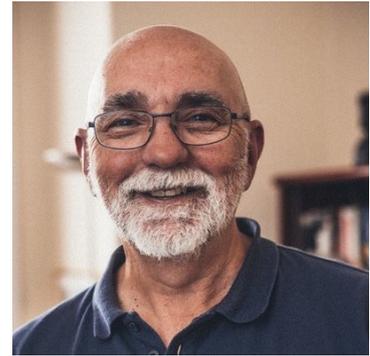


Peter Moore Biography

My story is very typical of that of a pain patient. I was, like many pain patients looking for that magic bullet to take away the pain. Managing my pain was like playing a game of snakes and ladders – a game of luck. Most days melted into the next and I have a very poor pain self-manager. I did not exercise or generally look after my body, I ate all the wrong foods and when something went wrong with it, I expected the doctor to fix me.



My Turning Point!

In July 1996 I attended the INPUT Pain Management Programme (PMP) London. It was described to me as a programme that could help me to increase my confidence and mobility and provide me with the pain toolkit of skills to self-manage my pain. I thought this was finally something that could help me turn the corner and help me live with my pain. I have been back in full time work since 2000 and to date I have never had a day off sick.

Back to work

From 2000 – 2002 I worked for BackCare

Prior to joining BackCare I wrote a 6-week back self-management programme called Think-Back. During my time with BackCare I ran the Think-Back programme for many of their member groups, and for local NHS in Essex.

From 2002 – 2011 I worked for the NHS Expert Patients Programme, first as a Senior Trainer and then as a Business Development Manager. While there, I was asked by the Department of Health to develop a add-on module for back pain, which was then developed into a dedication 6-week course for people who lived with persistent pain

2011 – Current. I now solely work on the Pain Toolkit concept, providing educational support for both patients and health care professionals, promoting pain self-management both in the UK, Europe and around the world.

Cont/.

Pain Toolkit

I am creator author of the Pain Toolkit. It is a simple patient booklet, which has been in the past been supported by the Department of Health and now used extensively in the UK and adapted for, Europe, America, Australia, New Zealand and Canada.

Since 2009 950,000 copies have been printed and now in circulation throughout the UK. They have also been translated into 16 different languages. It was also adapted for teenagers and young people called My Pain Toolkit.

Pain Toolkit for people in secure units

In February 2015 I adapted the Pain Toolkit for people with pain who are secure units and is now be distributed to Prisons and other secure units.

Pain Toolkit Virtual Reality App

I am working with Teesside University developing VR for Pain Management

Pain Toolkit Workshop

The Pain Toolkits booklets have now been developed into learning workshops for healthcare professionals and patients.

Pain Champion UK

In March 2014 I was awarded the accolade of Pain Champion UK for the work I have done to promote pain management for both patients and health care professionals for the past 20 years. My Pledge:

It should everyone's right to be signposted to, and have accessible educational pain self-management in their community and on the Internet.

European Pain Federation EFIC® of IASP® chapters

I am regularly asked to speak to health care professionals and patient groups here in the UK and Europe.

Each year, I am invited to speak at the EFIC International Pain School in Austria to speak about pain self-management from the patients prospective.

Cont/.

Pain rehabilitation: E/Motion-based automated coaching

I work part time as part of the Patient Advisory Team for the University College London, Imperial College and Leicester University, which are conducting research on the role of movements in persistent pain. The study is taking advantage from recent technological developments in the field of computer gaming and aims at record people's movements using special sensors.

The PAIN Compendium

The PAIN Compendium is an international textbook about pain and I contributed to it, writing a chapter called *managing pain from the patients prospective*.

Memberships

- **British Pain Society** (honorary member)
- **The International Association for the Study of Pain (IASP)**
- Member of the **IASP Patient Alliance**

Peter Moore – December 2019

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