There is a lot of information about back pain, however if you are unsure please speak to your GP or contact the chronic back pain management group.

INFORMATION FOR REFERRERS

GP and healthcare professional can refer to:
Chronic Back Pain Management Programme
By using the pathfinder electronic system or via the address overleaf.

USEFUL RESOURCES

Listed below are a number of useful resources for sufferers of chronic back pain.

Action on pain: www.action-on-pain.co.uk
T: 0845 603 1593
British Pain Society: www.britishpainsociety.org
T: 020 7269 7840
Chronic pain policy Coalition: www.paincolegation.co.uk
T: 0207 202 8580
Pain support: www.painsupport.co.uk
The pain toolkit: www.paintoolkit.org
Away with pain: www.awaywithpain.co.uk

This service is provided by Northamptonshire Healthcare NHS Foundation Trust and delivered on location at Kettering General Hospital.

#weareNHFT

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The programme is run by an occupational therapist, physiotherapist and a clinical psychologist.

The programme is based on research evidence of what helps sufferers improve their lives and our outcome measures are very positive.

**WHAT DOES THE PROGRAMME COVER?**

We provide mutual support and time for discussion for people who have suffered back pain mostly in isolation and often being misunderstood by others.

We address the long-term effects: physical, emotional, social and occupational of chronic pain and plan constructive ways forward.

We work to identify the factors that improve and worsen the experience of pain, including vicious cycles, activity avoidance, low mood and hopelessness and social isolation.

**HOW DO I JOIN THE PROGRAMME?**

Discuss the possibility of joining the programme with your GP or other healthcare professionals you see for your pain management.

**WHAT IS THE CHRONIC BACK PAIN MANAGEMENT PROGRAMME?**

We focus on improving quality of life despite continuing pain. A selected group of eight to 12 back pain sufferers meet for three hours every week for nine weeks. This is followed by a three or six month follow up. The meetings are a mixture of discussion, practical advice and graded exercise.

The programme includes:
- Addressing physical exercise and mobility issues
- Addressing the impact of chronic pain on carers, partners and friends
- Developing practical coping strategies
- Encouraging acceptance
- Enhancing independence
- Enhancing life enjoyment
- Learning relaxation and mindfulness techniques
- Managing sleep problems
- Promoting positive thinking

Each individual’s experience of pain and associated needs are different. We aim to cover a wide range of issues so everyone gains something positive and useful from the programme.