

# Pain Management

According to the NHS, 14% of the population suffers with chronic pain and that suggests 56350 people in Tayside are suffering with the condition. New books on pain management are now available in every library and mobile library in Dundee, Perth & Kinross and Angus thanks to funding from NHS Tayside.

## Books available for loan in all Culture Perth and Kinross Libraries



- *Overcoming Chronic Pain / Frances Cole et al.*
- *Coping Successfully with Pain / Neville Shone*
- *Managing Pain Before it Manages You / Margaret Caudill*
- *Pain Management Plan: How People Living with Pain Found a Better Life / Robert Lewin and Mike Bryson*
- *Manage Your Pain : Practical and Positive ways of Adapting to Chronic Pain / Nicholas Michael ... [et al.].*
- *Living Beyond your Pain : Using Acceptance and Commitment Therapy to Ease Chronic Pain / Joanne Dahl and Tobias Lundgren.*
- *The Explain Pain Handbook Protectometer / Dr David Butler & Prof Lorimer Moseley*
- *The Pain Survival Guide: How to Reclaim Your Life / Dennis Turk and Fritz Winter*

## Resources and Further Information

### Healthcare Improvement Scotland

A booklet for patients and carers on 'Managing Chronic Pain'. This is based on evidence and aims to make people affected by chronic pain aware of the care and treatment they should expect to receive when living with chronic pain.

This is available online at <http://www.sign.ac.uk/pat136-managing-chronic-pain.html>

### Pain Association Scotland

Pain Association Scotland has a helpful website with a lot of useful information about chronic pain and locally available support. Within Tayside, Pain Association Scotland run free

monthly meetings for people living with chronic pain in Dundee, Perth and Angus, where you can meet others living with pain and also access ongoing education delivered by a facilitator from Pain Association Scotland. To find out more contact 0800 783 6059 <http://www.painassociation.com/>

### **Pain Concern**

Pain Concern aims to help, support and inform people living with chronic pain. They have a website, a magazine, a radio show, a phone line and a website.

To find out more contact 0300 123 0789 or see <http://painconcern.org.uk/>

### **Pain Toolkit and Self Care Toolkit**

Both toolkits are free to download. These simple information booklets, written by someone living with chronic pain, provide hints and tips to support you to manage your pain.

The Pain Toolkit is also available as an app via the Apple and Google App Stores, for a small charge. There is also lots of useful information on their website. This is available at

[www.paintoolkit.org](http://www.paintoolkit.org)