Webinar Instructions

Thank you for joining today, please wait while others sign in.

- Phone Dial in: 1-866-740-1260
- Access code: 4796665#
- Due to the large number of participants, all lines will be muted during the call.
- If you want to ask a question, please type in your question into the box.
The Chronic Pain Self-Management Program and the Better Choices, Better Health Online Suite

Agenda

  - Sandra LeFort, author of Chronic Pain Self-Management Program (CPSMP) and Professor of the School of Nursing at the Memorial University of Newfoundland
  - Julie Kosteas, Director of NCOA’s Healthy Aging Social Enterprise

- Q&A – All
Chronic Pain Self-Management Program

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CPSMP Developers and T-Trainers

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Brief History of the CPSMP

- developed in 1996 as a modification of the ASMP with permission of Dr. K. Lorig
- further modified and updated to blend with the new CDSMP
- in 2006, partnered with Lisa Webster to develop the Moving Easy Program
- program is updated as new developments emerge (about every 3 years)
Types of chronic pain conditions

- People with almost all types of chronic non-cancer pain conditions are welcome.
- If people have pain due to arthritis, diabetes or HIV/AIDS, it is suggested they take the program specific to their condition first and then participate in the CPSMP if they wish.
Chronic Pain Self Management Program

- Standardized program
- Community-delivered
- 10-16 people per group
- 2.5 hrs /wk for 6 weeks
- Adaptation ASMP/CDSMP
- Train-the-trainer model of dissemination
- Leaders – Peers or HCPs
- CPSMP Workbook and audio exercise CD
1. Session 1, Activity 1: Introduction
2. Session 1, Activity 3: Debunking Myths about Chronic Pain
3. Session 1, Activity 4: Differences between Acute and Chronic Pain
4. Session 2, Activity 3: Balancing Activity and Rest
5. Session 3, Activity 2: Moving Easy Program
6. Session 3, Activity 5: Fatigue & Sleep Management
7. Session 5, Activity 3: Medications and Chronic Pain
8. Session 5, Activity 4: Depression
9. Session 6, Activity 4: Communicating about pain
1. Introduction

Purposes and Objectives

- To provide an opportunity for participants to share what chronic pain (CP) means to them
- To develop a list of common concerns of people who have CP
- Identify a set of concerns that are common to those suffering from CP
1. Introduction

- very similar to the CDSMP introduction

- asking people to write down ‘what chronic pain means to me’
  - Helps people know they are not alone
  - Great ‘ice-breaker’
2. Debunking Myths about Chronic Pain

Purposes and Objectives:

- To identify some common misbeliefs about chronic pain
- To introduce some of the workshop content to the participants
- Name at least three (3) misbeliefs about chronic pain
2. Debunking Myths about Chronic Pain

Comments

- This is a short quiz that challenges people to reflect on their own misbeliefs about CP (e.g., balancing rest and activity, nutrition, depression)
- Dispelling myths early sets stage for more positive learning
To examine the differences between acute pain and chronic pain

To present information about the complex nature of chronic pain and that science does not yet have all the answers

Define at least three (3) differences between acute pain and chronic pain
3. Differences between Acute and Chronic Pain

Comments

- Similar to activity in the CDSMP
- The CPSMP Workbook has a chapter on chronic pain and how it differs from acute pain.
- The chart used in the Workshop session is also reprinted in the Workbook - so that participants can talk with their family, friends and HCPs.
4. Pacing: Balancing Activity and Rest

Purposes and Objectives

- To discuss problems related to inactivity and over-activity with a chronic pain condition
- To introduce strategies for pacing activities
- State at least two (2) strategies for balancing activity and rest to improve pacing
4. Pacing: Balancing Activity and Rest

Comments

- Pacing is a very important self-management skill for those with chronic pain
- Seven Tips for Pacing are introduced in a Chart
- Includes a brainstorming activity about a ‘pacing problem’
- Often reinforced in the workshop sessions
5. Moving Easy Program
Purposes and Objectives

- To introduce the Moving Easy Program (MEP) - a gentle flexibility exercise routine that is safe for almost everyone with CP
- To provide the opportunity for participants to practice the MEP in 5 of the 6 workshop sessions
- To identify the principles, tips and precautions of the MEP

- To state at least 3 principles, 3 tips and 3 precautions when doing the MEP
- To practice the 25 moves of the MEP
5. Moving Easy Program

Comments

- Activity can be pleasurable
  - No need for participants to push themselves
  - Goal is to encourage movement for those with CP

- The CPSMP Workbook has all 25 moves photographed so that leaders and participants can follow along

- Participants have an audio CD of the MEP moves in their CPSMP Workbook
To discuss the causes of fatigue
To discuss strategies to deal with fatigue
To review tips for improving sleep

Identify at least two (2) strategies for dealing with fatigue
Identify at least two (2) strategies to improve sleep
6. Fatigue and Sleep Management

Comments

- Similar to the section on pain and fatigue in CDSMP
- There is a chart used in this activity on ways to improve sleep
- There is a chapter in the CPSMP Workbook on sleep
7. Medications and Chronic Pain

Purposes and Objectives

- To discuss major categories of medications for chronic pain
- To differentiate between physical dependence and psychological addiction
- To identify responsibilities about medications

- Explain the use of major categories of pain medicines
- Define the difference between physical dependence and psychological addiction
- Define the difference between a drug allergy and a side effect
- State two (2) of their responsibilities regarding medications
7. Medications and Chronic Pain

Comments

- This session provides more specific info on medications targeted in chronic pain.
- A complete chapter on medications is in the CPSMP Workbook.
- This is the longest lecturette in the workshop. Leaders need to be prepared and read the content as written and to remind participants to go to their health care provider if they have any concerns or questions about their medications.
8. Depression

Purposes and Objectives

- To introduce symptoms of the blues and depression
- To introduce ways to deal with depression
- To differentiate between the blues or mild depression and severe clinical depression
- Name five (5) symptoms of the blues or depression and three (3) ways to manage it
8. Depression

Comments

- Content is supported by the information in “Debunking Myths” activity.
- The CPSMP Workbook has a chapter on the blues and depression - S&S of clinical depression important.
- People may feel validated when their experience is similar to others in the group.
To introduce three (3) ways to enhance clear communication about pain with health care providers

To introduce ways to be more actively involved in their own care

List three (3) ways to improve communication about pain with their health care providers

List at least four (4) ways they can be more actively involved in getting the most from their visits with their health care provider
9. Communicating about Pain

Comments

- Provides 3 ways for people to communicate about pain:
  - Prepare a Pain profile
  - Describe your pain with words
  - Identify how intense your pain feels to you

- There is a chapter on Communication in the CPSMP Workbook that discusses family communication issues as well as communicating with HCPs
Questions or Comments?
Bringing evidence-based self-management to scale

Suite of Stanford’s online self-management programs

Better Choices, Better Health®
Better Choices, Better Health® Arthritis
Better Choices, Better Health® Diabetes
Building Better Caregivers™
Cancer: Thriving and Surviving
A partnership is formed

Jay Greenberg

Kate Lorig
What is self-management?

Self-management is defined as the **tasks** that individuals must undertake to live with one or more chronic conditions.

*Tasks* = *confidence to deal with the medical management, role management, and emotional management of one’s conditions*
Putting self back in self-management

I'm going to practice on you before I start managing other people.
Core features of the workshop

- Systematically use the following strategies to enhance self-efficacy:
  - Goal Setting
  - Modeling
  - Reinterpretation of Symptoms
  - Social Persuasion
Online workshop characteristics

- Six-week workshop; new workshop session starts each week
- 20-25 participants
- Highly interactive (discussion boards)
- Participants log on several times a week for a total of 2-3 hours each week
  - No “real time” commitment
- Peer led by two Facilitators and monitored by a Mentor
Getting started at  www.restartliving.org

Re-Imagine Your Life

Tired of being tired, anxious, or in pain? Unsure about how to best handle an ongoing health condition? Try something new. Join a self-management workshop and discover fresh, practical ways to live better and healthier.

Are you ready?

Take Better Care
Many of us live every day with an ongoing health condition. It can be hard and frustrating, but there are better ways to cope.

Take the Workshop
Developed at Stanford University, this safe, supportive, workshop can help you take control of your problems and re-start your life.

See What Others Say
“Now I have [self-management skills], and it’s changed my whole life. It’s the best program I’ve seen in years, and I have been looking for some time.”

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