

Pain Clinics, Pain Management Programmes and Pain Support Groups

- Pain Clinics and Pain Management Programmes are available on the NHS and there is normally one in each health region. Your G.P. or your consultant can refer you.
- The Expert Patient Programme is an NHS initiative to offer self-management to people with long-term conditions including back pain, which is available across the country.
- There are very few organised pain support groups operating in the UK. To find a group operating near you, ask your G.P., consultant or try your local hospital, and the lists below.

Pain Clinics

People with persistent pain may be able to attend a specialist Pain Clinic for assessment and possible pain management, together with advice on living a fuller life in spite of pain.

Pain Clinics vary in the treatments offered and not all hospitals may have a specific pain clinic. Sometimes a Consultant with an interest in pain will prescribe drugs or give injections to try to control pain. Other clinics have teams of doctors, psychologists, nurses, physiotherapists, occupational therapists and others. Your GP or consultant will refer you and the British Pain Society will supply you with a list of the 10 nearest pain clinics if you contact them with your address.

Pain Management Programmes

A Pain Management Programme (PMP) is a psychologically-based rehabilitative treatment for people with chronic pain which remains unresolved by other treatments currently available. It is delivered in a group setting by an interdisciplinary team of experienced health care professionals working closely with patients.

Some Pain Centres may run Pain Management Programmes that aim to teach a group of patients with similar problems about pain, how best to cope with it and how to live a more active life, others may offer acupuncture and other complementary therapies.

The aim of all PMPs is to reduce the disability and distress caused by persistent pain by teaching physical, psychological and practical techniques to improve quality of life. It differs from other treatments provided in Pain Clinics in that pain relief is not the primary goal, although improvements in pain following participation in a Pain Management Programme have been demonstrated.

If you would like to attend a Pain Management Programme, you should ask your General Practitioner for a referral to your nearest Programme.

Pain Support Groups

In some parts of the country there are pain support groups that are run in conjunction with the local pain clinic, and in others there are groups linked to other interested organisations. Your GP surgery or local hospital would be a good source of information on these and there are also lots of websites that give information on these groups

Contact Information

- British Pain Society www.britishpainsociety.org.uk 0207 631 88702.1 Portland Place, London W1B 1PY
- Action on Pain: 0845 603 1593 www.action-on-pain.co.uk
- Expert Patient Programmes www.expertpatients.nhs.uk
- Pain Association – Scotland www.chronicpaininfo.org.uk 0800 7836059
- Pain Concern - Run by volunteers with experience of chronic pain 01620 822572 www.painconcern.org.uk
- Dipex – A pain website with personal experiences www.dipex.com
- Neuropathic Pain Network www.neuropathicpainnetwork.org
- Pain Relief Foundation: 0151 5295820 www.painreliefoundation.org.uk
- Pain Support www.painsupport.co.uk web site only
- Patients Association 0116 2695568 Booklet on Living with Chronic Pain
- BackCare local Branches www.backcare.org.uk
- Bronllys Pain Management Centre, Brecon, Wales: 01874 711255
- Unwind - Durham 0191 3842056 between 3-4 PM Monday to Friday only
- Smile –Pain Support Group Preston. 01772 715959 Wednesday 9.30 to 12 noon
- Smile – Pain support Group Liverpool 017727 87260 Monday 9.30 to 12.30pm
- Coping – Derbyshire Chronic Pain Support Group: www.coping.org.uk
- Walton Centre, Liverpool. wcnnmpmp@thewaltoncentre.nhs.uk 0151 529 5661

Relevant Information

- BackCare Fact sheets - Drugs for Pain Relief, TENS Pain Relief , Expert Patient Programme
- BackCare Booklets - Managing Back Pain, Basic Back Care
- Video “Fighting Back” available from BackCare
- Other Publications available from BackCare
 - “Living with Back Pain” by Parker&Main,
 - “Back & Neck Pain-the Facts” by Loic Burn

Relevant Referrals

- See Contact information above
- Using an Internet search engine will uncover support groups many of which will be non –UK and some will be Internet access only.

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