

Poen Parhaus

Datblygwyd y cwrs Hunanreoli Poen Parhaus ar gyfer pobl sydd â diagnosis cynradd neu eilaidd. Diffinnir poen fel poen barhaus neu hirdymor pan fydd yn para mwy na 3 i 6 mis, neu y tu hwnt i amser iachau arferol anaf.

Mae enghreifftiau o gyflyrau Poen Parhaus yn cynnwys: poen cyhyr-ysgerbydol, fel poen gwddf, ysgwydd neu gefn. Ffibromyalgia, anafiadau chwiplach, syndromau poen rhanbarthol parhaus, anaf straen ailadroddus, poen pelfig parhaus, poen ôl-lawfeddygol sy'n para y tu hwnt i 6 mis, poen niwropathig, ar ôl strôc neu boen canolog.

Gall y cwrs Hunanreoli Poen Parhaus hefyd fod o fudd i'r rhai sydd â chyflyrau fel cur pen parhaus, clefyd Crohn, syndrom coluddyn lldus, niwroopathi diabetig, neu'r rhai sy'n profi poen cyhyr difrifol oherwydd cyflyrau fel sglerosis ymledol.

Gwefan : www.eppcymru.org

E-bost : EPPCymru@wales.nhs.uk

Mae'r pynciau a drafodir yn cynnwys:

- Ffyrdd o ddelio â phroblemau** fel symudiad cyfyngedig, blinder, cyflymu a chynllunio a chyhyrau llawn tyndra.
- Ymarfer corff ar gyfer gadw'n iach, yn hyblyg ac yn gryf**
- Gwneud penderfyniadau** am driniaeth a therapiau cyflenwol
- Ffyrdd o siarad am boen parhaus** gyda theulu, ffrindiau, a gweithwyr iechyd proffesiynol
- Bwyta'n iach**
- Gosod nodau**
- Perthnasoedd**

Mae'r rhaglen hon yn cynnwys sesiynau dwy awr a hanner unwaith yr wythnos am 6 wythnos. Bydd pob person sy'n mynychu yn derbyn copi o'r llyfr, Byw Bywyd Iach Gyda Phoen Parhaus (am gyfnod y cwrs), a CD ymlacio, **Ymlacio'r Meddwl a'r Corff**, i'w gadw.

Y ffordd y caiff y rhaglen ei rhedeg sy'n ei gwneud yn effeithiol. Trwy drafodaethau grŵp, cyd-gymorth a dysgu ac ymarfer technegau newydd, bydd cyfranogwyr yn gorffen y cwrs gyda mwy o hyder yn eu gallu i reoli eu hiechyd eu hunain a chynnal bywydau egniol a llawn.

A yw'r Rhaglen yn disodli rhaglenni a thriniaethau presennol?

Ni fydd y Rhaglen Hunanreoli yn gwrthdaro â rhaglenni neu driniaethau presennol. Fe'i cynlluniwyd i ategu triniaeth reolaidd. Mae'r rhaglen yn rhoi'r sgiliau i gyfranogwyr i gydlynu'r holl bethau sydd eu hangen i reoli eu hiechyd, yn ogystal â'u helpu i gadw'n actif yn eu bywydau.

Sut cafodd y Rhaglen ei datblygu a'i gwerthuso?

Fel rhaglenni Hunanreoli eraill y Ganolfan Adnoddau Hunanreoli, mae'r Rhaglen Poen Parhaus hefyd wedi'i gwerthuso'n drylwyr mewn dau dreial clinigol ar hap a ariennir gan Health Canada a The Canadian Institutes of Health (CIHR).

Canfu'r astudiaethau ymchwil, ar gyfartaledd, fod gan bobl sydd wedi cymryd rhan yn y Rhaglen Poen Parhaus fwy o fywiogrwydd neu egni, llai o boen, llai o ddibyniaeth ar eraill, gwell iechyd meddwl, eu bod yn cymryd mwy o ran mewn gweithgareddau bob dydd, ac yn fwy bodlon â'u bywydau o gymharu â'r rhai nad ydynt wedi cymryd rhan yn y rhaglen.

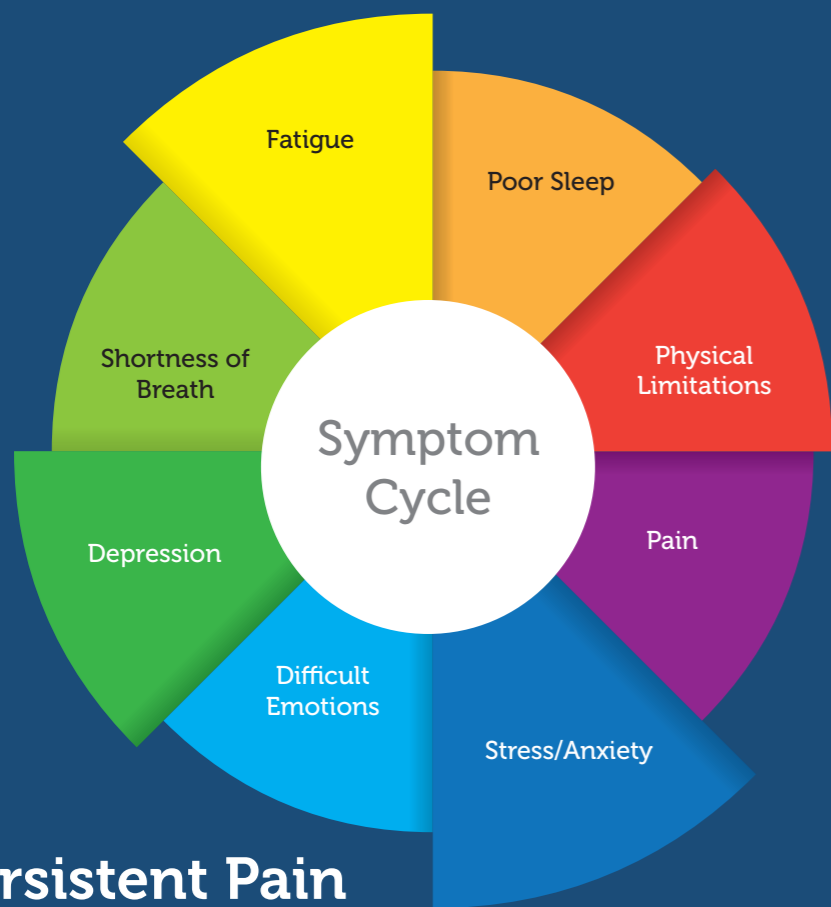


Persistent Pain

Dealing with long term pain

Education Programmes for Patients (EPP) Cymru deliver FREE Health and Well Being courses for adults across Wales





Persistent Pain

The Persistent Pain Self Management course was developed for people who have a primary or secondary diagnosis. Pain is defined as being persistent or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury.

Examples of Persistent Pain conditions are: musculo-skeletal pain, such as neck, shoulder or back pain. Fibromyalgia, whiplash injuries, persistent regional pain syndromes, repetitive strain injury, persistent pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain, post stroke or central pain.

The Persistent Pain Self Management course may also benefit those who have conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or those who experience severe muscular pain due to conditions such as multiple sclerosis.

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Email : EPPCymru@wales.nhs.uk

Topics covered include:

- 1 **Ways to deal with problems** such as restricted movement, fatigue, pacing and planning and tense muscles.
- 2 **Exercise for staying healthy, flexible, and strong**
- 3 **Making decisions** about treatment and complementary therapies
- 4 **Ways to talk about persistent pain** with family, friends, and health professionals
- 5 **Healthy eating**
- 6 **Setting goals**
- 7 **Relationships**

This programme consists of two and a half hour sessions once a week for 6 weeks. Each person who attends will receive a copy of the book, *Living a Healthy Life With Persistent Pain* (for the duration of the course), and a relaxation CD, **Relaxation for Mind and Body**, to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.

Does the Programme replace existing programmes and treatments?

The Self Management Programme will not conflict with existing programmes or treatment. It is designed to enhance regular treatment. The programme gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

How was the Programme developed and evaluated?

Like the other Self Management Resource Centre Self Management programmes, the Persistent Pain Programme has also been rigorously evaluated in two randomised clinical trials funded by Health Canada and the Canadian Institutes of Health Research (CIHR).

The research studies found that, on average, people who have participated in the Persistent Pain Programme have more vitality or energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with their lives compared to those who have not taken the programme.



Poen Parhaus

Delio â phoen hirdymor

Mae Rhaglenni Addysg i Gleifion (EPP) Cymru yn darparu cyrsiau lechyd a Llesiant AM DDIM ar gyfer oedolion ledled Cymru

