

15b. Interventions for Complex Regional Pain Syndrome

Depending on the patient's needs and preferences, the following are options for patient's self-management or referral:

Self-management	
All patients	Patient information leaflet on mood and activity: Chronic Pain Self-care Guide
Patients with particular symptoms of anxiety or depression	Internet-based therapies for anxiety or depression: MoodGYM (free online access), Beating the Blues (available via the NHS), Fear Fighter (primarily for panic disorder, available via the NHS), The Anxiety Online Program (free online access)
Patients with particular symptoms of anxiety or depression	Online self-help groups: Big White Wall (only provided for members of the armed forces)
Referrals	
All patients	Physiotherapy
Consider	Improving Access to Psychological Therapy (IAPT)
Consider	Specialist psychological support from pain management services