

Useful techniques

GOAL SETTING
DEEP BREATHING
RELAXATION
SHARE YOUR EXPERIENCE
VISUALISATION
THOUGHT DISTRACTION
REDUCING STRESS IN YOUR LIFE
REMAINING POSITIVE
EXERCISE
MINDFULNESS

Useful Resources

Self-care Tools
Living well with pain
The 10 Footsteps Programme
Tame the beast website
Pain killers don't exist
Fillipin Pain Campaign
Curable smart phone app
(links on our website)

How can we help?

Dukinfield Medical Practice is participating in the new framework for local health and care providers aiming to reduce inappropriate prescribing of opioids.

We have started performing reviews of our patients starting with those on the highest doses of opioids.

If you would like to speak to us sooner, then please get in touch.

Depending on the clinical situation and judgement we may refer you onwards for expert help

Created by Dr Rebecca Najem

Chronic Pain



Dukinfield Medical Practice

Why does it still hurt?

Acute or short-term pain usually happens in response to an injury, trauma, or damage to the body such as nerve damage, broken limbs etc

However, after 3-6 months the original damage to the body has usually healed or settled as much as it is going to (unless it is due to an inflammatory condition such as arthritis)

Scientific research has found that pain that lasts longer than 3 months is likely to be due to changes in the nervous system rather than because of ongoing damage or injury

No-one knows why chronic pain develops in some people, but it is a common condition that affects more than 1 in 5 of people in the UK

Why don't Opioids work for chronic pain?

Clinical evidence shows that opioid use for the management of chronic pain is ineffective and has the potential to be harmful

Because chronic pain lasts a long time, taking pain medication for an equally long time runs the risk of becoming unintentionally addicted

Managing chronic pain could be complex and there can be many factors which contribute to it. Some of these may be physical; others may be emotional and social.

Is the pain all in my head then?

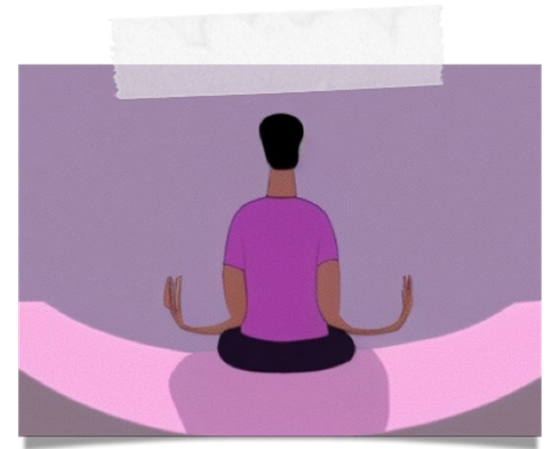
No. Although the original damage or trauma may have healed or settled, the feeling of pain is still very real.

This just means that treatments that focus on the original injury are not likely to be effective

Managing Chronic Pain

There is no medication that can completely remove chronic pain however you can be supported to cope better with it

There are other methods for managing persistent pain including techniques you can try yourself and local support groups to meet others with similar conditions



Anxiety and stress can reduce your ability to manage pain, and things such as healthy diet, good sleep, gentle exercise, and mindfulness can help reduce your body's