



Introducing Health Sciences: The Pain Clinic

Coping with Permanent Pain

Woman

We've found that most people have maintained using strategies, that they've continued to build up their activities and improved their quality of life. Most of them find that their perhaps mood has changed, they're less depressed, they're perhaps not so angry, they're feeling as though in a more normal role compared with how they felt before they were on the program.

Man

Some pains we simply can't deal with because we don't have the means to repair the damaged tissues and I'm thinking principally about nerve tissue that's been damaged, either peripheral nerves or the spinal cord, or the brain itself. Other pains we may simply not understand the mechanism causing the pain and this is particularly true of backache, surprisingly enough, although it's common we often don't understand why the back is aching.

Woman

One more reason that most of you struggle with, have difficulty with?

Woman

Anger.

Woman

What about sleep?

Woman

Yes.

Woman

I was told to rest, and just rest, and obviously I've come here and it's a very, very different story so I'm hoping now I can move more forward.

Man

I can't get rid of it but I can turn it down so I can just keep going.

Woman

Yeah and with the CBT I found it very difficult emotionally to cope with, comparing life before and life now, and not being able to do things such as drive, and I have two five year old stepchildren and, you know, it's very difficult to cope when you are in pain and you've got to keep going for two little ones, so yeah.

Man

The way Yani explains it and the way he says to think about like things which the bad thoughts which you get from time to time, he says to work out how you feel them things before they get, before you start to spiral downwards, I've found that really quite helpful.

Woman

I get tense very easily and I only had like one kind of relaxation technique before I came here that never worked for me properly so it's been really helpful that they've given us so many more techniques to use in different parts of the day which is good.

Man

I think we've changed our view on distraction in general. I think there was a view that whereas morphine really did sort your pain out in terms of changing something to do with the

neuro-chemistry, distraction or relaxation, or something like that, just left the pain chuntering away and took you off over here, if you like, so it's as if you were, you were putting the earmuffs on but the noise was still going on. But our modern understanding is completely different, and what they're now saying is that when you are distracted you're turning the noise down, you really are, and there's no difference between what morphine may be doing to the sensory spirits and what you can achieve by some kind of focused relaxation or whatever.

Woman

I've got a place that I go to in my head that's near a lake and trees, and it's what works with me.