

Top 10 pain management tips

- Try to keep as active as possible through regular gentle exercise.
- Take your painkillers as prescribed to manage your pain.
- Try to keep going with your usual everyday activities.
- Pace yourself. Spread your activities over time and don't push through pain.
- Try to change your position regularly.
- Practice relaxation, tension can make the pain feel worse.
- Try to communicate your needs to those around you; people will want to help.
- Set small achievable goals and recognise your improvements.
- Try to focus on positive ways to manage your pain and challenge any unhelpful thoughts.
- Remember "hurt does not always mean harm".

Warning signs

If you have a new constant severe pain that is not eased by rest and is getting worse, or you have changes to your bladder and bowel control, or you are unwell with pain, you should see your GP.

Contact us

Nottingham Back and Pain Team
Nottingham University Hospitals NHS Trust,
Mobility Centre, City Hospital campus,
Hucknall Road, Nottingham NG5 1PJ

Tel: 0115 993 6626 (Please ring between 8.30am and 4.30pm.)

Fax: 0115 9936627

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus):

0800 052 1195

Freephone (QMC Campus):

0800 183 0204

From a mobile or abroad:

0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS,
Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

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Nottingham Back and Pain Team

Information for patients

Nottingham Mobility Centre

This document can be provided in different languages and formats. For more information please contact:

Tel: 0115 993 6626
(8.30am - 4.30pm)

Have you tried different treatments and wonder if you are going to have to live with pain forever?

Are you worrying about the future?

Persistent pain affects the quality of your life. It affects your work, hobbies and your home life.

Family, friends and colleagues may not understand what you are going through.

The Nottingham Back and Pain Team offer an opportunity to help.

The Nottingham Back and Pain Team offer a programme that is run by physiotherapists, nurses, occupational therapists and cognitive behavioural therapists.

We aim to help you manage your long term pain, prevent disability and improve your quality of life. We encourage you to make changes through activity and exercise, education and relaxation strategies. In a relaxed and informative setting.

As a team we provide a thorough approach to tackling the effects of persistent pain and the impact it has on many parts of your life.

Assessment

Once referred, you are asked to contact us by phone to book an assessment. Please allow 1½ hours for the assessment. You will be asked to complete a questionnaire, give a detailed history and identify your problems. We can write to your employer if you need time off work to attend a treatment programme.

If a programme is not appropriate you may be referred on to a more suitable department or discharged.

Programmes

Programmes are run in local authority leisure centres around Nottingham. You will need to commit to attending the full programme, which will be up to one half day per week for seven weeks. The groups are a maximum of 15 people. You stay in the same group for the whole programme.

You will receive education into self-management principles for long term pain.

Topics covered include:

- Pacing and activities
- The body and why pain persists
- Sleep and relaxation strategies.
- Physical and emotional stress
- Exercises and their benefits
- How to manage a set back/flare up
- Support with work issues

You will be given a workbook to support the information given during the programme.

Exercise

You will be taught an exercise and stretching programme to do at the class and at home on a regular basis. This will help you become stronger and more flexible, which will make it easier to manage physically and may help to ease your pain. You will also have the option of using the leisure centre gym facilities free of charge during the group session.

When attending the programme you should wear comfortable clothes and soft soled shoes. Bring reading glasses if required and take your painkillers as usual.

You will also set a personal goal, something you wish to achieve on your treatment programme.

On going support

After the programme you will be contacted by telephone for a follow up review session.

You will also be able to contact the team about your pain for the following 12 month period by phone.

We also offer drop-in sessions, that run through out the year.