

# Persistent Pain Service

## Information for Patients Living with Pain

### Preparing for An Appointment with Us

To get the most from your appointment, please note the following:

- Bring reading glasses or hearing aids if you need them.
- Bring a list of all the medication you are currently taking.
- If you need an interpreter, please mention this when we make your appointment.
- Write down any questions that you would like answered and bring them with you. It is easy to forget to ask them during the appointment.
- If you cannot make your appointment for any reason please contact us as soon as possible on 0300 303 8063. If you don't, it may lead to a delay in you being seen.

### Who Will I See?

Your appointment will be with one of our pain specialists. The team consists of:

- Pain Consultants
- Clinical Psychologists
- Specialist Nurses
- Advanced Physiotherapy Practitioners
- Pain Practitioner

As a team we work together to help people with persistent pain. We also work closed with local GPs, community pharmacists, wellbeing services, and representatives of community and voluntary groups to provide a range of services and expertise to help you manage your pain more effectively.



Sussex MSK Partnership is brought together by

*“Being in constant pain has had a huge impact on my life”*

## **Persistent pain impacts on our physical, social, and emotional wellbeing**

**It can often feel like other people just do not understand** what it’s like to be in pain every day and how it affects you. So many factors can influence your pain that simply treating one aspect of the problem is very rarely successful.

**The evidence shows that pain is best managed using a multidisciplinary approach** where a number of management approaches and options can be combined to provide effective care. The Pain Service draws on current evidence and the wide expertise of a team of health professionals who work together to support people living with pain.

**At your first appointment you will have a full assessment carried out by one of our pain specialists.** The appointment lasts 30-45 minutes. This gives us time to look at other factors that may affect your pain such as lack of sleep, low mood, anxiety, activity and diet. You will have a chance to ask questions and find out more about what you can do to manage your pain in the long term.

**We want everyone that is seen in the service to be involved in the decisions made about their care.** The clinician will discuss management options with you and you can then decide how you want to proceed. You do not have to make a decision on the spot – sometimes it helps to go away and think about it for a while. It can also be helpful to talk to friends and family before making any decisions.

## **How Do I Make an Appointment?**

If you would like an appointment in the pain service and to speak with a Patient Care Advisor:

Please call: 0300 303 8063

Or Email: [brighton.mskpartnership@nhs.net](mailto:brighton.mskpartnership@nhs.net)

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