

## Information and research

The pain management service is always involved in research and audit. This information will help to improve the service and the treatments that may be available to you.

We may use the information you give us for clinical audit purposes. We will comply with the requirements of the Data Protection Act (1988). In particular we will take all reasonable steps to make sure data is processed fairly, kept secure, protected against loss or damage and only disclosed (unless required by law or legal process) on a need to know basis.

If you do not want your information used for audit purposes please tell us. This will not affect your care.

## Useful further information

[www.paindata.org](http://www.paindata.org)

[www.chronicpainscotland.org](http://www.chronicpainscotland.org)

## Notes for your first appointment

Acute Services Division



## Information about The Pain Management Service



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Greater Glasgow and Clyde  
Pain Management Service

This leaflet will give you information about the Glasgow and Clyde Pain Management Service (PMS)

## What is the Pain Management Service?

The PMS is a team of professionals, who are all specialists in the management of persistent pain. The team consists of;

- Doctors
- Nurses
- Pharmacists (not at all sites)
- Physiotherapists
- Psychologists
- Administration staff

You may see one or all of these people whilst you are attending the pain clinic.

## What does the Pain Management Service do?

Our aim is to help you to reduce the impact that persistent pain has on you and to help you live a more fulfilling life, despite having pain. It is unlikely to offer you a cure for your pain. However, by working together with you, we hope to provide you with strategies to help you to be able to live and function better with your pain.

Some of these strategies will include

- Effective use of medication
- Learning more about persistent pain

- Supporting you to develop your own self-management strategies
- Becoming more confident with movement and exercise
- Help to manage your emotions more effectively
- Assessing the suitability of other interventions such as the use of a TENS machine, or injections

## Preparing for your first appointment

If you have been sent a questionnaire, please try to complete this and bring it with you. This helps us to meet your specific needs.

Bring an up to date list of **All** your medication.

It is very important that you think about what you are looking for from our service, and what you hope to achieve moving forward (i.e. your goals). It may help to note these goals down at the back of this leaflet.

## Your first appointment

You will see one of the members of the pain management team, and you may have a physical examination. This appointment is quite in depth, covering many aspects of your day to day life and how you manage this with pain. At your appointment we will agree a pain management plan with you.

## What happens after this?

We may arrange appointments for you with other members of the team if required. As we will all work together with you to help you to manage your pain better, it is important that you attend all appointments with the pain management team.

Research and experience tells us that to achieve the best outcomes, you should be actively involved in all aspects of managing your condition. It is important to have an open mind and look at different strategies to help you live day to day, achieve your goals, and not just to rely on medication or medical treatments.

## Missed appointments

We know that it may be difficult for you to keep appointments. , If you are unable to come it is very important that you contact us as early as possible. If you do not attend, we will not offer you a second appointment and we will remove you from the clinic list. If you cancel an appointment, this will delay your treatment. If you do this more than twice, we will also discharge you from the service.