

Living Well with Chronic Pain Program (Chronic Pain Self-Management Program)

The **Living Well with Chronic Pain Program** is the Maryland version of the **Chronic Pain Self-Management Program** and is a six week workshop that helps people with chronic pain learn how to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It helps people gain the confidence and motivation they need to manage the challenges of living with chronic pain.

Who should attend?

Adults experiencing chronic pain. For example:

- Chronic musculoskeletal pain (such as chronic neck, shoulder, back pain, etc.)
- Arthritis, Fibromyalgia, etc.
- Whiplash injuries
- Chronic regional pain syndromes
- Repetitive strain injury
- Chronic pelvic pain
- Post-surgical pain that lasts beyond 6 months⁷
- Neuropathic pain (often caused by trauma)
- Neuralgias (such as post herpetic pain, and trigeminal neuralgia)
- Post-stroke or central pain
- Inflammatory Bowel Disease, Crohn's Disease, etc.
- Diabetics who have neuropathy
- Severe muscular pain due to conditions such as Multiple Sclerosis

What does it cost to attend?

It is free of charge for participants and attendees receive the *Living a Healthy Life with Chronic Conditions* course book, the *Chronic Pain Workbook* and the *Moving Easy Program* CD.

Concerned family and friends may also attend. Registration is required.

What happens in a workshop?

Workshop groups meet once a week for six weeks. There are typically ten to sixteen participants in each workshop. In the workshop they will learn how to:

- Use techniques to deal with problems such as frustration, fatigue, isolation and poor sleep;
- Exercise for maintaining and improving strength, flexibility and endurance;
- Use medications correctly;
- Improve communication skills;
- Eat healthy;
- Pace their activity and rest;
- How to evaluate new treatments

Participants take an active role in the workshop. They set individual goals each week and work to accomplish their goals throughout the following week. Participants are asked to share their goals and progress with the group.

Who leads the workshops?

The workshops are led by two leaders who have received special training. The leaders are volunteers, many living with chronic pain themselves.

Who developed the program?

The Chronic Pain Self-Management Program is a licensed, evidence based program, and was developed and researched by Memorial University in Canada in conjunction with Stanford University. The Stanford Patient Education Research Center moved in 2018! Since 2018 the Self-Management Resource Center (SMRC) remains dedicated to helping improve health status and self-management skills. It follows a standardized format that has proven to help people learn how to better manage the symptoms of chronic pain. It is considered a “Best Practice” program in self-management.

Interested individuals should call Lily Hilferty (CCHD) at 410.996.5168 or Holly Loss (DCS) at 410.996.8170 to register for a free workshop. Healthcare providers wishing to refer individuals to a workshop may also call Lily Hilferty at 410.996.5168 or Holly Loss at 410.996.8170.

For additional information contact Sheila Murphy, Department of Community Services, at 410.996.8437 or by email: smurphy@ccgov.org.

Or visit these websites:

Cecil County Department of Community Services:

<http://www.ccgov.org/government/community-services>

Cecil County Health Department: <http://www.cecilcountyhealth.org/ccdhxx/livingwell.htm>

Self-Management Resource Center: <https://www.selfmanagementresource.com/>



Living Well with Chronic Pain is provided through a partnership between the Department of Community Services and the Cecil County Health Department.