

Complex Pain Team

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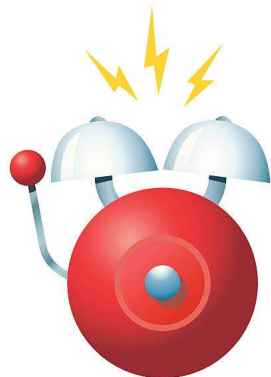
PAIN!



**A general overview of pain.
No consultations in this forum.**

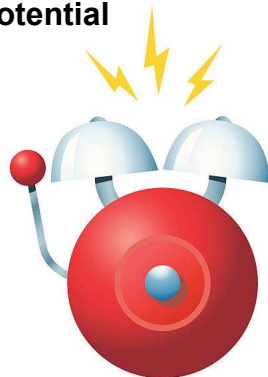






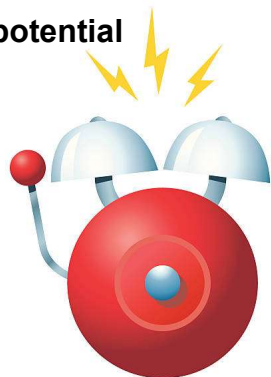
Pain is like the burglar alarm in this picture:

It alerts us to a threat of potential harm.



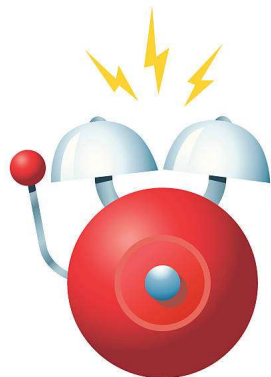
Pain is like the burglar alarm in this picture:

It alerts us to a threat of potential harm.



This can be useful!





Acute & Chronic Pain

Acute Pain

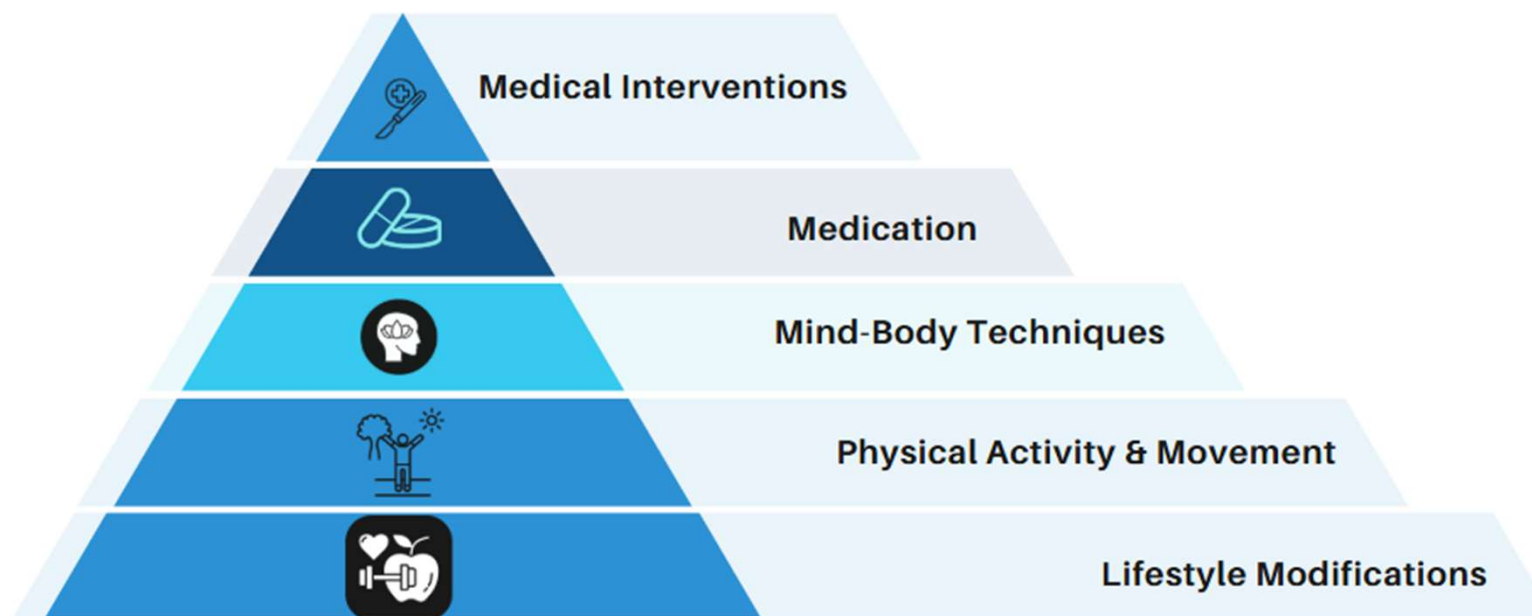
This comes on suddenly, usually from an injury or surgery. It can usually be treated and lasts a short period of time. It is a useful response and serves to protect us from further injury.



Chronic Pain

Pain that lasts beyond the usual expected healing time (>3 months), if it did start off with an illness or injury. It however does not always need an injury to start. It is not a useful response.

Chronic Pain Management: The Basics



Over The Counter Painkillers

Paracetamol

Side effects are rare

- Very safe within recommended doses
- If > 8 stone: 2 tablets (1000mg) 4 X daily
- If < 8 stone: 1 tablet (500g) 4 X daily

If pain is bothersome, best taken regularly.



Over The Counter Painkillers

Ibuprofen and Aspirin

Side effects are common:

- Irritation of the stomach lining
- Gastric Ulcer
- Worsening of asthma
- Kidney damage
- Thins the blood

Usually reserved for short term use.
Long-term use needs GP supervision.



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Over The Counter Painkillers

Weak opioids (morphine family)

Codeine; Dihydrocodeine

Common side effects:

- **Feeling woozy**
- **Constipation**
- **Nausea**
- **Can result in dependence**

Often combined with paracetamol.
Beware paracetamol overdose!



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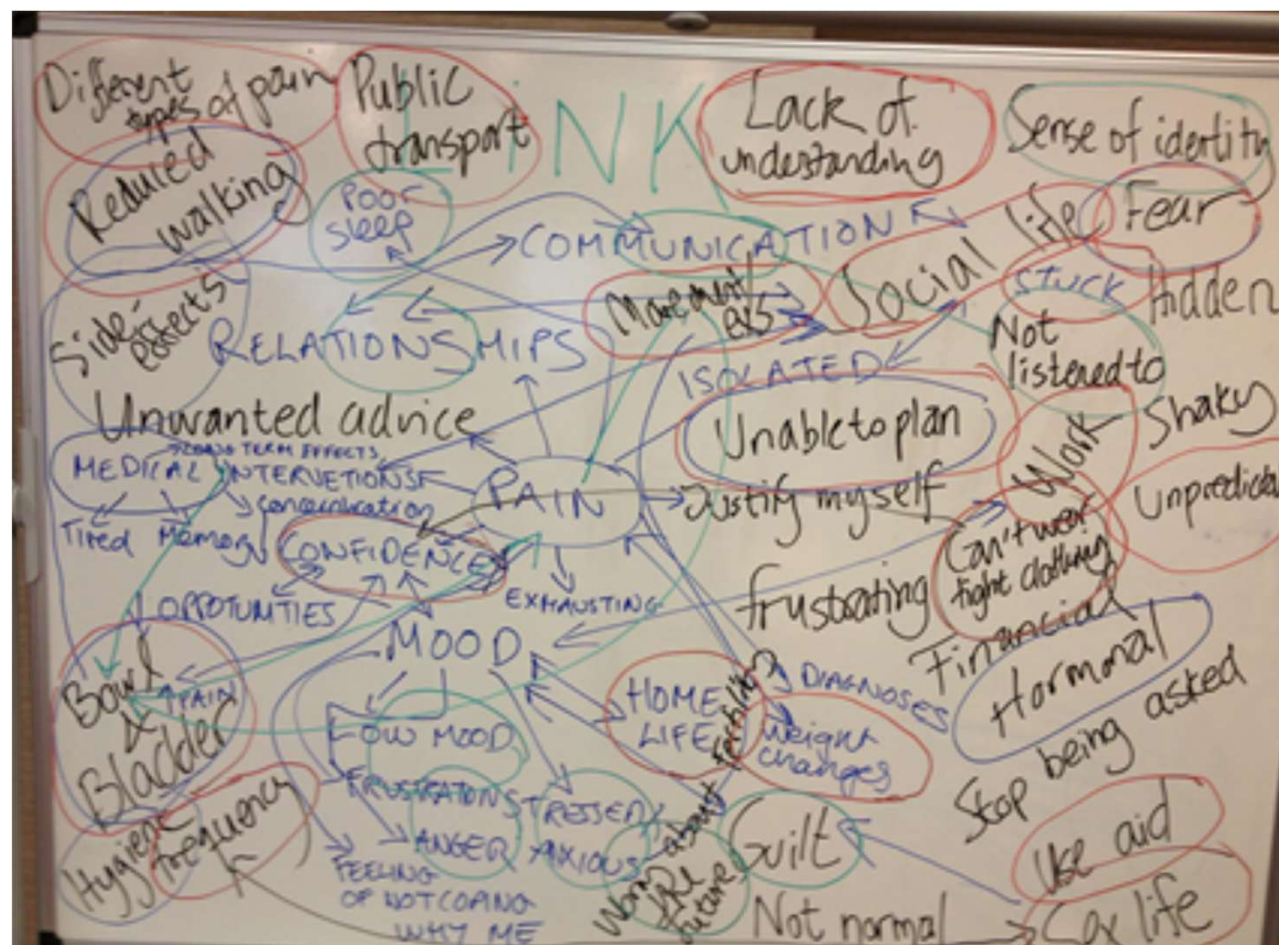


Chronic Pain Prevalence UK

- Approximately 8 million adults report chronic pain that is moderate to severely disabling.
- From the same report, it is estimated that 43% of adults (just under 28 million people) currently live with a degree of chronic pain in the United Kingdom.
- Chronic pain may affect up to 30% of young adults of working age (18-39 year olds).
- The prevalence in older age groups is even higher, with up to 62% of those aged 75 years and over reporting chronic pain symptoms.



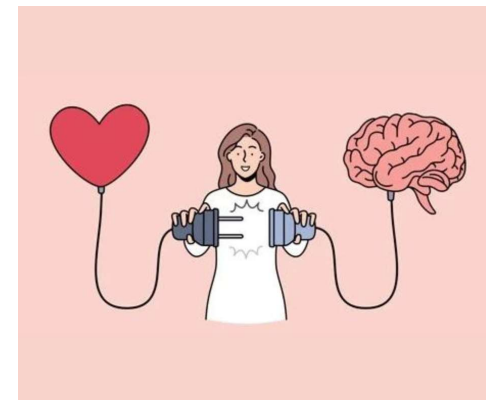
Impact of Pain



Mind-Body Connection

Pain and emotions interact:

- Stress, anxiety, depression, and loneliness can *intensify* pain.
- Chronic pain can also *cause* low mood, frustration, anxiety — creating a “pain cycle.”
- You’re not imagining it — pain is real but it affects the mind, and the mind can help calm the pain.



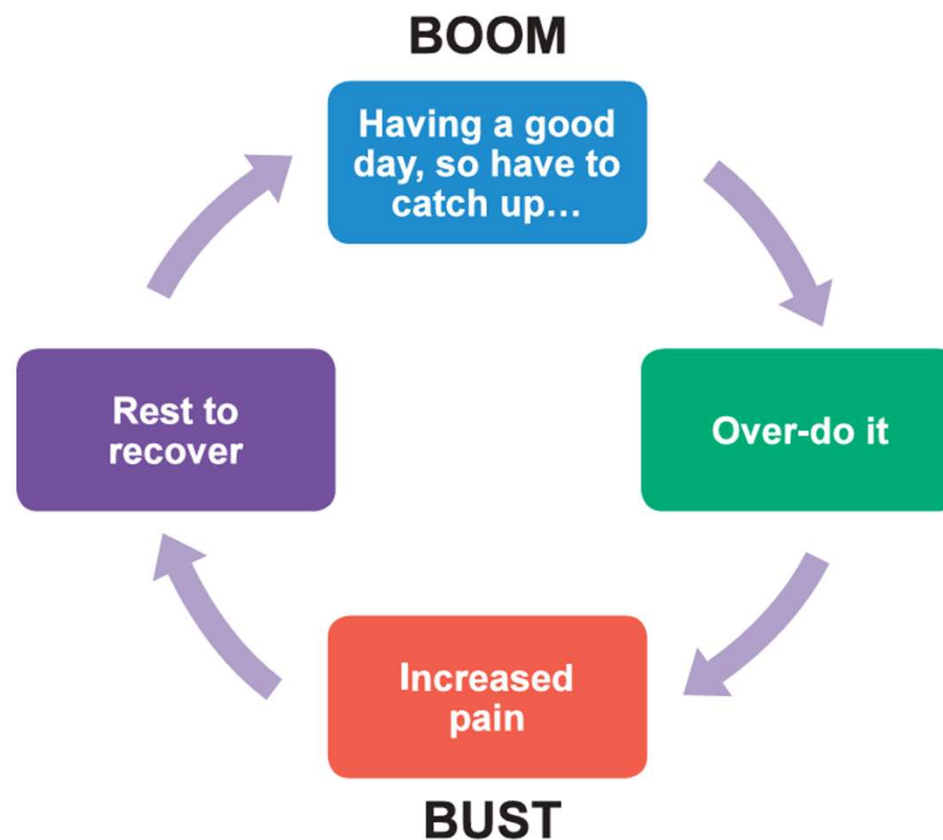
Activity & Chronic Pain

- Some people in pain are told to ignore the pain and keep pressing on.
- Others are told to rest and not do too much.
- Although well-meant, such advice is often unhelpful.
- It is therefore very important for you to experiment with your body and become your own expert on what and how much activity really helps.



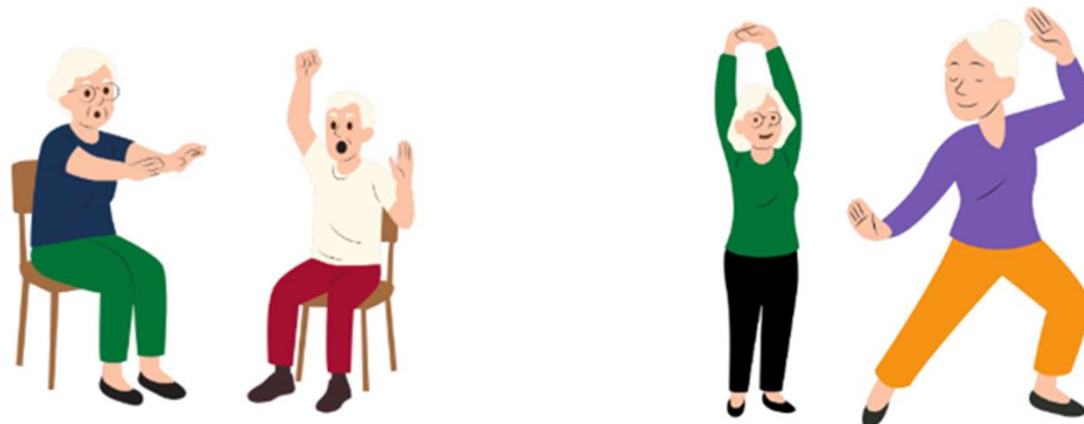
Good & Bad Days

It is very easy to get caught up in this *boom and bust* cycle of doing too much on certain days and very little on others.



Planning for Successful Activity

- Don't overdo it initially and accept that there will be obstacles along the way. Some days may seem impossible due to pain or fatigue.
- Choose activities you enjoy – everyone is different and enjoys different types of activities.
- The pain may or may not change with the exercise you choose to do but you should notice that you are able to do more of the activities you enjoy without the pain stopping you or flaring up afterwards.



Nutrition & Chronic Pain

- What we eat not only impacts our overall health. Nutrient-rich foods can also affect pain levels.
- The key to a healthy diet is focusing on the quality and variety of foods to ensure that the body gets the essential nutrients it needs to function at its best.

Top Tips for Optimising Nutrition

- Include fruit and vegetables every day.
- Include Omega-3 fats in your diet.
- Don't forget about vitamins and minerals.
- Stay hydrated.
- Include plenty of fibre.
- Reduce ultra-processed food.
- Be mindful with alcohol.
- Aim for the right portion size.



For more information: <https://livewellwithpain.co.uk>



For some it may be helpful to think about weathering a storm.

**Flare ups of pain are
a normal part of
living with chronic
pain.**

- Storms can't be stopped, instead they have to be weathered.
- All you can do is seek shelter, prevent damage, survive and stay as comfortable as possible whilst the storm is raging.
- The storm will pass and the sun will shine again.

Strategies for Living Well with Chronic Pain



Resources

- G.P.
- Multidisciplinary Pain Clinics e.g. Pain Management Centre at Cleveland Street, Camden MSK
 - Ask your GP for a referral
- Local MH services such as IAPT
 - Self refer or ask your G.P.
- Community exercise or mindfulness classes e.g. through Age UK
- Online self-management guidance:
 - <https://www.paintoolkit.org>
 - <https://livewellwithpain.co.uk>
 - <https://www.flippinpain.co.uk>

Get Togethers & Events

Get Together

For adults 18+

Find new interests & find others locally!



[Click here for 'What's on' this month >>](#)



[Pickleball Get Together](#)

Mondays 10am - 12pm

Islington Tennis Centre, Market Rd, N7 9PL

Run by GLL (£2.70 debit or credit card at venue) take part in this social game (50yrs+). All abilities are welcome. Tea and coffee.

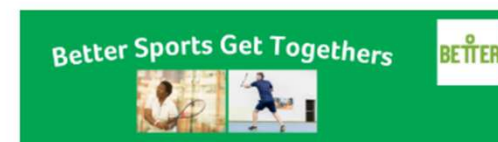


[Dance Fitness Get Together](#)

Tuesdays 3 - 4pm

Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, London N1 0DX

Try a Dance Fitness class with a mix of latin, disco and pop music run by Healthy Generations. It includes strength, balance and functional exercises. Take part seated or standing.



[Better Multi-Sports Get Togethers](#)

**Tuesdays & Thursdays (Sobell)
10.30am-1pm, Wednesdays (Finsbury)
10.30am - 12.30pm, adults 50 yrs+**

Sobell & Finsbury Better Leisure Centres

Run by GLL (£2.70 debit or credit card at venue), try this relaxed social with the opportunity to play sports e.g. bowls, table tennis, dominoes and have a cuppa! See other Senior Activities too.

