

The Chronic Pain Management Service

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

What is meant by the term “Chronic” Pain?

Most people have experienced pain at some point in their lives. It is usually a useful warning symptom that something is wrong. When we hurt ourselves, or are ill, pain forces us to slow down or stop. This “Acute” pain allows healing to take place and it goes away when we get better.

Chronic pain is different as it continues for much longer than normal healing times. It may come on gradually, without any history of injury, and it does not go away. It can start to affect our everyday lives, restricting what we do and causing frustration and unhappiness.

Why have I been referred to the Chronic Pain Clinic?

Other doctors may have tried different ways to help reduce your pain. Sometimes chronic pain does not respond to usual methods and can be very difficult to treat. Your condition may improve by trying specialist medication, injections or therapies available at the Chronic Pain Clinic. Unfortunately, some people find that their pain remains the same, despite trying all options.

What treatment does the Chronic Pain Clinic offer?

The choice about which treatment is best for you will be made after consultation with your doctor. The treatment will depend on your individual circumstances and by weighing up the risks and benefits of treatment:

Medication

Sometimes drugs, other than pain killers, are used to relieve discomfort. You may benefit from changing your tablets or need advice how to use medication more effectively.

T.E.N.S. Therapy

This is a small machine that can be applied to the skin over, or around, a painful area. It can sometimes help to reduce the amount of pain you feel.

Injections

There are different types of injection available. The benefits and drawbacks will be discussed in much greater detail with you, if this is one of your treatment options. Injections are carried out in the Appleby Suite which provides treatment for day case patients. You will be sent a letter to inform you of the date to attend and any specific instructions you might need to follow, for example if you are diabetic or take tablets such as warfarin or aspirin.

Acupuncture Trial

This treatment may be available through our specialist physiotherapist or pain nurse, after a full assessment of your condition.

Pain Management Programme (PMP)

Living with long term pain can affect all aspects of your life. You may be unable to do things the way you used to, or become frustrated, angry or anxious at your situation. Often pain can lead to low mood or even depression. The Pain Management Programme aims to provide enough support, advice and information to enable you to cope with your situation a little easier. It is attended by a small group of patients and is run over a 12 week period. Each session covers a different topic, such as exercise, stress management, medication and relaxation.

What will happen at my first clinic appointment?

Your consultant will take a full history of your pain and any other related symptoms. You may also be asked about how the pain affects your general wellbeing and lifestyle. This is quite normal as we recognise that chronic pain can have a big impact on your life and on those around you. If you want to bring your partner/ someone close with you to your appointment, you are welcome to do so. You may have a physical examination of the painful area.

Talking to other health care workers, such as a physiotherapist, psychologist, occupational therapist or nurse may be useful to learn new ways of coping with your condition. Arrangements can be made for this if it is appropriate. After assessment, your options will be discussed with you. Then the best way forward can be agreed. Any follow up appointment will be arranged accordingly. Your Consultant will need to know about your tablets so bring them with you, or make a list of them.

Additional information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please contact the Chronic Pain Team on 01901 307999 Ext 5122.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。