

# Camden Pain Service: A guide for patients

The Camden Pain Service (CPS) is made up of medical consultants, specialist physiotherapists, clinical psychologists and nurse specialists.

Everyone works closely as a team to support people struggling to live with long term pain. Unfortunately it is not usually possible to cure pain but the CPS team will help you find ways to manage your pain and do more of what matters to you.

## **-What to expect**

**The first step** is to have a consultation with a specialist medical doctor or advanced physiotherapy practitioner (APP). They will review any test results you have but the focus will be on asking questions about your pain. By building up a picture of your pain experience they will be able to give you an explanation of why your pain persists and how it might be managed. The appointment will also involve a review of your pain medication and changes may be advised, with a discussion about whether other interventions could be helpful.

In many cases you will then be given an appointment for assessment with a clinical psychologist who specialises in pain management. They will explore the way in which pain is impacting on your quality of life, such as leaving you feeling low, cut off from friends and family or unable to do the things that really matter to you in life. This will help direct your care in the best way.

**The next step** is generally to work closely with the team to find new ways of managing pain. This might involve one or more of the following:

Pain management physiotherapy. This will be different from traditional physiotherapy and will look at your day to day function and pain management strategies. It does not involve passive therapy such as massage or acupuncture, but instead focuses on active approaches to rehabilitation and building confidence to self-manage long term pain.

Individual clinical psychology. This can help you change your relationship with pain so that it has less impact on your life and you can return to doing the things that are important to you. It can also help you to cope with the emotional impact of living with pain.

Medication review and support to manage medication with a specialist nurse.

Pain Consultant review to discuss interventions, medication and overall care.

A group based Pain Management Programme (PMP) run by both a physiotherapist and a clinical psychologist where you can learn skills to self-manage pain and meet other people living with pain.

All members of the team meet on a weekly basis to help co-ordinate your care and ensure a joined up approach.

The Camden Pain Service may not be appropriate for everyone and therefore, following your initial consultation, you may be referred directly to another service if it is better suited to meeting your needs.

## **-Understanding pain management – useful information**

It is helpful to understand as much as you can about long term pain and self-management strategies before you attend the clinic. We recommend the following information leaflets, you-tube clips, websites and books as a good place to start:

### **-Leaflets**

<http://knowpain.co.uk/wp-content/uploads/2014/05/TazzyPersistentPainBooklet.pdf>

### **-Videos**

Understanding Pain in Less Than 5 Minutes

### **-GP referral:**

Make an appointment to see your GP who will decide if you may benefit from a referral to the MSK service and will then be contacted by the service to arrange an appointment with the right clinical team.

### **-Important information**

Attending your appointment or informing us in good time if you need to cancel keeps waiting times low for yourself and other patients, this helps to reduce costs to the NHS. If you need to change your appointment or no longer want an assessment, please call the service at least 48 hours prior to your appointment so it can be offered to someone else.

If you are late for your appointment it may be rescheduled for another time and if you do not attend your appointment without notifying us you may be discharged from this service.

If you require a translator please contact the service prior to your appointment and state the language assistance you require.

### **Data protection and patient confidentiality**

Sharing your data, is always anonymised and cannot be traced to you, this enables the musculoskeletal service to continually improve. By working with Camden, we can improve the population's health by spotting neighbourhoods which might benefit from some targeted intervention, for example we might discover that certain areas have higher hip fractures from falls and we can work with GPs on managing osteoporosis.

**Thank you for being partners in improving care.**

### **Patient and GP support, comments, complaints and suggestions**

Our support team are here to help you, if you have any queries, questions and feedback regarding your care please contact [uclh.camdenmskhub@nhs.net](mailto:uclh.camdenmskhub@nhs.net) or **020 3 447 7779** (lines are open Monday to Friday between 9am - 5pm).

Please contact our Named Care Coordinator on **0203 447 7779** if you have a specific query about your referral or the care that you are currently receiving.

**Please Visit our Website! [www.camdenmsk.nhs.uk](http://www.camdenmsk.nhs.uk)**

Working with the people of Camden to achieve the best musculoskeletal health