



Dorset Pain Management Service
Soaring above pain



**Dorset HealthCare
University**
NHS Foundation Trust



MODULE 1

The process of referring to

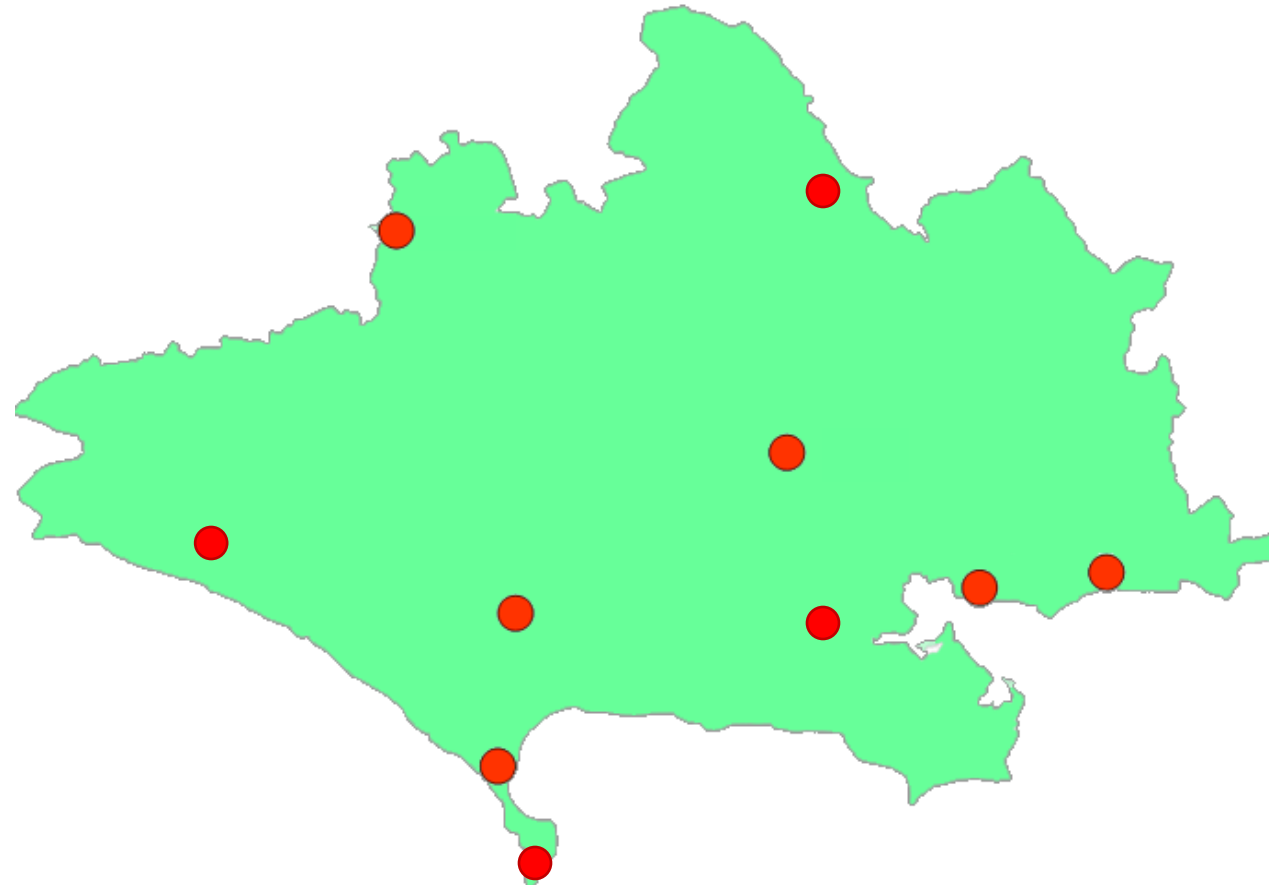
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Clinics run from locations across Dorset – Bridport, Sherborne, Dorchester, Weymouth, Portland, Blandford, Wareham, Shaftesbury, Poole and Bournemouth.



Interdisciplinary Team

- 
- Medics
 - ESPs
 - Pharmacists
 - Volunteers with lived experience
 - Administrators
 - Physiotherapists
 - Therapy Assistants
 - Psychologists
 - Psychological Therapists
 - Assistant Psychologists
 - Mental Health Nurses
 - Nurses
 - Occupational Therapists
 - Patient



SERVICE AIMS

Together, we provide a range of services so that we can tailor what we offer to match a person's clinical and personal needs.

We will support them to develop new skills to understand their body and deal with pain with greater knowledge and confidence. This will help them to come to terms with their pain and adopt effective strategies for living life meaningfully.

Please note: as we are a non-prescribing service we cannot provide prescriptions for medicines.



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Patients can watch the attached film on our website to decide if they want to be referred.

Is this service suitable for you?

https://www.youtube.com/watch?v=CekxSv_QTCY&feature=emb_imp_woyt



Referral Pathway

- GP referral form: Part 1
- Patient referral form: Part 2 (Questionnaire, available on website)
- Patient's watch orientation video (link here) and opt in
- Paper Triage
- Assessment
- Intervention
- Discharge with supported self - management



Orientation Video

As part of the referral process, people have to watch the attached video and choose to opt in.

1 to 1 orientation is offered to those who cannot access it.

[Download/Share video](#)



Referral Criteria

Inclusion

Patients who have pain

- Due to musculoskeletal, neuropathic, post-surgical, idiopathic reasons
- Lasting longer than 3 months
- Without Red Flags
- Whose diagnostic or treatment pathway is completed
- And are willing to work with biopsychosocial self management model

Exclusion

Patients who

- Need further investigations to determine cause of pain
- Have on-going interventions/surgery for the same problem (or are waiting)
- Have not yet had active rehab for an MSK condition
- Have acute mental health conditions
- Have unmanaged substance misuse
- Housebound patients need to be considered on a case by case basis.
- Are under 18

What we offer

- 1:1 input
- Patient can be on more than one pathway
- There is internal referral between clinicians to meet patient needs
- Group Pain Management Programmes
- Medical (consultant) and non medical pathways.
- Integration into existing community services
- Signposting
- Post Graduate Support
- Website
- Experts by experience.



Group Options (face to face and virtual dependent on circumstances).

Condition specific (FM, EDS, Pelvic Pain)

Full Pain Management Programme.

Exercise/activity specific (Aqua, Tai Chi, Exercise class at BU, Sleep)

Mindfulness (basic and for self compassion).

Abbreviated PMP.

www.dorsetpain.org.uk

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Is this service suitable for you?

Connections and Samaritans

Pain is really hard to live with. If things get too difficult - contact -
Connections - 24/7 helpline. Dorset residents or people visiting Dorset - call 0800 652 0190
Samaritans - Call 116123 if you need someone to talk to. Website - www.samaritans.org/

Coronavirus COVID-19 Support & Guidance more

Log in (for registered users)

Enrol on Self-Directed PMP

Peer support

PainPals Helpline – 01202 858361

Mon-Fri 11:00 - 17:00
Wed 14:00 - 17:00 only

Would you like to speak with someone who truly understands what it's like to live with chronic pain? Call our helpline, which is manned by volunteers who live with pain themselves.

[Or find out about other peer support options on our Peer Support page](#)

08:56
13/04/2021