

Decision Aid for East Lancs NHS Pain Management Services

Pain is something we have all experienced. It is usually associated with damage to the body and settles after healing, this is known as Acute Pain. Chronic Pain lasts longer than the normal healing process and can still be present after an injury or illness. It can have a major impact on a person's life, both physically and emotionally. 10-15% of people in East Lancashire live with chronic pain.

Who Are We?

We are a multidisciplinary team (MDT) of clinicians who specialise in the treatment and management of patients with varying degrees of pain-related disorders. The team includes Consultants, Nurses, Physiotherapists, Occupational Therapist, Psychologists and Pharmacists.

Our Aim

We aim to provide treatments and educate patients with the knowledge and skills to confidently self-manage their condition to enhance the quality of their life.

Where are we located?

We offer clinics within East Lancashire at Burnley General Hospital, Royal Blackburn Hospital and Rossendale Primary Healthcare Centre.

What happens when you are referred?

- You will be invited to an assessment with a member of the team to discuss your symptoms and how they affect you.
- On the day of the assessment you will be required to complete a questionnaire prior to your assessment.
- You will be assessed by a team member, who will then discuss your treatment options and involve you in your treatment plan.
- You will then be referred to the appropriate clinician(s) within the service to help you with your symptoms.

What are your treatment options?

This may include some of the following options:

- Pain relieving modalities e.g. Injections, TENS, acupuncture
- Procedures for fractured spine
- Medication reviews
- Recognition of the psychological impact of living with pain-related conditions and support in the development of coping strategies
- Education and advice: individual or group session
- Individually tailored rehabilitation programmes
- Guidance on how to resume or increase your daily activities.

In our experience those patients who actively engage in treatment and become more responsible for their condition are likely to gain more from the service.

If you require more detail regarding our service then please do not hesitate to contact the Pain Management Team on Ext 01282 803556 or 01282 803176