

The Chronic Pain Management Service

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

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Welcome to the Chronic Pain Management Service which is based at New Cross Hospital.

Why have I been referred to the Pain Clinic?

You have been referred to the Pain Clinic because you have persistent (chronic) pain that you are finding difficult to manage.

Chronic pain is complex and can affect every aspect of your life. The aim of our service is to help you to manage your pain better. Things that we can help you with to allow this to happen could be:

- Ensuring a better understanding of your pain
- Helping you to move in a more normal manner and to have an appropriate level of activity
- Helping you to manage the anxiety and depression that often accompanies pain and can exacerbate it
- Ensuring that you are on appropriate medication where the benefits outweigh the side effects
- Where appropriate, the use of injections to help pain

What treatments are offered by the Pain Clinic?

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 the risks and benefits of each treatment.

Medication

Some common medications that help with acute pain are not as useful with persisting pain. There are different types of medications that may be more helpful. Medications may help in reducing symptoms but rarely take the pain away completely and can sometimes make the pain worse over long periods of use. You may benefit from changing your tablets, or need advice about how to use medication more effectively.

Transcutaneous electrical nerve stimulation (TENS)

This is a method of pain relief involving the use of a mild electrical current, and you may be suitable for a trial of this device.

A TENS machine is a small, battery-operated device that has leads connected to sticky pads called electrodes. You attach the pads directly to your skin. When the machine is switched on, small electrical impulses are delivered to the affected area of your body, which you feel as a tingling sensation.

The electrical impulses can reduce the pain signals going to the spinal cord and brain, which may help relieve pain and relax muscles. They may also stimulate the production of endorphins, which are the body's natural painkillers.

TENS may be able to help reduce pain and muscle spasms caused by a wide range of conditions including arthritis, pain caused by endometriosis, and knee pain.

Injections

Injections can be useful for specific problems with the body. Injections of drugs called local anaesthetic (and sometimes steroids) can be helpful to reduce inflammation, and the benefits often last a few days to a few months. Many people with persistent pain hope these injections will cure their pain, but this is rarely true and for many they may not be appropriate. Sometimes people are referred for a specific injection, and suitability for procedures will be assessed by the Pain Team when you see them.

Qutenza (Capsaicin) 8% patch

Scientific studies have shown that eight per cent capsaicin can significantly reduce pain caused by damaged nerves under the skin. Conditions where this may occur include post herpetic neuralgia (or painful shingles), chronic pain after operations or chemotherapy and other types of peripheral neuropathic pain.

Referral to Therapy Services

Some people may benefit from an assessment by a Physiotherapist or an Occupational Therapist, and this referral can be made after your initial assessment. There is often wait for an assessment of this nature as the Pain Team does not have a Physiotherapist, therefore it may be appropriate for you to be referred to a Physiotherapist in the community (eg MICATS, IPOP) by your GP or Consultant whilst you are waiting for your Pain Clinic appointment.

Pain Management Programme (PMP)

This program can help anyone who is ready to learn non-medicinal ways of managing long-term pain. You will **take an active part** in learning strategies to improve your quality of life. You will develop a new plan for living more successfully with long-term pain. The PMP is attended by a small group of patients and is run over an 8 week period. This may be on line or in person. Each session covers a different topic, such as exercise, stress management, medication and relaxation.

What will the PMP help me learn?

The PMP will help you:

- Develop skills to manage your pain
- Develop skills to decrease stress and body tension
- Develop a healthier lifestyle
- Increase your ability to perform daily tasks
- Become more confident in your ability to manage pain on your own

What will happen at my first clinic appointment?

We appreciate that there is a long wait to be seen in Pain Clinic. **To prepare for this appointment please bring with you copies of any relevant letters (if available) and a list of current medicines prescribed by your GP.**

Your Consultant will assess the pain that you have been referred with and any related symptoms. You may be asked about how the pain affects your general wellbeing and lifestyle. You are welcome to bring a partner, family member or friend with you to the appointment. You may have a physical examination of the painful area.

After assessment, your doctor will discuss your options with you and a way forward will be agreed. If further appointments are required, they may be in person or telephonic consultations.

Contact details

If you require more information, please contact the Chronic Pain team on 01902 695122.

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。