

Persistent Pain Self Management Program

Information for health and community workers

The Persistent Pain Self-Management Program is a 6-week group program to help Tasmanians self-manage their chronic pain.

Two trained leaders deliver programs for groups of 10-15 participants.

Who can benefit from the program?

People who have a primary or secondary diagnosis of chronic pain are welcome in the program. Persistent or chronic pain is pain that has lasted longer than 3 to 6 months, or beyond the normal healing time of an injury. Partners / family members / friends / carers are welcome to participate.

What does the program cover?

The Persistent Pain Self-Management Program encourages participants to become more active self-managers. They share their experiences of learning new tools and support each other in the process.

The program covers:

- dealing with problems such as frustration, fatigue and poor sleep
- appropriate exercise for maintaining and improving strength, flexibility, and endurance
- appropriate use of medications
- communicating effectively with family, friends, and health professionals

- healthy eating
- managing difficult emotions
- relaxation techniques
- how to evaluate new treatments
- pacing activity and rest.

Participants make weekly action plans and help each other solve problems they encounter in creating and carrying out their self-management program.

Each participant is loaned a book to take home and use for the 6 weeks of the program. The book [Living a Healthy Life with Chronic Pain](#) includes a Moving Easy Program CD.

What does the research show?

This program was originally developed by researchers / clinicians at Stanford University and McGill University. It is licensed by the [Self Management Resource Center](#) USA, as the [Chronic Pain Self Management Program](#).

Two research studies found that on average, people who have taken this program have:

- more vitality,
- less pain,
- less dependence on others,
- improved mental health, and
- are more involved in everyday activities.

Evaluation found it to be beneficial for participants in terms of coping skills, education, and overall quality of life.

Research indicates that trained peers (non-professionals) with chronic pain themselves, can facilitate the program as effectively, if not more effectively, than health professionals. In Tasmania we have a mix of health workers and volunteers as leaders.

How do I refer people?

It's best if people self-refer via the contact details listed (it is a self-management program after all).

They can speak with a coordinator who can answer questions and register them for the next group or add them to a waiting list.

You can help by giving them a brochure about the program and / or the contact details.

Where are programs run?

Persistent Pain Self Management Programs are held in venues across Tasmania.

People may also be able to access a program online.

What is the length of the program?

The program runs for 2½ hours each week for six weeks with a group of about 10 - 15 people.

Is there a cost?

A gold coin contribution for refreshments is the only cost to attend.

Who is licensed in Tasmania?

In Tasmania programs are delivered by [Tasmanian Health Service](#), and [Rural Health Tasmania](#).

Contact the THS team:

North West

Michelle Towle

Email michelle.towle@ths.tas.gov.au

Phone (03) 6477 7347

North

Tina Walker

Email tina.walker@ths.tas.gov.au

Phone (03) 6777 4589

South

Corina McCarthy

Email corina.mccarthy@ths.tas.gov.au

Phone (03) 6166 1400

February 2021

