

# Living Well with Chronic Pain

## Fact Sheet

<p><b>Evidence – Based</b></p>	<ul style="list-style-type: none"> <li>• Evidence-based programs have been implemented previously, evaluated by researchers, and found to make positive differences in the lives of participants</li> <li>• Organizations utilize proven strategies when they implement evidence-based programs</li> <li>• Local organizations provide these programs and accept participant referrals</li> <li>• Follows Self-Management Resource Center’s <b>Chronic Pain Self-Management Program</b> curriculum</li> </ul>
<p><b>Workshops</b></p>	<ul style="list-style-type: none"> <li>• Six weekly sessions for 2.5 hours/week;</li> <li>• Facilitated by 2 trained lay leaders;</li> <li>• Hosted in a community setting for those 18 years and older;</li> <li>• Class Size: 8-16 participants;</li> <li>• Provide skills to manage health and maintain active and fulfilling lives;</li> <li>• Intended for those who experience on-going pain and the people who care for them.</li> </ul>
<p><b>Program Content</b></p>	<ul style="list-style-type: none"> <li>• Appropriate exercise for maintaining and improving strength, flexibility and endurance;</li> <li>• Solve problems such as frustration, fatigue, isolation and poor sleep;</li> <li>• Communication strategies for family, friends and health professionals;</li> <li>• Eating well;</li> <li>• Pacing activity and rest periods;</li> <li>• Evaluating new treatments</li> </ul>
<p><b>Outcomes</b></p>	<ul style="list-style-type: none"> <li>• Improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability and social/role activities limitations</li> <li>• Fewer days in the hospital</li> <li>• Fewer outpatient visits and hospitalizations</li> <li>• Cost savings ratio 1:4</li> </ul>