

The Pain Toolkit Manifesto 2024



Declaration of the intentions

The Pain Toolkit firmly believes in empowering people living with persistent pain and supporting the healthcare professionals who support them.

We strive to create a stance where people with persistent pain have access to the knowledge, self management skills and resources necessary to lead fulfilling lives.

1. Empowerment:

We believe that every person living with persistent pain has the right to be empowered and take an active role in managing their pain and lives. We aim to provide people with the tools and strategies necessary to regain control over their lives.

2. Education:

We advocate for every medical schools includes supported self management within their curriculums and also provide continuous education and awareness about persistent pain management. We encourage the dissemination of evidence-based information and the development of skills to effectively support people living with pain.

3. Collaboration:

We promote supported self management and mutual respect between people with persistent pain and healthcare professionals. The Pain Toolkit recognises the importance of shared decision-making and encourage open and honest communication to ensure the best possible outcomes.

4. Multi model approach:

We acknowledge that persistent pain is a complex and multidimensional experience. We support a multi model approach that considers physical, emotional, social, and psychological factors impacting pain. We advocate for the integration of various multi model approaches to address the diverse needs of individuals with pain.

5. Supported Self-Management:

We emphasise the importance of supported self-management in pain management. We believe in equipping individuals with the skills to actively manage their persistent pain, make informed choices, and set realistic goals. We encourage healthcare professionals to provide guidance and support as people navigate their pain self management journey.

6. Individualised Care:

We advocate for personalised and individualised goals and action plans that recognise the unique experiences and needs of each person with persistent pain. We urge providers and healthcare professionals to consider the preferences, values, and goals of individuals when developing self management goals and action plans.

7. Accessibility:

We strive for equal access to pain management resources and services. We believe in breaking down barriers that prevent individuals from receiving appropriate care, including geographical, financial, and cultural barriers. We support the development of inclusive and accessible pain care systems.

8. Research and Innovation:

We promote ongoing research and innovation in pain management. We encourage the exploration of new approaches, technologies, and therapies to continually improve pain care outcomes and enhance the quality of life for individuals living with pain.

9. Advocacy:

We advocate for the rights and needs of individuals with persistent pain on a local, national, and global scale. The Pain Toolkit promotes collaboration with organisations, policymakers, and healthcare providers to create positive change in pain care and reduce the stigma associated with persistent pain.

10. Aspire and Support:

The Pain Toolkit provides support for people living with persistent pain and health care professionals who supports them. Both in the UK and around the world.

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