

# MOP & PMP Comparison Table

	<b>MOP</b>	<b>PMP</b>
<b>Attendance Time</b>	1 hour x 2 per week for 4 weeks (8 Hours Total)	3 hrs x 2 per week for 6 weeks (36 Hours Total)
<b>Format</b>	Online (using Teams) + videos of main material	Face to Face at local venue (with social distancing)
<b>Staff</b>	Psychologist & Physiotherapist	Psychologist & Physiotherapist
<b>Who For?</b>	Those who cannot commit to the face to face sessions; who may not manage 3 hours physically. Those who are more able to use online learning to start making changes themselves - eg using videos	Those who cannot commit to the face to face sessions; who may not manage 3 hours physically. Those who are more able to use online learning to start making changes themselves - eg using videos
<b>Topics</b>	Understanding pain Learn about pacing of activity and rest Develop initial skills to manage pain flare-ups See how to set manageable goals for yourself Understand how movement can help in managing your pain  <i>(the depth we can go into these topics will vary with the length of the group)</i>	
<b>Group Members</b>	From across Sussex	Local to you / your hospital
<b>Other Differences</b>	Main material in video format (around 55-65 minutes viewing for wks 1-4; 20 mins wk 4) Total - 3.5 hours	Friends & Family session (an opportunity for those around you to come in with you to see what the PMP is about) <b>NOT AVAILABLE DURING COVID</b>
<b>Other Resources</b>	Handouts	