

## Chronic Pain Clinic

# Welcome to the Pain Clinic

### Aim of the clinic

We aim to provide you with the skills necessary to enable you to manage your pain and symptoms more effectively. This may be achieved by a number of different interventions as described below. Each patient will have a plan to suit their individual needs

### Clinic staff

Three consultants

Six qualified nurses

One health care assistant

Two secretarial/admin staff

### On arrival

Each time you attend the clinic you will be asked to complete questionnaires which help us to plan your treatment and evaluate your progress. You will then be assessed by a doctor or nurse, and the first visit will usually include a physical examination. It would be helpful if you bring a list of all your current medication.

### Interventions (things we can do to help you)

- **Medication**
  - As well as pain killers there are other drugs which may alter your pain experience. You may need to take these for several months but eventually our aim is to help you take fewer medications.
- **Transcutaneous Electrical Nerve Stimulation (TENS)**
  - This is a small battery operated device that works by blocking the painful sensations on their pathway in the spinal cord. Stimulation occurs through adhesive pads placed on the skin.
- **Nerve blocks**
  - These are injections carried out by a doctor as an outpatient at Ely Day Surgery Unit or Addenbrookes Pain Clinic. Information on specific interventions will be given prior to treatment.
  
- **Psychological therapies**

- Pain can cause distress and upset and has both physical and psychological (body and mind) features. It may be helpful to look at both of these areas in the search for better pain control.

## **Points to remember**

1. Please bring your glasses if you need them for reading.
2. Always bring a list of all your current medication.
3. Take all your regular medication on treatment days unless advised to omit anything by the Pain Clinic.
4. If there is any possibility you may be pregnant please inform the doctor or nurse.
5. Treatment usually takes place at Ely Day Surgery Unit. Your stay may be between two to four hours, and you must have someone to drive you home.

## **Contacting the clinic**

You may telephone us Monday – Friday between the hours of 0900 and 1700 if you have any questions. Outside of these hours, please leave a message on the answerphone. One of our staff will be happy to answer any questions. We aim to make your visit as informative as possible, and we make every attempt to keep waiting to a minimum. If there is any aspect of our service that you are not happy with, please let us know.

**Telephone number:** 01223 217796

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

Please ask if you require this information in other languages, large print or audio format:  
01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

## Gujarati

تکایہ پرسیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

## Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براہ مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

## Document history

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