

Lakes/Bay of Plenty Pain Management Programme Inclusion/Exclusion Criteria

The overall aim of the Pain Management Programme (PMP) is to promote effective self-management of persisting pain. The programme is facilitated by a Physiotherapist, Clinical Psychologist and an Occupational Therapist. It is held periodically throughout the year in Tauranga and once in Whakatane. It is a 3 week group programme with two refresher days and regular phone follow-ups for 6 months.

The programme has a strong cognitive-behavioural focus and includes education about the differences between chronic pain and acute pain, the physiology of pain, and the importance of exercise and pacing techniques. The role that thoughts have in the experience of pain is explored and thought management strategies are introduced. Behavioural strategies such as relaxation training, a daily exercise circuit and establishment of a daily walking routine are utilised. Values and goal setting are explored to assist with motivation and shift focus from pain to increasing daily occupations. Patients are expected ***to be willing to engage in the programme and motivated to practice*** the techniques in their own settings.

To attend the programme a referral must be made to The Chronic Pain Service by a General Practitioner, Medical specialist or a Pain specialist. This referral should state that the patient is interested in attending the PMP. The referral will be graded according to our criteria. If it is accepted the patient will then be offered an initial appointment to determine whether the PMP is the appropriate treatment plan.

Inclusion Criteria:

- Presence of persisting pain for more than three months causing significant disability and/or distress
- The patient has not responded to previous medical or surgical treatment
- The patient has not progressed in other forms of rehabilitation due to pain
- The patient is able to communicate in the language in which the PMP is conducted
- The patient is willing to participate in a group programme and is motivated to practice strategies in their own environment.
- The patient is over 21 years of age

Exclusion criteria:

- A limited life expectancy or rapidly deteriorating disease or condition.
- Psychosis, cognitive impairment or decline
- The patient has declined participation after assessment
- The patient is deemed not suitable for group therapy
- The patient has attended a pain management programme in the last two years

Factors that need to be resolved prior to attendance

- Primary drug or alcohol problems
- Psychological/psychiatric problems which require urgent attention, or which would impact the ability of a patient to participate in a group environment
- Current disability such that the basic requirements of attending treatment exceed the patient's current capacity (may be related to physical characteristics of the treatment setting and access to it).
- Suicidality

Other factors that will be considered which are not necessarily exclusion factors

- Poor written and spoken English.
- Ongoing litigation which may impact the ability to participate in a group
- The individual is judged to be poorly motivated