

Pain Management Programme

What is the Pain Management Programme?

The pain management programme is an opportunity for people who have long lasting pain to find ways of improving the quality of their life alongside others who have similar experience.

The programme is divided into eight segments which take place on a weekly basis.

This programme forms part of a range of care provided by professional staff within the pain management unit.

Pain management programmes have been provided at centres throughout the country for many years and have been shown to benefit a great many of those who attend.

Where will the Pain Management Programme be held?

Pain Management Unit

Montagu Hospital
Adwick Road
Mexborough
S64 0AZ.

What does the programme include?

- Information about the standard treatments for long lasting pain.
- How to manage every day activities better than at present.
- Learning how to move more confidently in a safe environment.
- Coping emotionally with long lasting pain.
- How to talk to other people about your pain.
- Improving relationships with family and friends.
- Learning how to manage flare-ups more effectively.

My Course Dates:

Start date: Time:

Course will be held weekly for 8 weeks unless detailed below:

.....
.....

Please note: If for any reason you are unable to attend the programme on the agreed dates provided, please contact the Pain Management department as soon as possible so that a place can be provided to others. Failure to attend the programme without notification can result in your complete discharge from the department.

We therefore encourage you to contact us at the earliest opportunity.

Contact The Pain Management Unit

Montagu Hospital, Adwick Road, Mexborough, S64 0AZ

Tel. 01709 649040.

Email: dbth.painmanagementadmin@nhs.net

Patient Advice and Liaison Service (PALS)

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net

Pain Management Unit
