

Healthcare and Health Management & Cardiology and Cardiac Surgery

August 27-28, 2018 | London, UK



Sue Peacock

Well aHead, UK

Sleeping with Pain: Evaluation & development of a programme for people with insomnia secondary to chronic pain

Introduction: Traditionally, treatment for secondary insomnia has focussed on the condition assumed to initiate sleep disturbance rather than the insomnia (Ashworth, Davidson & Espie, 2010), such as providing one session in a pain management programme focussing on sleep. Research suggests those experiencing insomnia as a result of chronic pain have higher levels of dysfunctional beliefs about their sleep than those without chronic pain (Ashworth, Davidson & Espie, 2010; Afolalu et al, 2016). Initial research suggests that Cognitive Behaviour Therapy (CBT) interventions are effective in improving quality and quantity of sleep, however they remain underused (Currie et al, 2000).

Method: An intervention combining CBT and mindfulness was developed for chronic pain patients reporting sleep disturbance. The programme aimed to improve understanding of the biopsychosocial model of pain; to provide patients with a way of assessing their sleep problem; to improve their understanding about normal sleep, sleep disorders and their effect and how to use this information to make a difference to how they think and feel; to develop healthy sleep patterns and relaxation skills; to reshape sleep so it meets their own needs and develops a strong pattern; to teach ways of overcoming mental alertness, repetitive thoughts and anxieties that interfere with sleep; to use all this information to develop their own action plan. Quantitative and qualitative feedback was obtained.

Results: Quantitative results show all 40 patients improved aspects of their sleep. Qualitative themes emerged were group support, information, change in thoughts/behavior, challenge of implementing new sleep patterns.

Conclusions: Provided evidence that this programme is beneficial. Should the programme become more widely available, it could act as an effective and empowering treatment that relieves some dependence on pharmaceuticals as well as the debilitating effects of chronic pain. To make this programme more accessible, a book *Sleeping with Pain* has been written, course materials are available for health professionals and an online programme for patients is in development.

Speaker Biography

Sue Peacock as a Consultant Health Psychologist, registered with the Health and Care Professions Council and she is an Associate Fellow of The British Psychological Society. She has a PhD in psychology. In addition, She is an Advanced Hypnotherapy Practitioner registered on the General Hypnotherapy Register, is an EMDR practitioner. In addition to her NHS post she also runs a private practice, providing specialist psychological therapy. The focus is on improving people's ability to manage their health conditions and adjust to the different circumstances and challenges faced, so that stress reduces and the quality of their general life can improve. The ultimate aim is to enable clients to live fulfilling lives despite their health conditions. She will assess the difficulties with patients by making a working partnership: patients bring all their expertise about them and she will bring her experience and training in a variety of psychological approaches. Then, if it's appropriate, she will develop a psychotherapy intervention specific to the patient as an individual, couple, family, group or organisation. In addition to her clinical practice, she regularly lectures and contributes to national and international study days and conferences. She is also a published author, both in terms of research papers and her latest book 'Sleeping with Pain'.

e: well-ahead@outlook.com