

Pain Management Centre

Information for General Practitioners

Who are we?

The Pain Management Centre is a multi-disciplinary specialist team based at the Norwich Community Hospital Site. Our members include Consultants, Specialist Nurses, Psychologists, Physiotherapists and Occupational Therapists. We are supported by our secretaries, waiting list coordinator and receptionist team.

Injection-based treatments normally take place in the Day Procedure Unit at the Norfolk and Norwich University Hospital, or at Cromer hospital.

What can the Pain Management Centre offer your patient?

Patients, on initial visit, will be assessed by a consultant or a member of the multi-disciplinary team (MDT). A treatment plan will be made at this point which may include medication recommendations, interventions, physiotherapy, occupational therapy, psychology or any combination thereof. Not all patients require further appointments if the management plan is straightforward. However, those patients in need of ongoing input will be seen by an appropriate member of the team on subsequent visits.

We run Pain Management Seminars which offer an introduction to self management strategies involving exercises, pacing, goal setting, relaxation and reflection on the role of mood and thoughts and feelings. These are run by a multi-disciplinary team. Patients may subsequently be offered individual appointments with members of the MDT if appropriate.

Patients, in whom it is appropriate, may undertake a Pain Management Programme that expands on the subjects covered initially in the seminars.

Patients may also be referred to one of our specialist clinics. These currently are for Trigeminal Neuralgia, Spinal cord stimulation and Chronic Opiate use. The latter clinic has the facility to provide consultation with the Substance Misuse Team in a joint clinic setting and can offer intensive support to patients undergoing complex opiate medication changes.

How can you help us?

Patients should have trialled simple analgesics and NSAIDs, unless contra-indicated, prior to referral with musculoskeletal pain: they should also have had primary care physiotherapy where appropriate. If neuropathic pain is suspected, then anti-neuropathic medications should be trialled as per BNF and NICE recommendations.

Please remember that we are not a diagnostic specialty and that our aim is to enable the patient to self-manage their pain better and that a “cure” or “quick fix” is not always possible.

We would ask you to support any medication changes/new prescriptions that we may advise. This would include monitoring and undertaking advised dose titration.

We would also be grateful for information on any problems you are encountering in this process.

Our Contact Details

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