# Participating in group education sessions for management of persistent pain

We would like to invite you to participate in group education sessions for the management of persistent pain. Before you consider participating, it is important that you carefully read this information leaflet. This information will help you to understand what taking part in these sessions will involve, and what the purpose of the sessions are.

**What is the purpose of these sessions?**

Persistent or chronic pain is any pain that lasts for more than 3 months. It is a problem that affects 30-50% of people in the UK. Many people with persistent pain struggle to manage their pain in a way that allows them to live happy and healthy lives.

The aim of these sessions is to provide information to people with persistent pain on:

* The difference between acute and chronic pain
* Why some pain medication doesn’t seem to work
* Methods available to manage persistent pain

These sessions will also help you to meet and talk with other people experiencing persistent pain.

**Why have I been invited to take part?**

You have been invited to take part in the sessions because you have persistent pain that has required prescribed opioid pain medication for 3-6 months.

**Do I have to take part?**

No, participation is completely voluntary and choosing not to take part will not disadvantage you in any way. Declining to participate will not affect your care in any way. If you decide to participate, you still have the right withdraw from the sessions at any time without giving a reason.

**What does taking part involve?**

You will be asked to complete an initial survey and then to attend [between 1-3] group education sessions, which will last 90 minutes each. The sessions will be [virtual/face to face] on [Microsoft Teams/Zoom] and will be held [specify date/times]. Once you have completed the sessions, you will be asked to complete the survey again as well as a feedback form.

Your feedback will be included with feedback from other participants involved in group sessions and included in a report. The data may also be used in shared learning events, on websites, journals and conference presentations. **Please note that no patient identifiable information will be used in the report.**

**What are the benefits and risks of taking part?**

Benefits of taking part in these sessions include:

* You will be provided with information on ways to manage persistent pain.
* You will receive reliable resources including leaflets/videos that you can have a look at for further information.
* You will be booked into a 1:1 consultation with a healthcare professional after the sessions to discuss next steps that are right for you to manage your pain.
* You will meet other people who are experiencing similar issues with managing persistent pain and have a chance to discuss with them.
* You will be helping us to understand if group education sessions are helpful in providing information to several patients about pain management.

We believe the risks of taking part in these sessions are minimal. You might feel uncomfortable or upset talking about your pain, although you will never be made to speak or share anything that you do not want to. You will also need to commit time to attending the sessions and to completing the survey and feedback forms.

**Confidentiality**

The group education sessions will be held with other people who also have persistent pain. This means that you may hear some information about them which is confidential. For this reason, we ask all participants to sign a confidentiality agreement stating that any personal information relating to other participants within the group should not be mentioned outside of the sessions.

**Contact:** For more information please contact [GP PRACTICE NAME and EMAIL].