

## Patient information

# Welcome to the pain management clinic

**The Integrated Pain Management Service (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.

### 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.

## 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.
- **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.

## Useful websites:

Live well with pain: [www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk)

Action on pain: [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

Alcoholics Anonymous: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Back care: [www.backcare.org.uk](http://www.backcare.org.uk)

Breathworks, mindfulness based pain management: [www.breathworks-mindfulness.co.uk](http://www.breathworks-mindfulness.co.uk)

British Pain Society: [www.britishpainsociety.org](http://www.britishpainsociety.org)

Fibromyalgia: [www.fibromyalgia-associationuk.org](http://www.fibromyalgia-associationuk.org)

Health talk online: [www.healthtalkonline.org.uk](http://www.healthtalkonline.org.uk)

Live Life to the Full: [www.lltff.com](http://www.lltff.com) (on-line life skills course)

ME Association: [www.meassociation.org.uk](http://www.meassociation.org.uk)

MIND: [www.mind.org.uk](http://www.mind.org.uk) (for confidential help & advice)

Pain Relief Foundation: [www.painrelieffoundation.org.uk](http://www.painrelieffoundation.org.uk)

Pelvic Pain Support Network: [www.pelvicpain.org.uk](http://www.pelvicpain.org.uk)

Samaritans: [www.samaritans.org.uk](http://www.samaritans.org.uk)

Stitch Links: [www.stitchlinks.com](http://www.stitchlinks.com)

The Pain Toolkit: [www.paintoolkit.org](http://www.paintoolkit.org)

## **Treatments**

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 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, and 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 a decrease in the frequency of flare-ups.

## **Pain Management Programme (PMP)**

The aim of a formal pain management programme 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 PMPs can be found on the British Pain Society website.

[www.britishpainsociety.org](http://www.britishpainsociety.org)

## **Points to remember when attending Pain Clinic appointments**

- Please bring your glasses if you need them for reading.
- **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.
- If there is any possibility that you may be pregnant please inform a member of staff.
- 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 713135** Admissions (waiting list enquiries for interventions)

**01284 713580** PA to Dr Schofield

**01284 713580** Clinical support secretary to the Clinical Nurse Specialists

**01284 712970** PA to Mental health and Therapies

**01284 713766** PA to Dr Law, Dr Jeynes and Dr Sturgess

**01284 712528** Clinical Nurse Specialists advice line

**01284 712972** Clinical support administrator for education

**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 may 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 would like to, please bring a brief summary of your past medical history on one side of A4 paper to your appointment. This information can be very helpful to the pain team.

## **Clinical research**

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

## **Accessibility**

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email [PALS@wsh.nhs.uk](mailto:PALS@wsh.nhs.uk)

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