

Further help and information

If you have any queries regarding the programme please do not hesitate to contact the Pain Association:

Pain Association Scotland
Suite D, Moncrieffe Business Centre
Friarton Road
Perth PH2 8DG

Tel: 01738 629503.
Freephone: 0800 783 6059.
E-mail: info@painassociation.com
Website: www.painassociation.com)



The Self Management Programme for Chronic Pain service is part-funded by the Big Lottery Fund.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.patientopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

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Self Management Programme for Chronic Pain

Self-Referral Form



This form allows you to refer yourself directly to the Self Management Programme for Chronic Pain without the need to see your GP, physiotherapist or other health professional.

It is important to note that this programme is not designed to cure your pain. It is a non-medical programme that uses a number of inter-related coping techniques to help you improve the quality of your life despite a painful condition.

The Self Management Programme is a monthly class and annual two day intensive course, delivered by Phil Sizer, lead trainer from Pain Association Scotland.

If your problem requires urgent attention, is severe or is worsening, please seek more urgent medical attention by telephoning your GP, or freephone NHS 24, tel. 111.

About the programme

The Self Management Programme for Chronic Pain programme covers topics such as understanding pain, goal setting, confidence and self esteem, and flare up management.

There is good evidence that successfully attending the two day programme as well as the monthly class can reduce the negative impact pain is having on your life. We offer two intensive programmes each year in your local area.

The programme looks at the basic principles of pain and delivers learning on various techniques to help you manage pain (e.g. pacing, relaxation, planning for flare ups, and managing stress).

People who have attended the programme have said that it:

- helped them to better understand pain and stress;
- helped increase their confidence and self esteem;
- enabled them to increase their walking and general mobility;
- helped them learn to relax;
- helped them feel more in control;
- made them realise they are not alone;
- helped them relax properly.

The course is informal and friendly and provides a supportive environment for discussion. Participants are not asked to disclose personal information in the group setting and confidentiality is assured.

The sessions do not involve exercise so no special clothing is required, but participants are encouraged to get up and move around if they wish.

Your details

Name:

Address:

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Date of birth:

Contact phone:

Contact email:

GP Practice:

Returning this form

Once you have filled in your details you can either drop it into the Physiotherapy Self Referral box at Reception in Western Isles Hospital, or send it to:

Physiotherapy Department
Western Isles Hospital
Macaulay Road
Stornoway
Isle of Lewis HS1 2AF

The referral form will then be sent directly to Pain Association Scotland who will contact you directly with details of your local monthly class and the two intensive courses taking place in your local area.

You can send the form directly to the Pain Association if you wish – their address is on the back page of this leaflet.