

# STOP CHRONIC BACK PAIN!

## Self-management and Timely intervention:

## An Opportunity for Prevention of Chronic Back Pain

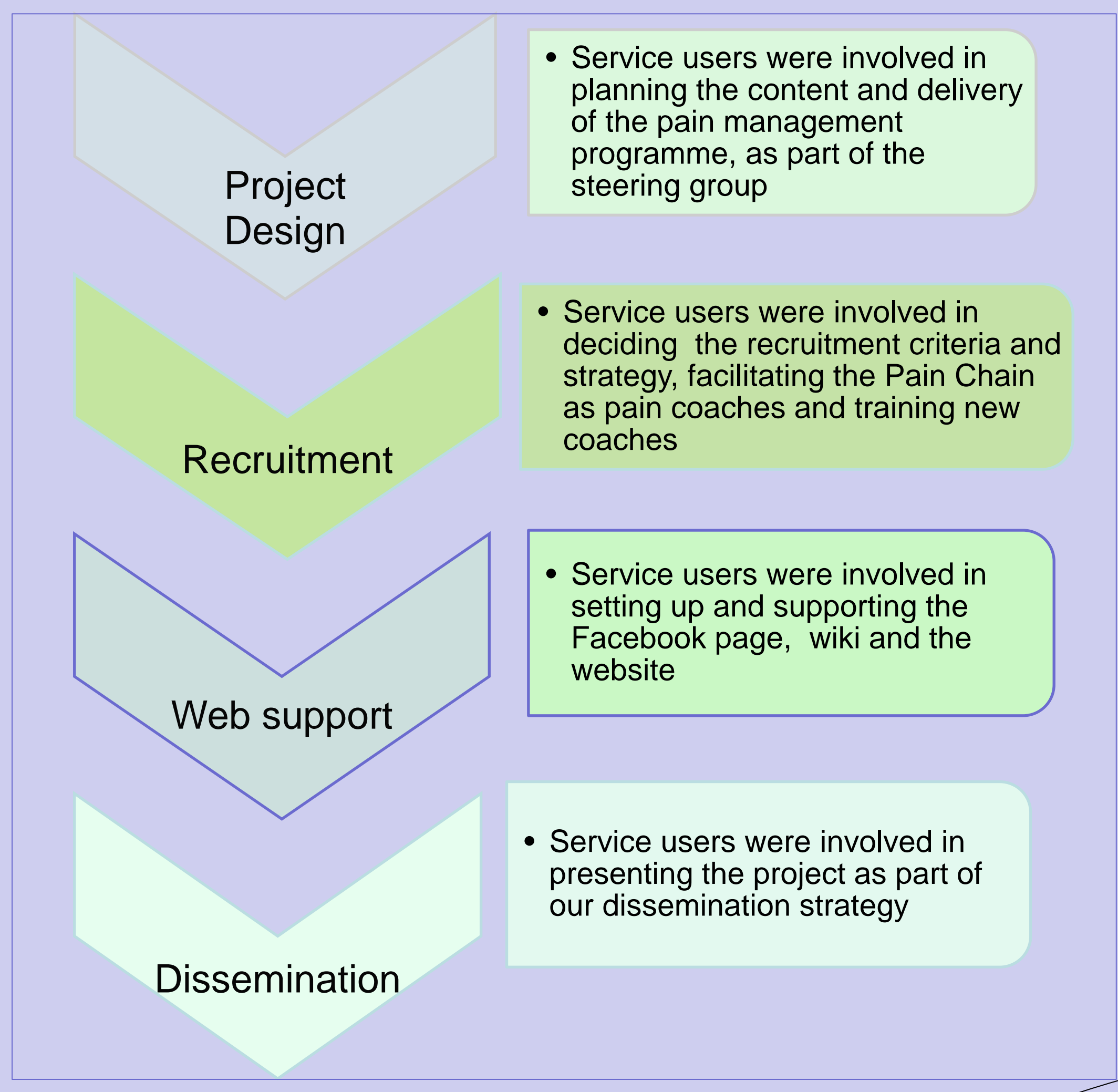
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Our novel approach offered early access to pain management aiming to prevent pain from becoming chronic and included psychology, physiotherapy, occupational therapy, relaxation and medical input.



**Results**  
Participants of the programme rated it highly including the continued support it offered after completion of the programme, both web based and the individualised Pain Chain support

**We learnt that**  
Engaging service users in innovation projects can encourage them to take ownership of their condition, enhance the quality of service and allow participants to better understand the process of care delivery leading to improved clinical outcomes and quality of life. Those who used Facebook found the friendship and advice element to be very helpful.

**We suggest that**  
Service users may be well placed to work alongside the relevant health care professionals to jointly support people seeking pain management programmes

The inclusion of service users as key players was the most important feature of our project.



Made me view the future more positively and take charge of my pain.  
Programme participant

The pain chain was lovely. It worked well for me – it's still a pleasure to work with my coach. Programme participant

As a service user I was thrilled to have a chance to promote the patients' perspective and work with health professionals who impressed me throughout with their compassion, professionalism and determination to meet their patients' needs.  
Patient Advisor

From a service user's point of view it was lovely to get involved in the project but also the Pain Chain and it gives service users the chance to give something back, to feel empowered and to share their experience in helping others to overcome their difficulties with pain. Patient Advisor



Just being involved in this project gave meaning to my being. It was rehabilitating for me, and the pain suffering isolation into which I had fallen, dispersed in part with the pain management programme, fell away. I understood how the Phoenix must feel. This project was exciting and demanding. I was so pleased to experience the embryo Pain Chain, and happy to be able to help others through the start of their own pain management.  
Patient Advisor

