

Chronic Pain Self-Management Program Study News and Updates

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PAIN AWARENESS

Pain is not an easy topic to discuss, but if we bring chronic pain out of the shadows, we believe the result will be eye-opening for everyone. For those of you who have started the workshops, we hope that talking about your pain has helped you overcome some of the challenges associated with chronic pain. And for those who are waiting to start the workshops, we cannot wait to get started, and we hope that you are just as excited as we are!

Again, thank you for joining us in the effort to help people with chronic pain! Please contact me any time to talk more about the study.

All the best,

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“The workshop covers many different subject matters, and learning how to redirect my thoughts has helped me cope with my pain”

-Quote from a Round 1 study participant

Study updates

- ❖ We have enrolled 52 people into workshops so far, and feedback from the workshops has been highly positive. 32 people have enrolled in Wood County, and 20 have enrolled in Greenbrier County.
- ❖ We are getting ready to launch the study in Monongalia County, **so please spread the word!**

Pain education, Part 3: More than Just Pain

Chronic pain is easiest to diagnose and treat if it is caused by actual damage to soft tissue (muscle, joints) or to the nerve, or by ongoing illness or disease. This type of chronic pain is caused by inflammation, damage in or around the joint and tissues, insufficient blood supply to muscles or organs, or by irritation of the nerves. There are other common causes of pain that can create chronic pain by themselves, or can make pain worse when combined with a pain condition or disease itself.

Tense Muscles: When something hurts, the muscles around that area become tense to try to protect that area from further damage. It is the body's natural reaction to pain. Stress can also cause you to tense your muscles. Chronic muscle tension can lead to increased soreness or pain.

Muscle Deconditioning: With chronic pain, it is common to move less and become less active. This leads to a weakening of the muscles. When a muscle is weak, it tends to complain any time it is used. This is not because of damage, but because it has not been used in a while.

Lack of sleep or poor-quality sleep: Pain often interferes with the ability to get either enough sleep or good quality sleep. Poor sleep can make pain worse and can lessen your ability to cope with it.

Stress, anxiety, and emotions, such as fear, frustration, and depression: These feelings are all normal responses to living with a condition like chronic pain and they can amplify the experience of pain.

Partner Profile: The Prevention Research Center

The CPSMP is funded through the Centers for Disease Control and Prevention's (CDC) *Prevention Research Center Program*. As such, the WV Prevention Research Center (WVPRC) has a vested interest in the success of the program. WVPRC Leadership provides counsel and advice to Dr. Dina Jones (PI) when asked. Dr. Jones keeps the WVPRC informed of the study progress on an ongoing basis. The WVPRC regularly reports CPSMP study progress to our own program officer at the CDC PRC Program. In addition, the WVPRC provides administrative and accounting assistance. We are delighted to continue supporting CPSMP and look forward to its success and dissemination of research findings.

Contact us! We would love to hear your ideas, questions, and concerns.

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