

The team:

Our team is made of experienced specialised professionals in pain medicine:

- Pain consultants
- Specialist nurses
- Clinical psychologists
- Specialist physiotherapists;

The multi-disciplinary input that we are able to provide aims to help you to improve your quality of life. We acknowledge the real problems and difficulties that are usually present when someone suffers persistent pain and we are here to help you in your treatment journey.

Contacts

Pain Management Unit:

0118 322 8261 (Mon-Fri 9am-5pm)

More information available on the Trust website: www.royalberkshire.nhs.uk

Pain Management Unit
Royal Berkshire Hospital
Level 2 South Block
London Road
Reading RG1 5AN
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This document can be made available in other languages and formats upon request.

Our values:

CARE - Compassion Aspiration
Resourceful Excellence

Pain Management Unit, August 2017
Review due: August 2019



Royal Berkshire
NHS Foundation Trust

Multi-disciplinary
assessment

Information for patients

Pain Management Unit

If you have been invited to attend a multi-disciplinary assessment at the Royal Berkshire Pain Management Unit, this leaflet is designed to help you.

Who will be present?

There will be two or three health professionals at the appointment: a pain consultant, a clinical psychologist and a physiotherapist, all members of the Pain Management Team. Sometimes there may be a student or clinical trainee present, with your consent.

The aim of the appointment is to gain an understanding of your pain and the impact it has on your life. We recognise that pain affects many different areas of your life.

This assessment allows us all to think together about how best we can support you.

What happens at the assessment appointment?

You will receive some questionnaires with your appointment letter and we would be grateful if you could complete them and give them to us at the assessment. The

information you give in your completed questionnaires will help guide our decisions and treatments.

During the assessment you will be given the opportunity to tell us:

- About your pain: when and how it started, whether it fluctuates etc.
- What you have already tried for managing or controlling your pain
- What you currently do to manage or control your pain and how effective this is
- Your current medication
- How pain affects your everyday life
- What support you have
- What you hope for from the Pain Management Team
- How your pain affects your mood

You will also have the opportunity to ask any questions you may have about your pain. If you would like to speak separately with one of the team, this is possible.

At the end of the appointment the pain team members will discuss the best treatment route and then share their ideas with you. There will be more opportunities to ask questions and to make choices about treatment options. After the appointment your treatment plan will be

outlined in a letter to you, your GP and perhaps other health professionals who are involved in your care.

What treatment choices are available?

- Medication: the pain consultant may write to your GP to suggest changes in your medication
- Further medical interventions or investigations
- The group Pain Management Programme
- Individual sessions with a psychologist or a physiotherapist
- We may ask your GP to refer you for other treatments