Pain Management Services

Introduction to the Pain Clinic

This leaflet explains how the pain service works and aims to help you get the most out of your appointments with us.

Why have I been referred to the pain clinic?

You have been referred to the pain clinic because you have persistent (chronic) pain that you are finding difficult to manage. The pathway through the service is approximately a year and our aim is to help you manage your pain more effectively and to reduce the impact it has on your quality of life.

Who will I see at the pain clinic?

The pain clinic consists of a multi-disciplinary team that includes doctors, nurses, psychologists, occupational therapists and physiotherapists who specialise in pain management.

What will happen at my first appointment?

At your first appointment, the doctor will assess your pain and recommend a management plan. This plan will be tailored according to your needs and health condition and will involve further appointments with other specialists in the pain clinic.

To prepare for this appointment please on bring with you copies of letters or prescriptions from your GP or other hospital specialists.

The consultant may review or suggest some medication changes to help with initial pain reduction; ultimately medication may not be part of the long term management plan and will be reviewed at your follow-up nurse appointments.

What happens next?

You will be given a follow-up appointment, with a specialist nurse who works closely with your consultant; where you will have the opportunity to clarify any questions you may have from your first consultation, discuss your plan of care and for the nurse to book on-going appointments including any injections that you may have been offered.

Pain management education

You are expected to attend this appointment as it is an important part of your management plan. This appointment is aimed at helping you to understand your condition, the impact it can have and to introduce you to the practical strategies (things that you can do) to help minimise on going pain and reduce flare-ups. Further follow-up appointments with the specialist nurse will aim to support you with these strategies and individualise them to your personal needs.
What other appointments might I have?

Other appointments will depend on your doctor’s recommendations and may be with other specialists in the pain clinic such as:

Physiotherapy

Physiotherapists assess and treat patients who have reduced mobility and/or physical conditioning due to persistent pain and can be involved at many different stages of the pain management pathway.

Occupational therapy

Persistent pain can affect people’s abilities to participate in everyday activities such as personal care, domestic tasks, meal preparation, work and leisure activities. Occupational therapists can help you work on your goals and help you manage these with more ease. They offer advice, practical techniques, adaptive and rehabilitation approaches.

Psychological therapy

Pain can cause distress and upset that has both physical and psychological (body and mind) features. It may be helpful to look at both of these areas on a one to one level or through a programme approach in the search for better pain management.

Interventional treatments (nerve blocks)

These may be offered if your doctor decides that the benefit outweighs any risk. Most injections involve local anaesthetic and steroids to nerves, muscles or joints. You can prolong the benefit from an injection by adjusting your activity and behaviour before and after using the strategies learnt from the specialist nurses or physiotherapists.

All interventional treatments are outpatient appointments at Ely Day Surgery Unit.

You will need to be accompanied by someone and have transport arranged otherwise your treatment will be cancelled.

Things to remember before an appointment

- Always bring your reading glasses, hearing aid etc to appointments.
- Let us know, in advance, if you need translation services.
- Always bring a list of your current medication.
- Always bring your pain clinic patient folder.
- Please inform the doctor or nurse if you are taking or there are plans for you to start taking anticoagulants (medication to thin your blood). Failure to do so may result in an injection being postponed.
- If you think you may be pregnant please inform the doctor or nurse so that unnecessary medications and X rays can be avoided for the safety of the baby.
Addenbrooke’s is a teaching hospital and we are committed to the training of medical and nursing staff. Trainee doctors and student nurses are regularly based in the clinic as part of their training programme.

We do our best to keep appointments to time and yours may be cancelled if you arrive late. After each visit a letter will be sent to your GP to keep them updated and they will be your first point of contact for any further advice.

**Important note:**

If you are unable to attend your appointment, please contact us as soon as possible, so we can use it for someone else.

It is hospital policy that any patient who does not attend their appointments (DNA) without informing the clinic may be discharged from the service and a letter will be sent to you and your GP.

It is also hospital policy that if you are unable to attend an appointment (CNA), having informed us, on two consecutive occasions you may also be discharged from the service.

**Contacts/further information**

Pain clinic hours 08:00 to 16:00

Telephone number: 01223 217796

Pain clinic
Box 215
Addenbrooke’s Hospital
Hills Road
Cambridge
CB2 2QQ

The pain clinic can be found in outpatients, Level 3.

There is a disabled drop off/collection point at the main outpatient entrance, where wheelchairs are generally available if necessary.

**Privacy and dignity**

We are committed to treating all patients with privacy and dignity in a safe, clean and comfortable environment.
We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.info@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors
Pharmacist
Department
Contact number
Publish/Review date
File name
Version number/Ref
Pain Clinic
David de Monteverde-Robb
Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ
www.cuh.org.uk
01223 217796
March 2018/March 2021
Introduction_to_the_pain_clinic.doc
V6/PIN2834/17199