

# How can the Pain Management Service help you?

Some information before your appointment



You have been referred to the NHS Greater Glasgow and Clyde Pain Management Service. We hope this leaflet will give you an idea of what to expect from your visit to the pain clinic.

Chronic pain is a long term condition and like other long term conditions it needs to be managed well. There is unfortunately no easy fix for chronic pain, just as there is no easy fix for other long term conditions such as diabetes or asthma.

Like these conditions, chronic pain is best managed with a combination of medical treatments and things that you can do, for example changes to your routine or lifestyle. We know that pain can affect many areas of your life, and stop you doing the things that you want to do. We hope to help you get back to doing more of the things that are important to you, as this can be a helpful way of managing your pain in the longer term.

## Who are we?

We are a team of professionals who work together. You may see more than one member of the team whilst you attend our service.



Psychologists



Pharmacists



Nurses



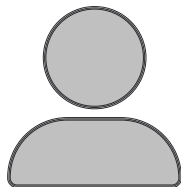
Physiotherapists



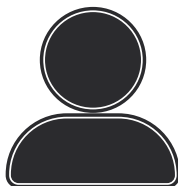
Doctors

## This is what we do....

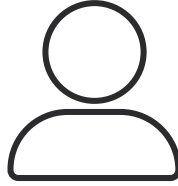
Listen to you and learn  
about your experience



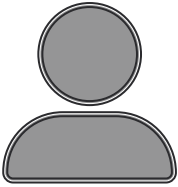
Help you develop  
knowledge and skills



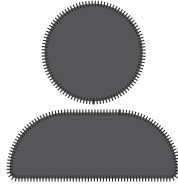
Treat you as an individual



Review the medication you take for your pain



Help reduce the disability and distress that pain causes



Help you live as well as you can with the pain



Our Goal is to work together with you



## What next?

We will send you further information about booking an appointment in the pain clinic.

In the meantime, if you can, please watch our video to hear more about what we do as a service.

<https://bit.ly/2M6Eo5H>

You may also find these websites helpful to get a little bit more information about chronic pain and how best to manage it.

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

[www.painconcern.org.uk](http://www.painconcern.org.uk)

If you require this leaflet in different formats, e.g large print, different languages, audio version then please contact the number provided.

