

Chronic Pain Management Service

**Sanders Square Clinic
Sanders Square
Macclesfield
Cheshire
SK11 7SE**

Phone: 01625 663 502



@EastCheshireNHS

Introduction

Welcome to the Chronic Pain Management Service which is based at Sanders Square.

Chronic Pain is very complex affecting every aspect of your life. The aim of our service is to help you to manage your pain better. Things that we can help you with to allow this to happen could be:

- Ensuring a better understanding of your pain
- Helping you to move in a more normal manner and to have an appropriate level of activity
- Helping you to manage the anxiety and depression that often accompanies pain and can exacerbate it
- Ensuring that you are on appropriate medication where the benefits outweigh the side effects

The Team

Most patients require a combination of approaches tailored to their individual pain problem. In order to achieve this you may work with a team of professionals who specialise in Pain Management. Our team includes

Clinical Nurse Specialist – consultation will include discussions about your pain history, investigations, diagnosis, sleep pattern, mood, medications and other treatments.

Specialist Physiotherapist – will assess the effect of your pain on your movement, posture and general life which may result in advice on exercises and activity management.

Cognitive Behavioural Therapist (CBT) – will assess how your thoughts, feelings and behaviours impact on your pain.

Doctor – will review your past and current treatment after which they may give advice and suggest an ongoing management plan.

Patient Information Leaflet

Before attending the clinic

We will ask you to complete a questionnaire prior to your first visit. This will include questions about anxiety and depression. This information is invaluable please remember to bring it with you to your first appointment.

Your first consultation

Your first consultation will be with the Specialist Pain Nurse for a triage appointment, typically lasting 30-40 minutes. You may find it hard to describe your pain and the effect it has on your life, but this will enable the Specialist Pain Team to plan the appropriate treatment for you. At this and all appointments within the service your views will be listened to. You will be involved in decisions made about your care such as which member of the team you would benefit most from seeing next and the plan from there on. A report will be then sent to you and a copy to your GP explaining the plan.

Programmes

The service offers a 10-week Pain Management Programme (PMP), a 6-week exercise and pain education group and a CBT led Mindfulness course. You will be assessed for suitability for these group programmes and invited to information sessions.

If you would like to find out more about PMPs before coming to your appointment you could go to the British Pain Society website (www.britishpainsociety.org) and seek out their patient information leaflet.

The Chronic Pain Service is available on **01625 663502**, Wednesday and Thursday 8.30-4pm and Friday 8.30-3pm.
Or email ecn-tr.chronicpainservice@nhs.net

We look forward to helping you manage your pain and get your life back on track.

Further Information & Support

www.painconcern.org.uk

Phone: 0300 123 0789

www.action-on-pain.co.uk

Phone: 0845 6031593

Comments, compliments or complaints
 We welcome any suggestions you have about the quality of our care and our services. Contact us: Freephone: **0800 1613997**
 Phone: **01625 661449**
 Textphone: **01625 663723** Customer Care, Reception,
 Macclesfield District General Hospital, Victoria Road,
 SK10 3BL
 For large print, audio, Braille version or translation, contact
 Communications and Engagement on **0800 195 4194**.

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 (including e-cigarettes)**

For advice on stopping smoking please contact the KICKSTART Stop
 Smoking service on **0800 085 8818**.

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If you have any comments about how we can improve our services please inform a member of staff in the department or complete a comment card available throughout the hospital.
 Macclesfield District General Hospital, Victoria Rd, Macclesfield SK10 3BL