My Planned Care Patient Information Platform

University Hospitals Coventry and Warwickshire NHS Trust

First Outpatient Appointment - Pain Management Service

Introduction

The Covid pandemic has had a significant impact on the NHS 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 on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Persistent pain (chronic pain/ long term pain) is when pain persists or reoccurs for longer than 3 months. There are a multitude of reasons where an individual experiences pain. Sometimes, there may not be specific reason for this pain. Anaesthetic and steroid injections are a common treatment for a number of conditions, where the medication will be delivered close to the suspected cause, this can help to identify the source and also treat pain by reducing inflammation.

Please read the following information in conjunction with the staying healthy guidance and also the clinical guidelines for your specific procedure/condition.

Guidance for Patients

Long term pain conditions can be treated in a multitude of ways. Medication, injections, physiotherapy and patient education plays a great role in managing chronic pain conditions.

While waiting for treatment, there are a number of things a pain patient can do.

1. Exercising when possible and keeping active are key in the management of persistent pain. Lack of activity can contribute to stiff muscles and can lead to muscle weakness.
   https://www.warwickshire.gov.uk/fitterfuturesphysicalact

2. Medications- simple analgesics like Paracetamol, Ibuprofen will help in musculoskeletal pain. Sometimes, stronger pain killers like codeine may help. Your GP may be able to prescribe other medications if needed.

3. There are a number of resources available which can provide you with skills and healthy tips to self-manage pain.
   https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain
   https://www.paintoolkit.org

4. Sleep can be significantly affected in certain patients. Sleep hygiene can help in this situation.
   https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/
   https://www.sleepfoundation.org/sleep-hygiene

The contents of this information has been reviewed and approved by the UHCW My Planned Care Committee of UHCW NHS Trust.

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What should I do if my health is deteriorating?

If your health is deteriorating, you need to be seen by your GP for review and further assessment and management.

Contact Us

GMBPAINMGT@uhcw.nhs.uk – We will respond to your email within 48hrs

Telephone 02476 965880

Version 1: March 2022

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