

Feedback from patients:

"At first I wasn't sure if this was for me. How wrong I was. Amazing people; understanding and they have shown me new ways to deal with my pain that actually work."

"A wonderful eye opening course. It has taught me many new ways to cope with my pain."

"You reminded me to enjoy life as it is now and help me stop worrying about the future."

"It was wonderful to be in the company of people who understood what I was experiencing and the 'staff' were so kind."



Contacts

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More information available on the Trust website: www.royalberkshire.nhs.uk

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This leaflet can be made available in other languages and formats on request.

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NHS

Royal Berkshire
NHS Foundation Trust

Pain Management Unit



XPLORE Pain
Management
Programme

Do you live with persistent pain? Does pain affect your day-to-day life and wellbeing?

The XPLORE pain management programme at the Royal Berkshire Hospital may be able to help you.

Living with pain

Living with persistent pain is a challenge every day. It can present all kinds of barriers to you leading the life you want to live. For some people persistent pain becomes so overwhelming that the barriers seem impossible to overcome. Patients and medical professionals work very hard to find solutions through medication, operations and other treatments. For some people these interventions can have lasting benefits but for others the pain does not go away.

Through scientific research, effective treatments are always being investigated but a cure for persistent pain that works for everyone is yet to be discovered.

Persistent pain can have a long-term negative impact on the ability to work, the ability to spend quality time with family and friends and the ability to remain physically fit and active. Pain can lead to financial difficulties, social isolation, inactivity and low mood.

The XPLORE group programme

Our group pain management programme XPLORE may help you if your pain is preventing you from leading the life you would like to live. It aims to give people living with pain more strategies for staying in control of their lives, despite the pain.

XPLORE is a multi-disciplinary treatment approach facilitated by specialist clinical psychologists and physiotherapists. It can:

- Help to improve quality of life
- Help engagement with meaningful activities
- Offer new strategies and skills for managing persistent pain and its negative impact
- Improve physical functioning
- Improve confidence and resilience
- Enable greater independence

XPLORE is a 10-session, weekly group programme for up to 12 people, located on level 2 South Block at the Royal Berkshire Hospital. The content of the sessions relies on the most recent scientific evidence and up-to-date national health guidelines for people with persistent pain.

Sessions last two and a half hours, including breaks. Participants are encouraged to try out and practice all the suggested strategies to find out which work best for them. They are invited to explore life values and to set small, achievable goals in line with these values.

Common vicious cycles of thoughts, feelings and behavioural responses are investigated so new responses can be found for breaking such vicious cycles. There is an emphasis on exploring different approaches towards physical movement including imaginal movement and mindful movement.

XPLORE will include access to online resources including session hand-outs, work sheets, further guidance and links to other material.

Our specialist team

The RBH Pain Management Unit is staffed by experts in the management and treatment of pain including:

- Pain consultants
- Clinical psychologists
- Specialist physiotherapists
- Specialist nurses

Your pathway of care

Following your doctor's referral, you will be offered an initial assessment with a pain consultant, a specialist physiotherapist and a clinical psychologist. This appointment will help us to:

- Understand your problem from your perspective
- Decide whether the XPLORE approach is suitable for your needs
- Discuss any other treatment options