activity

## WHAT IS THE CHRONIC BACK PAIN MANAGEMENT PROGRAMME?

We focus on improving quality of life **despite** continuing pain. A selected group of eight to 12 back pain sufferers meet for three hours every week for nine weeks. This is followed by a three or six month follow up. The meetings are a mixture of discussion, practical advice, and graded exercise.

The programme is run by an occupational therapist, physiotherapist and a clinical psychologist.

The programme is based on research evidence of what helps sufferers improve their lives and our outcome measures are very positive.

## WHAT DOES THE PROGRAMME COVER?

We provide mutual support and time for discussion for people who have suffered back pain mostly in isolation and often being misunderstood by others.

We address the long-term effects: physical, emotional, social and occupational of chronic pain and plan constructive ways forward.

We work to identify the factors that improve and worsen the experience of pain, including vicious cycles, activity avoidance, low mood and hopelessness and social isolation.

The programme includes:

- Addressing physical exercise and mobility issues
- Addressing the impact of chronic pain on carers, partners, and friends
- Developing practical coping strategies  
Encouraging acceptance
- Enhancing independence
- Enhancing life enjoyment
- Learning relaxation and mindfulness techniques
- Managing sleep problems
- Promoting positive thinking

Each individual's experience of pain and associated needs are different. We aim to cover a wide range of issues, so everyone gains something positive and useful from the programme.

## HOW DO I JOIN THE PROGRAMME?

Discuss the possibility of joining the programme with your GP or other healthcare professionals you see for your pain management.