

# The Scottish National Pain Management Programme

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Your local pain management team may have discussed the possibility of a referral to the Scottish National Pain Management Programme (SNPMP) with you. This leaflet provides information about the service and may help you to decide whether this is the right programme for you at this time. You will find more information about the Scottish Pain Management Programme at

🌐 [www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk)

## What is the Scottish National Pain Management Programme?

The SNPMP run pain management programmes for groups of people from all over Scotland who live with persistent pain. Attending a pain management programme can help you to develop self-management skills and help you to learn how to manage your thoughts, feelings and activities better, allowing you to live a more fulfilling life.

If the programme is suitable for you, you will work in a group with a specialist team of psychologists, physiotherapists, occupational therapists, a nurse and a doctor. The programme helps you learn more about pain and explore self-management skills to help you reduce the impact of pain on your life. Participating in a programme can help you:

- Improve your quality of life
- Take part in more activities that you enjoy and are important to you
- Become more independent
- Feel more confident

We offer residential in-person and virtual programmes and the total number of hours is similar for both programmes. The **in-person programme** runs full days across **three weeks**. The **virtual programme** runs half days across **five weeks**.

Once you have completed the programme, you will have the chance to attend two optional group sessions to talk through the successes and challenges of using pain management skills in everyday life. Following this, we will arrange a review appointment at three months after completing the programme, and after six months we will invite the group back together for a final session.

## What happens if I decide I would like to be referred to the SNPMP?

Together with your local pain management service, you can discuss if being referred to the SNPMP could be right for you

Your local pain management service will be able to refer you to us.

Joining one of the groups is a big commitment, so it is important that we try to make sure that the programme will meet your needs, and that you feel that you will be able to be actively involved in one of our groups.

If we think that one of our groups might be suitable for you, we will want to discuss this with you and we will send you an appointment to attend an assessment with the team on a video call. We can also arrange in-person appointments.

**Should you have any other questions, please do not hesitate to contact us on ☎ 0141 211 3628, and we will be very happy to answer these.**

