

Information about the Pain Management Service at the Astley Ainslie Hospital

Why have I been referred?

Your GP/ Consultant has referred you to the pain management service as you are currently experiencing chronic/persistent pain. This is pain that has lasted for more than 12 weeks. You may have tried many treatments with no improvement in your level of pain. You might also be feeling down, alone or that your family and friends do not fully understand.



What is Pain Management?

Pain management aims to help you adjust to living with persistent pain and can help improve your quality of life despite the pain. Pain management helps you to think about the areas of your life that pain has affected, such as day to day function, work, family, activity and mood, and how these could be improved. Research tells us that pain management programmes are helpful for people with persistent pain.

How could pain management help?

- Improve your understanding of pain
- Help reduce fear around physical activity
- Help address the impact pain has on your mood
- Improve your quality of sleep
- Learn relaxation skills to manage stress and pain
- Help friends and family understand your pain

What should I expect when I come to the Pain Management service?

- You will be assessed by a specialist pain Physiotherapist or Psychologist
- Your appointment will last approximately 50 minutes
- You can bring a friend or family member to your appointment
- You will be asked to complete a questionnaire about your pain/ how you are coping
- We will discuss how this service might help - you may be offered to attend a pain management group

Do I need to bring anything?

Please bring your completed questionnaires with you to your initial assessment.





Where is the pain service located?

The Pain Management service is based at the Astley Ainslie Hospital in Edinburgh. To contact us please call **0131 537 9128**. There is a map enclosed with your information.

While you wait for your appointment

The Pain Management service has a website with useful information. You may wish to access this before your first appointment.

<https://services.nhsllothian.scot/painmanagement/Pages/default.aspx> (alternatively, search 'NHS Lothian Pain Management Programme')

Who do I contact if I cannot attend?

Please call us on 0131 **537 9128**. The service has a 24hour answer machine.

NHS Lothian 'Did Not Attend' and Cancellation Policy

- If you fail to attend an appointment (DNA) which you have agreed you will be removed from the waiting list. If you still would like to be seen you will have 4 weeks to contact the service from the date of your DNA and you will be added to the waiting list as of the date you phone.
- If you fail to contact the department within this time, you would require to be referred again by your GP.
- If you cancel 3 appointments you will be unable to re-arrange another appointment. Clinical advice will be sought as to whether another appointment should be offered. If the decision is no, you will be discharged and removed from the waiting list.
- If discharged, you can be re referred by your GP.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on **0131 555 6363** or www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or www.travelinescotland.com

Train details available from:

National Rail Enquiries on **03457 484 950** or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone **0800 389 1333** (Freephone 24 hour answer service).