

Patient information

Back Pain Education Programme (B-PEP)

Pain Medicine

Why have I been referred to the Back Pain Education Programme (B-PEP)?

You have been referred to the Back Pain Education Programme (B-PEP) at Broadgreen Hospital because your experience of pain is having an impact on your quality of life. Your referrer has offered you this service because they believe that attending B-PEP will help you reduce the impact that pain has on your life.

What does the Back Pain Education Programme (B-PEP) involve?

The B-PEP is run by a multidisciplinary team of clinicians from The Pain Medicine Clinic including a Pain Consultant, Specialist Pain Nurse, Physiotherapist and Clinical Psychologist. These clinicians deliver the programme together with particular team members taking the lead at times.

The main aims of the programme are to help you:

- Understand more about how pain works in the body.
- Help you learn more about the different approaches involved in managing pain.
- Advise on managing medication.
- Support you to recognise lifestyle patterns and make some helpful changes.
- Provide specific advice about movement and gradually returning to activity.
- Set achievable and meaningful goals.
- Teach you coping strategies to help you work towards your goals.

Where and when is the programme?

The programme is run over five weekly sessions for three hours each with a break at the Pain Medicine Clinic in The Alexandra Wing at Broadgreen Hospital. Group sizes will vary between six and eight people. We also offer a virtual course that you can log on to from your own home. We will discuss the various options with you to help you decide what will suit your personal circumstances.

After you have had an assessment, you will be given the dates/times of the next available programme.

We will also invite you to a one month and six month follow up session.

What is expected of me?

We ask that you attend on time and take note of the agreed ground rules that we will discuss as a group in more detail.

You will be asked to apply what you have learned from the sessions at home. This is highly important for gaining any benefit of the programme. You may also wish to share what you have learned with family and friends.

What if I am nervous in groups?

It is common to feel nervous about coming to a group programme – it is likely that many other group members will feel the same. Most of our patients find this reduces after the first session and attending has helped build their confidence. We encourage all our group members to engage in the sessions by listening and contributing to the discussion however we will not force you to speak if you do not wish to.

Why would it be helpful for me to attend?

Research shows pain management programmes help people return to activities that are important to them; this greatly benefits quality of life. Research also shows improvements are greater in groups because of peer support and reduced isolation when living with pain. Many people report they understand their pain better and know more about what they can do to manage pain. They also report improvement in mood, confidence, fitness and communication with others.

You may well have already experienced the limitations of medicine in managing a chronic pain condition. We therefore spend time in the group discussing this, answering any questions you have and help you to consider ways to maximise how you currently manage.

How can I manage my pain during the sessions?

We will encourage the group to regularly change position and take breaks. We will also practice breathing exercises that can also help you feel better during the sessions.

What should I bring with me?

You may wish to make some notes during the appointment so bring along a note pad if you wish.

Food and drink is not provided so you may wish to bring some with you. There is a water fountain in the waiting room.

What happens after the Back Pain Education Programme (B-PEP) finishes?

When you have attended the programme and follow up sessions, you will be discharged back to the care of your family doctor (GP). Although this can be anxiety provoking for some people, it means you can spend more time living your life and less time at the hospital.

The programme will provide you with skills that you can continue to use when the group ends and continue to make progress.

What if I cannot attend an appointment?

We appreciate sometimes our patients need to cancel appointments. As we are unable to repeat the content of the group sessions that you wish to cancel, we may need to offer you another programme in order to gain benefit.

When a person does not attend without letting us know, normally they will be discharged from B-PEP.

How can I contact the pain team?

Should you have any queries, please discuss at your next appointment or contact our pain administration team on:

Tel: 0151 706 3190

Text phone number: 18001 0151 706 3190

Where can I find further information?

In addition to the information we will provide in the group, you may find the following resources useful to give you more information about living with pain:

- **Health Talk Online:** videos of people's experiences with Pain Management Programmes
Website: <http://www.healthtalk.org/peoples-experiences/chronic-health-issues/chronic-pain/learning-about-pain-management>
- **Pain Tool Kit:** self-help resources written by people with pain.
Website: <https://www.paintoolkit.org/>
- **Pain Concern:** information, local support groups and podcasts on difference subjects of pain.
Website: <http://painconcern.org.uk/> (The link didn't work)
Phone: 0300 123 0789
- **British Pain Society:** information, guidelines and research updates.
Website: <https://www.britishpainsociety.org/people-with-pain/>

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Pain Administration Team

Tel: 0151 706 3190

Text phone number: 18001 0151 706 3190

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

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