

## **Press Release**

**Issue date: 29 October 2007**

### **RUH Pain Management Booklet Launch**

Patients attending the Pain Management Unit at the Royal United Hospital (RUH) now have access to a self help book 'Living with Persistent Pain', written jointly by the unit's clinicians and patients. The book is aimed at people living with chronic pain conditions.

The unit, which has over 1000 referrals a year, offers both short and long term treatments. About 80 patients a year take part in its Pain Management Programme (PMP) which takes eight weeks to complete.

Pain unit psychologist Mike Osborn says: "We wrote the book because we felt there were a lot of people in pain who would benefit from understanding their situation more constructively. We wanted it to be a joint project – patients and staff. Pain patients often feel confused about their situation and worry about it. We hope to lessen that a little with this book."

In addition to looking at what pain is, and how the body and mind experience it, the booklet covers ways of dealing with it constructively. It looks at how medication, exercise and relaxation can be used to help, as well as what psychological mechanisms can be employed.

The book has been co-authored by members of the Positive Living Support Group (a chronic pain support group at the RUH). Andrea Cradock from PLSG says: "By contributing, PLSG members were able to share advice and knowledge gained from first hand experience of chronic pain and the challenges faced. The information gives practical advice to both sufferers and those closest to them. It is very important for them to know they are not alone and this booklet conveys clear messages in an easy to read format."

Consultant anaesthetist Monica Baird says: The 'Living with Persistent Pain' booklet is immensely useful to our patients who suffer with long term pain. It offers practical help and advice to people so that they can live positively, alongside their pain but not overcome by it. We are delighted that this is being introduced in our hospital for our patients."

**Ends**

**Photo opportunity in the hospital atrium on Friday 2 November between 10-11am**

**Issued by communications office  
Tel: 01225 82 5849**