

Chronic Pain Self-Management Program

PROGRAM DESCRIPTION

The Chronic Pain Self-Management Program (CPSMP) is a 6-session evidence-based workshop designed for those dealing with chronic pain developed by a team of researchers at Stanford University. Participants learn self-management techniques and skills needed in the day-to-day management of their chronic pain condition. The teaching process, led by two (2) trained leaders, one or both of whom are non-health professionals with chronic pain themselves, makes this program effective, and classes are highly participatory. This program has also been proven effective with family and caregivers. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives. This program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions.

Program Benefits

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their pain
- Reduction in pain
- Increased confidence in their ability to manage their pain
- Decreased emergency department visits and hospitalizations

Format

Workshops meet in community settings such as senior centers, churches, libraries and hospitals.

- Small group workshop (approximately 10-15 participants)
- 2 1/2 hours per session
- 1 session per week for 6 weeks
- Highly participative

Topics covered:

- Managing Pain and fatigue
- Making an action plan to set and achieve attainable goals
- Problem solving and decision-making around such topics as frustration and other difficult emotions, isolation, and poor sleep
- Engaging in appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Using medications appropriately
- Communicating effectively with family, friends, and health professionals
- Healthy eating
- Pacing activity and rest
- Evaluating new treatments

Resources: Visit: <http://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/>