My Planned Care Patient Information Platform

The Mid Yorkshire Hospitals NHS Trust

Pain Management

Introduction

The Covid pandemic has had a significant impact on all the NHS including the Mid Yorkshire Hospitals NHS Trust's ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the specialty level guidance appropriate for your condition.

The Mid Yorkshire Hospital NHS Trust will aim to provide you with a date for your procedure as soon as possible. We are committed to making your experience before, during and after your procedure as pleasant and safe as we can.

In turn we would like patients on our waiting lists to help themselves to ensure they have the best possible outcome and that means preparing your mind and body by using lifestyle changes, where necessary.

Guidance for Patients

Our Pain Management services are based on the Pinderfields, Dewsbury, and Pontefract hospital sites.

Our website also contains a special section for patients and visitors on what happens when you arrive at the hospital, your recovery, a map of the hospital and useful information about who you might meet and what to expect. Please access it by clicking here.

What should I do if my health is deteriorating?

Urgent Health Advice
For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies
For something life threatening such as severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries are still open
If you experience an increase in pain or a change to any symptoms, you should in the first instance contact your GP for review and advice. Your GP will be able to contact the hospital if they feel you need to be seen sooner.

Mental Health Support

The contents of this information have been reviewed and approved by the Planned Care Operational Forum of the Mid Yorkshire Hospital NHS Trust.

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Waiting for hospital treatment can be a worrying time, so please don't delay asking for help if you are struggling with your mental health. If you've been feeling low or very anxious and this is affecting your day-to-day life, you should consider going to see your GP (doctor).

Depending on where you live there are some other services that can support you to help you understand and manage problems like anxiety, stress, and low moods. Below are links to both Wakefield and North Kirklees services to try:

- Wakefield
- North Kirklees

Contact Us

To contact the Pain Management team please refer to the number on your appointment letter or call the Trust switchboard on: Tel: 01924 541000

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