



WHAT IS PAIN?

- Pain is produced by your brain.
- Short-term pain can be helpful to avoid injury. For example, pain can stop you scolding your skin in hot water.
- Pain can give your tissues time to heal, for example by encouraging you to rest after surgery or an accident.

WHAT IS PERSISTENT PAIN?

Persistent pain is long-term pain, which means it has usually lasted at least 3 months. It is sometimes called chronic pain.



Persistent pain can start in many different ways and the reasons are often not clear.



Persistent pain is not helpful. It is over-sensitive and even simple everyday activities are painful.



PAIN IS AN ALARM SYSTEM...

A useful way to think about pain is an alarm system, like a car alarm...



Normal day to day activities do not trigger the alarm, it is set-up to be sensitive to an intruder, or a broken window.



We all know alarms that go off when the wind blows and these alarms are often difficult to silence too.



This is what happens when people have persistent pain, the alarm system re-sets itself to trigger an alarm even when it is not needed, we call this pain sensitisation.



HOW CAN I TELL IF MY PAIN SYSTEM HAS BECOME SENSITIVE?

YOU MAY HAVE NOTICED THAT...

- YOUR PAIN SPREADS OR COMES ON WITHOUT WARNING
- YOUR BODY FEELS DIFFERENT AND MOVING CAN BE DIFFICULT
- OLD INJURIES MAY HAVE STARTED TO HURT AGAIN
- YOU HAVE BECOME SENSITIVE TO MINOR KNOCKS AND EVEN LIGHT TOUCH

THE LONGER YOU HAVE HAD PAIN FOR, THE MORE THESE SYMPTOMS TEND TO OCCUR

PERSISTENT PAIN TREATMENT

 Persistent pain often does not respond to treatment with pain medicines, including opioids.

 New knowledge has revolutionised the way we think about pain and now the focus is more on the whole person and taking an active approach.

 Taking practical steps to reconnect to life can make a real difference.

FIND OUT MORE

 Your practice pharmacist is here to support you to. You should be able to find their contact details on Your Pain Action Plan.

 To find out what other people have done to change the way they manage their pain, visit www.mypainreview.co.uk

“ *With persistent pain, you have to learn that you're stuck with it. The medical establishment, they can help by being honest, then you can adjust. Pain management is life management.* **”**

