

Our goal is to change the way people **think** about, **talk** about and **treat** persistent pain.



Flippin' your understanding of pain could change the lives of you and your loved ones.

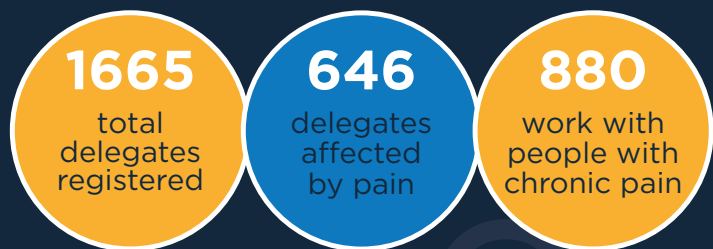
Issue no. 8

# PAIN

## "I WISH I KNEW THEN WHAT I KNOW NOW"

Earlier this month we hosted a Flippin' Pain public event with a twist: Flippin' our tried and tested format on its head, top billing this time was given to people living with persistent pain whilst our expert healthcare professionals and academics were demoted to supporting acts.

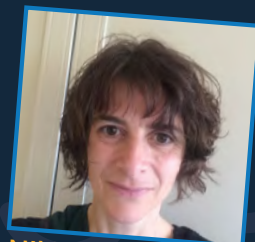
The event titled '**Pain: I wish I knew then what I know now**' focused on the key things our speakers- Fen, Tim, Niki, Georgia and Claire - have come to understand about pain through living with it and learning about it for several years. Stuff they wished EVERYONE knew about pain.



**Fen,**  
Surviving & thriving



**Tim,**  
Author & advocate



**Niki,**  
Recovering through curiosity



**Claire,**  
Almost recovered



**Georgia,**  
Inspired by pain



As always, a recording of the event is available if you haven't seen it yet or want to watch some of it again.



## What did you think?

If you have feedback about this event, suggestions for future events or would like to participate in one please get in touch with us at [info@flippinpain.co.uk](mailto:info@flippinpain.co.uk).

“ The event was incredibly hopeful, helpful and informative. ”  
- Helen

“ A lot of useful, comforting, and empowering stories. Flippin' Pain is a fantastic organisation with a lot of resources to support people living with chronic pain. ”  
- Northamptonshire Chronic Pain Support

“ The talk today made me see there is another way. ” - Charlotte

Coming your way... in May

# FLIPPIN' ARTHRITIS

13th May



## FLIPPIN' BACK PAIN

On the 13th of May Flippin' Pain are collaborating with the **International Association for the Study of Pain (IASP)**

in support of their Global Year About Back Pain to deliver 'Back Pain: Helping people who get it get it' - a free live webinar streamed to IASP's worldwide audience. Our Community Pain Champion Prof. Cormac Ryan and event host Felicity Thow will be joined by special guests including Tina Price (person living with back pain and blogger) and Dr Deepak Ravindran (leading NHS Pain Consultant).

BOOK HERE

25th May



We are also delighted to announce we will be hosting a special Flippin' Pain event with guest speaker **Associate Prof. Tasha Stanton** in May. Pain neuroscientist Tasha is the Osteoarthritis Research Lead for IIMPACT in Health at The University of South Australia. Her research has won both national and international awards and she has published >80 peer-reviewed journal articles and been an invited speaker at >80 national and international conferences. She will present evidence supporting the idea that osteoarthritis is much more than just the joint and explore how we can flip our understanding of persistent joint pain to foster improvement and to embed hope in a condition typically believed to be progressive and degenerative.

BOOK HERE

## The Tour is ON!

We're going on tour...at long last! Following not one, but two frustrating postponements we've finally been able to confirm new dates for our inaugural **Flippin' Pain Community Outreach Tour**.

Between **12th to 17th September '21** we'll be leading a peloton of pain scientists, healthcare professionals and people who live with pain travelling the length and breadth of Lincolnshire, UK. We'll be taking multiple pitstops to deliver public seminars and other events aimed at flippin' public and professional understanding of persistent pain. Alongside the bikes and the seminars our Brain Bus will offer people from local communities interactive experiences to facilitate understanding of the lesser known complexities of pain science and how EVERYTHING matters when it comes to pain.

If you're interested in taking part in the tour, would like to join the peloton, or can help out with hosting then please do get in touch at [events@flippinpain.co.uk](mailto:events@flippinpain.co.uk).

If you've never seen or heard Tasha present before here's a short video that she created for ABC News Australia [here](#).

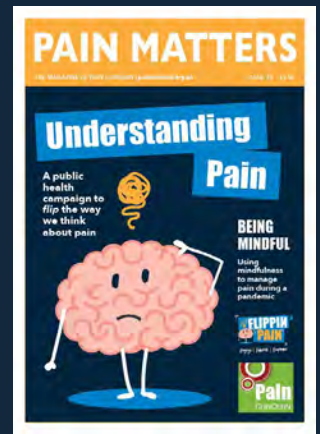


COMMUNITY OUTREACH TOUR *Coming soon!*



FREE  
GIFT

Last year we told you about an issue of a magazine we'd guest edited for our friends at the charity **Pain Concern**. Well, thanks to their generosity we are now able to share the full content with you completely free. Click on the cover picture to access the PDF.



## Prof's Corner



“

In this second instalment of our new feature where Prof. Ryan shares short & snappy reviews of interesting pieces of scientific research, Cormac takes a look at a recently published study seeking to understand what information was felt to be most valuable by people learning about their pain. Over to you Prof...

Helping people to understand their pain better is important for lots of different reasons. It can help them worry about the pain less and manage it better. It can also help them make more informed healthcare choices. Of course, some nuggets of information may be more beneficial than others. But how do we know what information is the most useful to receive?

An Australian research group recently explored this question. In their study, approximately 100 people who had received pain science education as part of their pain management, and reported feeling improved, were surveyed to find out what elements of the education they found most beneficial.

The three key nuggets that people valued most were 1) Pain does not mean my body is damaged 2) Many things influence my pain and 3) I can retrain my overprotective pain system. It was clear that people found the information both challenging and useful - while it was hard to accept that their tissues might not be injured when experiencing so much pain, the messages inspired hope that things could improve and that they themselves had the power to influence that change. Reassuringly for the Flippin' Pain campaign, the three key information nuggets identified as important within this research study closely match three of the six Flippin' Pain key messages that 1) hurt does not mean harm, 2) everything matters when it comes to pain and 3) recovery is possible. Phew - we are on the right track!

We'd love to hear from you to find out if you agree with the findings of this study. Have you found these particular messages to be useful, or has there been something different that you've learnt about your pain that struck a chord with you? ”



Leake, H.B., Moseley, G.L., Stanton, T.R., O'Hagan, E.T. and Heathcote, L.C., 2021. What do patients value learning about pain? A mixed methods survey on the relevance of target concepts following pain science education. PAIN.

## Pain in the spotlight

Many of us have been hooked by the recent return of BBC crime drama [Line of Duty](#) and there's one storyline in particular that's caught our eye: [Steve Arnott's use of painkillers](#).

In a previous series Steve was thrown down the stairs in an assault and has been using over the counter pain killers for back pain ever since. In the new series he's still struggling with pain and there are signs that he has become dependent on opioids. Codeine is a common prescription opioid and while opioids are often effective pain relief for acute (new, short-term) pain, like after a fracture or when having dental surgery, they are not recommended for long-term use to manage persistent pain. This is partly because they are known to be addictive, but also because we tend to develop a tolerance to this type of medication (meaning the benefits reduce and the dose is often increased over time) and long-term use can actually result in increased pain sensitivity as well as numerous side-effects.

Despite the limitations of effectiveness the UK uses nearly 20% of the world's codeine with over 50% of prescriptions issued in England and Wales for opioid analgesics, being codeine based. In England, NHS Digital reports that the number of people admitted to hospital due to opioid overdose (which, as well as codeine also includes tramadol, morphine and fentanyl), almost doubled between 2005-2006 and 2016-2017.

If you're concerned about opioid use or addiction, please do talk to your GP. This is an increasingly common issue and not one you should be made to feel you need to hide. There are also great resources available via the 'Painkillers and me' section over at [My Live Well with Pain](#).

## Research opportunity

We welcome any further research into the complex area of pain and its treatment and so we'd like to draw your attention to a study you may be able to help with.

Andrew Bulman is a Masters student at the University of Glasgow and is looking for people who have experience of living with chronic pain and the associated treatments. If this is something you would be willing to share with him, Andrew would be delighted to hear from you.

Please [click on the link here](#) which will take you to more information about the study and a place to sign up.

## Seen something in the news about pain science recently?

Let us know about it and we'll ask one of our team to review it and may feature it in a future newsletter. A key objective of Flippin' Pain is to spread the word about the real science of pain. Debunking myths and addressing misunderstanding and misinformation along the way. We're interested in it all; the good, the bad and everything in-between.

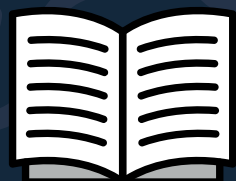


## This is Flippin' great!

### Footsteps Festival 2021

Footsteps Festival 2021 is a year-long celebration of living well with pain run by people who live with pain themselves. Like any great festival, there's something for everyone and it's all online. Whether it's creative pursuits that bring you joy like singing or writing workshops, or you're looking for information and advice through live webinars on wellbeing topics such as sleep and relaxation, the Footsteps Festival has you covered.

Check out the full free itinerary [here](#)



# Hot off the press!

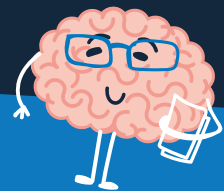
Two things that have been consistent themes since Flippin' Pain launched have been (1) the powerful and vivid stories people have shared with us about their experiences of living with pain and (2) health professionals reaching out to ask how they can support us.

Last year we identified some of the most poignant quotes and have turned them into a series of posters that people could use to spread the word and draw attention to the campaign.

If you think they'd be a welcome addition to your clinic room, waiting area, corridor etc. drop us a note at [info@flippinpain.co.uk](mailto:info@flippinpain.co.uk) and we can send out the design files. Once they're on display send us a picture and we'll post on social media and give you and your team or department a shout out.



## Follow us!



Did you know that Flippin' Pain are on Social Media?

You can stay up to date with everything we're up to and receive lots of useful persistent pain related info via our social media channels.

Sign up to our mailing list and receive our newsletters straight to your inbox!

