

Transcript : Pete Moore NPW 2022

Pain Self Management for Health Professionals



Page 1 of 5

Hi everyone, it's Pete Moore here from the Pain Toolkit and first and foremost, thanks so much for or to Chronic Pain Australia for inviting me to give a presentation during National National Pain Week. So is that correct? Now, so first question here is "Why is pain self-management "a last choice for healthcare professionals and not their first choice?" I think there are many reasons and I'll probably go into it in a little bit more detail later on in the presentation. But I think from the healthcare professionals I've spoken to over the years, it's something they're not taught in their self-management isn't taught while doing med school but I'll give you some ideas today about how you can start making it your first choice and not the last resort So this is what we would be covering today Well, Who is Moore? Who's Peter Moore? Who are keeping people in the driving seat, why is that really, really important? And why is. Why is pain self-management always seems to be the last choice "for the health care professionals and not your first." And why self-management? What does it mean? How people get trapped in a pain cycle? Resilience. Why people with pain need to be more resilient and what coaching skills a healthcare professional may need. So who I am So back in the day I was pretty much like one of your medical patients really. I was a revolving door patient and gone backwards and forwards to see "the GP and various other health care professionals." "I spent about I'm not sure what it be in Australian dollars" but in pounds It was about 8K £8,000. I was a serial doctor shopper, as they say, but what got me back on track was going to the Input Pain Management Program in London, and what that program gave me, gave me the chosen skills, but more importantly, it gave me the confidence to manage my pain, myself and I'm pleased to say, since 97, I haven't had to take any pain medication. Since then, it's not a magic trick, really, just a bit of hard work keep going with self-management skills, etc.. But so I before going there, life was pretty much unstructured and I was looking for everybody to fix me And though I had to learn that process, when I learned that pain self-management "process, that was what got me back on track." "And for the last 25 years I've been doing a lot educational work with healthcare" "professionals, healthcare workers and also people with pain." And also I author the Pain Toolkit By the way, there's a "I've just dedicated an Australian version out which is available by the" "Australian Pain Management Association from their website." "It's a downloadable and I suppose it got a lot easier to understand" pain, self-management information. I'm not a medical fella. No, not a medical doctor. And I. And so really, I'll just keep it nice and simple. People seem to like that. And in recent years I've been working with Teesside University on developing virtual reality concepts for people living with pain, not just acute pain, but for long term pain where we last year "we developed that, what we call it, the Pain Toolkit Cafe," where people come onto the cafe, virtual reality cafe. "And we were doing workshops for

Transcript : Pete Moore NPW 2022

Pain Self Management for Health Professionals



Page 2 of 5

it was also help" putting them up as well. Yeah the other week, I was in Nijmegen in Holland, "we have a health conference, I was there three years ago" and VR now is being used more and more in health care matters where I live, I'm about kilometres I suppose, about 80, 90Km northeast of London. Little village, called Mistley Quite a nice little place to live these days. But so let's get down into the crutch okay, keeping people in the driving seat. That is the key. "I know a lot of health care professionals are talking at medical model about" what are you going to do to us and give us and treatment advice and what that does from the get go, really, it takes us out of the driving seat "and puts us in a passenger seat, hey, listen, if you ever learned to drive" So, you know, some time ago or recently, whereabouts did you sit when you learned to drive? Of course you sat in the driver's seat. Why were you in the driver's seat? It's because that was the place of learning. Did it go right now? You may have made a few hiccups along the way, etc but that was a place of learning and as the same thing but people with pain keep us in a driver's seat and you won't become like me Back in the day, that revolving door patient So why does it seem to be your last choice? What is the feedback I get from healthcare professionals, your colleagues? Well, I haven't got time to do that. You know, I'm a busy healthcare professional. I haven't really got time. I really didn't learn about in med school. So what can I what teach? I don't know. And you know, this is a drama I've been banging for many years is why medical schools need to be taking self-management or pain self-management to healthcare professionals while doing school A lot of your colleagues say that their coaching skills look a bit rusty. I suppose that's where I come in. And other people that I meet, where will I just go get your coaching skill back up to speed, etc.? And I think this is the important one the last one there, they don't feel supported by the decision makers. I think you want to get some sort of self-management concept "going in your community. ""Oh, annoying"" But it's getting those people who make the decisions like it's commissioners I guess to give you this approach and I agree to do that "Little quote here from a lady called Sarah, as I found," "I also found a healthcare professional who is willing to work with me" and gave me a copy of the Pain Toolkit The last sentence says: "it gave me the tools..." but Sarah realised that she had to do the work. And that's true, you know. And that's why you know, I would say 95% of pain management is done by us, people with pain. So what does self-management mean? and there's a lot confusion down at the moment because when healthcare professional say to people with pain you need to learn self-management, need to learn to self-manage a lot of people think they're being cut loose like, you know they have no meaning anymore. But that's far from the truth. Self-Management is about coming together. It's about working together as a team. And a lot of people don't realise that you know, well, that's all I did,

Transcript : Pete Moore NPW 2022

Pain Self Management for Health Professionals



Page 3 of 5

looking for the answers from you guys But we need to realise as well that you get stuck as well. You've only got a certain amount of tools in your toolkit So there's a nice little quote there from a friend of mine Jo Boulton from Colorado in the US she is pretty much one of the equivalents to me around the world. And just wrote a really nice blog about being stuck in in a holding pattern. And I think the medical model is really good at doing that and it's like when you know, when you're coming back to land the plane not you landing the plane but control towers who say they're not ready for you So go around in a plane goes around in a certain pattern and a lot of people with pain We're like that as well. We get stuck in this holding pattern and we waiting on permission to move on You know, to land and that's why I always say to people what is your battle plan? What is your goal, you know? And they said, well, I ain't got any, I've never been told they don't realise that they got these things they need to be doing So it's about us getting ourselves back in the driving seat I call that battery empowering people. I think we were all empowered from the get go. But soon as you take a sit in the driving sit, you know, we sort of become disempowered, I guess this is a pain cycle that a lot people recognise themselves in when they see the pain toolkit And, you know, they all may be at the top of their pain and they get less active They lose their fitness "I mean, the list goes on and on and it's just ah," they say "oh god" and start looking in the mirror "and for a lot of people it is, you know, is where we get stuck." It's about unstuck. Getting us out of this pain cycle so we can get on with our lives, you know, a spoil the pain I think a lot of people are sort of expecting that you're going to be totally pain free so before we can sort of move on and I think for a lot of people that's not going to happen So anyhow, it hasn't happened for me. I still live with pain myself and as I become older, older than now an old person I've got more pain issues, you know, I had back in the 90s But you know, I'm using the same skills I learned back in 96 to self-manage it, they're lifelong skills Okay, sorry. "You can see there's quite a lot of the things in the pain cycle there of," "you know, there's a downside of living with pain." I put this together a few years ago called "How am I today?" and it's really is about monitoring and so how can we monitor ourselves because move it on can be a quite strong process as well. And sometimes, you know, we got stuck in a bit of a hurry We wish to get on with things People need to realise we need to do things at different speed but it's a little bit of a guide for you healthcare professionals as well so you can see how we're doing, what needs to be tweaked, perhaps in their rehab program and stuff like that "The feedback we get from that is quite positive and people seem to like it." And also health care professionals. They found a useful tool for them. So people with pain We need to be more resilient. You know, I learned this a few years ago when I was at world congress and a guy there called Pete Meldian, a Canadian fellow, we've become really good buddies

Transcript : Pete Moore NPW 2022

Pain Self Management for Health Professionals



Page 4 of 5

during his presentation he talked about this term resilience. You know how we actually become resilient to live with this pain, etc. and that really stuck with me I nurtured that concept, you know but maybe some disappeared from why or where we need to be resilient we need to be optimistic, have that self-belief about ourselves that we control ourselves, that willingness to adapt willingness to be flexible, ability to solve problems. You know, we're not very good problem solvers, but, everybody gets problems like that when you've got persistent pain, seems to be that the pain gets amplified about having an emotional awareness, social support, a sense of humour you know, I've had to build one up over the years you know, I don't think you know this, but they call me Pete the mushroom man why do they call me the mushroom man because I'm a fun guy to be with, you know? And it's about building that human self management well, and it's called life, you know, we need it. Coaching. So, support is self-management. As I said, a lot of confusion these days around self-management. So, in recent years we've had to add this way of support so that the patient doesn't get confused that they're not being cut loose, but they're being supported. And it's about teamwork going on, for treating themselves and the people that they're working with can be you guys, a self-management coach or perhaps a trained buddy, even a work colleague, etc. So a coach needs to be supportive, have an agenda, advocate self-awareness, facilitate, and be collaborative, etc. Promote learning from the experience, you know, learning from the hiccups. You know, the speed bumps really make it a model what you coach as well. "I quite like this little quote I saw a few years ago." A coach gives the person the confidence to make their own changes, following their own solution by accessing the qualities that are already inside them. Yeah, we got some. We know pretty much the answers already. I used to work on a program years ago when I worked for the NHS called the Expert Patients Program and the reason why it was called the Expert Patients Program is because you know, the people in the audience, the people with long term conditions, you know, we were the experts because we live with our conditions, health conditions 365 days a year, 24 hours a day. So we've got the experts there who's been switched off and I'll make that a medical model which isn't that great, so. This is people are saying on social media, we want we want skills, not pills. You know, and that's pretty much true as well. Like, you know, but I understand if there isn't anything else out there, you know, if the decision makers above you haven't supported you and getting your self-management concepts in your local community or even online your, you know, what have you got left, you know, it is to get back on the pills again so, self management really is the key if we want to extend this massive problem as well, our problem of overuse of medications and stuff like that. I think really, self-management is the way to go, it's the only way I think, to go. So

Transcript : Pete Moore NPW 2022

Pain Self Management for Health Professionals



Page 5 of 5

they're about, so I've pretty much, well I've come to the end of the presentation and I hope you've found it useful. I'd always like some feedback, if you found it useful then drop me a line, my website's there email's there, my website paintoolkit.org Don't forget to follow Chronic Pain Australia, Pain Management Australia and all the little organisations going on out there in your wonderful country, been there a couple of times now, hey I want to come back, I want to come and live there! I don't know about how long for, but I think you've got a great, great country I'm also on social media @paintoolkit2, I'm also a Facebook page and on Instagram. So, I hope you found this useful, always like feedback. Get in contact. If you need any help or support, get something going in your area, I'm only an email away. Take care guys, look after yourself. Be cool and groovy, chao.