

Patient Case Study: Diane

Diane's Story

Working with a Health & Wellbeing Coach has helped Diane not only manage her pain more effectively, but help her feel better within herself mentally.

“The pain management programme has provided a safe space to chat, I have felt a lot better just from having someone to talk to as I felt like a burden to my family.”

Diane had been suffering from chronic back and knee pain for over 20 years, and in more recent years had also been battling with grief, anxiety, and depression. When Diane started working with Bec, she was struggling to get out of bed, was neglecting her self-care, didn't want to leave the house, do any household tasks, or anything she used to enjoy doing. This was partly because of the grief she was experiencing and the way her pain was making her feel mentally. By setting small, realistic goals that were important to Diane, she has been able to improve her overall mental well-being and found excitement for life again.

“Bec encouraged me to start setting very small goals to start with which was helpful as it didn't feel too overwhelming. I have been able to start decluttering the house, sweeping and potting plants in the garden again, and no longer feel guilty about asking for help with the bigger tasks I struggle with. I have also started a new church, I feel closer to my faith again, and have met new people.”

“I also have my granddaughter's wedding this summer and I finally feel like I can get excited about going. I feel more confident about socialising with others and I have more confidence walking as I no longer rely on my stick as much. Also, I feel more positive overall about myself so I'm looking forward to dressing up and making an effort.”

Diane had been on morphine patches for many years when she had started the pain management programme. One of her goals was to be able to reduce her medication. She was experiencing side effects from the medication, impacting her bowel movements, and she felt it was impacting her mentally.

“I never thought I would achieve my goal of reducing my medication. Since stopping taking morphine, I have felt much better in myself both physically and mentally. My gut health has improved, I now have the motivation to make changes to my diet, and I have managed to lose a stone in weight already.”

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Throughout the programme Bec the HWB Coach encouraged Diane to practice more self-compassion and gave her different tools to help her implement more positive self-talk. By the end of the programme Diane was speaking to herself in a more kind manner, she had learned to pace herself and had removed the expectation from herself to get everything done all at once.

“With Bec’s help I now get my housework, shopping and other tasks done as and when I can. I don’t put too much pressure on myself anymore and I feel more relaxed within myself. I am experiencing less tension in my back and shoulders and have so many things to look forward to instead of just focusing on the pain.”