

Sussex MSK Partnership

Pain Management Programme - Pathway

Step one – Advanced Practitioner appointment:

The first step on your journey towards a Pain Management Programme (PMP) will be meeting with one of our Advanced Practitioners or Clinical Specialist in Pain. They will complete an assessment, and if appropriate, they will discuss the PMP, give you information on the course and the option to opt-in for a Pain Management Programme assessment.

Step two – Opting-in:

You can opt-in by discussing with your Advanced Practitioner or by contacting our administration team by phone: 0300 303 8063 or by email: here.brighton.smskp@nhs.net

Step three – Dates and locations:

Once you have opted in, you will be contacted by our team who will go through the dates and location of the next PMP. If you are able to attend all of the sessions offered, you will then you will move onto the next step. If the dates and location are not suitable, you can remain on our PMP waiting list and will be contacted about future dates/locations when appropriate.

Step four – Booked in for a PMP assessment:

Our administration team will contact you to book an assessment with one of our Pain Psychologists and Clinical Specialists.

Step five – Attend PMP assessment:

The PMP assessment involves 2 x 45-minute appointments. One with the Pain Psychologist, and one with the Clinical Specialist. The aim of these assessments is to discuss if the group would be an appropriate intervention for you. Once completed, the clinicians will meet to confirm if they think you will benefit from the group.

Step six – Confirmation:

Our administration team will contact you to confirm the outcome of the assessment, and provide any final details that you may need for the group.

Step seven – Attend 6-week PMP course:

The PMP is a 6-week long course, with 12 sessions. The group meets twice per week for 3 hours each session.

Step eight – Follow-up:

You will be invited to a follow-up session 3-months after the end of the PMP group. The aim of this session is a check-in on your progress, and a chance for you to ask any final questions about the content of the course and how you can continue to self-manage moving forwards.