

Community Chronic Pain Management Discharge Information

The Community Pain Management Service is a short-term service. We help you to learn about techniques and/or treatment which can help you manage your pain.

Techniques and treatments are different from person to person. What works for you may depend on your medical history and diagnosis (if known).

You are being discharged because you have completed all suitable treatments and/or techniques, or you are managing your pain well.

Managing a pain flare-up

A flare-up is a sudden, short-term worsening of symptoms. You may have increased pain, tiredness, stiffness or be struggling with activities. It is hard to tell when a flare up may happen or how long it will last.

There are some things you can do to help manage a flare-up. Be kind to yourself – you didn't choose this. Caring for yourself and slowing down a little will help you get past a flare-up quicker.

By having an action plan for when your chronic pain flares up, you can feel more prepared and ready to cope. These are some things to include:

- Relaxation and mindfulness activities
- Prioritising tasks
- Doing less physical activity. Do not stop completely though - some activity is better than none
- Acknowledging that although you may feel bad just now, the pain will pass
- Doing what you can to soothe the pain like taking a warm bath or using a heat pad

If you are taking any pain medication, you might be able to make some temporary changes to this during a flare up. Discuss this with your doctor or healthcare professional in advance so you're prepared.

Managing pain after discharge

You can manage your pain by continuing to use the pain management techniques and knowledge that you have learnt with us. This might include:

- Continuing physical activity with our physical activity trainers or yoga therapist.
- Pacing your activity to prevent and manage pain flare ups.
- Practicing self-management techniques that work for you. This may include a TENS machine, hot/cold compress, or relaxation techniques.
- Being aware of and managing how your pain affects your mental health, mood and relationships.
- Continuing to use medication that works for you, as advised by the pain management service or your GP.
- Accessing private support services. (Services and useful resources which might be of interest are listed at the back of this pack.)

What do I do if I need urgent support in the future?

Please do not call the pain management service for urgent support as we will not be able to return your call quickly. You can:

- Contact NHS 111 helpline for advice over the phone
- Contact your GP surgery for review
- Attend a community walk-in clinic, urgent treatment centre or emergency department

Can I return to the community pain management service in the future?

You can contact us for advice, however, we may be limited in what we can do depending on what treatment you have previously had and the length of time since your discharge.

You may need a new referral from a healthcare professional as your pain condition or general health may have changed since we last saw you.

What should I do if I develop a new pain?

If you develop a new pain, you should discuss this with your GP in the first instance.

For pain which is musculoskeletal (MSK), for example, back, shoulder or knee, you may need to see a physiotherapist. You can self-refer to MSK physiotherapy on the contact numbers below:

Hull MSK Physiotherapy (Healthshare) - 01482 300003

East Riding MSK Physiotherapy - 01377 208300

Following this, if your pain is still not managed, a referral to the pain management service can be made by any healthcare professional.

Red flag symptoms of back pain

Are you experiencing a sudden/recent onset of any of the following symptoms?

- Loss of feeling and/or pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Loss of sensation when you pass urine or stool
- A recent onset of incontinence
- Difficulty passing urine

If you have answered yes to one or more of these questions you may require urgent medical assistance. Please present to A&E and tell them you think you have some symptoms of cauda equina.

<https://patient.info/bones-joints-muscles/back-and-spine-pain/cauda-equina-syndrome>

Useful Resources

Whilst we cannot recommend specific services, we can signpost you to directories of registered practitioners to help you make a choice.

Directory of professional registers

acupuncture.org.uk/find-an-acupuncturist/
www.osteopathy.org.uk/register-search/
www.csp.org.uk/public-patient/find-physiotherapist

Mood/psychological support services

Hull – NHS Hull Talking Therapies: 01482 247111
East Riding – NHS East Riding Talking Therapies: 01482 335451 or text TALK to 60163
Hull & East Riding - Mental Health CRISIS helpline: 0800 138 0990
Samaritans Helpline - 116 123

Support/social groups

EMPOWER - 01482 334057
Men in Sheds - 01482 803940
Versus Arthritis Hull - 0300 7900 400
Andy's Man Club - info@andysmanclub.co.uk
Women's Wellbeing Club - womenswellbeingclub.co.uk

Social Services

Community Occupational Therapy (OT) (Home assessment for adaptations/gadgets/aids to assist with independence in daily activities)
Hull 01482 300300
East Riding 01482 393939
Hull Carers Information & Support Service (CISS) – 01482 222220
East Riding Carers Service – 0800 917844

Other resources

www.paintoolkit.org - Pain Toolkit by Pete Moore
RENEW Hull - Drug and alcohol support - 01482 620013
www.changegrowlive.org/hull-renew
East Riding Partnership - Drug and alcohol support - 01482 336675
Smokefree Hull – - 01482 977617, www.changegrowlive.org/smoke-free-hull/home
East Riding Health Trainers - 0800 9177752, yourhealth.humber.nhs.uk

Versus Arthritis - www.versusarthritis.org/

Escape Pain Hip and Knee or Back Care Programme
eastridingleisure.co.uk/health/escape-pain/

NHS condition resources

www.nhs.uk/conditions/osteoarthritis/

www.nhs.uk/conditions/back-pain/

www.nhs.uk/conditions/rheumatoid-arthritis/

www.nhs.uk/conditions/joint-pain/

www.nhs.uk/conditions/fibromyalgia/

www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/

www.nhs.uk/conditions/joint-hypermobility-syndrome/

National Institute for Health & Clinical Excellence (NICE)

Chronic pain overview www.nice.org.uk/guidance/ng193

Low back pain and sciatica www.nice.org.uk/guidance/ng59

Community Pain Management Service

Telephone: 01482 247111

Choose option 3 (for everything else) followed by Option 9 (pain management)

If you would like this document in an alternative language or format, such as large print or Braille, please call 01482 976924 or email chcp.marketing@nhs.net

Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to:

Customer Care Advisor, City Health Care Partnership CIC, 5 Beacon Way, Hull, HU3 4AE.

Email: chcp.customercare@nhs.net, Tel: 01482 347 627