

### Contact details

#### **Somerset Community Pain Management Service**

Telephone: 01823 343151

### Further information

Prior to your appointment with our service you may find it helpful to access the following websites for further information and advice:

#### **Somerset Community Pain Management Service**

For further information on our service please visit our website:

[www.somersetpain.co.uk](http://www.somersetpain.co.uk)

#### **NHS Choices**

[www.nhs.uk](http://www.nhs.uk)

#### **Pain Toolkit**

[www.pain toolkit.org](http://www.pain toolkit.org)

### Our mission statement

Empowering people with persistent pain to develop their understanding, skills and confidence to live a full and meaningful life.

# **Somerset Community Pain Management Service**

## **Introduction to Our Services**

## **Who are the Somerset Community Pain Management Service?**

We are a team of specialists who work with people living with persistent pain.

### **Who do you see?**

We see people who have had persistent pain for more than three months which has changed the way they live their lives.

It is important that before you attend our service your own doctor or a specialist has looked into the possible causes for your pain.

When all necessary investigations have been completed your doctor or specialist may discuss the option of referral to this service.

If you would like a referral to the Somerset Community Pain Management Service, please ask your GP to refer you, if appropriate.

### **What do you do?**

Our aim is to support people and work with them to find ways to improve their quality of life despite having persistent pain.

### **We have learnt that:**

- There aren't any simple explanations for persistent pain or short term solutions
- Pain is unique to each person
- Pain affects many of the activities that people value the most

- Persistent pain seldom means that your body is "damaged"
- People tell us about the different ways pain affects their lives. Some of these include:
  - Occupation, or being out of work
  - Social life
  - How they think and feel
  - Relationships with friends and family
  - Activities and hobbies

### **What we don't do**

We don't offer pain relieving injections or acupuncture or provide TENS machines as evidence suggests that, at best, they may provide only short term pain relief.

TENS machines can be purchased from various high street retailers, or online.

### **Your appointment**

We currently hold clinics at various locations county-wide.

You are welcome to bring a family member or a friend with you.

Please complete the information enclosed with your appointment letter.

### **During your first appointment we can:**

- Look at the information you have completed so we can focus on the things you want to talk about, that are important to you
- Spend time listening to you so we can have a better understanding of how your pain is affecting you

- Listen to how you have tried to manage your pain so far
- Look at how best to support you in managing your pain
- Support you to begin to develop a plan that will help you achieve the things that are important to you

**Should you not attend your appointment and not notify us in advance, your case will be clinically reviewed and, where appropriate, you will be discharged back to the care of your GP.**

### **What happens after my appointment?**

If you require a further appointment, this will be sent to you in the post.

Any other outcomes or referral to other members of the team or another part of our service will be discussed with you at that appointment.

If you need to reschedule your appointment for any reason, please let us know by telephoning 01823 343151.

Please note: In the event you have to cancel three or more offered appointments a clinical review of your referral will be required.