

Information about

# The Scottish National Residential Pain Management Programme (SNRPMP)



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

Email: [Scottish.PMP@ggc.scot.nhs.uk](mailto:Scottish.PMP@ggc.scot.nhs.uk)

Your local pain management team may have discussed the possibility of a referral to the SNRPMP with you. This leaflet will give you some information about the service and aims to answer some of the questions you may have. Our website has more information about the SNRPMP, along with videos made by people who have completed the programme [www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk)

## What is the SNRPMP?

The SNRPMP runs pain management programmes for groups of people from all over Scotland who live with chronic pain. Although we do not expect to change your pain, attending a pain management programme can help you to develop self-management skills and learn how to manage your thoughts and feelings better, so you are able 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 new, practical 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
- Be able to do more of the activities that you enjoy and are important to you
- Become more independent
- Feel more confident

Due to current COVID restrictions we are running our programme virtually. The first part of the programme lasts for five weeks and will be Monday to Friday for around three hours per day, either morning or afternoon.

Once you have completed the first part of the programme we know you need time to practice your new skills within your usual routines and responsibilities. So, after three months we will arrange a telephone review appointment, and six months after your group we will invite you all back together virtually for a top-up session.

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

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 hope that this leaflet has been helpful. 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.**

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