

Combined Assessment Pain Clinic

Information for patients attending The Combined Assessment Pain Clinic

About your appointment

Your consultant or GP has referred you to the Combined Assessment Pain Clinic. This leaflet has been put together to tell you about the clinic and what to expect from your appointment.

Chronic pain is quite common but can be difficult to treat. Pain is complex and can affect people in lots of different ways, not just physically. Often, patients have seen other specialists who have been unable to offer an explanation for their pain or have had treatment that has not been successful.

The Combined Assessment Pain Clinic offers you an assessment with specialist clinicians from the chronic pain team to discuss how pain is currently affecting you and to guide you on the best way forward.

You will meet with a Pain Consultant, a doctor who is trained to understand pain from a broad perspective and Health Psychologist who works with people to reduce their distress and enhance their wellbeing.

These specialists will see you together and each will ask you questions in turn about you and your pain. This may feel strange at first however, there are advantages in seeing both specialists at the same time in that they are able to pool their knowledge and experience of working with pain. They can also offer advice on why the symptoms may have developed and provide help in managing the problem. This will be tailored to your specific situation and needs. The appointment will usually last for 45 minutes.

You will have an opportunity to ask questions and to comment. At the end you will hopefully understand your pain better and have a suggested way forward. It may not be possible to get to this stage after only in one consultation and so you may need to come back for further appointments to one or other of the specialists.

Preparing for your appointment

Accompanying Person

We recommend you ask a family member, friend or partner to accompany you to your appointment. This is mainly to help you feel at ease and it can also be useful to speak to someone other than yourself about your pain and how it affects your life. It is fine to come on your own if you prefer. If you require an interpreter, please let us know before your appointment.

Questions and Concerns

You may have further questions which have not been covered in this booklet. It is helpful if you make a note of them and bring them with you when you attend.