

**Chronic Pain Self-Management Program**

The Chronic Pain Self-Management Program (CPSMP) is an evidenced-based, self-management workshop developed by Stanford University. Consisting of a weekly 2.5 hour workshop for six consecutive weeks, group classes are highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health conditions and maintain active and fulfilling lives. CPSMP empowers participants and teaches them the skills needed to better manage their health condition and their pain.

Subjects covered include:

* + - Techniques to deal with problems such as frustration, fatigue, isolation, and poor shape
    - Appropriate exercise for improving and maintaining strength, flexibility, and endurance
    - Appropriate use of medications
    - Communicating effectively with family, friends, and health professionals
    - Nutrition
    - Pacing activity and rest
    - How to evaluate new treatments

Participants who complete CPSMP report an overall improvement in their quality of life, including such indicators as having more energy and vitality, experiencing less pain, being less dependent on others, being more emotionally healthy, and more involved in everyday activities. They also report that they have lower medical bills and hospital utilization rates.

CPSMP does not conflict with existing programs or treatment, but rather is designed to enhance other treatment. The program gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

To register or refer someone to CPSMP, go to the Arizona Living Well Institute online referral at <https://azcrn.azlwi.org/azlwi/portlets/pace/ExternalReferral.aspx>. Simply fill in the appropriate information and hit the submit button. You can also contact the Institute at (480) – 982-3118.

