

## ***Who are we?***

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We are a team of specialists who work with people living with persistent pain.

## ***Who do we see?***

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We see many people who have had persistent pain for more than three months which has changed the way they live their lives.

It is important that before people attend our service your own doctor or a specialist has looked into the possible causes for your pain.

When all necessary investigations have been carried out the doctor or specialist may discuss the option of referral to our service

If you would like a referral to the Somerset Community Pain Management Service, please ask your GP to send a referral form to us.

## ***What do we do?***

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Our aim is to support people and work with them to find ways to improve their quality of life despite having persistent pain.

### ***We have learnt that:***

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- There aren't any simple explanations for persistent pain or short term solutions
- Pain is unique to each person
- Pain affects many of the activities that people value the most
- Persistent pain seldom means that your body is "damaged"
- People tell us about the different ways pain affects their lives. Some of these include:
  - Their occupation, or being out of work
  - Their social life
  - How they think and feel
  - Their relationships with friends and family
  - Their activities and hobbies.

### ***What don't we do?***

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We don't offer pain relieving injections or acupuncture or provide TENS machines as evidence suggests that at best they may provide only short term pain relief.

TENS machines can be purchased from various high street retailers.

## ***Your appointment***

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We currently have clinics at:

Millstream House, Taunton  
Dene Barton Hospital, Cotford St Luke  
Cranleigh Gardens Medical Centre,  
Bridgwater  
Frome Medical Centre, Frome  
Ryalls Park Medical Centre, Yeovil  
Minehead Community Hospital, Minehead.

### ***Your appointment***

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You are welcome to bring a family member or a friend with you.

During your first appointment we will:

- Look at the questionnaires you have filled in so we can focus on the things you want to talk about, that are important to you
- Spend time listening to you so we can have a better understanding of how pain is affecting you
- Listen to how you have tried to manage your pain so far
- Look at how best to support you in managing your pain
- Support you to begin to develop a plan that will help you achieve the things that are important to you.

## **What happens after your appointment?**

A further appointment, if required, will be made by the receptionist on the day or be sent to you in the post.

Any other outcomes or referral to other members of the team or another part of our service will be discussed with you at that appointment.

If you need to reschedule your appointment for any reason, please let us know by telephoning 01823 345800.

For further information on our service please visit our website:

<http://www.tsft.nhs.uk/OurServices/PainManagement/Introduction/tabid/1776/Default.aspx>

## **Further information**

Prior to your appointment with our service you may find it helpful to access the following websites for further information and advice.



[www.paintoolkit.org](http://www.paintoolkit.org)



*Somerset Community  
Pain Management Service  
Part of Musgrove Park Hospital*

# **Somerset Community Pain Management Service**

**Introduction to  
our services**