

Pain Management Service: Pain Early Information Sessions

Our Pain Management nurses, doctors, physiotherapists and psychologists all know that pain is real and understand that you are the only person who can tell us about your experience of pain.

We know that each person's experience of pain and how they are affected by it, is unique, which is why each person needs an individual pain management plan. We will discuss this with you when you attend the service.

We also know that having information early and learning more about pain self management can help people to live better with pain, and has been shown to make a real difference in people's lives.

We hope that you will participate in these sessions and at the end have ideas for your own pain self management plan.

What does it involve?

There are two sessions in total, one via video lasting up to 1.5 hours and one by telephone lasting 15 minutes. It is important for you to participate in both sessions.

We will be introducing the science of pain and factors that affect your experience of pain alongside some tools that might help you to manage pain in your life. There will be time for questions and some discussion in the second session.

Who will be there?

The first session is led by 2-4 members of the pain management team and there will be a group of approximately 20 other people living with chronic pain.

The second session will be a telephone call with a member of the Pain Management Team.

Topics included in the Sessions;

✓ How pain works in the body

We know that learning more about what's happening in our body when we have chronic pain, can help us to understand why using pain self-management tools can make a difference.

✓ Managing your activities

Many people feel that they have had to reduce what they do, or that trying to do certain activities can increase their pain. Finding new ways to adapt routines and build up activities can improve your everyday life.

✓ Thoughts and Feelings

People with persistent pain often feel fed up and frustrated. You may have experienced low mood and felt anxious. We will discuss the link between thoughts and feelings and how this can affect your everyday life.

✓ Medications for Persistent Pain

Taking medications is only a small part of how you might manage your chronic pain.

How do I book?

Please contact the number or email address on the letter you have received, and we can arrange a date for the sessions.

What else do I need to know?

We ask that you attend both sessions. There will be some paperwork for you to complete. Let us know if you need any additional help.

If you do not respond then we will assume you do not wish to come along to our service and we will remove your name from the waiting list. We will also inform your GP.

Please call the number on your letter if you cannot attend and we can arrange a further appointment for you if appropriate.

What happens at the end of the Sessions?

You will now have an idea of what we offer within the Pain Management Service. You may feel confident to start making some changes to your life from what you have already heard.

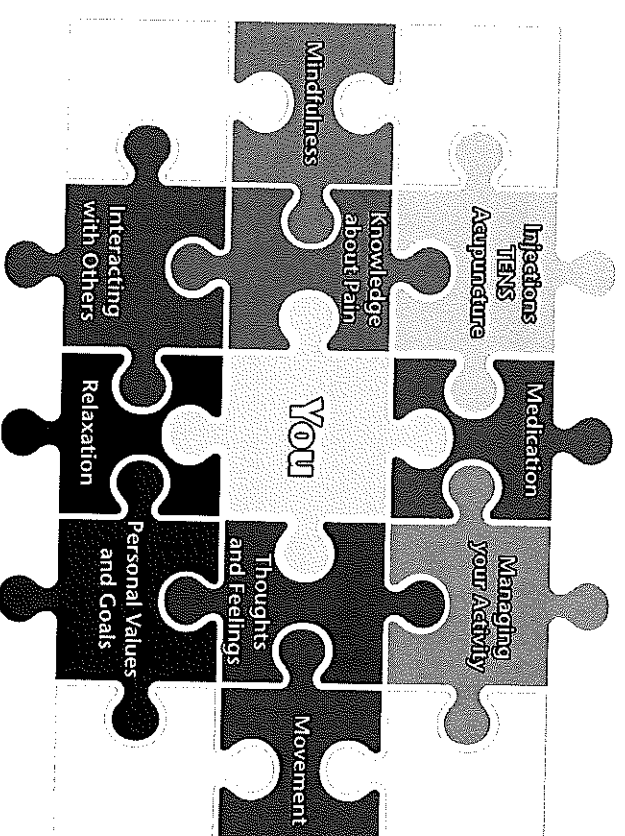
Following these sessions you will receive a letter inviting you to attend an individual appointment in clinic. If you think this is going to be the best next step for you in your care, please contact us when you receive the letter.

We look forward to meeting you.

NHS GGC Pain Management Service

If you need this information in any other language or format, please contact us.

Greater Glasgow and Clyde Pain Management Service Virtual Pain Early Information Sessions



Hello!

Would you like to learn more about Living Life well with Chronic Pain?

Please attend our Virtual Pain Early Information Sessions to hear more about the Pain Management Service and share with us what you would like to gain from coming to our service. This will help us plan your care together.