

CORONAVIRUS AND LIVING WITH CHRONIC PAIN CONDITIONS

LIVING WITH CHRONIC PAIN – WHAT CAN I DO NOW?



Edited image Original image from google.It
Document images free from shutterstock or Charles Makekesy facebook posts.

Help and advice from your Chronic Pain Team

Information on Coronavirus	3
Pain symptoms and Covid 19	4
Ibuprofen and Covid 19	4
Social distancing, shielding and self-isolation	5
Stopping smoking	7
Hygiene measures	7
Specific issues related to Covid 19 and treatments for persistent pain	9
Why have my symptoms flared up?	10
Stress and threat and pain	12
Emotions are not the problem	15
Looking after your health and wellbeing	16
Looking after your physical wellbeing and keeping active	20
<u>Resources</u>	
Resources for mental wellbeing	22
Resources for pain management	25
Resources for exercise and movement	26
Resources for meditation and relaxation	27
Resources for breathlessness in movement	28
General information	29

Information on Coronavirus

Covid 19 is short for COronaVirus Disease 2019. The coronavirus can cause symptoms that are similar to flu. These include:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **feeling short of breath**

For most people the symptoms are mild but some people will develop severe breathing problems and other complications. The evidence so far shows that the risk of severe symptoms is higher in people with weakened immune systems, older people and people with long term conditions, including chronic pain.

This does not mean that everyone with chronic pain is more susceptible to Covid 19.

Specifically, the evidence so far shows that it is more likely to affect those people who:

- have chronic pain alongside other health conditions
- are on long term opioid therapy
- take long term steroids

All these factors are known to lower or suppress the immune system, making a person more susceptible to viruses, including Covid-19. However, chronic pain does exert complex effects on the immune system and Covid-19 itself creates significant immune changes. We are writing this from the guidance we have received from the Department of Health and The British Pain Society. As we cannot keep this document up to date, we recommend that you follow the up-to-date guidance from the government and from local authorities if you suspect you have symptoms of the Covid-19 infection.

Pain symptoms and Covid 19

The early symptoms of Covid 19 include generalised muscle and body-aches – as well as fever, continuous dry cough and other flu-like symptoms. In line with guidance from our governing body, the British Pain Society, we recommend people with possible symptoms of Covid 19, who require further advice about pain symptoms, seek advice via the NHS 111 service. Please do not contact your GP or our local Chronic Pain Service directly in the first instance.

Ibuprofen and Covid 19

Following media reports that started on 14 March 2020 there continues to be ongoing uncertainty about the use of ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs) for managing fever and pain in people with suspected COVID-19. It has been suggested that NSAIDs may increase complications from simple respiratory infections or delay recovery from the infection.

At the current time there is no strong evidence confirming that ibuprofen increases the likelihood of contracting the virus or worsening the symptom; however, because it reduces inflammation and controls fever, it may mask the symptoms and signs of Covid 19 infection. The MHRA and NICE are reviewing the evidence urgently. At present, patients who have confirmed Covid 19 infection, or believe they have Covid 19 infection, should take paracetamol in preference to ibuprofen.

If people have been prescribed ibuprofen or another NSAID and are taking them regularly then they should not stop without taking advice from a healthcare professional.

Social distancing, shielding and self-isolation

Everyone should do what they can to stop coronavirus spreading. This is particularly important for those people at higher risk of severe illness from Covid 19. Everyone in the UK is expected to adhere to social distancing guidelines.

What is social distancing?

You should only leave or be away from your home for very limited purposes:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- Any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person
- Travelling for work purposes, but only where you cannot work from home

If you have any of the following health conditions, you are clinically vulnerable, meaning you are at higher risk of severe illness from coronavirus. You should take particular care to minimise contact with others outside your household.

Clinically vulnerable people are those who are:

1. aged 70 or older (regardless of medical conditions)
2. under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis

- chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- diabetes
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant women

Who should be shielding?

The highest risk group are those with complex health conditions, including those who:

- have received organ transplant and take medication to suppress their immune system
- have cancer and are receiving chemotherapy or radiotherapy
- have blood or bone marrow cancer and are at any stage of treatment
- have severe respiratory conditions that require admission to hospital or treatment with corticosteroids
- have severe diseases of the body systems, like severe kidney disease that is managed with regular dialysis.

These people are considered to be clinically extremely vulnerable. If you fall into the highest risk group, the government will have sent you a letter to advise you to take these even more stringent measures to shield yourself.

When should I self isolate?

Anyone who has symptoms of the coronavirus illness (COVID-19), however mild, should stay at home and self-isolate for 7 days from when your symptoms started, all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. If possible, you should not go out even to buy food or other essentials, and any exercise should be taken within your home. The 14-day period starts from the day when the first person in your house became ill.

If you need to self-isolate, it is essential to continue to take sensible steps to reduce your risk of picking up infections by:-

- avoiding unnecessary social contact
- keeping at least 2 metres (3 steps) from other people in your home, particularly people over 70, or those with long-term health conditions
- asking friends, family and delivery services to deliver things like food shopping and medicines but leave them outside. Many local shops/ cafes and restaurants are now offering a delivery service
- sleeping alone, if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- drinking plenty of water and taking paracetamol to help with your symptoms

Stopping smoking

If you smoke, it is vital to quit. People who smoke are five times more likely to get flu and twice as likely to get pneumonia. Stopping smoking is one of the best ways to protect yourself from viral infections, including coronavirus. There is lots of support available to help you stop smoking. Please see the information section at the back of this pack.

Hygiene measures

It is important to keep your hands clean to stop the virus spreading. The virus can pass from hand to hand, and we touch our faces a lot. There are sensible hygiene measures you can follow to cut the risk. The really good news is that you don't need special substances to kill coronavirus. The protective skin of each coronavirus molecule is made of fat which is broken down quickly and easily by soap and hot water. Hot water and soap kills coronavirus.

- **Wash your hands often** with soap and warm water for at least 20 seconds. Always wash your hands when you get home or get into work.
- If you can't wash your hands with soap and water, use an alcohol-based hand sanitiser gel.
- Avoid touching your face with unwashed hands as this can transfer the virus from your hands to your mouth, nose or eyes.
- Cover your mouth and nose with a tissue when you cough or sneeze and then throw the tissue in the bin. Encourage other people around you to do the same.
- Wash your hands after you blow your nose, sneeze or cough, and before you eat or handle food.
- If you cannot wash your hands using soap and water then use hand sanitiser if you cough or sneeze on them.
- Clean and disinfect frequently touched objects and surfaces in the home.
- Avoid touching things in public spaces as much as possible.
- Don't shake hands with other people.



Specific issues related to Covid 19 and treatments for persistent pain

There are a number of specific issues related to the treatment of persistent pain which are relevant to anyone with symptoms of Covid 19.

Exacerbation of persistent pain

A continuous dry cough may exacerbate some types of persistent pain (including neck pain, back pain, orofacial pain, headaches and cervical/ lumbar radicular pain like sciatica and brachialgia). Management of the underlying cough and associated symptoms according to national guidelines are advised rather than just the symptomatic pain relief.

People with fibromyalgia and other persistent pain conditions may experience exacerbation of their existing pain symptoms and should be managed similarly to other Covid 19 cases, but additionally should include supportive management as their analgesic requirements may increase due to pre-existing painful conditions and long-term analgesic use.

Transdermal opioids and medicines for neuropathic pain

A high temperature or fever is often associated with Covid 19 infection and this may increase absorption from transdermal opioid patches and could increase opioid side-effects. Patients who are prescribed transdermal opioids who become increasingly drowsy or somnolent may require the patch strength to be reduced, or alternatively replaced with short-acting opioid formulations, until the person is feeling better and the fever lowered.

Opioids are also cough-suppressants and this may mask or delay the initial presenting symptoms of Covid 19 infection. Tiredness, nausea and gastrointestinal symptoms that are associated with Covid 19 infection could be worsened by prescribed opioids and other medicines for neuropathic pain.

Corticosteroids and interventions

Corticosteroids are often used in pain injection procedures including trigger point injections, and they may reduce immune function. The effect of corticosteroids on the immune system in people with Covid 19 is unknown, but possible concerns have been raised regarding reduced survival benefit and possible harms, including avascular necrosis, psychosis, diabetes, and delayed viral clearance. Complications related to Covid 19 and mortality are higher in some groups of people, particularly older people and those with comorbidities.

In such cases the possible benefit of corticosteroids has to be judged against any possible adverse effect upon the individual's capacity to fight Covid 19 infections, and an individual decision made together with the person about whether to proceed. Corticosteroids should not be administered if a person has Covid 19 infection, or if there is a possibility he/she may have Covid 19, even if there are no symptoms at the time.

At present, our Consultant Anaesthetists are not available and injection therapy cannot be carried out. Dr Rice and Dr Luckmann are working extremely hard to support colleagues and patients with Covid 19 related symptoms. It is therefore highly likely that there will be delays in the treatment of non-urgent patients with persistent pain.

Why have my symptoms flared up?

If you are physically healthy, have not experienced a fall, trip, or slip, or have not had a specific trigger for your condition suddenly becoming more severe, you are most likely having a pain flare-up. There are lots of reasons why pain may flare up right now.

Look back over your last week and notice if:

- You have worked your body harder than it would normally do – if you've pushed yourself through pain more.
- You have done less than you usually do and taken more rest breaks.

- You have behaved differently than you usually do.
- You are feeling particularly stressed or anxious. Some people with chronic pain are telling us that they feel very worried and anxious about coronavirus.

Our bodies and minds do not like change. Often change is viewed by the mind as a threatening experience and right now, there is a very real threat from coronavirus. When we experience threat, our bodies respond to the trigger of the mind moving into high alert by preparing us to take action, for example to fight, run away or freeze.



These threat responses make sense. We are hard wired to respond to a threat by protecting ourselves and getting ourselves to safety. This ensures our survival. Several threat-based emotions can be triggered during threatening times including anger, disgust, sadness and anxiety.

Anxiety can have an important role in:

- Warning us that we are danger, that something is wrong, and that we need to do something about it.
- Activating the fight, flight, and freeze reaction to help us get to safety and ultimately survive
- Tuning us in to look out for more signs of danger so we can avoid them.

In response to coronavirus threat, anxiety is naturally helping us be more careful about where we touch, proactively wash our hands, be alert of our environment and people around us, and problem solve how we can get by. Anxiety is stimulating us into action and this can help us regain a sense of control and a belief we can cope with the situation.

So we might find ourselves doing more at home – tackling those home DIY projects, throwing ourselves into cleaning, cooking for a gazillion – which without us noticing, can cause us to move and use the body more than we are used to. Or if we have been stuck in ‘freeze’ the body may also have frozen. Don’t forget that action is also about preparedness – so our body stores tension to keep it poised and ready to help us keep safe through that fight, flight or freeze response. Stored tension builds up and contributes to muscle spasm, reduces the space the nerves have to move around in and causes the body to become stiff and ‘locked’.

Stress and threat and pain

At present it may be very difficult to regain a sense of safety. There is a simple explanation for this: uncertainty. Questions such as ‘Am I going to get it?’, ‘Will my loved ones get it?’, ‘how long will this disruption last?’ ‘will I have to cancel my holiday, work plans or wedding?’. Just observe what may be happening as you read these questions. Fire alarms are probably going off in our amygdala ringing louder and louder, triggering more anxiety and reinforcing the message something is wrong. We might find ourselves panicking as our emotions take over and our common sense and rational mind start to lose their footing. When anxiety hijacks us like this the central nervous system to get even more agitated which can cause the mind to see pain as a threat too – and guess what? That makes pain bigger, last longer and happen at an earlier point. So your body can feel worse just because you are super stressed. Living with this level of anxiety in the long term contributes to chronic stress which further disrupts how the central nervous system functions.

Again this is normal. It's just how our tricky human minds and bodies work. We are fantastic at coming up with the worst case scenarios. Anxiety is doing its job – it is trying to prepare us and protect us. However, if we don't find ways of containing it, anxiety can hijack our behaviour and things can get ugly:

When anxiety hijacks us we can become

- Excessively hypervigilant and we tune in more to threat whether that's pain or coronavirus news stories
- Situations can become overly competitive: it becomes about 'me vs you' or survival of the most stocked up with toilet roll and pasta. We try to take back control by feeling safe in our environment with our material belongings, even if it is to the detriment of others who may have nothing.
- Biased in perception. We see other people as a threat and interpret their actions as threatening. This can lead to us jumping to conclusions and accusing each other in a judgmental and cruel way. Sometimes this can cause people to break laws. Sometimes the sensations of the bodies become the threat, and then we can find ourselves trapped as all movement becomes increasingly painful.

Emotions are not the problem

It's important to highlight that anxiety and other threat-based emotions are not the problem. Emotions are not our enemy and we need them. Look at how anxiety has been busy helping you to stay safe.

Instead we need to take care of them, particularly threat based emotions. So what can we do to manage feelings of threat and help us cope with the uncertainty?

1. Compassion

Our brains are designed to focus on risk. It's not our fault our brains work in this way. It's not our fault we are facing this problem. It is scary. We are all the same boat. We are all doing the best we can.

Recognise that for some of us this involves stocking up on the toilet paper. For others it means avoiding all the news stories or reading everything they can. And of course we could be anywhere in between. Reaching out with kindness, accepting there are different perspectives helps to reduce distress. This also means reminding yourself that you can only do what you can do – your body is working in difficult conditions and is doing the best it can do. Take care of it and build in routines that make it easy for your body to predict what will happen.



2. Get into the groove of soothe

Our soothing system can regulate and reduce feelings of threat. If you picture a seesaw, as soothing goes up, threat comes down. Anything you can do to activate this system can reduce feelings of anxiety, disgust, anger or sadness. Just say the words "warm and fuzzy" to yourself....notice how you feel and if anything comes to mind. Think about feeling connected to others. What kinds of thing activate those warm, fuzzy connected type feelings for you? See the resource section for a warm and cuddly toy pet you can craft to help you get those snuggles (not affiliated with IW NHS Trust).



3. Activate drive

Our drive system is another system that turns down feelings of threat. This system, is linked to achievement and getting a buzz. What does this for you? It might include completing a task, cleaning or tidying, exercise, a challenging or exciting or engrossing hobby, facing a fear. It won't solve the problem but it will turn down threat so you can think and breathe more easily. It also has the bonus of boosting mood – helping you avoid depression – by giving you positive emotions and a sense of competence. Pace yourself – don't overdo it or pain will prevent you from feeling the achievements! See our resource section for more advice on pacing.



Remember you might need to use both of your soothe and drive systems to help calm threat.

Looking after your health and wellbeing while at home

Here are some extra pointers to activate the soothe and drive systems that can help you to take care of your health and wellbeing throughout the pandemic.

1. Choose where you focus your attention

Even at the best of times, humans are hard-wired to notice threats and weaknesses.

During the worst of times it is more important than ever for our psychological health to tune into what's still good in your world.

Psychologists call this 'benefit finding' and it is a key resilience skills.

- Start your day with reminding yourself of the good stuff.
- Use the hashtag hunt the good stuff to locate positive stories and share positive stories.
- Have a look at the online Happiness Newspaper.
- Check in with instagram the_happy_broadcast for anxiety free news.
- Download the Action for Happiness calendar and follow it!

2. Deliberately seek out the people (and do the stuff) that makes you happy

Negative emotions are contagious and prolonged feelings of helplessness are strongly associated with depression.

Given that negative emotions and experiences stick to us like Velcro, while positive emotions and experiences bounce off like Teflon, aim to punctuate your days, evenings, weeks and weekends with as many positive emotion experiences as possible.

- Love, joy, gratitude, serenity, interest, hope, pride, amusement, inspiration and awe are all positive emotions to consider (Barb Fredrickson, University of North Carolina).
- Frequency – not how long each is felt for – is what matters.

3. Strong and supportive relationships are the number 1 predictor of wellbeing

Maintaining those connections during these times of challenge is more important than ever. Feeling isolated from others is strongly related to depression, anxiety, and other forms of mental distress.

When we can't catch up with our key supportive people face to face, find other ways of doing so.

- If you're not used to using other options such as skype, zoom, or social media apps to call, find someone who can demystify these for you.
- Reach out. Connect.
- See the resources section of this pack for a list of places who will give you a listening ear.
- If things are not ok at home there are services to support you. See the resource section of this pack.

4. Keep supportive daily routines or create new ones if you are now safe at home

Maintaining regular routines (mealtimes, bedtimes, exercise, work etc.) tells our brains it's safe to dial that stress response back down and prevents us from feeling more anxious. Unprecedented times call for unprecedented responses: be prepared to have your best plans change, and open-minded enough to conjure up or accept new and different ways of doing things.

- Be as normal as possible, as flexible as necessary.

5. Focus on what matters, and what you can control.

Concentrate all your attention and resources (psychological, social, physical, emotional, knowledge) on things that matter and that you can actually influence.

This is easy to write and hard to do we know. Worrying about things you cannot change will only upset you and frustrate you further.

- There's a great youtube video and ebook called F.A.C.E. C.O.V.I.D written by Professor Russ Harris which explains this concept in more detail. See the resource section of this pack.

6. Watch your media diet – do the 'helping or harming' test.

Take a good look at your media intake over a 24 hour period and ask yourself, "is reading these articles, watching these videos, or reviewing these headlines helping or harming the way I'm feeling and functioning?"

- Don't let those images, videos and notifications invade your day, your head or your world.
- If the global news is making you feel overwhelmed, take a break from it.
- Claim back some control by switching them off.
- Choose where you get your news from very carefully.

7. Find the right people to talk to – yes the helping or harming test applies to people in your life too!

Share your thoughts and feelings but don't get swept up in pointless speculation.

- Stick to the facts and avoid the drama queens.
- Keep asking yourself: "is this conversation helping or harming me in my quest to feel good and function as best I can right now?"

8. Help yourself by helping others

This takes the attention off ourselves and we all need to feel useful and needed right now. The research is unequivocal: being able to give as well as receive is hugely important for our life satisfaction and resilience. You don't have to give in big ways or make huge gestures of support that will be unsustainable. Consider:

- How can you help those in your home, your neighbours, colleagues, friends or strangers – emotionally, physically, practically?
- Small acts of kindness have long lasting effects!

- Be prepared to have your gifts of support rejected on occasion – receiving help can be as hard as asking for it.

9. Give your brain a break from coronavirus

Avoid spending hours going over the same old news by giving your poor overly-busy wandering mind a rest by deliberately participating in seriously engaging activities. This is the best way to turn off our minds which otherwise can chew over worries, making us feel worse.

- Find things to do like the crossword, Netflix, following a new recipe, dancing, listening to music or a podcast, reading, chatting on the phone, playing dress ups with kids, drawing, meditating, crafting – you'll know your thing!

10. Have a 'timed' wallow

No good ever comes from ruminating (over-thinking) or wallowing in misery and self-pity for over a minute – put a timer on and then find something really distracting to do or phone a friend.

- Be kind to yourself. This is an unusual situation and we will all struggle at times. Do what you can do and see all the above points for things that can help you cope.

Adapted for chronic pain from www.nziwr.co.nz

If you are feeling very worried or anxious, please remember that there are many options for self-help and these can be located at www.iowcoronavirus.co.uk in the mental health section. Local services are detailed in the resource section of this pack.

Looking after your physical wellbeing and keeping active

It can be difficult to keep active when we are stuck at home, but on the plus side, it may help with pacing and not overdoing things! We should try and keep moving though, as our bodies are designed to move and don't respond well to being stuck in one position. It is very rare to have a medical condition that makes it unsafe for you to move and undertake gentle exercise. For most joint, muscle, and nerve pains movement is recommended (as long as you do them correctly).

If you haven't been active for a while, start movement practice slowly and build up gradually. It should challenge you a little, but it shouldn't increase your pain overall (although a bit of muscle soreness is normal). If you are sore after moving, give yourself time to recover and next time start with a smaller movement or do slightly fewer.

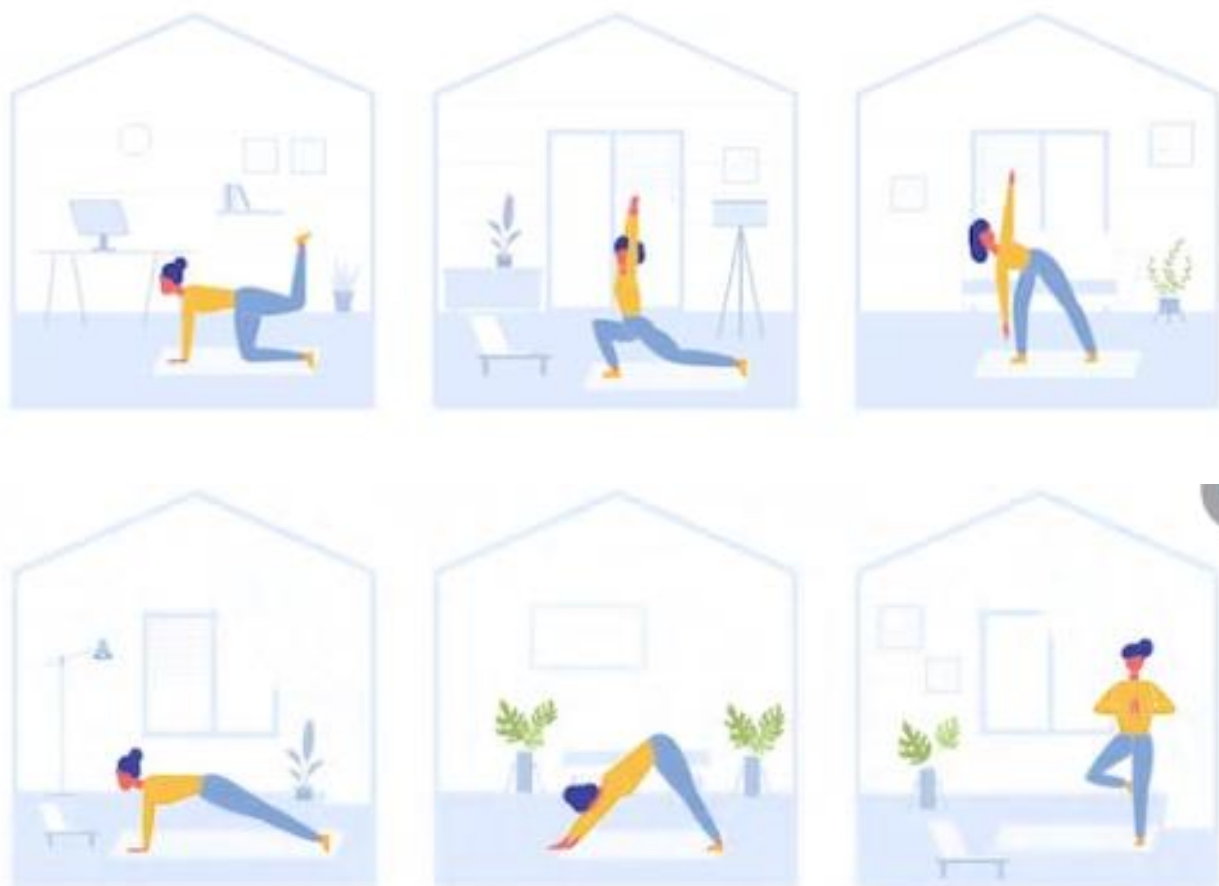
Pushing through the pain using the "no pain, no gain" approach will usually just increase pain levels and make your nervous system more sensitive. An activity schedule sheet can be found at the back of this pack to help you develop your pacing skills.

Usually, we would advise you to pick a form of exercise or movement that you enjoy – you are far more likely to stick to it if you are having fun! This might be difficult at the moment as many options such as going to the gym, swimming or joining up with a friend aren't available. There are still lots of other things you can do at home though, and some might suit you more than others; some of you might like the idea of yoga, some might find an online class being streamed and others might enjoy cranking up the radio and dancing around the kitchen!

Ideally, our movements will combine flexibility, strengthening and cardiovascular components in order to address our overall fitness. One of the best ways to help stay motivated is to have a range of different workouts that you can use, so you don't get bored.

Some of you reading this may have seen a physiotherapist or health professional in the past who would have given you some tailored exercises, and these can be a good starting point. For those of you who haven't seen someone (or if it was a long time ago), it may be possible to have a virtual appointment to get you started. These can be helpful if you are anxious about starting movements or have concerns that you may make an underlying condition worse.

Please see our resource section for links to forms of movement and exercise that you might find helpful. It is definitely not a definitive list so please feel free to use any others that you find and like the look of!



Resources for mental wellbeing

Where to seek help: www.iow.coronavirus.co.uk/mental-health/.

What can I do to help myself first?

Along with the tips listed above, there are a number of useful online websites, such as www.mind.org.uk or www.mentalhealth.org.uk, also <https://www.nhs.uk/oneyou/every-mind-matters/which> has information, podcasts and other tools that you can explore, read or listen to.

There are also NHS approved apps which you can download from <https://www.nhs.uk/apps-library/category/mental-health/> or you could explore mindfulness exercises (Google search for NHS Solent Guided Mindfulness). Think Ninja is also a useful App for children and young people and can be downloaded for free from the App store for all Android and Apple IOS smart phones and tablets.

The Isle of Wight Community Mental Health Wellbeing Service also runs a website <https://isorrophia.uk/> and a dedicated Facebook page with helpful tips and information <https://www.facebook.com/isorrophiafoundation/>.

What if I feel it's more serious?

If you are aged 18 or over, you can contact the Community Mental Health Safe Haven where trained professionals can discuss your mental health concerns and provide you with some help. Telephone: 01983 520168 or by email: safehaven@twosaints.org.uk. This service operates Monday to Friday between 5pm and 10pm and 10am-10pm (weekends and bank holidays).

What if I've reached a crisis point?

If your mental or emotional state quickly gets worse or if you are worried about someone you know then access to all mental health services on the Island is provided through the Single Point of Access Services which operate 24 hours a day, seven days a week. The specialist assessment team can be contacted on 01983 522214.

If you are experiencing distress or despair you can also talk to the Samaritans on their confidential, free helpline tel: 116 123 seven days a week, 24 hours a day.

What if I am caring for someone else and need support?

If you are caring for someone else and need support, then you can telephone Carers IW 01983 533173 (Monday-Friday between 9am and 4pm). You can also call at the weekend, but this is for urgent calls only and between 10am and 4pm.

If you are an older person or caring for someone who is older, advice and resources are available on: <http://www.thesilverline.org.uk> or call Silverline anytime 24/7 on 0800 4 70 80 90.

If you or someone you care for has dementia, you can find information, support and advice from:

- The Alzheimers Society 0333 150 3456
- Dementia UK 0800 888 6678 or helpline@dementiauk.org.

DOMESTIC ABUSE: YOU CAN GET HELP DURING THE COVID 19 PANDEMIC

We know that Covid 19 will have a serious impact on the lives of women, children and men who are experiencing domestic abuse. Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help. You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service.

Please remember that you can still call 999 if you or someone else is in danger. While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone.

If you or someone else is in immediate danger or at serious risk of harm, you are advised to call the police on 999

You First, the Island's domestic violence and abuse support provider, has contingency plans in place to keep its services running throughout the crisis and welcome contact from anyone experiencing abuse who may need support.

The You First support phone lines are being covered and the office is currently open, although this is being regularly reviewed. They are completing remote support with clients over the phone and at this time are still conducting face to face support after completing a risk assessment. Call them on

Freephone: 0800 234 6266 or email: youfirstiow@theyoutrust.org.uk

For further updates on the You First service, being provided during Covid 19 please visit the Isle of Wight Councils Domestic Abuse web pages.

Wight Dash

We recognise that for all of us, whether we are social distancing, self- isolating or at home with children, the pressures are going to build. If you need someone to off load to, if you need help with a specific issue or you just long for a conversation with another adult, get in touch.

Our landlines are being diverted out to mobiles so we can and will pick up your calls and messages. We can arrange to make regular calls to you if that would be helpful. You can message via our website wightdash.co.uk, via email hellowow@wightdash.co.uk, via our social media or telephone 01983 825981.

You are not alone, we are with you every step of the way.

The Hampton Trust team are aware of the increased risks for victims who are isolated with perpetrators. If you wish to speak to someone directly regarding any assistance with perpetrators, dial 02380 009898 where a dedicated staff member will be available to take your call. Alternatively, call their front door services on 0800 234 6266 or via email: isva@hamptontrust.org.uk.

Resources for pain management

The **Live Well with Pain** website has a very useful coping with coronavirus information course you can work through with latest guidance and advice from the government. All their resources are free to use. Visit www.livewellwithpain.co.uk.

The **Pain Toolkit** is now running an online free course entitled Retrain Pain and also offers an online self-management programme run by Versus Arthritis. Visit www.pain toolkit.com.

This is an **introductory pain self-management online course** commissioned by the Isle of Wight Clinical Commissioning Group. To obtain a login, please contact either your GP or the Chronic Pain Service on 01983 534722. Visit www.pathwaythroughpain.com.

The **Chartered Society of Physiotherapists** have collated some excellent resources including downloadable leaflets, animations, and youtube gentle exercises including chair based yoga designed by chronic pain therapists. Visit <https://www.csp.org.uk/conditions/managing-pain-home/managing-your-pain>. Their video, “understand chronic pain in 5 minutes” is available on You Tube, <https://www.youtube.com/watch?v=cLWntMDgFcs>.



Resources for exercise and movement

Joe Wicks is famous for his online workouts and is currently running live PE lessons to help those home schooling but he also has a couple of great workouts that are ideal for those who are starting out.

- 10 minute home chair work out for seniors
<https://www.youtube.com/watch?v=ybVMu31DLQU>
- 10 minute home workout <https://www.youtube.com/watch?v=A2wp8lpxn9s>

The **MS Society** has some simple exercise designed to improve strength, and balance specifically for people with MS but they are also good for anyone with a range of mobility issues
<https://www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms>.

Parasport is a site designed to help and support people into sport and champions the belief that there is a sport or activity for everyone. You can search for local things to do but they also have a good home workout that doesn't require any equipment. Visit,
www.parasport.org.uk/home-workout-kris.

The **NHS website** also has a range of resources to support you in being active. These are some good videos to introduce you to Pilates but if you look there are also links to yoga, strength and flexibility exercises as well.

- <https://www.nhs.uk/conditions/nhs-fitness-studio/chronic-back-pain-pilates-exercise-video/>
- <https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video/>

Life of Breath have uploaded seven dance videos which they hope will help people with breathlessness get moving to improve their health and wellbeing. Presented by dance facilitator, respiratory public health specialist and programme creator Sian Williams, the video series demonstrates a full session with a warm up, standing and seated dances, and a cool down. Visit <https://lifeofbreath.org/2020/03/dance-easy-breathe-better-and-feel-good/>.

People with balance or coordination problems are advised to be cautious with any movements that may cause them to lose their balance or fall.

Reading

Chronic Pain: The pain management plan: How people living in pain found a better life. The things that helped them and the things that set them back a book by Robert Lewin.

This book is great for reading and setting yourself an action plan. It contains lots of real life stories and advice and it includes a CD of relaxation and mindfulness practices.

Resources for meditation and relaxation

You Tube has an extensive selection of relaxation resources and a typical search for chronic pain meditation or mindfulness for chronic pain will bring up a large pool of resources to trial. Jon Kabat-Zinn continues to be the guru for mindfulness for chronic pain but you could also check out:

- www.breathworks-mindfulness.org.uk
- www.mindful.org
- www.self-compassion.org Dr Kristin Neff has produced a series of guided meditations to listen and practice but also some written resources for taking care of your inner critic.

Resources for breathlessness in movement

If you also have COPD or a level of breathlessness which affects your movement abilities, you might find the following links useful.

Self-management Programme of Activity, Coping and Education (SPACE FOR COPD®) online programme for individuals with COPD.

It is a self-management programme designed to help individuals with COPD manage their condition more effectively and reduce the impact it has on their day to day life. The self-management programme contains a range of educational topics to help an individual with COPD understand their condition better. Some of these topics include: information about medication, breathing control, exercise and nutritional advice. COPD individuals are also encouraged to set goals and progress through a prescribed exercise programme and achieve weekly targets.

When doing the walking programme, please adhere to government guidelines on social distancing and exercise outdoors.

Additional features of the self-management programme include a glossary, frequently asked questions, a moderated discussion forum to receive and answer questions from other individuals with COPD, an 'Ask the expert' facility which provides email access to a multi-professional team of experts at Glenfield Hospital, and a news blog to obtain all the latest SPACE FOR COPD® news.

The programme has been shown to improve anxiety, exercise performance, and disease knowledge. The pulmonary rehabilitation department at the University Hospitals of Leicester NHS Trust has kindly agreed to provide access to this service free of charge for three months.

Register at www.spaceforcopd.co.uk to start using the programme.

British Lung Foundation: Active Steps

The stay active, stay well exercise videos give people with chronic lung disease everything to start exercising. They include step-by-step aerobic and strength exercises as well as how to warm up before you start, and cool down and stretch at the end. The programme has been designed for people living with a long-term lung condition, and includes exercises at 3 levels. There are also videos on managing breathlessness and goal setting Visit

<https://www.blf.org.uk/exercise-video>.

Pulmonary Wellness

Webinars on a variety of topics e.g. airway clearance, nutrition, medication, exercise, visit,

<https://pulmonarywellness.org/webinars-by-topic/>.

General information

- Public Health England - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- For local information from IW council including companies providing online delivery, visit www.iowcoronavirus.co.uk.
- www.copingwithcoronavirus.co.uk is a website with self-care guides and information relating to coping with lock down, anxiety and many other fabulous guides.
- F.A.C.E.C.O.V.I.D. ebook available from www.actmindfully.com.au.
- YouTube video <https://youtu.be/BmvNCdpHUYM> produced by leading expert clinician Russ Harris on how to live well during this experience.

Disclaimer: Advice for this self-care pack has been based on PHE advice where available and expert opinion where not available. Material has been sourced from trusted qualified practitioners across the country. Variations to this advice may be required depending on clinical setting and individual patients. This guidance is issued to specialist chronic pain teams and specialist respiratory services working in both medical and community settings.