

# Living Well with Chronic Pain

*a Chronic Pain Self-Management Program (CPSMP)*

## About the Program

This program engages adults with chronic pain and their caregivers to build practical skills to manage and overcome the challenges of living well with chronic pain.

The Chronic Pain Self-Management Program (CPSMP) is a workshop that is held once a week for two and a half hours, for six consecutive weeks (seven weeks for virtual workshops). Workshops are lead by two trained leaders, one or both of whom are peers with chronic pain themselves.

### In this workshop, participants will:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Uncover physical activities for maintaining and improving strength, flexibility, and endurance
- Learn how to pace activity and when to rest
- Discover the importance of good nutrition in pain management
- Improve communication with family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from support and encouragement from others also living with chronic pain

The CPSMP was developed in conjunction with Dr. Kate Lorig and the staff of the Stanford Patient Education Research Center. It was derived from Stanford's Arthritis Self-Management Program and the Chronic Disease Self-Management Program. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury.

## Program Results

The Chronic Pain Self-Management Program has been rigorously evaluated in two randomized clinical trials funded by Health Canada and the Canadian Institutes of Health Research (CIHR). The research studies found that, on average, people who have participated in the CPSMP have more vitality or energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with their lives compared to those who have not taken the program. Southern New Hampshire Area Health Education Center (SNHAHEC) is a license holder and is responsible for leader training, program fidelity, and outcome evaluation.

*For more information about program outcomes and Stanford's Chronic Disease Self-Management program, visit: <https://www.selfmanagementresource.com/>*

## Register for an Upcoming Workshop

<https://extension.unh.edu/tags/chronic-disease-self-management-program>



## Become a Leader

Are you interested in providing this program for members of your community with chronic pain?

You do not need to be a health professional to lead these workshops. In fact, it is recommended that leaders be individuals either living with chronic pain or a caregiver for someone with chronic pain.

Individuals who wish to become CPSMP leaders must complete a 4 day Chronic Disease Self-Management Program (CDSMP) leader training and then a 2 day "crossover" training to the CPSMP. Current CDSMP leaders who wish to become certified as CPSMP leaders can participate in the 2-day CPSMP crossover training.

To find a training or learn more, please visit: <https://www.snhahec.org/>

## Become a Community Partner

Currently, the NH Opioid Prevention Project has a limited, grant funded, stipend opportunity to help support CPSMP-trained leaders in NH in implementing the Chronic Pain Self-Management Program.

For more information, please contact Angela Balamuth at (603) 290-5307, or email [angela.balamuth@unh.edu](mailto:angela.balamuth@unh.edu)