



Function Management with Pain

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Occupational Therapy

Occupational Therapy uses meaningful and purposeful activity (*the things you have to do and the things you want to do*) as a treatment tool to help you overcome illness or injury.

OT's help you be you again

Some interesting statistics

7.2 million people in the UK
smoke

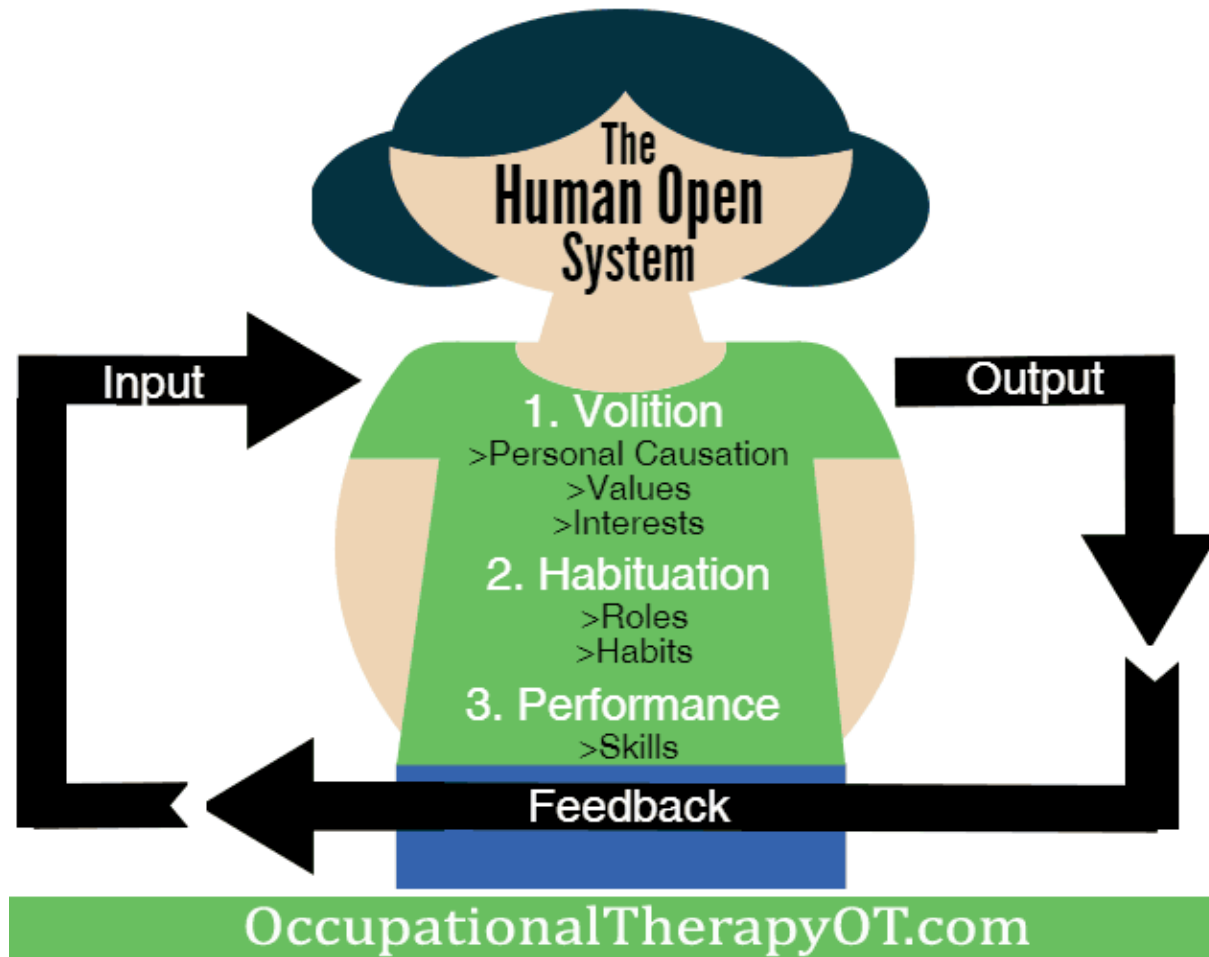
Guardian Newspaper 2016

16.3 million people in the
UK are obese

NHS England 2017



The Human being is an Open System



Pain management courses

NHS Pain Management Programmes (PMP's) help people to live with chronic pain by helping them learn ways of dealing with the disabling effects and distress caused by being in pain.

NHS Choices 2017

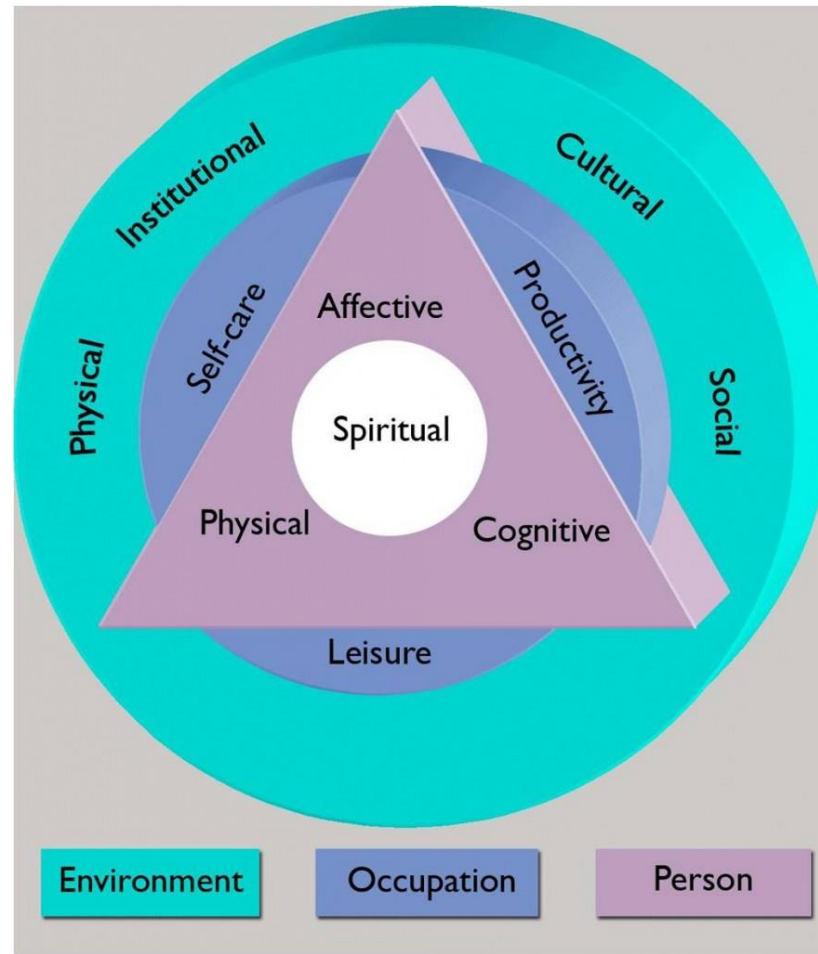
Making changes

Trans-theoretical Model of Change



Adapted from Prochaska and Di Clemente's cycle of change model.

Environment first



Function Management with Pain

- ▶ What is a pain environment? *Theory session*
- ▶ My Pain environments *Practical Session*
- ▶ The importance of activity with chronic pain *Theory session*
- ▶ My Activity *Practical Session*
- ▶ Pain management strategies (Pacing and Relaxation) *Theory session*
- ▶ My Self Care *Practical Session*
- ▶ Pain Management strategies (Exercise and Nutrition) *Theory session*
- ▶ My Leisure *Practical Session*
- ▶ Pain Management strategies (Work and productivity) *Theory session*
- ▶ My Productivity *Practical Session*
- ▶ Creating a Pain Management Programme *Theory session*
- ▶ Putting my PMP to the test *Practical Session*
- ▶ Refining my PMP and planning for the future. *Practical Session*

Details

- ▶ The 'Function Management with Pain' course is included within any of Plexus Healthcare's complex interventions, where chronic pain is present and a severe limiting factor.
- ▶ However, this course can also be purchased in isolation where a person is currently unable to progress with other therapies or intervention because of the presence of chronic pain.
- ▶ In these cases the specialist OT will need to complete an assessment and follow up with the 12 sessions. For this we do a fixed fee of £4,995.00 this includes all learning materials and travel.