

Living Well with Chronic Pain



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

The Chronic Pain Self-Management Program (CPSMP) is a 6-session evidence-based workshop designed for those dealing with chronic pain. Participants learn self-management techniques and skills needed in the day to day management of their chronic pain condition. This program has also been proven effective with family and caregivers. This program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions.

Program Benefits

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their pain
- Reduction in pain
- Increased confidence in their ability to manage their pain
- Decreased emergency department visits and hospitalizations

What is provided to Participants

Workshops are facilitated by two trained instructors and meet for 2.5 hours once a week for six weeks. The workshop covers the following topics:

- Pain and fatigue management
- How to make an action plan
- Problem-solving
- How to deal with difficult emotions
- Appropriate physical activity
- Effective decision making
- Healthy eating
- Communication skills
- Working with your health care professional

Resources:

Visit www.patienteducation.stanford.edu/programs/cpsmp.html for more information

For More Information on this Program

livingwell@utah.gov

1-888-222-2542

WHY MAKE A REFERRAL?

- Examples of chronic pain conditions are: chronic musculo-skeletal pain (such as neck, shoulder, back pain, etc.), fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post-herpetic pain, and trigeminal neuralgia), and post stroke or central pain.
- The CPSMP class may also benefit those who have conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or those who experience severe muscular pain due to conditions such as multiple sclerosis.

SOURCES

1. Andersen, L. N., Kohberg, M., Herborg, L. G. Sogaard, K., & Roessler, K. K. (2014). "Here we're all in the same boat" – a qualitative study of group based rehabilitation for sick-listed citizens with chronic pain. *Scandinavian Journal of Psychology*, 55, 333-342.
2. Andersen, L. N., Juul-Kristensen, B., Roessler, K. K., Herborg, L. G. Sorensen, T. L., & Sogaard, K., (2013). Efficiency of 'Tailored Physical Activity' or 'Chronic Pain Self-Management Program' on return to work for sick-listed individuals: design of a randomised controlled trial. *BMC Public Health*, 13: 66. (pgs. 1-8).

INFORMATION

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Page 20