

Pain Management Rehabilitation Team (PMRT)

You have an initial assessment appointment with the Pain Management Rehabilitation Team. The team comprises of Physiotherapists, Occupational Therapists and Clinical Psychologists who are specialised in working with persistent pain. The service is set up to work together with people with persistent pain to look at ways to improve their quality of life and functioning.

During your initial assessment (approximately 1 hour) we will discuss the history, nature and impact of the pain (and any other associated symptoms). We routinely explore how these affect your life, including psychological, emotional and social aspects. At the end of this assessment we will consider with you possible ways forward, we will then agree a plan with you. We have a number of pain management options open including group work, information sessions and individual appointments.

You are welcome to bring someone with you to the appointment, but due to the nature of the assessment, we ask that you do not bring children (please call to discuss with a clinician if you have any queries). If you do bring someone with you to the appointment, we may still ask to meet with you alone for part of the session.

If you have any questions about the above, or what to expect at any stage of the referral process please phone any of the team on **01392 405018**.

Frequently Asked Questions

Why have I been referred to the Pain Management Rehabilitation Team?

Your doctor has referred you to see if there are non-medical ways in which we can help you to better manage the pain and the effect it has on your everyday life.

What can I expect to happen at the appointment?

You will be assessed by one or two members of the therapy team and there will be further discussion around the information you have provided in your questionnaires. Towards the end of the assessment the clinician/s may briefly step out to consult with other members of the team, before agreeing on a plan together with you.

Does seeing a psychologist mean that people think the pain is all in my mind?

No, clinical psychologists routinely work with people in pain because of the impact pain has on how they feel emotionally and because our emotions can affect our experience of pain.

Will I be having a scan/X-ray or injections?

No, this assessment is for non-medical advice and intervention.

Will you be prescribing drugs for me?

No, we do not prescribe or change medication but we can refer you on to a pain doctor or nurse specialist if necessary.

Do I need to bring anything to the appointment?

Please complete and bring in any questionnaires that you have been sent by our team.

How long will the appointment take?

Please be prepared for the appointment to last for one hour.

And finally... What happens next?

This will depend on the outcome of the assessment appointment. Our approach is to consider options with you and to decide on a plan together. We have a number of pain management options open including group work, information sessions and individual appointments. We may also refer on to other relevant services and liaise with your GP as if required.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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