

How can I get PainSense?

You can download the *PainSense* apps from app stores (for Android or Apple devices).

Your GP or other clinician will give you a special code. Tapping this code together with your NHS number into the app on your device gives you access to one the apps. Each app needs a different code.



“With a lot of apps that are out there you have to spend a bit of time

figuring them out. With PainSense you didn’t need to spend any time – because it was so straightforward. Plus the fact it’s giving you a toolkit to manage your pain so, yes, it’s a really good thing.”

“For people like me who have been suffering with pain for years, you sometimes feel like there’s no-one to turn to. This app shows you that you’re not on your own. It gives you strategies that you’re able to follow so you’re able to cope better.”



Your feedback matters

People who have used them tell us the *PainSense* apps are really useful. We want to make them even even better.

So let us know how you get on with *PainSense* – your feedback will help us make improvements.

Email: painsense@adi-uk.com

www.pain-sense.co.uk

 @ADI_Health #PainSense

 Find us on YouTube: search *PainSense*

Information for patients

painsense

transforming the way you live your life with persistent pain



PainSense has been developed by a partnership of leading digital healthcare and pain management specialists, supported by Department of Health SBRI Healthcare funding

What is PainSense?

PainSense is two digital 'apps' for smart phones and tablets. App 1) *Pain Toolkit* and 2) *Pain Management Plan*.

The apps can be downloaded onto your smart phone or tablet. They use helpful skills and tools tried and tested by many people living with pain. They found that they helped them to cope better, be active and do more enjoyable things in their lives.

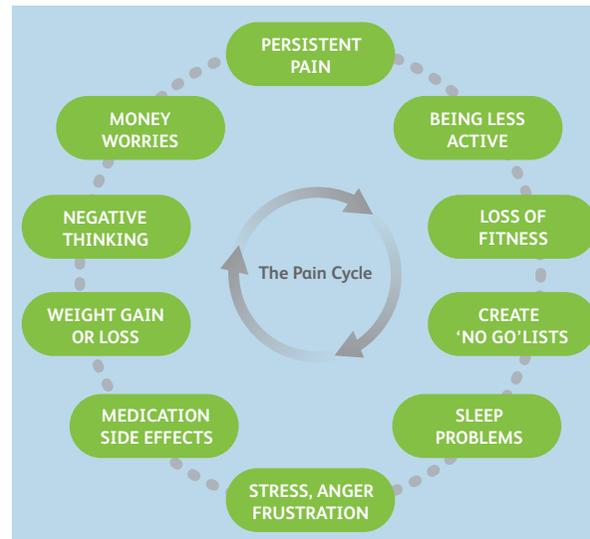
With the *Pain Toolkit* app you'll learn more about:

- Accepting pain so you can begin to move on the 'pain cycle' – and how to reverse it
- Pacing and relaxation skills
- Learning to go easy on yourself
- Setting goals and overcoming setbacks
- Get involved – building a support team
- Learn to prioritise and plan out your days
- Be patient with yourself
- Learn relaxation skills
- Stretching and exercise
- Keep a diary and track your progress
- Keeping it going... practising these tools.

The *Pain Management Plan* app takes this further, with a set of practical tools for self management that include:

- target setting tools and ways to stay on track
- pacing, prioritising and goal setting
- lots of tips on helping you deal with anger, frustration, moods and anxiety
- ...and much more besides.

The Pain Cycle – if this looks familiar then *PainSense* can help you....



PainSense apps will help you:

- Understand more about your pain and control it with more confidence
- Learn how to keep yourself motivated and take control of your pain and rely less on others including health care staff.
- Focus on other things that matter – so you can get on with living your life.
- Understand more about becoming active again.

When using the apps will I still get help?

Yes. Your GP, physiotherapist or other clinician can use the apps to support you more easily.

The *Pain Sense* apps link the information you enter directly to your NHS health records.

This means you and the clinician can keep track of your health and confidence as you learn ways to manage pain. They can guide your progress as you share changes through the apps with them.