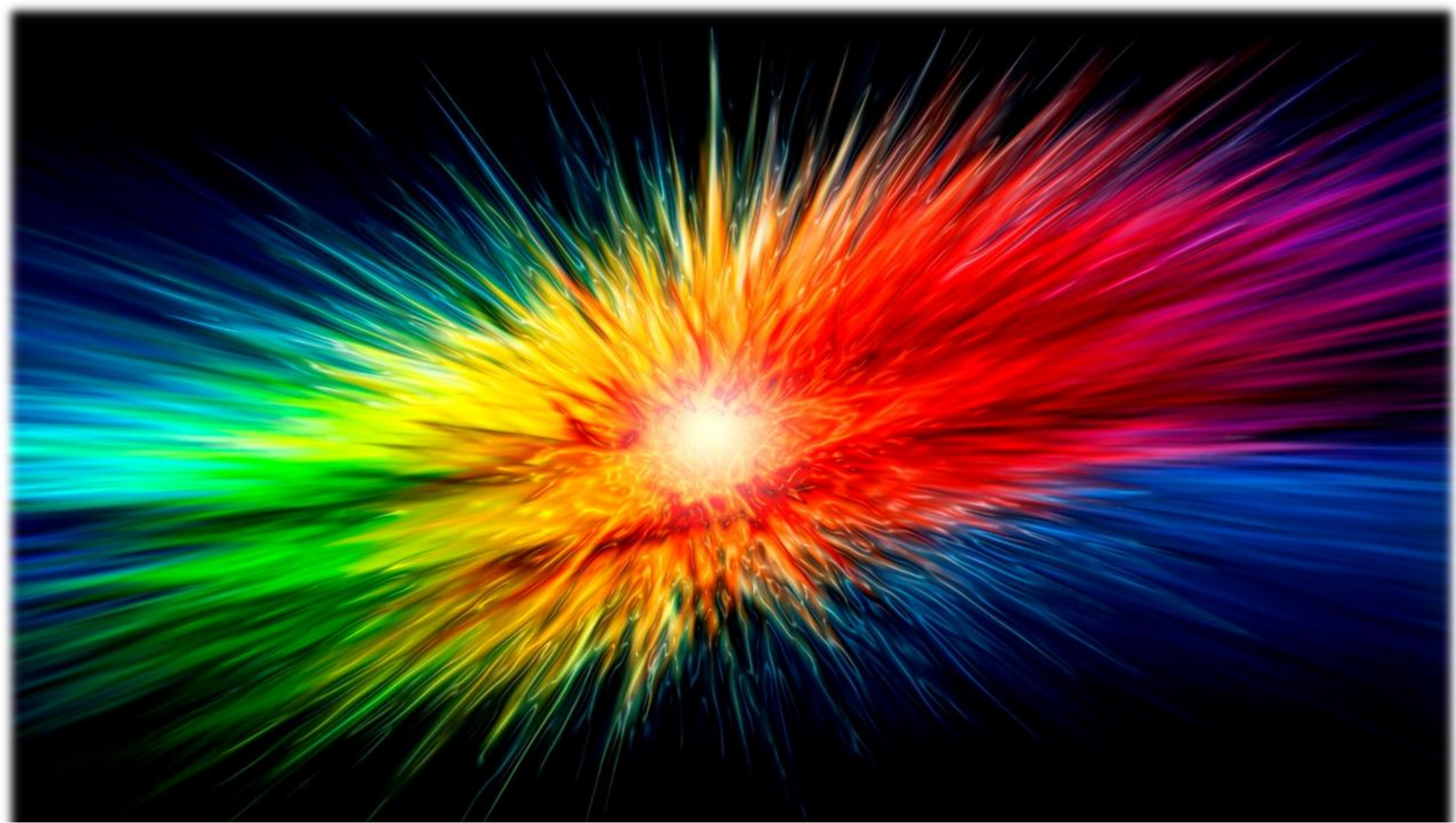


First Aid Kit For Flares

Clare Clark and Sue Gurden





Clare Clark

Emotional Effect

Emotional Effect

- Disappointment
- Low mood
- Tearful
- Inability to laugh or smile
- Feeling unwanted or unloved
- Rejecting affection offered
- Easy to revert to old habits
- Negative thoughts
- Feelings of guilt
- Beating yourself up about it



Modifying the thoughts

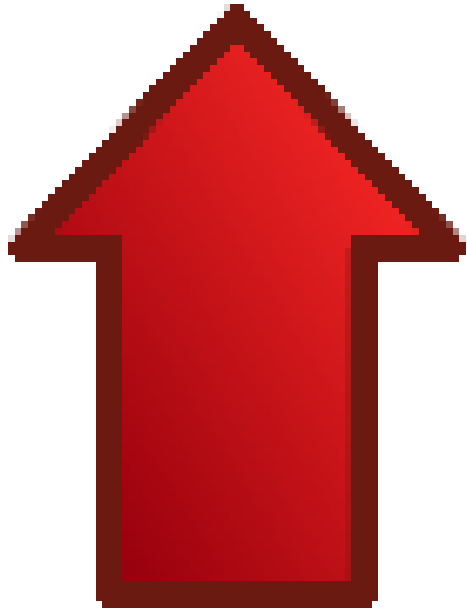
Unhelpful thought

- I thought the symptom had gone away
- I thought I was in control
- I will never manage to get it done

More helpful thought

- What is realistic?
- I have managed before, I can do it again
- I have the skills to turn my setback around

Increase Demands



Increase resources



First Aid Kit for low mood



Happiness box

- Triggers that remind you of happy feelings
- What makes you smile?
- Keep the box to nearby



01

Has anyone recently experienced a flare?

02

Would you like to share with us how you felt?

03

Any other comments?

Discussion

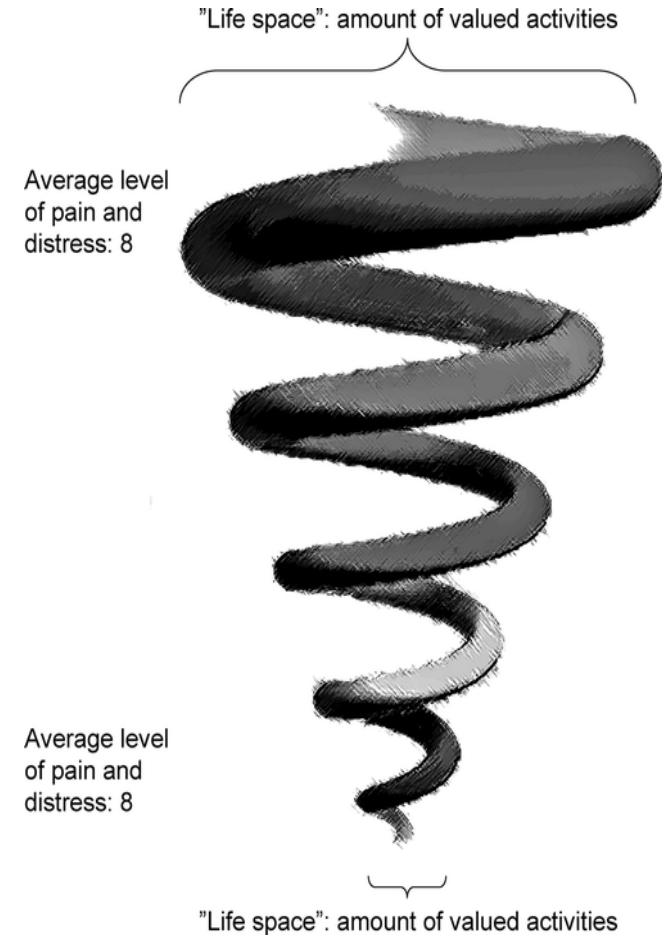
Sue Gurden

Managing Your Pain Medicines and Physical Aid Toolkit

Pain

An unpleasant sensory and emotional experience

- Personal experience
- Chemical Responses
- Physical Response
- Emotional Response
- Result Distress



Practical “Toolbox”

Increased early morning stiffness, fatigue and or twenty four hour pain, especially at night; could be signs of a flare:

- **Medication, as advised by medical practitioner**
- **↓Exercise, but do not stop, exercise in water is often helpful in decreasing pain**
- **Use physical methods of pain relief; Ice, TNS, ask about acupuncture, relaxation tapes etc**
- **Get plenty of rest; plan prioritise and pace your activities**
- **Find your own way and keep equipment to hand**

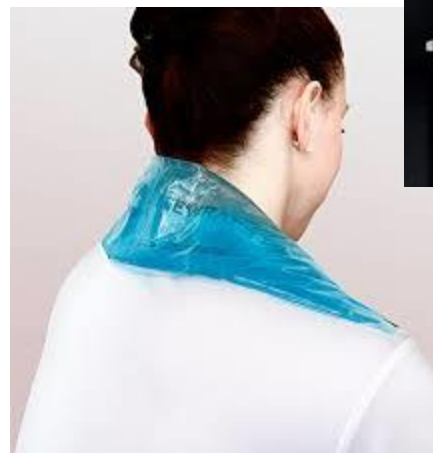


Medication

- Non Steroidal Ant-inflammatories (NSAIDs)
- Simple analgesics (Paracetamol) can be taken alongside NSAIDs
- Corticosteroids can be prescribed short term particularly with peripheral joint involvement



Physical



Psychological



Time to recharge...

A mind
that is stretched
by new
experiences
can never go back
to its
old dimensions.

Oliver Wendell Holmes, Jr.



Clare Clark

Mindfulness session

Sue Gurden

Other flare symptoms

Peripheral Joint and soft tissue Involvement

CONTACT YOUR
RHEMATOLOGY
DEPARTMENT



Eyes, Skin and Gut

- **SEEK MEDICAL SPECIALIST HELP IMMEDIATELY**



Fatigue and More

- More than tired
 - May need to look at other causes e.g. Aneamia
 - Stress reduced coping strategies: If you have symptoms such as; panic attacks, anxiety uncontrolled anger
- CONTACT YOUR GP



Heart and lungs

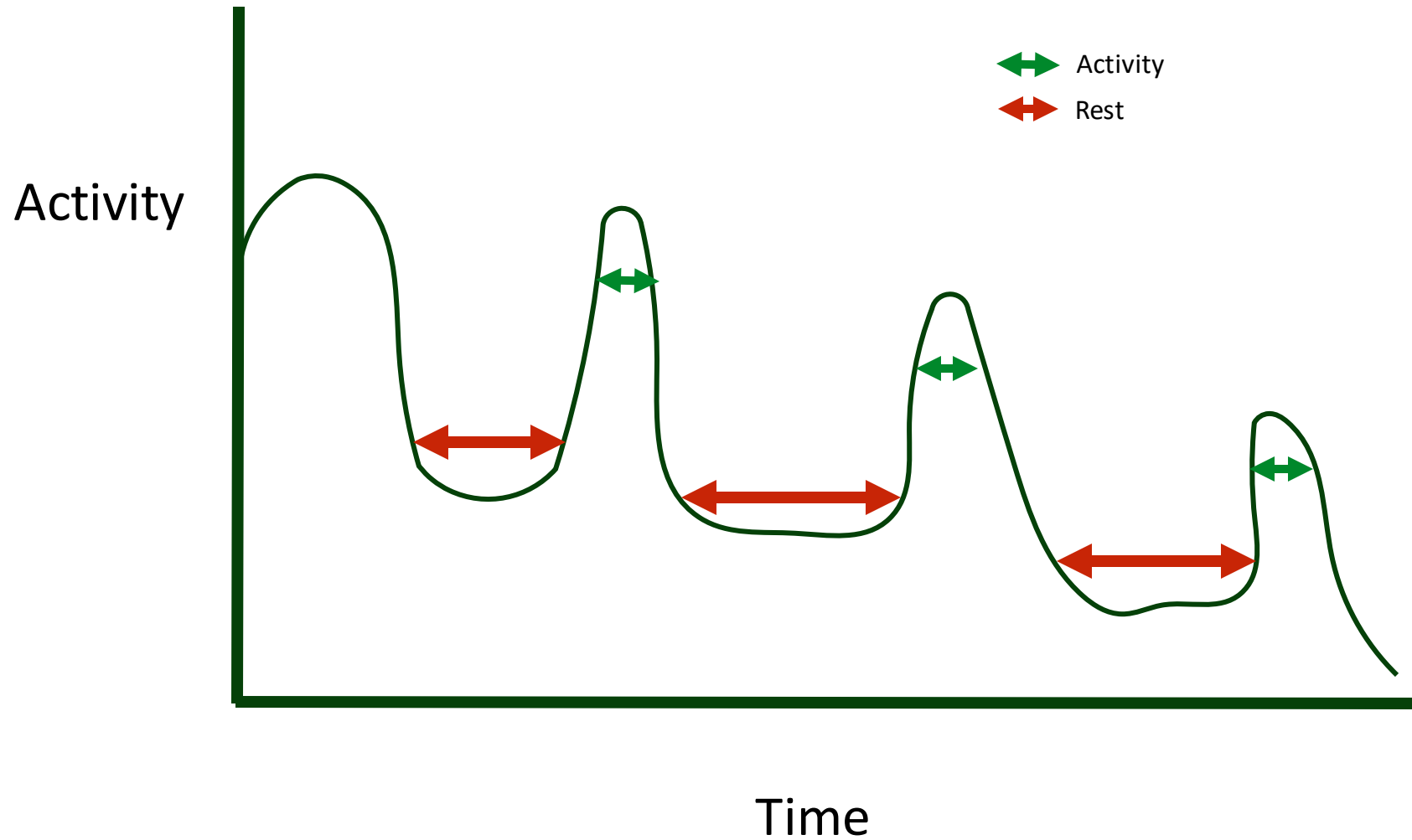
- Inflammation affects circulation and lung function
- CONTACT YOUR GP, IF YOU HAVE DIZZINESS, BREATHING DIFFICULTIES OR CHEST PAIN.



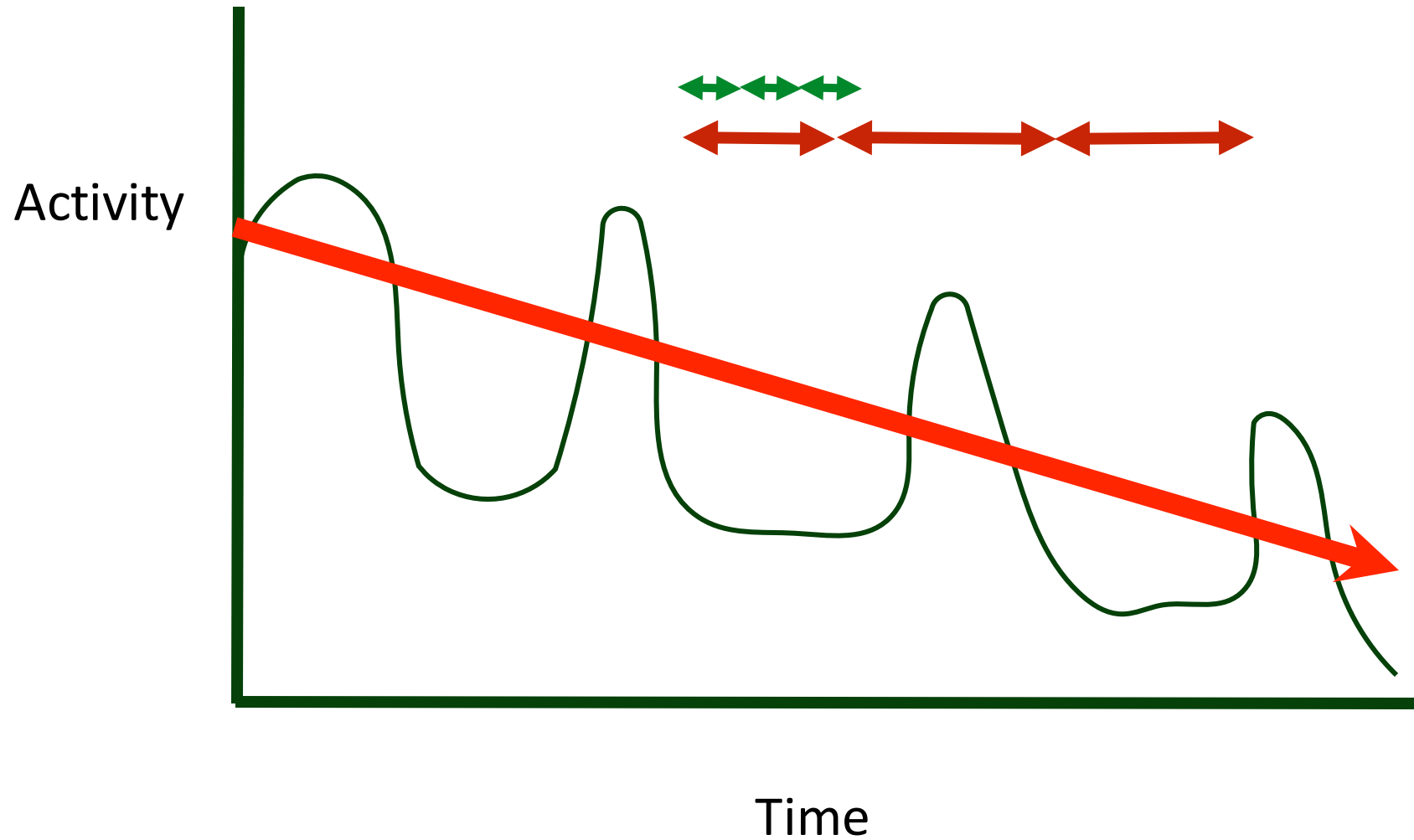
Clare Clark

Fatigue and Pain Management

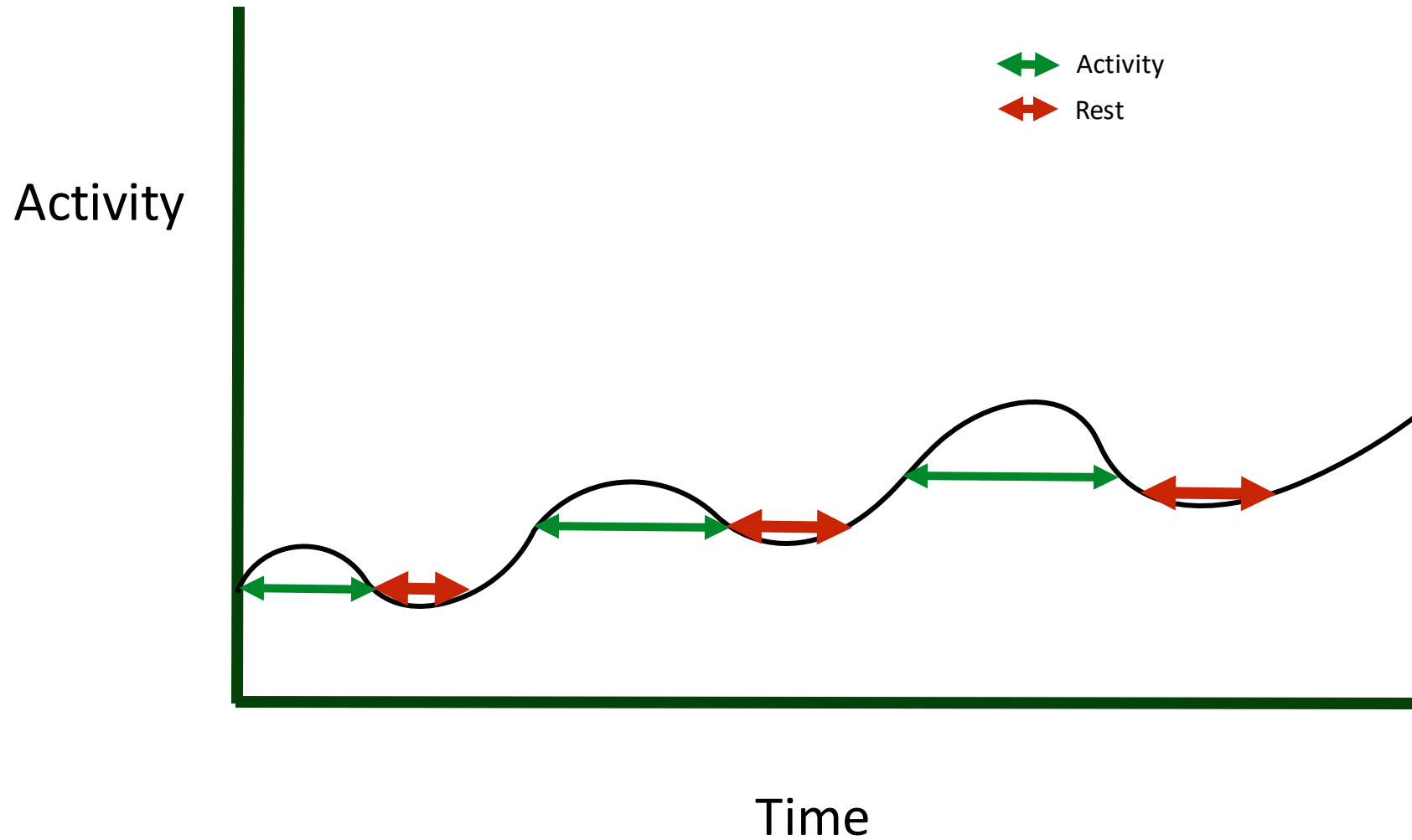
Boom and Bust



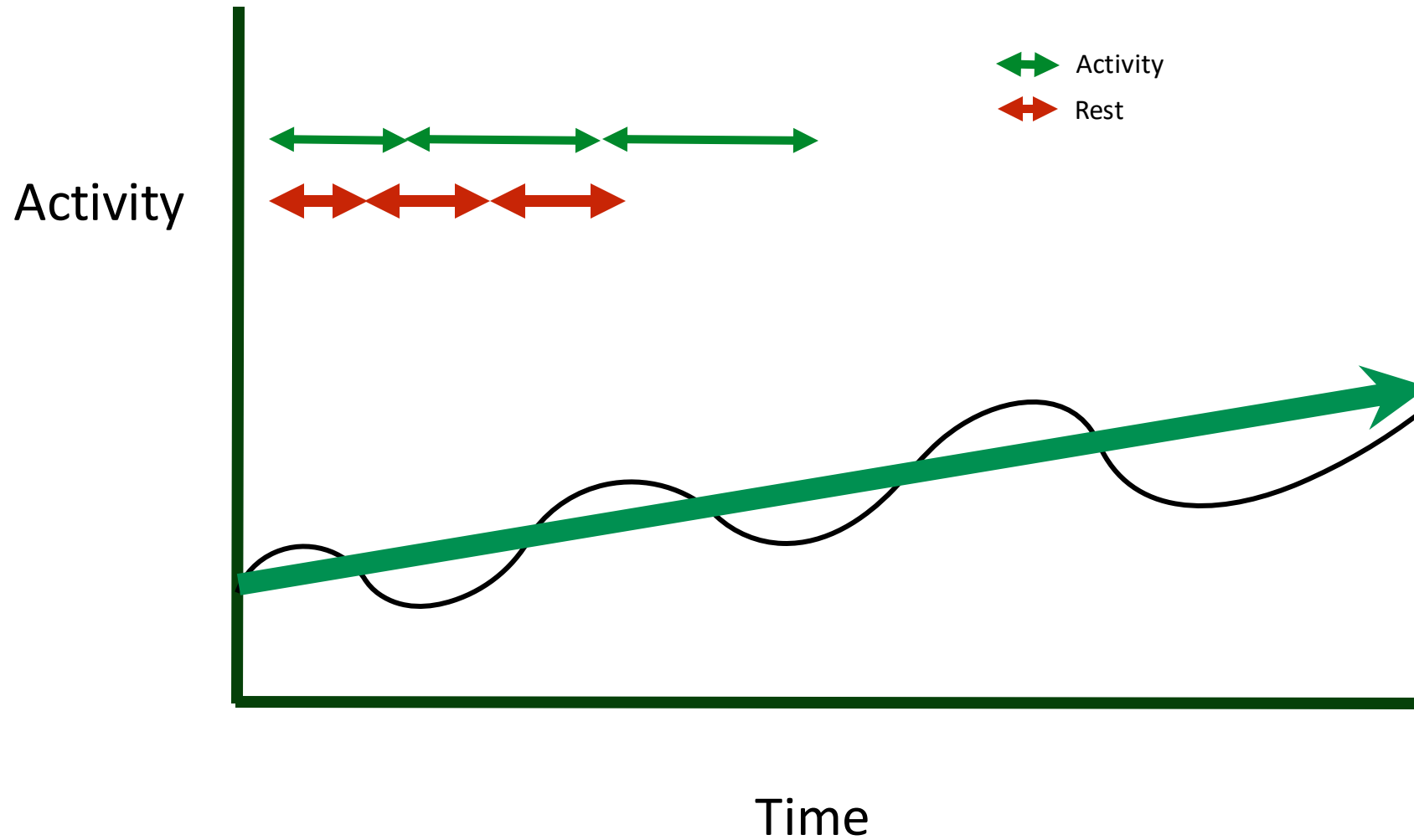
Boom and Bust



Boom and Bust



Boom and Bust



Leaving room for your golf balls



01

Do you do more on your good days and less on your bad days?

02

Are you an over achiever – pushing yourself to do more?

03

Do you have difficulty saying No to others when you are asked to do things?

Discussion

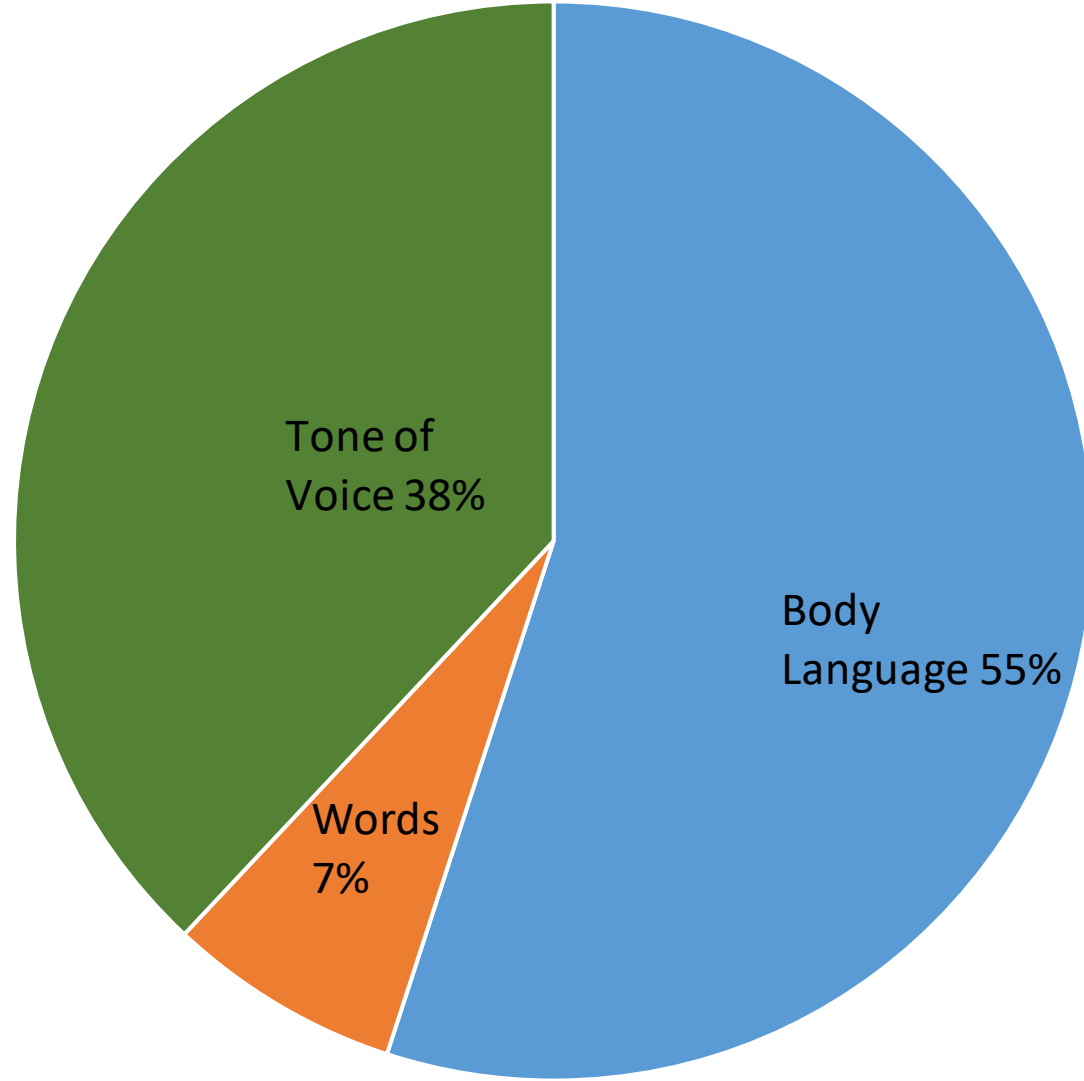
Clare Clark

Communication

Communication

Family and friends
Work
Medical Team





Ways to assist communication

Wristbands

Prepare the conversation

- What is the issue
- What are the possible options?
- What are you hoping to achieve?
- Consider how they may be feeling
- Include some positives

Focus forms

Your AS Appointment

What are the issues you would like to talk about today?

Medication	Side effects	Pain	Fatigue	Exercise
	Symptoms	Sleep	Stress	Family
				Diet

Out of these which are the 3 most important?

What are you hoping to get out of today's appointment?

01

Are there any particular issues around communication?

02

What works well?

03

What doesn't work so well?

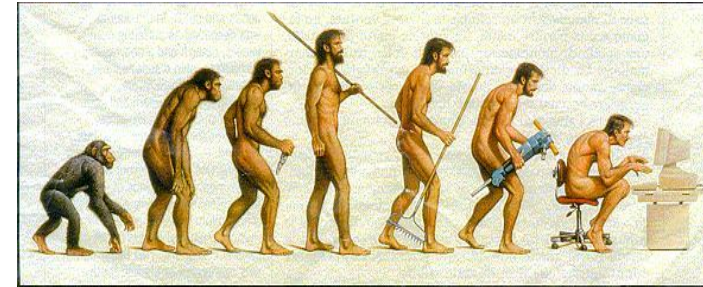
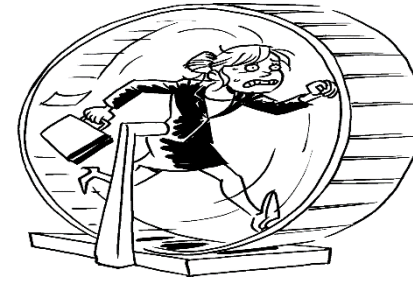
Discussion

Sue Gurden

Managing symptoms with exercise

Why would you?!

- Breaking the cycle!
- We are meant to move and be upright!



- **Stronger muscles get less fatigued and can help to decrease associated joint pain**
- **Exercising is not harmful to joints even in a flare**
- **Pace exercise into shorter time frames repeated several times a day.**
- **Even a small amount of exercise is beneficial to health.**

Fatigue? Find your baseline

- What ever type of exercise you choose it is important to measure and pace your activity
- Exercise which increases fatigue and or symptoms is doomed to failure!
- Your baseline is the amount of exercise (time or number) you can do without causing your symptoms or fatigue to flare
- You should start your exercise programme at $\frac{1}{2}$ this amount.
- Once you have accomplished simple exercise you can move to more challenging activity



Finding what is right for you

FAMILY AND
FRIENDS

NEGATIVE
THOUGHTS

WORK ISSUES



RESISTANCE

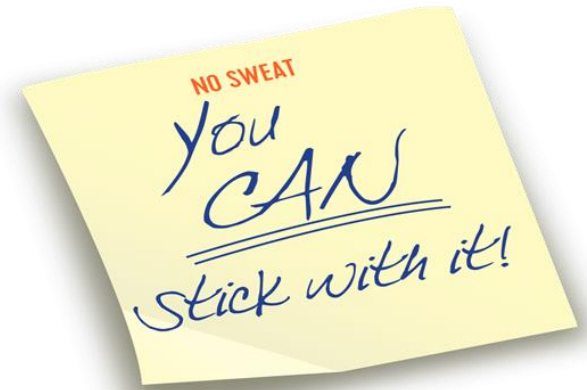
FEELING

SLEEP

Professional Help?

Patients with long term conditions spend an average of 3 hours per year with a health professional, the rest (8,757hrs) you look after yourself

- Developing **self management strategies** is therefore the key to success
- Finding your baseline at various times along the course of your condition
- Setting short and long term **goals** and agreeing actions can be helpful





Finding the right balance
Over to you.....
