

Patient Information Leaflet

About the Pain Clinic

Produced By: Chronic Pain Service



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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

The Pain Clinic

You have been referred to the Pain Clinic. At time of being referred you will have received a detailed questionnaire to complete. Please do complete *all* questions, as we need this information to be aware of and address your needs as well as book you to the appropriate specialist clinic. Without a complete questionnaire we cannot book you for an appointment.

If you have *not* received a questionnaire please contact your GP or referrer to get a copy.

We also use a brief self assessment questionnaire for every appointment to monitor progress and your response to treatments.

The Pain Clinic Team

Our team consists of Consultants and Specialist doctors (Dr I Rice, Dr M Luckmann and Dr Y Kamel), Psychologists (Dr G Lee and Dr A Garrett), a Specialist Physiotherapist (Ms Lucy Cowans) and a Clinical Nurse Specialist (Mr D Gordon). The Pain Clinic secretaries are Ms S Shorter and C Summerfield, the responsible Manager is Ms J Hayward.

What does the Pain Clinic team offer?

Knowing that long term pain is a problem in itself, we will explain about what may be causes of your pain, why it persists and make sense of various investigations and findings. We will discuss various treatments to relieve your pain as far and for as long as possible, we will work with you to improve your quality of life affected by long lasting pain. And we will advise you how to better manage pain and help yourself.

We will not usually carry out further investigations to find a (new) diagnosis nor can we expect to cure your pain. You should have been investigated and diagnosed *before* coming to the Pain Clinic; if a cure were possible this should have been attempted in the relevant medical/surgical specialities.

The following options are offered in the Pain Clinic:

- *Detailed assessment*
- *Education and information about chronic pain*
- *Advice about pacing, physical activity and exercises*
- *Complete review of medication and changes as appropriate*
- *Physiotherapy from therapist with specific expertise in chronic pain.*
- *TENS - you need to obtain your own machine and patches; we can advise you how to make best use of TENS*
- *Acupuncture – maximum of one course/ six sessions.*
- *Targeted pain relief injections and other procedures*
- *Psychological assessment and treatment of coping problems, pain related distress and low mood*
- *Group based Pain Management and Functional Restoration Programmes*
- *Individual and Group CBT (cognitive behavioural treatment)*

Pain Clinic appointments allow more time than usual to assess you, listen to you and explain and agree a strategy how to get better.

Because we allow each patient as much time as he or she needs, our clinics sometimes run rather late, and we hope that you will understand this. We suggest that you allow plenty of time for your appointment (at least 30-40 minutes).

Please feel free to bring a friend or relative with you to the clinic. It may be a good idea to think about your questions and concerns in advance and to write them down and bring them with you to discuss.

Important: If for any reason you cannot keep an appointment please do let us know as soon as possible, on **(01983) 552036 or 534722** , so that other patients waiting to be seen can be appointed.

Chronic Pain Service
Department of Anaesthetics
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG
Appointments: (01983) 552036
Secretary: (01983) 534722
Email: painclinic@iow.nhs.uk

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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