

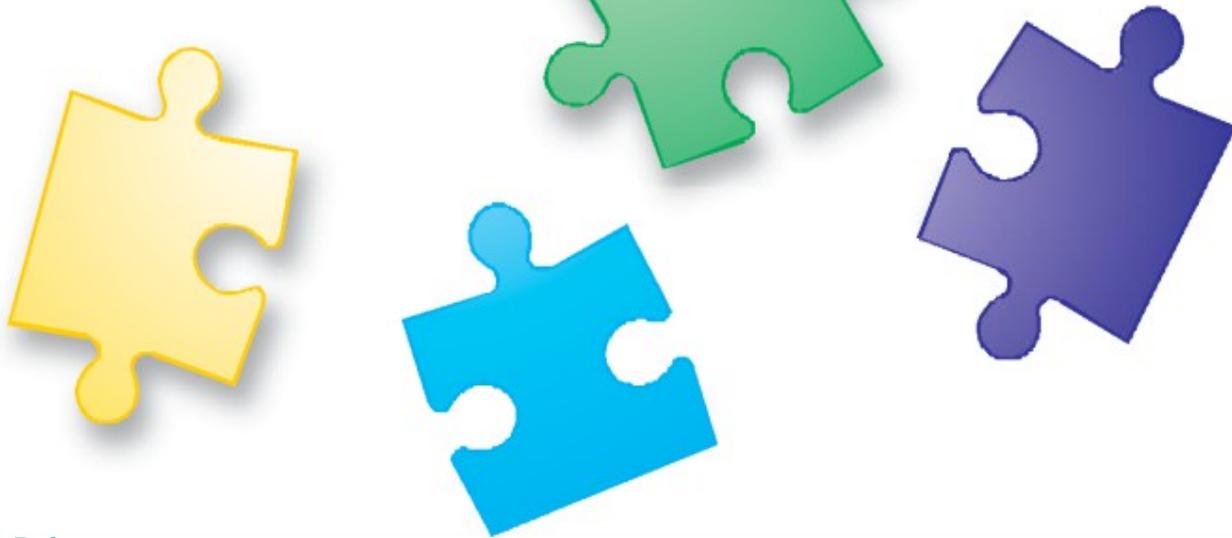


Information for patients and carers

www.britishpainsociety.org

The British Pain Society Telephone:
020 7631 8870

This block contains a teal header with a puzzle piece icon, followed by contact information for The British Pain Society. The text is white on a teal background for the header and black on a light blue background for the contact details.



References

- [1] The British Pain society – FAQ
- [2] Pain: Breaking through the pain barrier. 150 years of the Annual Report of the Chief Medical Officer: On the state of public health 2008. http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/MediaCentre/Media/DH_096271
- [3] London Pain Consultants: Pacing and Chronic Pain by Dr C.A.Jenner MB BS, FRCA
http://www.londonpainconsultants.com/articles/2007/06/16/pacing_and_chronic_pain/
- [4] Living with Long Term Pain. Arthritis Research UK.
<http://www.arthritisresearchuk.org/arthritis-information/arthritis-and-daily-life/pain-and-arthritis/pain-report.aspx>
- [5] Injections for Chronic Back Pain, BUPA 2014
<http://www.bupa.co.uk/individuals/health-information/directory/i/spinal-injections>



Our Vision
To provide every patient
with the care we want
for those we love the most

Norfolk and Norwich **NHS**
University Hospitals

Pain Management Centre

What you need to know before
you come to the Pain Clinic

The Pain Management Centre is a
multi-disciplinary specialist team.
Our members include Doctors,
Specialist Nurses, Psychologists,
Physiotherapists and
Occupational Therapists.



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“The Pain Management Centre
Helping you to find ways of managing
your pain more effectively.”

What is Pain?

Short term pain is called Acute Pain. It is like an alarm telling us that something is wrong. Long term pain is called Chronic Pain. Chronic pain often has no useful purpose. It is just annoying and overtime can affect what you can do, your sleep and your work. [1]

If you are attending the Pain Clinic you may have chronic pain and have had pain for a long time. Chronic pain is less well understood, but is thought to involve nerve damage.

You may not have been given a reason for your pain, and there may be no "cure" for your pain. The Pain Clinic will help you to find ways of managing your pain more effectively.

What happens in the Pain Clinic?

On your first visit you will be seen by a Consultant or a member of the multidisciplinary team. We will take a detailed history and assessment and suggest a management plan. Your management plan may be like a jigsaw – made up of different pieces. Your plan will be unique to you and some components of your plan will be more important than others. When put together, they will help you manage your pain.

Staff at the Pain Clinic

The staff at the Pain Management Centre come from many different professions, but all have a specialist interest in chronic pain.

-  **Consultants**
-  **Specialist nurses**
-  **Psychologists**
-  **Physiotherapists**
-  **Occupational therapist**

Together you will be able to work with the professionals to find the most appropriate pieces of the jigsaw for you.

What Services do we offer?

The aim of the Pain Management

Centre is to provide you with some strategies to help you to

cope with and manage your pain. You may need more than just medicine to help you manage your pain. We may use a range of techniques:

Medication

You have been taking a number of medicines for your pain. We can help optimise the medication you are already taking and

we may recommend some different medications.

Exercise

You may have found that your pain is made worse by exercise. We can provide some simple tips about the right sort, and right amount of exercise. Exercise can actually reduce the effects of pain [2].

Activity/Pacing

You may sometimes do too much, only to require long periods of rest to recover! Pacing can help you manage your activity and energy levels throughout the day and week.

It can help minimise pain, increase and your overall activity level [3].



Psychology

Chronic pain can sometimes cause depression [4]. You may experience low mood at some point as a result of your chronic pain. Our Psychologists can help you develop coping strategies, using various psychological techniques.

Relaxation

Relaxation techniques can be used to relax tense and painful muscles and by relieving the anxiety that makes pain more difficult to bear [4]. There are many different types of relaxation and staff at the Pain Clinic can help you find a technique to suit you.

Injections

Injections may be part of your treatment plan to relieve pain. They will usually provide temporary pain relief, and are targeted to a specific area of the body [5].

Your pain plan may also include other strategies to help you manage your pain.