

# Self-Management Navigator Tool

Living well with pain - parts 1 and 2

Name



[painconcern.org.uk](http://painconcern.org.uk)



## 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

This booklet contains the first two parts of the **'Self-Management Navigator Tool: Living well with pain'**. The complete tool is available from us. It was developed for us by Katy Gordon, author of '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.

© Pain Concern 2017. Revised 2020. Edited by James Boyce. Designed by Creative Link. Published by Pain Concern, 62-66 Newcraighall Road, Edinburgh EH15 3HS, [www.painconcern.org.uk](http://www.painconcern.org.uk). All pages of this edition can be reproduced.

The revised edition was funded by the Scottish Government Wellbeing Fund.

Company limited by guarantee: SC546994 Registered charity: SC0223559.



# 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?

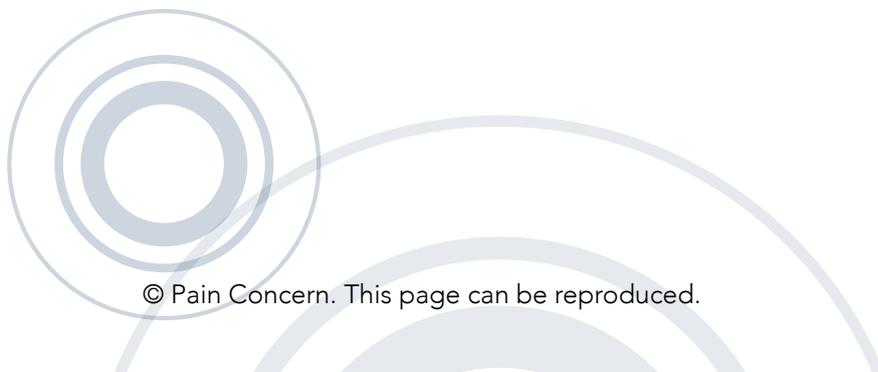


This form is to help you prepare for your appointment. Knowing what you would like to discuss will help you get the most out of your consultation.

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.		
I don't know the cause of this condition.		
I don't understand my diagnosis.		
My pain is not getting any better.		
My pain is getting worse.		
Other (please write below).		

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

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

My medications	Agree	Disagree
I am concerned about the amount of medication I'm taking.		
I am concerned about the combination of medications I'm taking.		
I am concerned about the side effects of the medication I am on.		
I am concerned that my medication does not help my pain.		
Other (please write below).		



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



# Questions to ask your health-care professional

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

This publication was funded by:



Edinburgh & Lothians  
**Health Foundation**



Published by Pain Concern