

Patient information

The Integrated Pain Management Service (IPMS)

IPMS provides support for both inpatients and outpatients.

Our outpatient service offers support for patients with long term chronic pain. The IPMS team consists of doctors, nurses, physiotherapists and psychologists who all specialise in pain management. You may be seen by one or more of our specialist team as we support you through your pain management journey.

Aims

Living with long-term pain can be very challenging. At the pain clinic, we strongly believe that every person living with chronic pain has a right to the best education, advice and treatment available. Long-term, chronic pain often cannot be cured; however, pain can be made easier to manage. Management is easier with a package of strategies to help with symptom control. During sessions within the pain clinic we will help you learn the necessary skills to assist you to develop expertise in self-management. Developing your knowledge and understanding of persistent pain enables pain and symptoms to be managed more effectively.

Introduction to pain management and learning choices

Initial education session: Overview of pain management and introduction to further educational and assessment sessions.

Understanding pain	What happens in the body and why?
Diet, nutrients and pain	What foods / diet and supplements may be helpful in managing pain
Sleep and relaxation	Relaxation for pain management and general wellbeing and ways to improve sleep
Pain medication	How they work, how medications fit into persistent

	pain management and their potential long-term effects
Opioid medication	Current evidence for opioid use in persistent pain, long term effects on the body and how to use opioids safely
Mind-body links	Journey towards change and valued living sessions to help to understand how thoughts and feelings can affect wellbeing and pain levels, looking at ways to make improvements which may help.

Developing your expertise in self-management

We recognise that persistent pain may affect not only your mood, activity levels, sleep patterns and self-confidence, but can also impact on your life at work, at home and socially.

Lifestyle management gives you established and recommended pain management techniques that you can incorporate within your daily life. We offer sessions that may be provided in a small group setting, via video conferencing or on an individual basis;

Useful websites

Live well with pain: www.livewellwithpain.co.uk

Action on Pain: www.action-on-pain.co.uk

Alcoholics Anonymous: www.alcoholics-anonymous.org.uk

Back Care: www.backcare.org.uk

Breathworks, mindfulness-based pain management: www.breathworks-mindfulness.co.uk

British Pain Society: www.britishpainsociety.org

Fibromyalgia: www.fibromyalgia-associationuk.org

Health talk online: www.healthtalkonline.org.uk

Live Life to the Full: www.livinglifetothefull.co.uk (on-line life skills course)

ME Association: www.meassociation.org.uk

MIND: www.mind.org.uk (for confidential help and advice)

Pain Relief Foundation: www.painrelieffoundation.org.uk

Pelvic Pain Support Network: www.pelvicpain.org.uk

Samaritans: www.Samaritans.org.uk

Stitch Links: www.stitchlinks.com

The Pain Toolkit: www.paintoolkit.org

The Integrated Pain Management Service provides a number of different treatments and these are briefly outlined below.

Transcutaneous Electrical Nerve Stimulation (TENS)

TENS therapy is another useful technique used in the management of persistent pain. A TENS machine is a small battery operated, portable device that gives a gentle tingling sensation and blocks the painful sensations, on their pathway in the spinal cord, before they reach the brain. Stimulation occurs through adhesive pads placed on the skin.

Physiotherapy

It is not unusual for pain to make it difficult to use parts of the body that hurt. If we do not use our body effectively, then muscle wasting, shrinkage and stiffness will occur, leading to further pain and greater disability. Physiotherapy is helpful in providing advice on exercise, movement, stretching and posture in addition to providing other forms of treatments. Even if you have tried physiotherapy prior to coming to the Pain Clinic, we may be able to recommend more specific treatment which can help increase your movement and decrease your disability.

Psychological therapies

Chronic pain can cause distress and upset. This can manifest in poor psychological functioning, damage and stress on relationships and poorer health outcomes. The pain team offer psychological therapies such as Cognitive Behavioural Therapy (CBT), hypnotherapy, Acceptance and Commitment Therapy (ACT) to help with the practical and emotional impact of chronic pain.

Your pain specialist may refer you for assessment to see whether you might benefit from psychological therapy.

Nerve blocks

Nerve blocks are injections which usually are performed as a day case procedure by a doctor who specialises in pain management. Such blocks are designed as both diagnostic and therapeutic trials to ensure that the source of the pain is identified and to determine how much of the problem is reversible. Written

information on specific treatments will be given prior to treatment, and will be attached to the clinic letter sent to your GP (a copy of which will also be sent to you).

Following a nerve block, a post intervention questionnaire will be sent out for completion. The questionnaire is to establish benefit gained from the procedure and will guide our pain specialists as to further management and follow up.

Physiotherapy, increases in daily movement and daily exercise are vital after nerve blocks to assist the effectiveness of the procedure.

Your pain specialist will decide whether your pain condition is suitable for nerve block.

Medication

You may be referred to a Clinical Nurse Specialist for a medication review. Reviews can either be face-to-face or via the telephone. As well as pain-relieving drugs (analgesics), there are other medications that can alter your experience of pain.

Further drug information will be provided during your consultation, explaining why the drug has been recommended and what we are hoping to accomplish: improved sleep, decreased skin sensitivity or perhaps a decrease in the frequency of flare-ups.

Pain Management Programme (PMP)

The aim of a formal pain management programme (a PMP) is to further develop your expertise in self-management in order to improve symptom control and quality of life. A PMP focuses on using non-drug, cognitive, pacing and movement strategies. We do not currently offer PMP at the West Suffolk Hospital. If a member of the pain team feels a PMP would be helpful they will discuss this with you. Written information relating to PMP can be found on the British Pain Society website www.britishpainsociety.org

Points to remember when attending Pain Clinic appointments

- 1 Please bring your glasses if you need them for reading.
- 2 **Always bring a list of all current medication** (tablets, patches), including any alternative medications/herbal remedies. If you are on blood thinning drugs, such as Warfarin or Clopidogrel, please inform a member of staff.
- 3 If there is any possibility that you may be pregnant please inform a member of staff.

- 4 Treatments take place as an outpatient day case but occasionally minor procedures may be carried out in Pain Clinic. Your stay may be between 2 – 4 hours, and before any treatment takes place you will be asked to provide assurance that somebody is able to drive you home if you are undergoing injections.

Useful contact numbers

Advice relating to your medical management of your chronic pain should be initially discussed with a doctor or nurse at your GP Practice.

- 01284 712980** Admissions (waiting list enquiries for interventions)
- 01284 713580** PA to Dr Schofield
- 01284 712970** PA to Mental health and Pain specialist nurses
- 01284 713766** PA to Dr Law and Dr Jeynes
- 01284 712528** Clinical Nurse Specialists advice line
- 01284 712972** Physiotherapy / Psychology / Community based appointments
- 01284 713000** West Suffolk Hospital switchboard

Waiting times at your clinic appointment

We aim to make your visit as informative as possible and will make every attempt to keep waiting to a minimum. At times, however, some patients require a longer/more detailed examination or explanation and other patients need to be seen as an emergency in the Pain Clinic. If there is any aspect of our service that you are not happy with, please inform one of the clinic staff so that your concerns can be addressed immediately.

If you wish, please bring a brief summary of your past medical history on one side of A4 paper. This information can be very helpful to the Pain Team.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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