

Where are we located?

To offer you the best service that we can, as close to home as possible, we operate out of several clinical and non-clinical locations in the areas below.

For details of all clinic locations please visit our website www.dorsetpain.org.uk



Would you like extra support?

With the generous support of our volunteers, we run a peer support service called the

PAIN CHAIN

If you would like to receive support from someone who lives in pain and is happy to share the benefit of their experience with you, please contact us using the telephone numbers given in this leaflet



Dorset Pain Management Service also provides **online support** to help you cope with your pain. To learn to manage your pain better, visit us at www.dorsetpain.org.uk

Our contact details:

Medical Administration Office

Littlemoor Health Centre, Louviers Road,
Littlemoor, Weymouth DT3 6SA
Tel: 01202 646000 (option 3)

East Pain Management Team Administration Offices

Poole Community Clinic, Shaftesbury Road,
Poole, BH15 2NT
Tel: 01202 646000 (option 1)

West/North Pain Management Team Administration Offices

Littlemoor Health Centre, Louviers Road,
Littlemoor, Weymouth, DT3 6SA

Yeatman Hospital, Hospital Lane, Sherborne,
DT9 3JU
Tel: 01202 646000 (option 2)



Dorset Pain Management Service
Soaring above pain

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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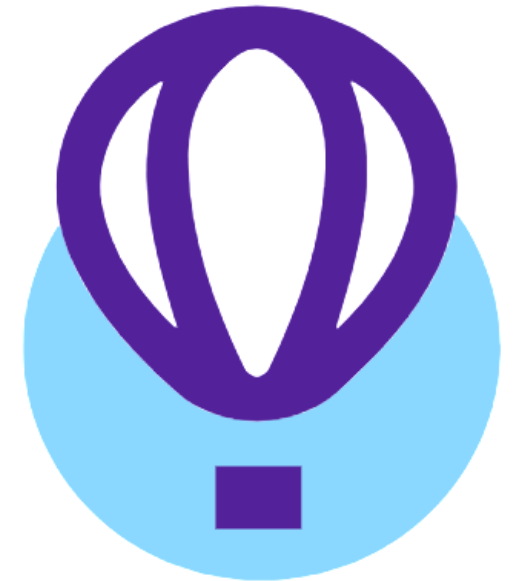
☎ 01202 277000 ✉ @DorsetHealth

🖱 www.dorsethealthcare.nhs.uk



**Dorset HealthCare
University**
NHS Foundation Trust

Welcome to Dorset Pain Management Service



Information for patients, relatives & carers

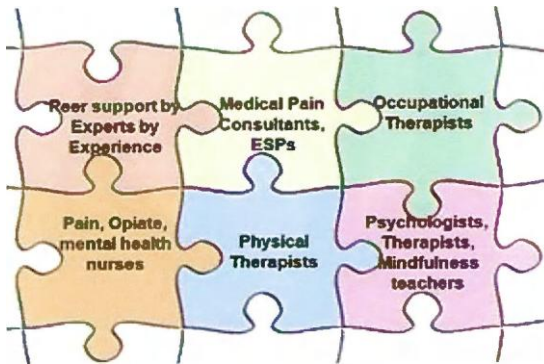


♥ Healthier lives 👤 Empowered citizens 🌱 Thriving communities

What is chronic pain?

- A common but challenging condition which affects 43% of people in the UK
- Lasts for longer than the expected time of recovery for any injury or condition
- Impacts negatively on several aspects of life, including our fitness and mobility, energy levels and appetite, mood and well-being, relationships, work and daily functioning, normal work and leisure.
- Chronic pain is one of the most challenging conditions we face in today's world.

Meet the team



Our multi-disciplinary team of pain specialists include:

- Our Experts by Experience/peer support
- Consultants in pain medicine
- Psychologists/psychological therapists
- Specialist physiotherapists
- Occupational therapists
- Specialist pain & mental health nurses
- Mindfulness teachers
- Therapy assistants
- Our fantastic admin support team

Our Four Pillars Model of Pain Management



What does this mean?

Pain Management involves:

- Using a 'bio psychosocial' approach to understand your pain, its causes and the way it affects your body and mind
- Reversing the downward spiral of pain by improving fitness and mobility, mood and well-being
- Engaging in a daily routine, which is meaningful for you by practicing a variety of useful techniques such as pacing, relaxation, gentle exercise ... being kind to yourself...learning to say "No!" when needed....
- Making positive healthcare choices in order to manage pain more effectively

After the Orientation Session at your first appointment, you will be able to:

- Meet a specialist pain practitioner for an assessment and discussion lasting up to 1 hour.
- Discuss your concerns associated with pain and explore the impact of chronic pain on your life.
- Discuss the effectiveness of any pain medications you might be taking.
- Jointly agree with your personalised self-management plan.

What happens if you can't attend an appointment?

Please let us know **as soon as possible** if you are unable to attend so that the appointment can be offered to someone else. A copy of our Did Not Attend Policy is available upon request. In summary we may discharge people who:

- Miss their first appointment without prior notice.
- Call to rebook their appointment but miss the second appointment we offer, without prior notice.
- Miss/cancel two out of three consecutive appointments with members of our team with or without prior notice.

This is barring exceptional circumstances, in which case we will do our best to accommodate your request to reschedule.