

## The facts about pain

In the UK, it is estimated that around eight million people live with persistent pain. Persistent pain is defined as pain which has been present for more than three months and is often complex and impacts on each person differently. The cause of persistent pain is often poorly understood and can leave sufferers with a lot of unanswered questions.

## Living with pain

If you are reading this leaflet then you are probably well aware of the impact that persistent pain can have. Not only does it cause you physical discomfort, it is likely to impact upon many other areas of your life. Pain can impact on:

- *Daily activities.*
- *Mood and motivation.*
- *Social life, working life and relationships.*
- *Goals for the future.*

## Why have you been referred to South Warwickshire Multidisciplinary Pain Service?

You have been referred to South Warwickshire Multidisciplinary Pain Service to be assessed by a team of clinical experts who specialise in assessing and treating patients with persistent pain.

## Who is in the Multidisciplinary Pain Team?

South Warwickshire Pain Team consists of:

**CONSULTANT ANAESTHETISTS** – The role of the Consultant Anaesthetist is to assess whether your pain problem requires any further medical investigations such as blood tests, scans or x-rays. The Consultant will also consider your suitability for treatments such as injections, epidurals, surgery, physiotherapy or changes to medication.

**SPECIALIST PHYSIOTHERAPISTS** – The role of the Physiotherapist within clinic is to physically examine the problematic area and spend time explaining their findings to you. The Physiotherapist will also consider suitability for physiotherapy treatments.

**CLINICAL PSYCHOLOGISTS** – The role of the Clinical Psychologist is to help people to understand and manage their pain more effectively so as to improve their quality of life. Following assessment the Psychologist may make suggestions about what kind of treatments could be helpful to you. As part of this Clinical Psychology sometimes offer one to one support to facilitate adjustment and acceptance and improve coping strategies.

The Multidisciplinary Pain Team's aim is to help you manage the symptoms more effectively and also reduce the impact your symptoms have upon your life.

## Before attending the clinic

The team have sent you a written questionnaire to gain a better understanding of your problem. The aim of the questionnaire is to understand your problem and ensure that our service meets your needs.

**You must return the questionnaire within two weeks.**

**If the team do not receive your completed questionnaire within two weeks we will assume you no longer want to be seen by the Multidisciplinary Pain Team. You will be discharged from the Pain Service and your G.P will be informed.**

Once we have received and reviewed your completed questionnaire a clinic appointment will be offered at one of the below sites:

- Warwick Hospital.
- Stratford Hospital.

## What will happen at the appointment?

The assessment consists of detailed questioning and may include a physical examination - so please wear loose comfortable clothing. You will need to complete a questionnaire so please bring glasses with you if you require them.

The assessment is very thorough and can **take up to two hours** so please ensure you allow enough time.

You will be assessed by one or several members of the team and be provided with a treatment plan. You are welcome to bring somebody with you to your appointment.

## What happens after the appointment?

Following your assessment the Multidisciplinary Pain Team will provide your G.P with a written report detailing their recommendations on your future treatment.

Our service offers several comprehensive pain management treatment options. You may be offered one of the services detailed below:

- Specialist medication recommendations
- Physiotherapy
- Individual sessions with a Psychologist
- Group education and exercise classes aimed specifically at long-term pain management (Pain Management Groups)
- Group leisure center activities (Back in Action)
- Injections
- Education and advice

## Further Information

If you require any further information please contact:

**Therapies Call Centre**  
**Tel: 01926 608068**



**South Warwickshire**  
NHS Foundation Trust

### EQUALITY STATEMENT

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.
- You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

# South Warwickshire Multidisciplinary Pain Service

## *Patient Information Leaflet*

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