

Leeds chronic pain pathway

Helping you to take greater control of your health



This leaflet gives you more information about how a pain management plan can help you take greater care of yourself.

What is chronic pain?

Everyone suffers from pain now and again throughout their life. However chronic pain is very different, it is pain that lasts for more than 12 weeks, and can have a big impact on your quality of life. Chronic pain cannot generally be cured but it can be successfully managed to reduce its impact and severity. Managing your chronic pain means that you and your family can get on with living your lives.

How are services changing for patients with chronic pain?

From 1 April 2015, services in Leeds for patients with chronic pain are changing. We will be supporting patients to manage their condition. We are doing this because evidence tells us that people's pain improves when they are supported to understand and manage their condition.

The new service means you will be more involved in managing your care. With support from your GP and other health care specialists you will develop a pain management plan. This plan will be based on your own priorities and needs.



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Living with chronic pain is very challenging and affects all areas of life. However being in control of your chronic pain rather than it being in control of you can only be beneficial and confidence boosting to you as a patient.

The new system gives an individual healthcare plan that lets the patient lead and will, I believe, have a greater impact on that patient's life and well-being. It will let them choose when and how they manage their chronic pain along with healthcare professionals to guide and advise.

Setting goals to work towards as well as believing you can, as a patient, make a difference to how your chronic pain affects you can only be a good thing and certainly something to try.

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Sue Watson,
chronic pain patient



Have patients been involved in designing this new service?

Any new services we develop are based on feedback from patients, carers and health and care professionals. Patients, carers and members of the public have been involved in shaping the new services which are collectively called the Leeds chronic pain pathway.

Based on what they told us the new chronic pain service will:

- enable you to measure the success of your chronic pain choices. This might include scoring pain, involvement in your care planning, setting goals and targets and evaluating your care;
- support you in managing your pain in ways that work around your lifestyle;
- provide you with a choice of options so that you can find the right treatment at the right time;
- allow you to see the same clinician where possible;
- give you access to appropriate alternative therapies and support from community and voluntary organisations;
- give you access to clinicians who really understand chronic pain; and
- allow your care to be transferred to specialist services whenever necessary.

How can I get help with my chronic pain?

The first step is to talk about your pain with your GP. If you both agree that the new approach will help you manage your chronic pain you will need to complete four self-assessment questionnaires. These will help to identify the impact that chronic pain is having on your life, and note your priority areas for improvement. Your GP will also arrange an appointment for you at a community chronic pain provider of your choice.

How can I complete the self-assessments?

These self-assessments will be available through a digital app called the *PainSense: Pain Toolkit*. If you would like to complete these assessments yourself, you can download the app to your smartphone or tablet from the Apple app store or Google Play store. The app also includes tools and information to help you in managing your condition. Your GP will give you a password and your NHS number to access this app. If you do own a smartphone or tablet, we would encourage you to use it to download the PainSense: Pain Toolkit app, and bring it along to your appointments.

If you would like help to complete the self-assessments or if you do not own a smartphone or tablet, your GP will arrange an appointment with a community chronic pain provider of your choice to help you to complete the self-assessments.



What if I have problems completing the self-assessments on my own?

If you are completing the self-assessment questionnaires yourself, and you need help when using the *PainSense: Pain Toolkit* app you can phone the Leeds Telecare helpline on 0330 32 110 32. You can call the service from 9am-5pm; voicemail facilities are available out of hours. Calls to this telephone number will be charged at a local rate although you may be charged more if calling from a mobile. They will be happy to talk you through any problems you might have.

What happens once I have completed my self-assessments?

Your results will be sent back to your GP and the community chronic pain provider that you have chosen. At your appointment with the community chronic pain provider, you will review the results of your self-assessments with a healthcare practitioner and together develop your pain management plan.

What is a pain management plan?

Your pain management plan may include many different approaches to help improve your mobility, mood, sleep, or make better use of medication. It may involve a number of appointments or treatments provided by your chronic pain provider or elsewhere (including hospital). Everyone is different so the right plan may vary from person to person.

Your plan will be reviewed on an agreed date to find out how well it worked in helping you manage your pain, and to talk about any changes that could make the plan even more effective.





For further advice and support

If you have any queries or concerns about your treatment plan or the new chronic pain services in Leeds please speak to your GP or any other healthcare professional that normally supports you.

If you would like to provide feedback on this service...

We'd be really pleased to hear your feedback on the new service. If you any comments or concerns you can contact our Patient Advice and Liaison Service on **0800 0525 270** (calls are free from a landline, your mobile phone service provider may charge you).

If you would like to provide feedback on this leaflet...

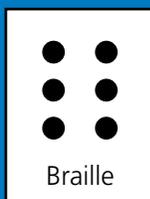
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