



https://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx

Chronic Pain Management - NHS Highland

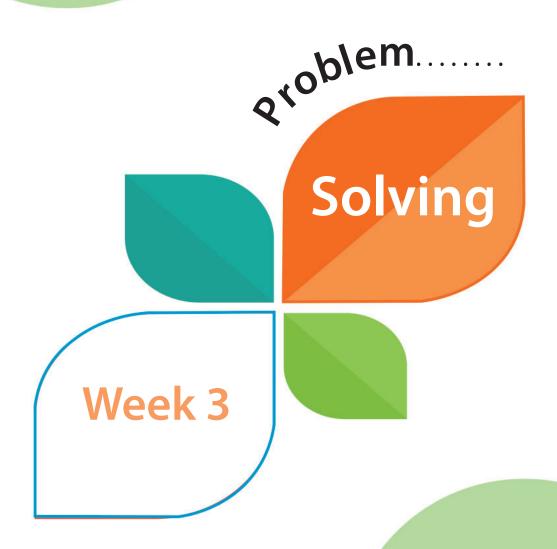
Persistent Pain has a considerable impact on the quality of life for many people in Scotland. Approximately 800,000 people across Scotland are affected by persistent pain to varying degrees, and it can result in significant suffering for both those directly affected and those close to them. www.nhshighland.scot.nhs.uk



Issue 1 Dateof issue: Dec 20 Date of Review: Dec 23

Devised by Nicola Bailley





Think of your own problems and work through using same method..

	——— Possible Solution ————————————————————————————————————
-Advantages	
-Disadvantages	
	—Another Possible Solution —————
-Advantages	
-Disadvantages	
	—Another Possible Solution ————————————————————————————————————
- Advantages	
-Disadvantages	

Which one would you choose?

Think of your own problems and work through using same method..

-Advantages -Disadvantages

-Another Possible Solution

-Advantages -Disadvantages

Another Possible Solution

- Advantages

- Disadvantages

Which one would you choose?



Obstacles to making lifestyle changes...:



Have you had some thoughts about the lifestyle changes that you would like to make? e.g. become more active, socialise more, improve mood, lose weight, walk more, meet with friends, do a hobbies more...



Think of something small that you have been struggling with.

Can you think of any obstacles that might get in the way of doing this?

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Problem Solving Example:

Our example -

My whole family come to me for Sunday lunch and I'm struggling afterwards with extreme pain..

What are the options?

- 1. One possible solution Don't Bother
- Advantages save money, less pain
- Disadvantages you lose touch with them,
 they stop asking you to
 join them, more isolated,
 lonely, depressed.
- 2. Another possible solution Still do it but provide a
 take away
- Advantages You keep in touch, less washing up, no preparation
- Disadvantages Not all might like a take away.
- 3. Another possible solution-Get everyone to bring something
- Advantages You keep in touch, less preparation, work shared around
- Disadvantages Loss of control, people might not all be able to contribute

Which solution would you pick?

Are there other options that could be considered?

Think of your own problems and work through using same problem solving method at home..

	—— Possible Solution —————
	1 ossibic solution
-Advantages	
-Disadvantages	
	Another Possible Solution —————
	Allottier i ossible solution
Advantages	

-Disadvantages
-Another Possible Solution

-Disadvantages

Which one would you choose?

- Advantages

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I'm struggling to pace myself and on good days overdo things and make myself sore afterwards..

-Advantages -Disadvantages

Another Possible Solution

-Advantages

-Disadvantages

-Advantages
-Disadvantages

Which one would you choose?



Now your turn....:

.... work through these examples to problem solve through these.

I'm losing touch with my friends as I'm struggling to go on a night out due to pain..

-Advantages
-Disadvantages

- Advantages - Disadvantages

-Another Possible Solution -

-Advantages
-Disadvantages

Which one would you choose?

I'm finding it difficult to find time to practice relaxation and not be interrupted . .

-Advantages
-Disadvantages

-Advantages -Disadvantages

-Another Possible Solution -

-Advantages -Disadvantages

Which one would you choose?

I don't have the motivation to increase my activity levels . .

-Advantages
-Disadvantages

-Advantages -Disadvantages

-Another Possible Solution -

-Another Possible Solution -

- Advantages - Disadvantages

Which one would you choose?