

Self-Management Navigator Tool

Living well with pain - parts 1 and 2

Name



Introduction by Professor Blair Smith, National Lead Clinician

Long-term pain causes so much distress and disability in Scotland today that it's difficult for people working in health and social services to know how to manage it. We use a lot of powerful medicines, and prescribing is often the main focus of treatment, for patients and professionals. But the drugs don't always work, are rarely the only answer and can also cause harm. The Self-Management Navigator Tool can help patients to recognise all the different ways in which pain affects them, and therefore all the ways in which they can be helped or can help themselves. It also allows their health-care professionals to get a quick, in-depth snapshot of the most important areas to deal with. Most importantly, it allows an informed and realistic conversation about how we can all work together, as patients and professionals, to improve life with pain.

Professor Blair H. Smith MD FRCGP FFPMRCA
National Lead Clinician for Chronic Pain, Scottish Government

Further resources

The Navigator Tool was developed by Katy Gordon and Renee Blomkvist, who were guided by an academic and clinical steering group team. The Tool aims to address the issues reported in Gordon et al., *Barriers to self-management of chronic pain in primary care: a qualitative focus group study*, *British Journal of General Practice*, 2017.

You can download digital or PDF copies of this booklet, as well as the separate **'My pain concerns form'**, from our website.

There are six videos which provide information about how people with pain and their health-care professionals can use the tool to conduct a good consultation. There is also a podcast (**'Airing Pain 107: Easing pain appointments with the Navigator Tool'**). All are available on our website.

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My pain concerns form

Part 1 of the Self-Management Navigator Tool will help you to identify your concerns.

What is the 'My pain concerns form'?

Pain can bring with it a number of concerns and worries. The 'My pain concerns form' in part 1 gives details of a number of common concerns that people with pain have. The concerns may be to do with:

- not knowing what is going on;
- things in your life that have changed;
- the way you are feeling; and
- the medication you have been prescribed.

Or you may have other concerns that do not fall into these categories.



Why have I been given this form?

You have been given this form to help you and your health-care professional talk about the concerns you have about your pain. It will help you both focus on the things that are most important to you to make sure these are covered during your appointment time.

Talking through the concerns and possible solutions should help you start to reduce the effect that pain is having on your everyday life.

What do I have to do?

Before your next appointment, please fill in this form and bring it along with you. Fill in the form by:

1. reading each statement and ticking either 'agree' or 'disagree' as to whether this is something you would like to talk to your health-care professional about;
2. writing in any concerns not listed on the form where it says 'other'; and
3. looking at the statements where you have ticked 'agree' and any you have written under 'other' and underlining or making a note of the three concerns which are most important for you to talk about at your upcoming consultation.



My pain concerns form

Why do I have to pick the three most important?

As you know appointments with health-care professionals are limited in time so identifying the three most important concerns for you right now will help you and your health-care professional focus. It's not to say the other concerns are not valid or important. You might find that dealing with your most important concerns helps with the other areas too. However, you can still talk about these concerns with your health-care professional at a future appointment.



What happens once I have filled in the form?

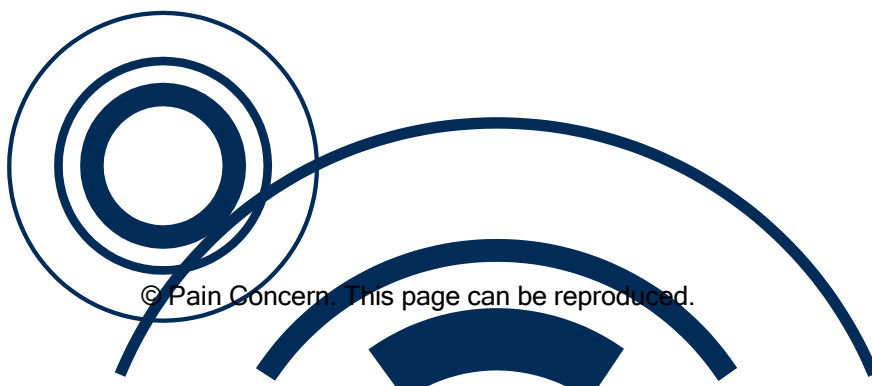


This form is to help you prepare for your appointment. Knowing what you would like to discuss will help you get the most out of your consultation.

The 'My pain concerns form' completes part 1 of the Self-Management Navigator Tool. In part 2 there are some suggested questions you might want to ask. You might also have your own questions based on the concerns you have identified.

Do I have to fill in the form?

No. It is completely up to you whether you fill in the form.





My pain concerns form

Read each statement and tick either ‘agree’ or ‘disagree’ as to whether this is something you would like to talk to your health-care professional about. Then choose the three most important (by underlining or making a note of them).

Diagnosis and cure	Agree	Disagree
I don't think enough has been done to find out what is wrong.	<input type="checkbox"/>	<input type="checkbox"/>
I don't know the cause of this condition.	<input type="checkbox"/>	<input type="checkbox"/>
I don't understand my diagnosis.	<input type="checkbox"/>	<input type="checkbox"/>
My pain is not getting any better.	<input type="checkbox"/>	<input type="checkbox"/>
My pain is getting worse.	<input type="checkbox"/>	<input type="checkbox"/>
Other (please write below).	<input type="text"/>	

The way I'm feeling	Agree	Disagree
I feel frustrated or embarrassed that I can't do the things I used to.	<input type="checkbox"/>	<input type="checkbox"/>
I feel in a low mood.	<input type="checkbox"/>	<input type="checkbox"/>
I feel stressed.	<input type="checkbox"/>	<input type="checkbox"/>
I feel that people are judging me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel lonely and isolated.	<input type="checkbox"/>	<input type="checkbox"/>
Other (please write below).	<input type="text"/>	

Changes to my life	Agree	Disagree
I don't see my family and friends.	<input type="checkbox"/>	<input type="checkbox"/>
I can't continue in or return to work.	<input type="checkbox"/>	<input type="checkbox"/>
I can't do my usual day-to-day tasks at home.	<input type="checkbox"/>	<input type="checkbox"/>
I can't get a good night's sleep.	<input type="checkbox"/>	<input type="checkbox"/>
I can't do leisure activities that I used to enjoy.	<input type="checkbox"/>	<input type="checkbox"/>
I have money worries.	<input type="checkbox"/>	<input type="checkbox"/>
Other (please write below).	<input type="text"/>	

My medications	Agree	Disagree
I am concerned about the amount of medication I'm taking.	<input type="checkbox"/>	<input type="checkbox"/>
I am concerned about the combination of medications I'm taking.	<input type="checkbox"/>	<input type="checkbox"/>
I am concerned about the side effects of the medication I am on.	<input type="checkbox"/>	<input type="checkbox"/>
I am concerned that my medication does not help my pain.	<input type="checkbox"/>	<input type="checkbox"/>
Other (please write below).	<input type="text"/>	



Questions to ask your health-care professional

These are some suggestions for questions that you could ask your health-care professional based on the three concerns you have identified in Part 1.

Diagnosis and cure		✓
I don't think enough has been done to find out what is wrong.	<input type="checkbox"/>	Is there anything more that could be done to find out what is wrong?
	<input type="checkbox"/>	Have all reasonable tests been carried out?
	<input type="checkbox"/>	Should I see a pain specialist about my condition?
I don't know the cause of this condition.	<input type="checkbox"/>	What is causing my pain?
	<input type="checkbox"/>	Why did nothing show up on my scan?
	<input type="checkbox"/>	Can you explain my diagnosis again?
I don't understand my diagnosis.	<input type="checkbox"/>	Do you have any written information on this?
	<input type="checkbox"/>	The feedback from my scan was 'wear and tear'. What does this mean?
	<input type="checkbox"/>	Are there other treatment options that we haven't tried yet?
My pain is not getting any better.	<input type="checkbox"/>	Are there other treatment options that we haven't tried yet?
My pain is getting worse.	<input type="checkbox"/>	How can I tell whether or not my symptoms mean I should get immediate medical help?
	<input type="checkbox"/>	Should I see a pain specialist about my condition?
	<input type="checkbox"/>	Is my pain going to keep on getting worse?
Changes to my life		✓
I don't see my family and friends.	<input type="checkbox"/>	What strategies can I use to make sure I can still enjoy time with family and friends?
	<input type="checkbox"/>	How can I explain my pain to family and friends?
	<input type="checkbox"/>	Are there any restrictions on me going back to work?
I can't continue in or return to work.	<input type="checkbox"/>	What help is available to me for getting back to work?
	<input type="checkbox"/>	How am I going to be able to cope with work after being off because of my pain?
	<input type="checkbox"/>	Is there anything I should stop or avoid doing?
I can't do my usual day-to-day tasks at home.	<input type="checkbox"/>	What strategies can I use to make sure I can do everything I need to?
	<input type="checkbox"/>	Is there anything I should stop or avoid doing?
I can't get a good night's sleep.	<input type="checkbox"/>	What can I do to help get a good night's sleep?
I can't do leisure activities that I used to enjoy.	<input type="checkbox"/>	Am I still able to.... (ride a bike, go hillwalking, and so on)?
I have money worries.	<input type="checkbox"/>	Where can I get advice on financial support?



Questions to ask your health-care professional

The way I'm feeling		✓
I feel embarrassed that I can't do the things I used to.	<input type="checkbox"/>	How can I get back to doing the same things that I used to?
	<input type="checkbox"/>	What is available to help me deal with these negative feelings?
	<input type="checkbox"/>	How can I explain to people about the effect my pain has on me?
I feel in a low mood.	<input type="checkbox"/>	What can I do to stop feeling so low?
	<input type="checkbox"/>	What help is available to me for these negative feelings?
I feel stressed.	<input type="checkbox"/>	What can I do to stop feeling so stressed?
	<input type="checkbox"/>	What is available to help me deal with these negative feelings?
I feel that people are judging me.	<input type="checkbox"/>	What is available to help me deal with these negative feelings?
I feel lonely and isolated.	<input type="checkbox"/>	How can I connect with other people who are going through the same thing?
	<input type="checkbox"/>	How can I explain to people about the effect my pain has on me?
My medication		✓
I am concerned about the amount of medication I'm taking.	<input type="checkbox"/>	Can you tell me what all my medications do?
	<input type="checkbox"/>	Will I become addicted to the medications I am taking?
	<input type="checkbox"/>	Are there other ways to treat this condition that does not involve medication?
I am concerned about the combination of medicine I'm taking.	<input type="checkbox"/>	How do these medicines affect one another?
	<input type="checkbox"/>	What are the side effects of all the medication I am taking?
I am concerned about the side effects of the medication I am on.	<input type="checkbox"/>	Will any of these medicines harm me?
	<input type="checkbox"/>	Can you explain to me the difference between side effects and harm caused by medications?
I am concerned that my medication does not help my pain.	<input type="checkbox"/>	Should I stop medications that do not help?



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