

## Useful Websites



[www.patient.co.uk](http://www.patient.co.uk)

Information for patients and carers



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

The British Pain Society

Telephone: 020 7631 8870



## 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](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/](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>



communication for all

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# 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.

“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

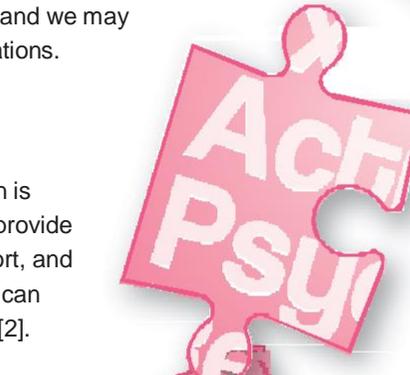
You have been taking a number of medicines for your pain. We can help optimise the medication you are already taking and we may recommend some different medications.

### 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 and increase 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.**