

How to best use the Pain Toolkit:

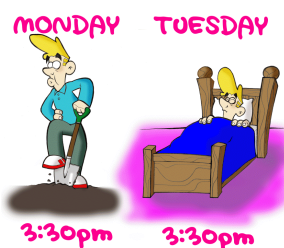
Most patients with ¹Persistent Pain are usually stuck in, or on the Persistent Pain Cycle (see page 2 in the Pain Toolkit) and getting them off the cycle can be tricky.

The Pain Toolkit is best used by health care professionals to begin that all-important conversation with the patient as to how the patient will start, or, support their self-management journey.

IMPORTANT:

Just giving the Pain Toolkit to the Patient could be ineffective, so below is a simple 3 step guide as to how best use the Pain Toolkit.

1. Give the Pain Toolkit to the patient ask them to take it home and read it (show to their partner, family, friends or work colleagues if they have them)
2. Before coming back to see you, ask them to tick off or circle the three tools they have the most problems with and show them to you at the next appointment.
3. Work with the patient on those three tools over the coming weeks until they feel confident with them, and once they are, ask them to choose another three and repeat the process.



Example: Tool Three Pacing. Learn to pace yourself

Most patients with pain are all-or-nothing people and will use their pain as a guide as when they need to start or stop.

It's like we drive a car until it's completely out of fuel, without thinking or planning where the next filling station is.

Explain that *“Pacing (taking a break before you think you need to; i.e. looking for a garage before running out of fuel) can ‘reduce’ increased pain, and in fact help you to do more, but without increasing your pain.”*



¹ Persistent Pain - Pain that continues for 3 months or more and may not respond to standard medical treatment