



SIP

Societal Impact of Pain

2017

**Structured Cooperation
between Health Care
Systems tackling the
societal impact of pain!**

Is Self-management
your first choice or last
resort?

A question for patients, doctors/healthcare
professionals and decision makers

Disclosure Statement of conflict of interest in the context of the subject of this presentation



Within the past 12 months, I or my spouse/partner have had following financial interest/arrangement(s) or affiliation(s)

- | | |
|--|-------------------|
| • Support for travel | Grunenthal |
| • Honoraria for lectures | None |
| • Honoraria for advisory board activities | None |
| • Participation in clinical trials | None |
| • Research funding | None |
| • Financial shares and options | None |

Self-management?

Question to Patients: Was self-management your 1st Choice to manage your persistent pain?

Question to Doctors/healthcare professionals: Was self-management your 1st Choice to offer patients?

Question to Decision Makers: Was self-management your 1st Choice to offer/develop in your service?



Can you see the problem?

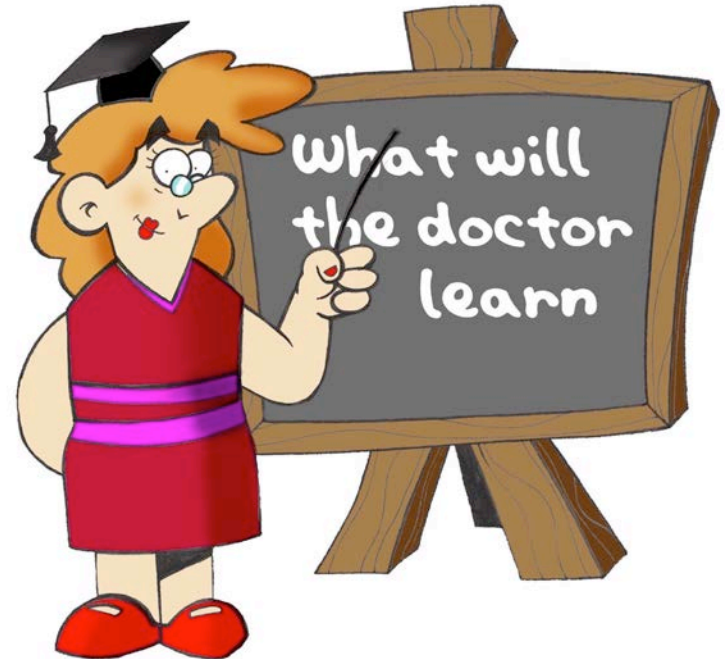
“One in five Europeans suffers from chronic pain, which translates into millions of patients facing pain every day”

(100 million people in the 28 European Union countries alone)



Where or from do we learn pain self-management skills?

- **General Practitioner?**
- **Pain Doctor?**
- **Physiotherapist?**
- **Other healthcare professionals?**



Sadly, this is not always the case.

Doctors in the UK when in their 6-years of training, will only receive 19hrs on pain management.

A Vet will receive more training

Self-management for the patient is?

- ✓ Balancing the demands of your pain condition with what you want out of life.
- ✓ You pulling strings and lead the way
- ✓ You give directions to receive the support and self-management skills that is tailored to meet your needs
- ✓ Getting support from your family, friends, work colleagues and healthcare professionals
- ✓ Teamwork and you are the Captain
- ✓ You overcome obstacles you meet

Adapted from www.zelfmanagement.com



Question..

- **Do Doctors/Healthcare professionals need to learn pain self-management skills when in training?**

If not.. this needs to become a policy with all medical schools/training institutions.



So will self-management NOW... be your first choice or your last resort?

Thank you for your attention

Pete Moore

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