

Returning this form

Please return your completed form to:

Pain Association Scotland
Suite D, Moncrieffe Business Centre
Friarton Road
Perth PH2 8DG

Tel: 01738 629503.
Freephone: 0800 783 6059.
E-mail: info@painassociation.com
Website: www.painassociation.com



The Self Management Programme for Chronic Pain service is part-funded by the Big Lottery Fund.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff.
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at www.careopinion.org.uk or tel. 0800 122 31 35.
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

Version: 5

Review Date: March 2023

Produced by: Physiotherapy Dept, WIH.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Self Management Programme for Chronic Pain

Self-Referral Form



This form allows you to refer yourself directly to the Self Management Programme for Chronic Pain without the need to see your GP, physiotherapist or other health professional.

It is important to note that this programme is not designed to cure your pain. It is a non-medical programme that uses a number of inter-related coping techniques to help you improve the quality of your life despite a painful condition.

The Self Management Programme is a monthly class and annual two day intensive course, delivered by Phil Sizer, lead trainer from Pain Association Scotland.

If your problem requires urgent attention, is severe or is worsening, please seek more urgent medical attention by telephoning your GP, or freephone NHS 24, tel. 111.

About the programme

The Self Management Programme for Chronic Pain Programme covers topics such as understanding pain, goal setting, confidence and self esteem, and flare up management.

There is good evidence that successfully attending the two day programme as well as the monthly class can reduce the negative impact pain is having on your life. We offer two intensive programmes each year in your local area.

The programme looks at the basic principles of pain and delivers learning on various techniques to help you manage pain (e.g. pacing, relaxation, planning for flare ups, and managing stress).

People who have attended the programme have said that it:

- helped them to better understand pain and stress;
- helped increase their confidence and self esteem;
- enabled them to increase their walking and general mobility;
- helped them learn to relax;
- helped them feel more in control;
- made them realise they are not alone;
- helped them relax properly.

The course is informal and friendly and provides a supportive environment for discussion. Participants are not asked to disclose personal information in the group setting and confidentiality is assured.

The sessions do not involve exercise so no special clothing is required, but participants are encouraged to get up and move around if they wish.

Your details

Name:

Address:

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.....

Date of birth:

Mobile Number:

(Essential for Flo registration)

Contact email:

GP Practice:

eHealth

eHealth simply means health and care which can be offered through the use of technology. We offer the following eHealth options:

‘Go with the FLO’

Sign up to ‘FLO’ (Florence), our text messaging service with a human touch. Once registered you will receive notifications of class dates and times and have the opportunity to provide feedback on the course.

Video-conference with ‘Attend Anywhere’

In some areas (Harris and Barra) classes will be delivered using ‘Attend Anywhere’ which allows you to join in from the comfort of your own home. You can attend appointments via a video call from wherever you are using the web (no specialist equipment is required). More details on ‘Attend Anywhere’ will be provided after referral.