

For Further Details

To find out more about the course or to book a place on the next available one, please contact:

Write to

Ms Valerie Robins
Rheumatology Department
Queen Alexandra Hospital
Southwick Hill Road Cosham,
Portsmouth PO6 3LY
Telephone 02392286142
Email: valerie.robins@porthosp.nhs.uk

Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet "Your Healthcare Information – Your Rights! Our Responsibilities!" for further guidance.

How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail: PHT.pals@porthosp.nhs.uk

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Rheumatology
Department



**Patient and Partner/Family/
Carer - Workshop**
Saturday 16th September 2017 09:30

Chronic and persistent pain associated to Arthritis and Connective Tissue Diseases - Patient & Family/Carer workshop.

While pain is never pleasant, coping with continuous pain can be the hardest part of living with arthritis and connective tissue diseases. It can affect every part of your life, and many aspects of your life can also affect your pain.

“No time for Pain” is a new project being undertaken by the **Rheumatology Department** to help our patients to self-manage their chronic and persistent pain.

The workshop takes place over 3 hours and is **free** to attend but must be booked as places are limited (*you are welcome to be accompanied by 1 guest - usually partner, family member or carer*).

When you attend the “No Time for Pain” Workshop”, we aim to share a lot of knowledge that can help you create your own pain management plan.

Once you know how to effectively address pain, you can stop it from interfering with your home and work life – and breathe a sigh of relief!



What will we cover during the workshop

09:30 Registration

09:45 Welcome and overview

10:00 Pain - overview

10:30 Refreshments

11:00 Developing Your Pain Plan

12:00 Open discussion and way forward

Once you understand the difference between acute and chronic/persistent pain - then it's time to develop a comprehensive pain self-management plan looking at your own.

During the workshop we will provide you with useful information, tools and techniques that you can use in your own personal toolkit, then you can get started on taking control of your pain and your quality of life.

Your mind plays an important role in how you feel about pain and how you respond to illness. As you develop your action plan, use these tips to build a sense of personal control by changing how you think about pain.

“No Time for Pain” 3 hour workshop,

The Pain Workshop has a mix of presentations and interactive sessions and has been designed to help people living with arthritis and connective tissue diseases understand the wider impact that pain can have, and to equip them with the tools they need to make positive changes in their lives to tackle their pain.

The aim of the workshop is that “people with Arthritis and Connective Tissue Diseases can enjoy a good quality of life, in spite of having pain”.

The workshop is presented by members of the Rheumatology team who are experts in the management of pain associated to arthritis

Q - Who is the programme designed for?

“No Time for Pain” has been specifically designed to target those patients attending Rheumatology clinics who are affected by long term (chronic painful) conditions. **Q - To attend the programme does it matter what type of arthritis/connective tissue disease I have?**

The programme is open to anyone regardless of their arthritis or connective tissue disease.

Q - What is covered during the programme?

During the programme you will be able to discuss and understand the non-medical management of pain, especially focusing on self-management/pain management topics. Each topic is delivered in a way that makes it possible for individuals to interact and contribute and make sense of pain management.

Q- What does self-management mean?

Self-management means **you** being back in control, not the pain controlling you. The ideas on offer are about becoming a person again rather than a patient.

Q- Do I need to be referred in to attend?

To find out more about the course or to book a place on a course that is starting soon, please contact the Rheumatology Department through the address details on the back of this brochure.

Details of when courses are starting will be posted within the department and on our webpage on the Portsmouth Hospitals NHS Trust website.

We also work with our charity and community partners to try to keep people informed about the support and help available

What to expect when attending the “No Time for Pain” programme

What you will find when you walk through the door:-

Sessions covering –

- Understanding your pain associated to arthritis
- Learning how to manage your pain, by developing your own pain management tool kit.
- An opportunity to meet others living with chronic pain associated to their arthritis and to share experiences and strategies.

Any activity is at your own pace because each person’s experience of pain is their