

Statewide Persistent Pain Management Network



Persistent Pain Education Series

Introduction

The **Persistent Pain Services (PPS)** aim to assist you with improving your quality of life despite the presence of pain. Learning to manage your pain takes time, commitment and patience. A persistent pain service can provide you with up-to-date information, advice and skills to self-manage your pain. **Self-management** means learning and using skills to improve your day-to-day living despite having pain - it is not about curing your pain.

Nine fact sheets have been developed which provide information about the following topics:

1. Your Pain Explained
2. Your Community Support Team
3. Your Guide to Goal Setting and Pacing
4. Psychology and Persistent Pain
5. Your Guide to Exercising
6. Managing your Medicines
7. Your Guide to Managing Flare-Ups
8. Your Guide to Good Nutrition
9. More Information and Tips



Please take the time to **review these at your own pace** and in an environment where you feel comfortable.

The **healthcare professionals** employed by a PPS are experienced in working with people with persistent pain, and can include:

- Pain Medicine Specialist
- Nurse
- Psychologist
- Physiotherapist
- Occupational Therapist
- Allied Health Assistant
- Other specialists

You will work with the PPS and your general practitioner (GP) to help manage your persistent pain.



What is my role?

It is important **you understand what is happening** to your body and why you are experiencing pain and use that information to guide how you manage your pain. After all, you are the expert about your body and pain.

What is the role of a PPS?

A PPS can assist you with:

- **Learning** better ways to manage your pain
- Becoming more **confident** to do things that are important to you
- Becoming more **active** and improving your health
- Making the best use of your pain **medications**

PPS is **time-limited**, therefore take the opportunity to learn as much as you can about ways to help you live with persistent pain.

What is the role of my GP?

Your GP will assist you with ongoing management of your persistent pain when you leave a PPS.

Recording information

These fact sheets belong to you. There are sections you can complete and **take with you to your appointments**.

The fact sheets can help with talking about your progress and setting new goals. You can also use them to express any feelings or beliefs about your new journey in managing pain.