

The Chronic Pain Management Team: A Patients Guide to the Virtual Pain Clinic



Alder Hey Children's Hospital

Aims of the service

The aims of the chronic pain management service are:

- ❖ To help you manage your pain better
- ❖ To help you feel more in control
- ❖ To help you achieve the goals you set yourself
- ❖ To problem solve with you how your particular problem affects your school and social life
- ❖ To help you live well in spite of pain

What is The Pain Management Clinic?

- We are a specialist team who help children and young people with long-standing (chronic) and complex pain problems.
- We do this by providing treatment and support for them and their families.

Before your first appointment . . .

- We may contact other health professionals who are involved in your care, e.g. your GP, the school nurse.
- You are receiving some questionnaires with this appointment letter, we ask you to complete these and return them by post in the pre-stamped addressed envelope
- We also ask you to have a soft item, like cotton wool or tissue paper; and a sharper object like a cocktail stick or fork available at the time of the appointment.

Who will you see at your first appointment?

A combination of these people are likely to be present at your virtual appointment:

The Doctor – is a specialist in the management in chronic and complex pain. They will ask you about how the pain first started, what it feels like, and what medicines or treatments you have tried.

- They will advise and make decisions on starting and stopping medicines; and refer to other specialists if needed.

The Psychologist – asks you and your parents how your pain problems are affecting your everyday life e.g. family life, school attendance and hobbies; and how this makes you feel and think about your pain.

- They will discuss ways to help concentration, sleep pattern and self-esteem.
- They can help you manage the range of emotions that you may feel living with chronic pain.
- They help you with pain management, problem solving barriers to achieving you goals and coping strategies.

The Physiotherapist – asks about how the pain has affected your mobility, activity levels and independence.

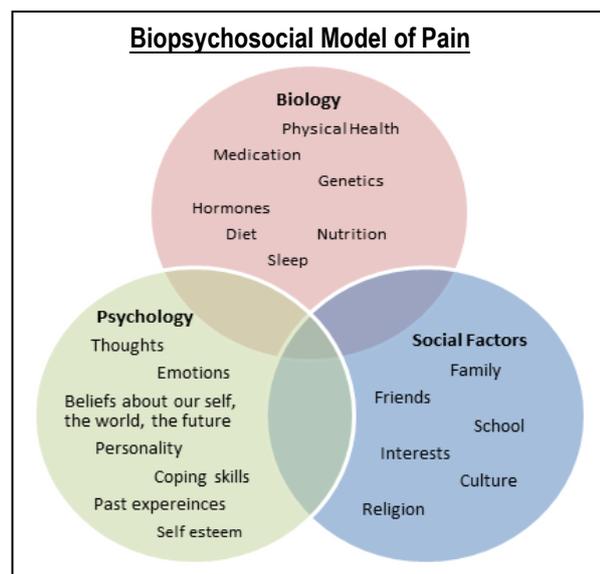
- They help you understand the effects of pain on the body and why movement is important.
- They help you use graded exercises, movement and physical activity to improve your pain management.
- They help you set your goals and how you achieve them.

Specialist Pain Nurse – will co-ordinate your care in the service and is a point of contact for further information.

- They provide support with coping strategies; sleep and relaxation techniques; pain management techniques eg TENS, Acupuncture; and medicines advice.

Why do we work in a multidisciplinary team?

- It may sound scary talking to several people at once, but we have found this is one of the best ways to work with pain problems.
- Chronic pain problems are often influenced by a variety of factors, so we use a combination of psychological approaches, physical therapy and medications to improve it.
- Having a range of professionals involved means we can provide co-ordinated help and advice for your needs.
- We understand that chronic pain causes considerable worry and stress for you and your family and we aim to help with both the causes of your pain and the effects of living with it.



What will happen at your first virtual appointment?

- There will be a combination of members of the team at the virtual appointment at the same time. Everyone has a different but equally important role.
- Your first appointment will last for one and half hours. During this time we will ask you lots of questions.
- This helps us to understand your pain, the problems it causes you and how it affects your life, like school and your social life.
- Due to the limitations of a virtual appointment our ability to examine you is limited. However we will ask you to do a number of movements to provide the team an indication of your baseline ability and your current limitations. These tasks may include walking on tip toes; walking heel to toe; balancing on one leg; bending and stretching.
- We also ask you to have a soft item, like cotton wool or tissue paper; and a sharper object like a cocktail stick or fork available. We may ask you to use these to assess what you can feel in the painful area. You can ask your parent to help with this if you need to.
- Once the team has finished the assessment we will place you on hold for up to 10 minutes.
- In this time we put together a treatment plan for your individual needs to then tell you in the final part of your appointment.
- We then come back and talk with you to agree a treatment plan with the whole team.

During this time of COVID-19 pandemic and social distancing, the support we can offer may be limited compared to what we previously able to provide. We are making efforts to maintain the multidisciplinary nature of our service, but it may not be possible to provide all aspects of the service in a virtual capacity. We also try and integrate your pain management plan with your school and with the current limitations on school attendance during COVID-19 this may be more challenging.

Contact details

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www.alderhey.nhs.uk
Hospital switchboard: 0151 228 4811

Pain office: 0151 252 5003

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We have an answerphone therefore if no one immediately answers the phone, leave a message and we will get back to you as soon as possible.

