

My pain setback plan

Use this plan when you are having a pain flare-up, or any other setback that interrupts your usual pain management plan. This will help you to handle these difficult times, and get back on track as quickly as possible.

Setbacks

Types of setbacks

Setbacks you might expect, such as pain flare-ups, money worries, mood issues, illnesses, and so on.

How long could a setback last?

Setback warning signs

What might you notice when you're about to have a setback?

Changes I will make to my usual pain management plan

Under each heading, list what changes you will make to get through.

Exercise

How will you keep exercising? What will you do differently? How soon will you get back to usual?

Household chores

What will you do differently? How will you pace yourself and what breaks will you take?

Work

How will you do your work or training differently? What about work you do at home, such as childcare?

Relaxation

Will you change what you do to relax, how much you do or when you do it?

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Distraction

How will you stop yourself from focusing on pain? What will you do to make time pass more easily?

Medications

Will you use medications? Which ones? How often? How long before you reduce the dose?

Doctors and other health providers

Will you see your doctor? After how many days? What will you want from them? How will you prepare your doctor ahead of time to help you with setbacks?

Outlook and interpretation

What will you need to remind yourself to think? How will you talk yourself through it? What self-defeating thoughts will you be careful of?

Mood and emotions

How will you look after your mood? How will you regulate your emotional reaction?

Family and friends

How will you prepare your family ahead of time for flare-ups? What will you want from them? What will you want to say to them, and how? How will you want to act towards them?

Important things for different stages of a setback

Early stage: notice the warning signs

Middle stage: maintain the setback plan

Late stage: ease back into your regular pain management plan

Written by Burwood Pain Management Centre. Endorsed by HealthInfo clinical advisers. June 2011.