

RETHINKING PAIN

SHAZIA'S STORY

HOW COACHING CAN SUPPORT ACHIEVABLE LIFESTYLE CHANGES



SHAZIA'S STORY BEFORE RETHINKING PAIN:

Shazia is a middle aged single mother of South Asian heritage living in central Bradford. Two years ago she received a diagnosis of fibromyalgia and was referred by her GP to a Musculoskeletal Service. After working clinically with Shazia to the extent they could, her MSK GP specialist referred her to Rethinking Pain for community-focused, persistent pain support.

In her initial appointment, Shazia explained to her Rethinking Pain coach that she was barely clinging onto her job working as a banking consultant because of the pain and days off work, due to illness. She was emotional and expressed that her sense of self-worth was at rock bottom due to stress and not being able to function to her normal ability. Additionally, she told her coach that when she was at home, she was unable to tend to her children the way she felt she should and felt guilty.

Shazia was convinced she was failing and could not meet her responsibilities.

"I WOULD JUST LAY IN BED OR SIT IN ANOTHER ROOM AWAY FROM THE KIDS, AS I WAS IN SO MUCH PAIN. I DIDN'T WANT MY KIDS TO SEE ME LIKE THIS" "I FEEL LIKE A FAILURE... HOW DO I CARE AND PROVIDE FOR MY CHILDREN?"

SHAZIA'S PERSONALISED PLAN:

Shazia's Rethinking Pain health coach was multi-lingual and could speak with her in Punjabi. Being able to communicate in her preferred language was a relief to Shazia, particularly as some words to describe her situation didn't translate well into English.

Shazia was listened to and was able to tell her personal story. She described her loneliness, mental health challenges and past trauma. Her health coach used a 'positive behavioral change' approach in their time together, using 'making every contact counts' (MECC) principles to support her to identify some small changes, although Shazia wouldn't have been aware of any of that!

Shazia wanted to keep more hydrated to help manage her pain. She also reduced her sugar and caffeine intake, which she felt better for. Shazia was coached about not making lifestyle changes, in a 'boom and bust' manner as she'd done before and she was able to adopt pacing and mindfulness practices, with support from her coach.

"IT WAS GREAT, AND NOW I KNOW NOW I'M NOT ALONE IN THIS"

RETHINKING
PAIN
COMMUNITY-BASED
PAIN SUPPORT

HOW SHAZIA'S LIFE CHANGED:

After multiple contacts with Rethinking Pain, Shazia's pain was reassessed by their multidisciplinary team. Between them, it was agreed she could benefit from cognitive behavioural therapy (CBT) because many of her negative thoughts affected her behaviours and emotions.

The community-based pain management support Shazia has received to date from Rethinking Pain has meant that she finally felt able to speak to her employer and inform them of her diagnosed condition and difficulties faced. Consequently, her working hours were reduced, which gave her the opportunity to take stock and organise herself. As a result, the time she now spends with her children has been of a better quality and has lessened her sense of failure and guilt.

"Before I was worried to tell my employer I had pain but once I had the confidence to, they've been so good and helpful. Coaching helped me do that."

Shazia is continuing with her CBT sessions for longer term support. On completion, Shazia and her Rethinking Pain CBT therapist and health coach will decide whether she is ready to be discharged from Rethinking Pain or if she wishes to stay in the service a little longer, to access additional support on further topics in the Pain Toolkit including diet and emotional wellbeing, creative therapies and keeping active.

"I FEEL LIKE A COMPLETELY DIFFERENT PERSON! I'M MORE ENERGETIC AND MUCH HAPPIER. I AM SLEEPING BETTER AND I'M MANAGING MY PAIN BETTER THAN BEFORE."



MENTIONED SUPPORT AND LINKS

Pain Toolkit
www.rethinkingpain.org

