



HEALTH COACHING: CHRONIC PAIN AND CANCER

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READING PCN

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Professional Advisory Community

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THE BRITISH PAIN SOCIETY
EXPERTISE WHERE IT MATTERS

CLINICAL SCIENTIFIC ADVISORY BOARD



Personalised Care Institute

About Curable



MyPain®

ASSOCIATE



PEAK HEALTH COACHING



LONG COVID SOS

Recognition - Research - Rehabilitation

PAIND™

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FIDES NETWORK

DR DEEPAK RAVINDRAN
THE PAIN-FREE
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AGENDA FOR TODAY



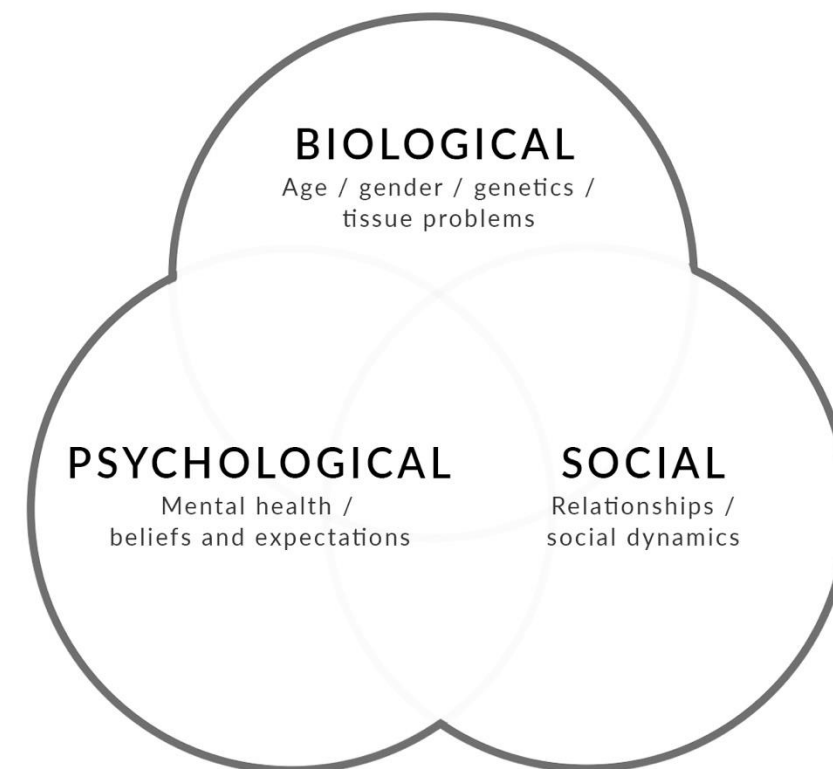
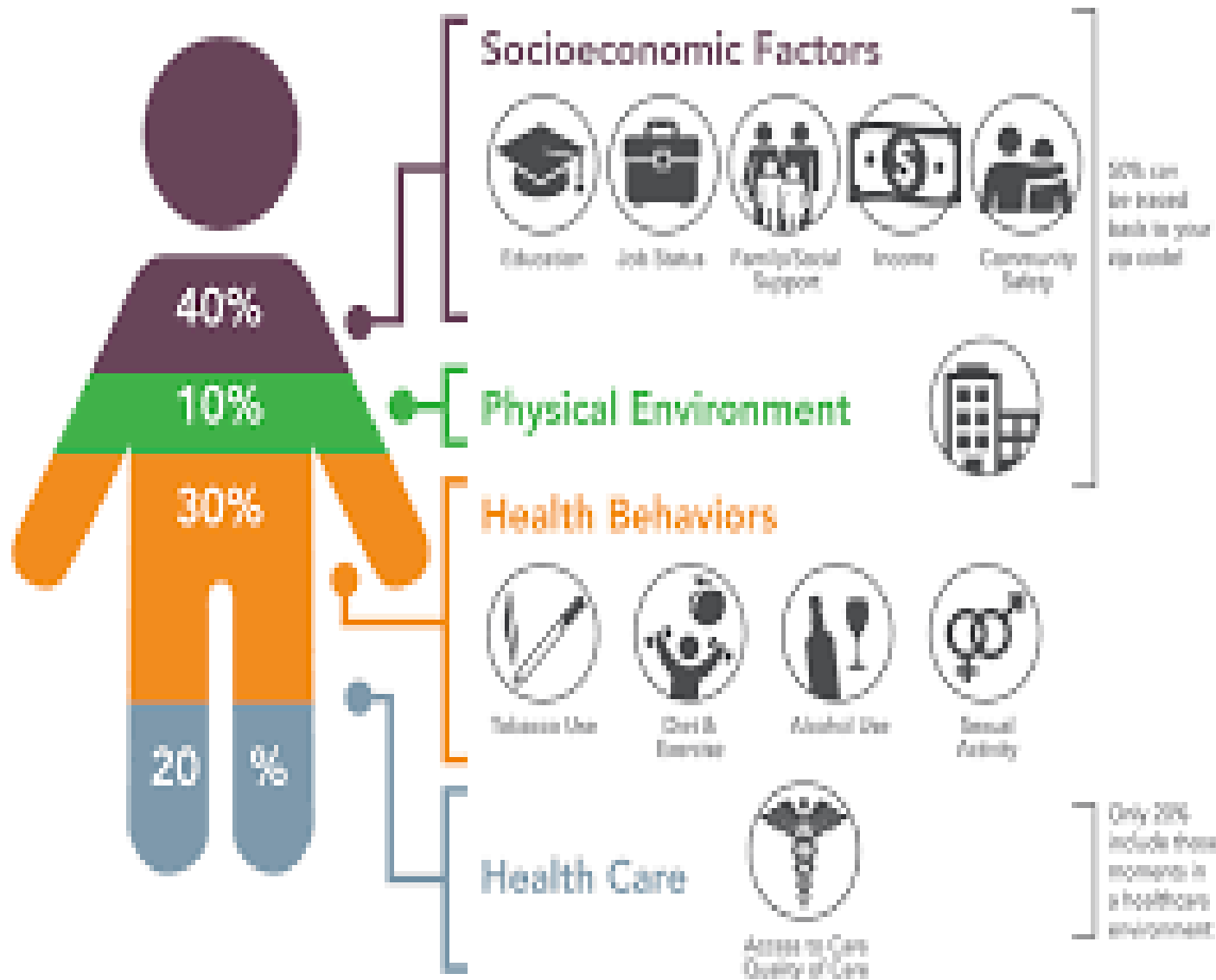
Why lifestyle medicine and health coaching is an ideal combination for chronic pain



Innovative strategies and actionable solutions for pain



The powerful role of Health Coaches





WHAT IS POSSIBLE NOW!

26 YEAR OLD LADY
TYPE 1 DM
CLBP
PROGRESSIVE FLARE
NO RA/INFLAM MARKERS
NUMBER OF PSYCHOSOCIAL
FACTORS
WIDESPREAD PAIN
OFF WORK
ALL MEDS TRIED

SIX PILLARS OF LIFESTYLE MEDICINE



Mental Wellbeing



Healthy Relationships



Physical Activity



Healthy Eating



Sleep



Minimising Harmful
Substances

- NOW HOLDING DOWN 2 JOBS
- ENGAGED TO BE MARRIED
- HAS RUN THE LONDON MARATHON 2022
- ON VERY LITTLE MEDICATION



NATURE OF TRAVEL OF HEALTHCARE

• **PATHOGENESIS**

COMPLETE ABSENCE OF
ILLNESS

FOCUS ON CURE

TESTS

RIGHT PRIORITY

CLINICIAN AS RESCUER

HOPELESSNESS/FEAR/BLAME

• **SALUTOGENESIS**

THE ABILITY TO COPE WITH
ILLNESS

HEALING AS FOCUS

DAILY HABITS AND SKILLS

LEARNING AS PRIORITY

CLINICIAN AS COACH

HOPE/AGENCY/CONNECTION

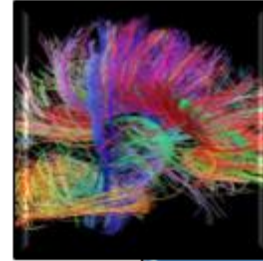


A FRAMEWORK OF COMBINING MI/PNE



MOTIVATIONAL INTERVIEWING

- CHANGE TALK
- THERAPEUTIC ALLIANCE
- MODEL OF BEHAVIOUR CHANGE
- COACHING ATTITUDE

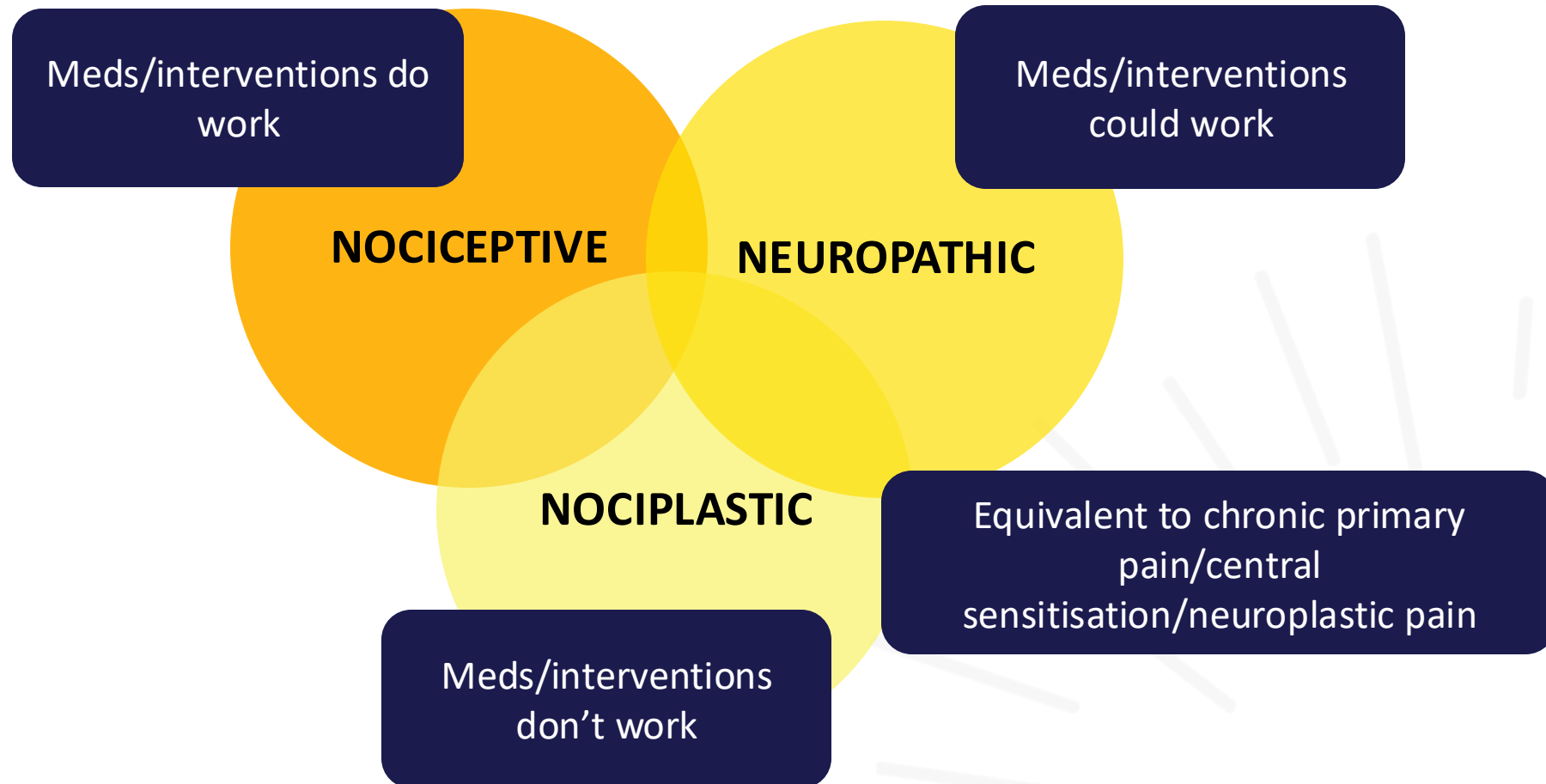


PAIN SCIENCE EDUCATION

- CHANGING PAIN BELIEFS
- REFRAMING PAIN
- LEARNING NEW STRATEGIES



Understanding Pain Is Key





NOCIPLASTIC PAIN

- WHERE THE NERVOUS/IMMUNE SYSTEM –
OVERSENSITISED/DYSFUNCTIONAL/OVERPROTECTIVE

EXAMPLES

CHRONIC PELVIC PAIN/SPINAL PAIN
WHIPLASH INJURY/POST CANCER
TREATMENT
FIBROMYALGIA/IBS/MIGRAINE
LONG TERM AUTOIMMUNE CONDITIONS



WAYS TO CALM THE NERVOUS SYSTEM

MEDICATIONS – CANNABINOIDS/PSYCHEDELICS

INTERVENTIONS – VAGAL STIMULATION

NUTRITIONAL SUPPLEMENTS

SOMATIC EXPERIENCING/SOMATIC TRACKING

TRE/POLYVAGAL THEORY BASED WORK

BREATHWORK/MINDFULNESS/CBT

HOW AM I GOING TO CALM A HYPERSENSITIVE NERVOUS SYSTEM



- YOU COULD USE DRUGS OR DO IT ANOTHER WAY
- THE OTHER WAY NEEDS TO BE APPEALING, EASY, CONVENIENT, FUN, SAFE
- PAINTING DRUGS AS UNSAFE OR HARMFUL IS ONLY EFFECTIVE IN SHORT TERM
- LONG TERM COMPLIANCE – TRUST, RAPPORT, ALTERNATIVES THAT ARE DONE IN A GROUP, CLOSE BY, EASY TO ACCESS, SIMPLE TO GET STARTED
- 7-11 TOUCH POINTS, SUPPORT FOR FLARE UPS – RELAX,ACTIVITY,DISTRACT

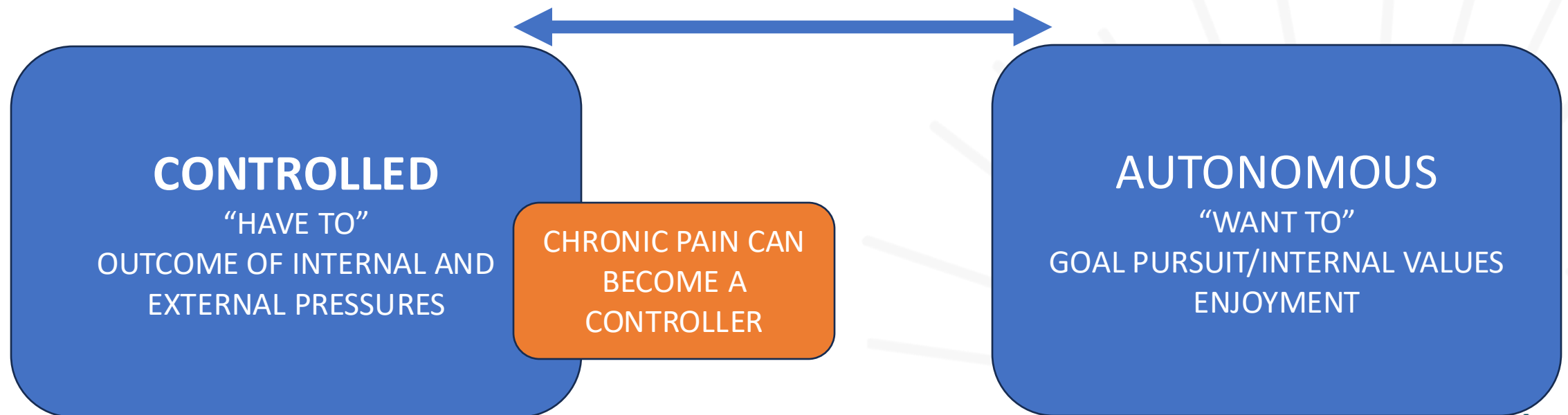


ACTIVATION AS A MEASURE OF READINESS

WHAT ARE YOU DOING AT THIS MOMENT TO LOOK AFTER YOUR PAIN?

MOTIVATION FOR CHANGE

- AWARENESS – FIRST STEP TOWARDS CHANGE
- MOTIVATION EXISTS ALONG SPECTRUM
- 2 TYPES OF MOTIVATION – AUTONOMOUS VS CONTROLLED





NEUROPLASTICITY MODULATION

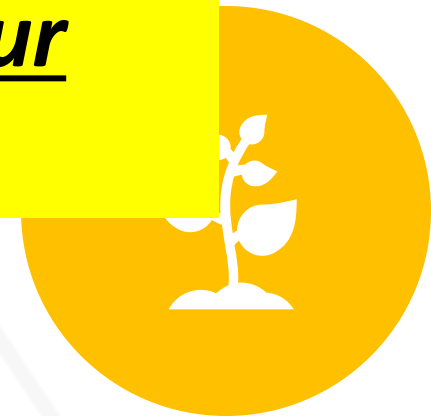
“You don’t raise to the level of your goals, you fall to the level of your systems” – James Clear



HARNESSING
NEUROPLASTICITY



GROUP OR INDIVIDUAL LEVEL



SUSTAINABILITY/CONSTRAINTS

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ROLE OF COACHING

- PEER SUPPORT/ LIVED EXPERIENCE
- FORUMS TO MEET UP/EXCHANGE/LEARN/BE ENTHUSED
- ECOSYSTEM FOR CHANGE/CREATING SYSTEMS



ACTIVE LISTENING



BLINDSPOTS TRACKING



CONFIDENCE BUILDING



STRATEGIES AND TOOLS



EVIDENCE FOR COACHING IN PAIN

- Multiple positive case studies – Pure Physio UK
- Health and wellness coaching positively impacts individuals with chronic pain and pain-related interference (Rethorn et al 2020).
 - 440 patients, 12 month program.. 181 completed
- Trivial to small improvement with physical activity and small improvements in pain and disability. (Barnet-Hepples et al, 2024).
 - SR/MA of 26 trials, n= 4400
- Integration of Health Coaches in a Whole Health Team Model of Chronic Pain Care: a Qualitative Study. (Denneson 2023)
 - 5 VHA sites, major system, 22 SSI, could improve care processes and accelerate patient progress. Successful implementation needs adequate training, role clarification, and expectation setting.
 - Additional research - evaluate the clinical outcomes

OTHER TRAINING RESOURCES

Flippinpain.co.uk

PEAK HEALTH COACHING

PARTNERING PAIN

PURE PHYSIOTHERAPY

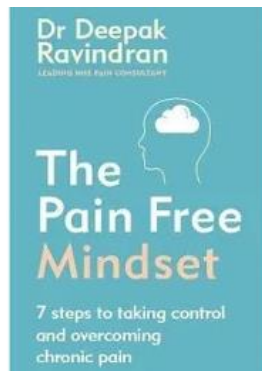
Curable app/living proof
website

LIVEWELLWITHPAIN.CO.UK

A Primer to Integrated Pain Management Using LM Principles

- BSLM LEARNING ACADEMY
- COLLABORATION WITH BSLM
- 3 MODULES – 8HRS OF CPD

DR DEEPAK RAVINDRAN
THE PAIN-FREE
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YOUTUBE – DR DEEPAK RAVINDRAN

BSLM Learning Academy

A Primer to Integrated Pain Management using Lifestyle Medicine Principles

With Dr Deepak Ravindran

BRINGING YOU A WORLD-CLASS LEARNING PACKAGE

EVIDENCE BASED

FLEXIBLE AND SELF-PACED

PEER-REVIEWED

It is essential that you be able to put the principles of Lifestyle Medicine into practice and improve the care of your own patients. This is the only Lifestyle Medicine programme.

www.courses.bslm.org.uk

SCAN TO FIND OUT MORE



