

PAIN MATTERS

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KEEPING PACE WITH PAIN

How external support networks are
a vital tool in pain management

PERIOD PAIN

GETTING A GOOD
NIGHT'S SLEEP

PHOTOGRAPHY AND
PAIN MANAGEMENT



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WELCOME

Dear Reader,

Continuing our format of inviting pain management programmes to guest-edit the magazine, we are delighted to have the Southampton Pain Team and Portsmouth Persistent Pain Team from Solent NHS Trust at the helm for issue 72 of **Pain Matters**, where they are giving us a rundown of all the excellent work they do on the south coast. This includes the *Keeping Pace with Pain* support group, 'the largest support group of its kind in the south of England'.

Also in this issue, art therapist Julliet King returns with tips on using photography to help manage pain; and we profile the winning poster from the 2019 Physiotherapy Pain Association conference in Glasgow, Jill Geyer's narrative literature review on physiotherapy and period pain.

James Boyce, Editor

A MESSAGE FROM OUR GUEST EDITORS



It is with great pleasure that we have accepted the opportunity to contribute towards this issue of **Pain Matters**. Our team continues to make good use of the online resources and hard copies of leaflets produced by Pain Concern

The Southampton Pain Team and Portsmouth Persistent Pain Team deliver community-based services across these large, busy and vibrant sea-ports. Chronic pain management has been offered in the region for over 30 years. During this time the services have evolved from offering patients injection-based treatment to the current wide variety of evidenced-based interventions. These now include community-based pain management programmes, individualised treatment pathways with clinical specialists and, increasingly, joint working with other teams, such as the integrated accessibility to talking therapies (IAPT).

The service aims to work alongside people living with persistent pain to enhance self-management of this long-term condition and improve a person's overall quality of life, despite living with the presence of persistent pain. The teams are a multidisciplinary mix of pain specialists, physiotherapists, clinical psychologists, occupational therapists, nurses and doctors. More recently, in response to concerns about opioid prescribing and the long-term impact for people managing persistent pain, the local clinical commissioning group have appointed a community-based pharmacist to support pain prescribing at GP surgery level. This pharmacist sees patients as well as contributing towards setting up policies and guidance for practice.

For the teams, having resources to support people living with pain outside of their appointments with us is crucial, and our local support group plays a valued role in providing this. We have also continued to develop new ways of working together with service users such as our follow-on group volunteers.

We hope that you gain some useful information and support from reading the articles contributed by us and our service users, alongside your usual and varied contributors.

On behalf of the Southampton Pain Team and Portsmouth Persistent Pain Team

several useful apps available which can help, although they are not free. In some parts of the UK, the NHS has funded the Sleepio app, so it is worth asking your GP about this.

ACKNOWLEDGEMENTS

- *The Sleep Book: How to Sleep Well Every Night* by Dr Guy Meadows, published by Orion, 2014. An easy-to-read book with very useful cartoons about insomnia and the application of ACT
- *Sleep: A User's Guide*, a recent supplement about sleep from *The Guardian*, which is also available online. Prices quoted below are also from this resource. theguardian.com/lifeandstyle/2019/feb/08/rise-of-sleep-story-apps-talking-books-that-send-you-to-sleep

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Useful Resources:

- Calm, £34.99/year www.calm.com
- Headspace, £5.99/month www.headspace.com
- Sleep cycle alarm, £24.99/year www.sleepcycle.com
- Moshi Twilight sleep stories, £29.99/year www.makebedtimeadream.com
- Pzizz, £9.99/year www.pzizz.com
- Drew Ackerman's sleep stories, free www.sleepwithmepodcast.com/
- Sleepio www.sleepio.com/work/nhs/

REVIEW

THE CIRCADIAN CODE:

LOSE WEIGHT, SUPERCHARGE YOUR ENERGY
AND SLEEP WELL EVERY NIGHT

By Dr Satchin Panda
Vermilion, 299pp, £14.99
ISBN: 978-1-78504-201-0
Published June 2018

People living with chronic pain often find that many other aspects of their health are affected, including sleep, weight, keeping active and mood. Dr Satchin Panda, Professor at the Salk Institute for Biological Studies in California, is a leading expert in the body's natural circadian rhythms and how these rhythms can impact on all areas of our health and wellbeing. His most recent book, *The Circadian Code: Lose Weight, Supercharge Your Energy and Sleep Well Every Night*, is a practical guide to fully utilise the body's circadian clock.

EVERY ORGAN HAS ITS OWN CLOCK

Dr Panda discusses how every organ, cell and DNA has its own 24-hour clock, each working in some way independently, while also working as a collective with other cells, organs and systems within the body. This means that for every tissue there is a hidden time code to how our body operates.

Disruption of the circadian rhythms has been associated with pain, chronic fatigue and irritable bowel syndrome (IBS), as well as many other physical and mental conditions including depression and anxiety.

There are three core collective rhythms that coordinate the



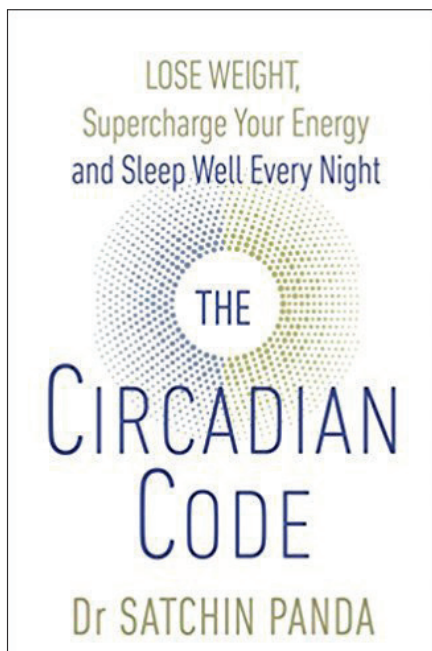
Dr Matt Wardley
Counselling
Psychologist

function of all the body's circadian clocks and highlight the importance of 'what and when you eat, when and how much you sleep and when and how often you move'.

SLEEP AND LIGHT EXPOSURE

Dr Panda suggests sleep disturbance relates to our body's natural circadian rhythms and the body's exposure to light over a 24-hour period. When you wake up, open your eyes and get out of bed, those first rays of bright light entering your eyes activate special light sensors in your retina (known as melanopsin) and subsequently set off a process telling the body to start the day. These light sensors in the eyes are sensitive to blue light from both sunlight and most artificial light sources. Our bodies are designed to have significant exposure in the day and limited light at night.

Dr Panda's advice is to aim for light exposure as close to when you wake up as possible, for at least five to fifteen minutes; for example, by taking a walk, heading into the garden or looking out the window for your first activity



of the day. If you spend significant time indoors, take regular breaks, go outside and look up more to maximise your light exposure in the day. Also switch on blue light filters on mobile devices and reduce/avoid the use of devices at least an hour before bedtime. In the evening, switch off or dim lights that are not needed to reduce exposure.

WHEN WE EAT MATTERS

Dr Panda has extensively studied the impact of *when* food is eaten. In an early study he gave two groups of mice exactly the same highly processed fat and carbohydrate diet and exactly the same amount of calories. One group ate whenever they chose over 24 hours; the other was limited to a 10-hour daytime eating window. The first group subsequently became obese and developed various health conditions (including diabetes, high cholesterol, heart disease and poor sleep); the second group remained healthy. In follow-up studies, obese mice were fed the same food within a 10-hour window, subsequently losing weight. These findings have been replicated many times and have spurred human studies that have found the same patterns, showing that when we eat is as important as what we eat.

Dr Panda advises consuming all your food and drink (other than

water) within an 8-12 hour window – starting earlier, while waiting at least one hour before having breakfast, and ensuring you finish eating three to four hours before you go to bed (this includes night time snacks and tea, coffee and alcohol). This is due to our digestive clock slowing down significantly at night, which then delays the fat burning and cell repair processes – all important to weight loss, sleep and optimal health.

ACTIVITY AND EXERCISE

Dr Panda has found that the effect of activity on our bodies' clocks is also very significant. Our body is designed to be active throughout our waking hours with this physical activity improving sleep and our circadian rhythms. The type of activity can range greatly and any form of movement that results in expending energy, however small, is classed as physical activity and will contribute to an improved circadian rhythm. This promotes the importance of doing activity little and often – ideal for people living with pain.

Dr Panda suggests that by including the 'when' we do things within our lives and living in alignment with our internal rhythms, we can harness the inherent power of our circadian body clocks to help improve our health.

I found Dr Panda's book fascinating and full of useful suggestions and would recommend it to anyone interested in improving their health. He also has further free resources at mycircadianclock.org, on YouTube and as podcasts.

Available at www.amazon.co.uk/Circadian-Code-weight-supercharge-energy/dp/1785042017

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