



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

York 4 Session Pain Management Programme

Information for patients, relatives and carers

York Pain Management programme, covering the York
Hospital and Selby Hospital

① For more information, please contact:

The Pain Management Clinic
Telephone: 01904 721419

York Pain Management Programme (4)

It is estimated that around 25% of people around the world suffer from long term pain. The pain management programme has been established to both educate and provide independent coping strategies to manage pain.

The aims of the programme are to reduce distress, improve quality of life and to help people who experience chronic pain, understand the complex changes that take place in their nervous system as chronic pain develops.

Understanding Long Term Pain

Long-term pain is defined as pain that lasts for three months or more and can continue despite every effort to relieve it. One type of treatment alone may not be the answer. Medical evidence has proved a Holistic Approach to managing pain is more effective.

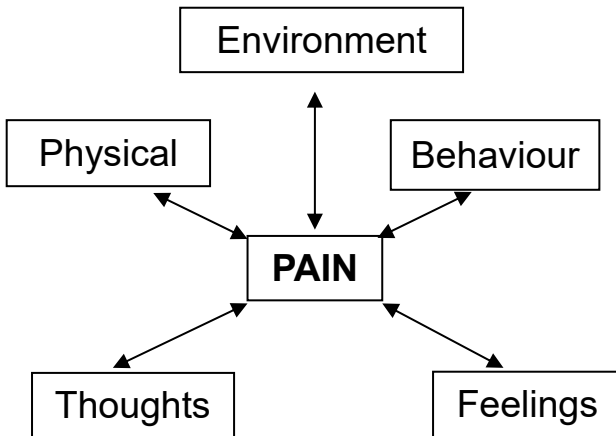
The Holistic Approach to Pain Management

The holistic approach to pain means that we look at how the pain affects the whole of the person and not just the body. We look at how it affects the body and mind together, as we know that long-term pain can affect life in many different ways.

Pain not only affects people physically, but it also affects what they do (behaviour), how they feel (feelings and emotions) and what they think about themselves (thoughts).

What people do, what people think, and what people feel can also affect their pain levels.

This diagram helps to illustrate how pain interacts with all these things, in both directions.



For example, an individual with pain may experience some of the following:

- Varying activity levels
- Frustration/Isolation
- Fear of aggravating pain
- Depression/Irritability

How the programme works:

The pain management course consists of one group session for four weeks, each lasting up to two and a half hours. They will take place in-person in York, or in Selby.

Sessions include an educational, relaxation and graded movement component. Subjects that are covered in the sessions include:

- Understanding pain and Essential pain facts.
- The Holistic model and why it applies to chronic pain
- Advice on improving physical fitness in a paced timely manner
- Advice on a Graded return to activity
- Pacing, activity management and goal setting
- Relaxation techniques
- Thoughts and feelings and an Introduction to mindfulness
- Pain coping strategies/self-management strategies
- Medication
- Coping with flare ups
- Sleep

In order for this course to be successful, a commitment is required to attend all sessions and to implement the course skills/self-management strategies into daily life, to help manage your pain.

You can access the Pain Management Programme (4) through a referral from your Health Care Professional.

Some useful links on pain and why it persists:

<https://www.flippinpain.co.uk/>

<https://www.paintoolkit.org/>

<https://www.tamethebeast.org/>

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Pain Clinic
York Hospital
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Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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