

# The Know Pain Challenge...

Get that sinking feeling when meeting people with complex, persistent pain? Rank your score: On a scale from 1 (very weak) to 10 (very strong)

	Question	Score
1	Out of 10, how <u>happy</u> are you with your ability to explain persistent pain to your patients at a level that makes sense to them?	
2	Out of 10, how <u>comfortable</u> are you in your ability to explain imaging results to your patients at a level that is meaningful to them?	
3	Out of 10, how would you rank your <u>understanding</u> and <u>application</u> of evidence-based adult learning theories and andragogy when educating people about their pain?	
4	Out of 10, how <u>comfortable</u> are you with your ability to explain evidence-based pain management models to your patients at a level that makes sense to them?	
5	People with persistent pain often perceive that healthcare professionals are telling them that their pain is “in their head”. Out of 10, how <u>comfortable</u> are you when challenging this statement?	
6	Out of 10, how <u>happy</u> are you with your ability to guide fearful, anxious patients who’ve previously found physiotherapy unsuccessful, through a graded exercise programme?	
7	Out of 10, how <u>comfortable</u> are you when using patient generated metaphors to facilitate behaviour change?	
8	Out of 10, how <u>comfortable</u> are you in your ability to integrate psychological management strategies such as cognitive behavioural therapy (CBT) Motivational Interviewing (MI), Acceptance & Commitment Therapy (ACT) and Cognitive-bias Modification (CBM) into your practice?	
9	Out of 10, how <u>happy</u> are you with your ability to access and recommend evidence-based, multimedia learning related to persistent pain management for your patients?	
10	When faced with the complex challenges that persistent pain brings to practice, it is often difficult to see the big picture. Out of 10, how <u>happy</u> are you with your ability to think broadly when meeting this challenge?	

Want to find out how your score shapes up?