A guide for patients about pain education sessions

What is a pain education session?
A pain education session is a one-off group based session that will introduce you to chronic pain management. We will help you to understand your pain and how we can help you manage your pain through our Chronic Pain Service.

The session consists of up to 30 people and you’re welcome to bring a partner or carer along with you.

The group is informal and friendly, yet run by professionals. We encourage questions, comments and feedback throughout the sessions but it is not group therapy, and people can just listen if they wish. Nobody will be put on the spot.

What can I expect from a pain education session?
Please allow three hours for this session. This will be run by an inter-disciplinary team that includes a psychologist, a clinical nurse specialist and a physiotherapist. During the session, we explore the differences between acute and chronic pain, common myths about pain and medication, a self-management perspective and the psychological factors associated living with pain.

We try to ensure we have a room that is big enough for people to get up and move about throughout the session. There are regular breaks during each session and we encourage people to move about as much as is required for their individual needs. We do not expect people to sit for the duration of the session. Seating supports are available and you are welcome to bring along anything you may have to make your experience more comfortable e.g. hot water bottle, cushion etc. You will be given a booklet containing handouts from the sessions and further reading for your information.

Your feedback
We value your feedback. Please feel free to speak to any of our staff or you may prefer to comment in writing to: Community Chronic Pain Service Manager, Kent Community Health NHS Trust, Trinity House, 110 - 120 Upper Pemberton, Eureka Park, Kennington, Ashford, Kent TN25 4AZ

Contact us
0300 1231753
Community Chronic Pain
St Augustine’s Business Centre
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Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Please say if you would like the team to call you back
Text: 07943 091958  Email: kcht.cct@nhs.net

Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Trinity House, 110-120 Upper Pemberton, Eureka Park, Ashford, Kent TN25 4AZ  Web: www.kentcht.nhs.uk

If you would like this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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