

Planning for

Flare-Up

Week 6

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Flare-Up planning:

Most people experience Flare-Ups in their pain as part of living with chronic pain no matter how careful that they are. But as part of managing your pain it is important to draw upon what you have learnt about your pain prior to and since joining the pain management group and have a plan to:

- a) minimise the risks of having a Flare-Up
- b) manage a Flare-Up
- c) learn from having a Flare-Up



What is a Flare-Up?:

A Flare-Up refers to a period of intense pain which is felt more severely to the day-to-day chronic pain.

Flare-Ups may last hours or days and often there is no set pattern to them. They often come on quickly and without much warning, so they can be worrying and difficult to cope with.

Coping with Flare-Ups is a skill worth developing and takes time and experience to evolve. Planning in advance for any Flare-Ups can really reduce your distress.



What are the effects of Flare-Ups?:

Thoughts and feelings



Behavior



Physical



Emotional





What are my Flare-Up risk factors?:

Everyone has their own vulnerabilities to having a Flare-Up and it is important to be aware of what these are in order to reduce the risk of having a Flare-Up.

Often it is helpful to think in terms of vulnerability in terms of groups of risk factors.

- ▶ *Environmental* (what is going on around you before your Flare-Up)
- ▶ *Thoughts* (what you are thinking about and the meaning that you are making)
- ▶ *Physiology* (how you are feeling physically)
- ▶ *Emotions* (what emotions you may be feeling)
- ▶ *Behavior* (what you might be doing or what to do)



My Flare-Up plan:



My Flare-Up plan (continued):



Reviewing your Flare-Up plan:

After your Flare-Up has passed it is often helpful to review why the flare-up occurred and how you coped and managed to see if it could be improved. Consider the following questions....

- ▶ What led to the Flare-Up?
- ▶ Was I over doing it?
- ▶ What was I thinking
- ▶ How was I feeling?
- ▶ How did I feel physically?
- ▶ Could I have been kinder?
- ▶ Could I have encouraged myself more?
- ▶ How could I support myself better?
- ▶ How could I have gained more support from others?
- ▶ What skills worked best?



My Revised Flare-Up Plan:

A large, empty rectangular box with a purple border, intended for writing a revised flare-up plan.



<https://www.nhshighland.scot.nhs.uk/Services/Pages/ChronicPainManagement.aspx>

Chronic Pain Management - NHS Highland

Persistent Pain has a considerable impact on the quality of life for many people in Scotland. Approximately 800,000 people across Scotland are affected by persistent pain to varying degrees, and it can result in significant suffering for both those directly affected and those close to them.

www.nhshighland.scot.nhs.uk



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