

The pain & dependency clinic

Information for patients



Leith Community Treatment Centre, 12 Junction Place, Edinburgh, EH6 5JA

0131 536 6230

What is the pain and dependency clinic?

The pain & dependency clinic is a specialist clinic that aims to:

- Treat chronic painful conditions
- Support and guide you in reducing the impact of chronic pain using a range of approaches
- Ensure that you are not disadvantaged in accessing appropriate help for chronic pain

Please remember that clinic time is limited and many patients are waiting to see us. If you cannot attend for the appointment that you are given then please telephone us in good time and we will be able to arrange another appointment for you and use your first appointment for someone else.

**If you do not contact us and fail to attend,
you will be discharged from this service.**

Where is the pain and dependency clinic held?

The Pain & Dependency Clinic is part of the Lothian Chronic Pain Service. The clinic takes place on the 1st Floor, of the Leith Community Treatment Centre. A map is enclosed for your information. You will be seen there for your first appointment.

Further appointments could be at:

- Leith Community Treatment Centre
- Astley Ainslie Hospital
- Western General Hospital

This will be stated clearly on your appointment letter, so please check this carefully or if in doubt please telephone 0131 536 6276/ 6277.

What happens at the pain and dependency clinic?

At your first clinic visit you will see two doctors – a Pain Medicine Specialist and a Substance Misuse Specialist. They will go over the background of your pain symptoms with you. It helps if you can try to remember or bring a list of:

- Your prescribed medicines
- Any medicines you buy from the chemist
- Any other substances that you take from other sources

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Your doctors will need to know about these to make sure any treatment is safe for you. Some medicines can be very harmful when mixed.

Each time that you attend the clinic you will be asked to:

- Complete a questionnaire about your pain and how it is affecting you. Please fill this in as accurately as possible.
- Provide a specimen of urine or an oral swab
- You may want to bring a relative or friend to the clinic with you. This can be helpful.

The doctors may examine you and discuss your diagnosis with you. They will make a plan for your treatment, in discussion with you.

You will then be asked your views on the treatment options available and to agree a plan for your treatment with the team.

Chronic pain is a difficult symptom to live with. It is often hard to understand what is going on and by the time you visit the clinic you may have other worries as well.

Dependency on drugs may also complicate the treatment of pain further. We are happy to discuss all of your questions and worries with you, but may need to make further appointments for more discussion after your initial visit.

No prescriptions are issued at the pain and dependency clinic

Who works in the clinic?

The Pain & Dependency Clinic is run by a

- Consultant in Pain Medicine
- Substance Misuse Psychiatrist
- Clinical Psychologist
- Nurse Specialist

Other members of the team include a:

- Specialist Physiotherapist

The pain clinic secretaries help co-ordinate the clinic and when you attend the clinic you will also meet the receptionists at Leith Community Treatment Centre.

What do the staff at the pain and dependency clinic do?

A wide range of treatments are available in the clinic, including advice to GPs on prescriptions of various medicines, nerve blocks, specialist pain clinic physiotherapy, TENS machines, psychological support and aromatherapy.

The staff in the clinic work as a team to diagnose your pain problems and then offer the best combination of these treatments that will be individually planned for your pain.

If you already have a key worker, the clinic will work closely with them in following through the treatment plan.