



# PUEA *Pain: Understanding, Exercise, Adapt*

## PUEAPOST

Edition 3 2010

Welcome to our first edition of the PUEA Post for several months now as we have not had a programme running for a while. The good news is the PUEA programme has now started up again. This newsletter aims to keep you up to date with our news but also to act as a reminder to you of what you learned on the programme just in case some of those pain management skills have become a bit rusty or fallen by the wayside.

Remember those people making most gains after attending programmes such as PUEA are those who keep going with the skills they learned – e.g. pacing, exercise and stretch, relaxation, goal setting and challenging thoughts.

### PUEA News

#### Team News

We have had another change of Pain Educator. We were all very sorry to say goodbye to Rachael, whom has now taken up a post as an Occupational Therapist in South Taranaki. This means less commuting for Rachael but a loss for us as she kept us all well organised, which is quite a feat! We wish her well in her post but are pleased that Lara Blundell, Social Worker, has now been appointed to the Pain Educator role. Lara has worked in other areas of the hospital services for several years and has a background in adult education, so will bring both experience and very relevant skills to the job.

#### Team Studying

We are all keen to keep up to date with changes in the field of pain. Most of us are looking forward to hearing David Butler, one of the authors of "Explain Pain" at a workshop in New Plymouth in November. Lorna was lucky enough to go to The Gold Coast earlier this year for the Annual Pain Society conference and she presented some of the data we have gathered from PUEA so far. Apparently the feedback was positive and the outcomes participants are achieving at PUEA are very similar to those of other pain management programmes in Australasia.

#### Past Participant News

We really enjoy seeing you at follow ups and have heard of some great achievements from past PUEA participants – one completed an Outward Bound course whilst another cycled the length of the Otago Rail Trail! However we have also heard some wonderful examples of coping with pain on a day to day basis, which is equally important, and wanted to share with you the account from 'Grandad' of PUEA Group No. 4.

*"This is about P.U.E.A. I learnt a lot from PUEA. By putting the name into action.*

**P=Pain.** *DO NOT let the pain control you. YOU have to try and take control of your pain be it by way of drugs or by doing something to take your mind away from the pain i.e. go for a walk/fishing/sit down at the beach etc.*

**U= Understanding** *the level at which you can operate at any time of the day and night without rolling around in pain and know when to stop and take a break, have a cup of tea and ask yourself "Is it important if I do not finish what I was doing or can it wait until tomorrow?"*

**E= Exercise** *which I have found the more you exercise the less likely you are going to sit around and feel sorry for oneself. This also enforces the fact that you CAN NOT do any more damage to your self as far as your pain is concerned.*

**A=Adapt** *to what ever the task requires. Sit down and think about how you can do this job with the minimum of effort and with the least amount of discomfort to yourself.*



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*There are days that I feel that someone has pulled the rug out from under you. IN these cases I just sit there and think about what I'm going to do and only then will I get up and carry on with what I was doing before the rug was pulled out from under me. On a really bad day I will wear the brightest coloured clothes I can find. This puts a smile on others faces and in return it makes you feel 100 percent better."*  
*Keep smiling, Grandad.*

### News from Other Centres

We liked this excerpt from 'The Axon Pain Review'



In some cases of chronic pain, both the sufferer and the doctor initially seek to find the cause of the pain. This usually means the physical cause. Long after a second opinion has been sought and the doctor has 'given up,' the patient may continue to find the cause of the pain. In our programme we stress that it is more important to look for the solution than the cause of the pain, and take great efforts to re-phrase patients' questions:

The question is not How did I get the pain? ***The question is How do I manage the pain?***

The question is not What is the cause of the pain? ***The question is What factors influence the pain?***

The question is not What can the medical profession do? ***The question is What can I do?***

### Other News

We had our first 'PUEA PACE' gathering at the start of 2010 and were pleased to catch up with all of you whom attended. We had a great walk around Pukekura Park, with people choosing their route according to their individual tolerances, and followed this with the 'reinforcer' of some lovely food. We will aim to repeat the event and hope to see as many of you as possible. One past participant has expressed an interest in working on assertiveness with a group of others – please let Kate Treves know if you are interested.

Please get in touch if you change address or alternatively if you do not want to receive this newsletter by contacting our pain educator on ext **7532** (ring Base Hospital **753 6139** or for South Taranaki, Hawera Hospital **278 7109**).

