



## SESSION 127

# Creating a Chronic Pain Self-Management Program on a Shoestring

Chronic pain is present in everyone's practice. Self-management allows patients to take control over their pain without relying on external sources – such as medication or health care professionals. However, you don't have to be an expert in chronic pain management to be able to assist your patients become managers of their own pain journey. Using both real world cases, didactic, and demonstrative methods, you will learn how to discuss chronic pain in a patient-friendly manner, demonstrate a variety of techniques that can be utilized by patients without any outside assistance, and be able to recommend different strategies based on the characteristics of your patients' profile. No matter where you are, or how much funding you or your population has access to, patients can use self-management strategies with a little help.

1. Discuss three self-management strategies.
2. Demonstrate two techniques that can be done by patients at home.
3. Recommend different self-management strategies to individual patients based on their unique profile.