





STOP CHRONIC BACK PAIN!

Self-management and Timely intervention: An Opportunity for Prevention of Chronic Back Pain

Louise Worswick, Researcher, Bournemouth University Caroline Carr, Pain Service User and Patient Advisor

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.

 Service users were involved in planning the content and delivery of the pain management programme, as part of the **Project** steering group Design

> deciding the recruitment criteria and strategy, facilitating the Pain Chain as pain coaches and training new coaches

• Service users were involved in

 Service users were involved in setting up and supporting the Facebook page, wiki and the website

 Service users were involved in presenting the project as part of our dissemination strategy

New project is trying to put

pened to us will help us to help

others. We're able to ask 'Have

understand this talking through the programme with them.

you tried this or 'Did you

Meherzin Das, Clinical Lead, Dorset Pain Management Unit Christopher Phillips, Pain Service User and Patient Advisor

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

Made me view the future more positively

and take charge of my pain.

"At the end of the day, you can

The tools they give us here I

talk about back pain but unless

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

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

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

university says, living in pain

day after day is one of the hard-

"The whole idea for this project cause about because patient

after patient said to us that our help was being offered too late

in their journey with pain and hence the concept of early inter-

vention was born directly from the feedback we received from

support groups including a Pain Chain of long-term sufferers and

brings together bealth special

decreasing fitness, people also start to lose their sense of pur-

no sufferer Chris Phillips

Who is a member of the Pam Chain, says that with-

out the right support it is easy to

"Having the knowledge and understanding of what has hap-

ists from across the county Alongside growing pain,

fatagoe, loss of sleep and

Recruitment

Web support

Dissemination

Lin the UK after stress and

costs the NHS (1billion each

Chronic back pain affects around 7.8 million people at some point in their lives, and the

als but the whole economy. Now a pioneering new project called STOP! initially involving

roblem hurts not just individu-

around 26 local volunteers who are in the early stages of back

It is a joint venture based at

the Dorset Pain Management Unit at Poole Hospital involving several local NHS Trusts and

Bournemouth University's

School of Health and Social

Pools Hospital received \$75,009

projects that reduce the need for

hospital treatment whilst saving

noney and improving quality of

Clinical psychologist Meherzin

from the Health Foundation's

Shine award, which supports

From a service user's point of view it was lovely to get involved in the project but also the Pain Chain and it a STOP to chronic back pain 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

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.

> facebook Sign Up Facebook helps you connect and share with the people in your life. PAIN Society FIBRO Fibro 360 Community

From the top of your head to your toes, sensational Back pain facts 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.

He added that it is important

for partners or carers to be involved in the programme too.

"Our pain affects their daily lives as much as it does our own

If our partners or carees are here just for a few sessions there will be an emercianism for the

