



Welcome to Essential Skills for Pain Management

Please Complete Questionnaire

Session 1
A New Understanding of Pain

Welcome to Week 1

- Complete two questionnaires
- Self-care during workshops
- Group rules
- Confidentiality
 - Please do not share highly personal information
 - Please respect everyone's privacy

What to Expect

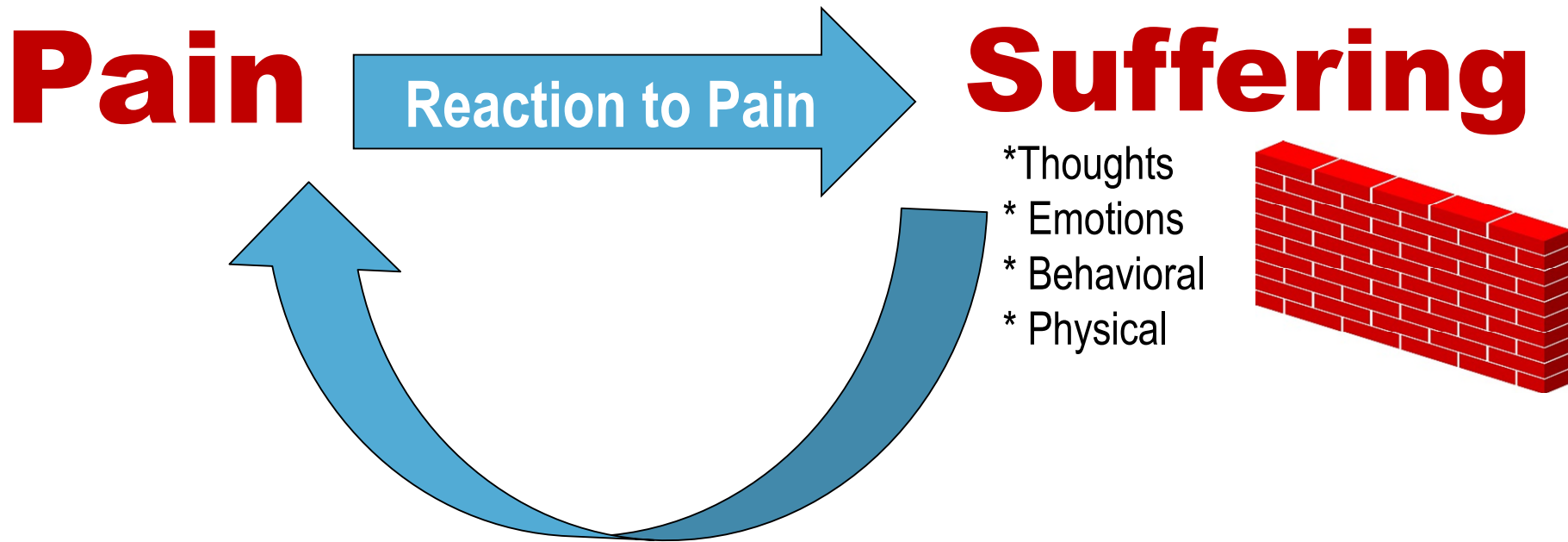
- Evidence-based approach to decrease suffering while in pain
 - 4-weeks *Essential Skills for Pain Management* workshops
 - Weekly *Aftercare Groups* (*Behavioral & Movement*)
- You have an entire care team to support you!
 - Pain Psychologist
 - Pain Physical Therapist
 - Nurse Care Manager
 - Resources outside our department
- Care Team Role
 - Offer mind and body skills that are supported by science
- Your Role
 - Weekly home-practice using the SMART plan

How does pain affect your life?

Where does pain come from?

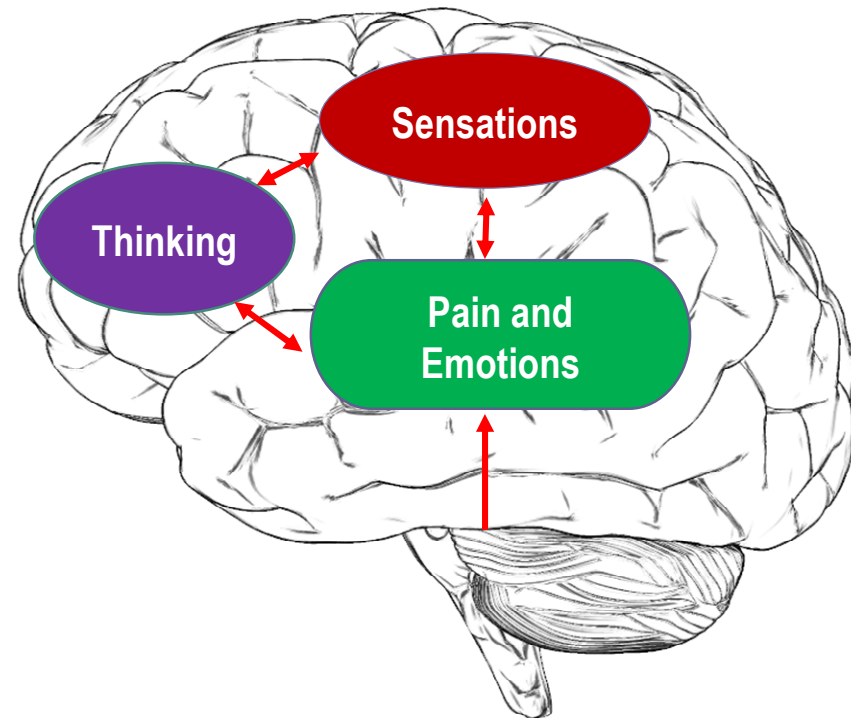
How does stress influence your pain?

Two Parts of the Pain Experience



What is Pain? What is Suffering?

- Pain is a physical sensation
- Suffering is
 - Emotional
 - Physical stress
 - Negative thought patterns, memories
 - Avoiding people or activities



- This well-established brain pathway can be **re-trained** to decrease suffering while in pain and improve quality of life

Living with Chronic Pain

- Your pain **is** very real
- You can live well and have a meaningful life with pain

Two Approaches to Pain Management

Standard Approach

- Decrease pain to decrease suffering
 - Medications
 - Medical intervention (ESI etc.)
 - Surgery
 - Acupuncture

Complimentary Approach

- Decrease suffering while in pain
 - Evidence-based
 - Re-train your brain and body to respond versus react to pain
 - Pain may decrease in time

Mindfulness

Research shows mindfulness creates a greater reduction in pain than standard doses of morphine and other pain-relieving drugs.

There was a 40% reduction in pain intensity and its unpleasantness was reduced by 57%. This meant that it could barely be felt and hardly bothered them at all.

— Zeidan, F. (2011)

What is Mindfulness?

- A meditation practice
- Paying attention in a particular way
 - On purpose
 - To the present moment
 - Non-judgmentally

Mindfulness & Changing the Brain Video



How to Practice Mindfulness Meditation

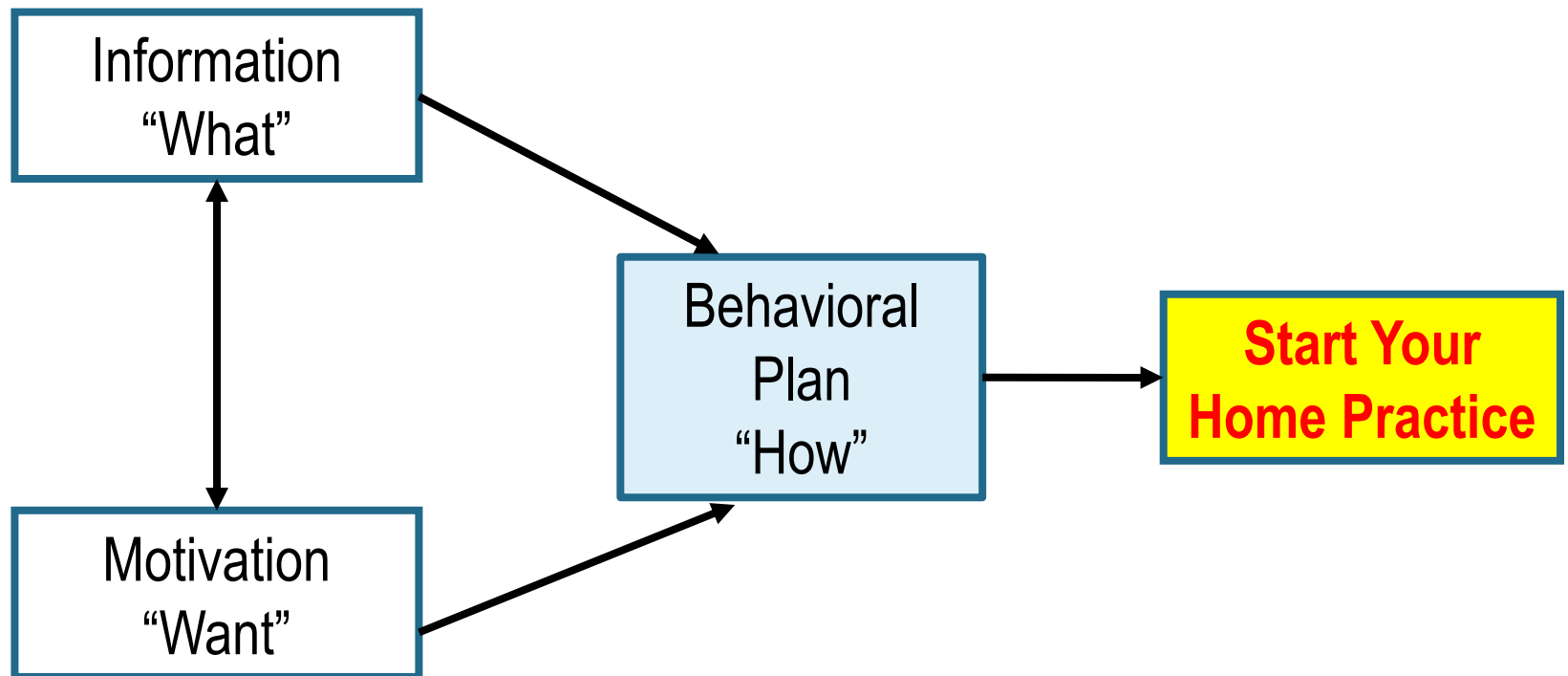
■ Posture

1. Sit upright in a comfortable position
2. Feet flat on the floor
3. Place hands on thighs or cup in your lap
4. Observe your breath (nose/mouth or belly)
5. Every time your mind wanders away from your breath, say: “Thank you” and return your attention back to your breath

Web Resource: “UCSD Guided Practice Mindfulness”

<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Information-Motivation-Behavior Change Model



(Fisher & Fisher, 1992)

Your SMART Home Practice

Turn to the **SMART** worksheet to begin your home-practice

1. Set a goal

- Mindfulness Meditation
- At least 4 days per week
- At least once daily

Plan for success

- Attach a new habit to a habit you already have like brushing your teeth, eating meals or bedtime routines.

2. Monitor your goal

**How would your life improve if you
had less pain?**

**When will you get started on your
SMART treatment plan?**

What to Expect in a Mindfulness-Based Program

- Session 2
 - Thoughts Are Powerful
- Session 3
 - The Importance of Sleep
- Session 4
 - Managing Flare-Ups

Thank you!

- See you next week