

Pain Management Occupational Therapy Service

Authors: Gael Postle and Heather Ramsden-Wright,
Occupational Therapists, Pain Clinic



James Paget
University Hospitals
NHS Foundation Trust

Chronic Pain:

- Chronic pain creates both physical and psychological problems that affect whether a person can engage in meaningful activities.
- Pain can decrease a person's independence, causing stress that may lead to depression.

What is Occupational Therapy?

Occupational therapy provides support to people whose health prevents them doing the activities that matter to them.

An occupational therapist can assist you to identify strengths and difficulties you may have in everyday life, such as developing coping strategies and pacing skills.

With the help of occupational therapy, people with chronic pain can learn to manage the physical and psychological effects and lead active and productive lives. They can work with you to identify goals that can help you maintain, regain, or improve your independence by using different techniques, changing your environment, and using new equipment. ⁽¹⁾

What is the Occupational Therapist's role within the James Paget University Hospital Pain Management Clinic?

To help you identify particular activities or behaviours that increase pain and suggest changes.

To teach approaches for reducing the occurrence and duration of painful episodes or 'flare ups'.

To support a patient to practice relaxation techniques that calm the mind and reduce tensions that aggravate pain, in either a programme of group sessions or individually.

To implement interventions that may decrease dependence on or use of pain medications.

To facilitate improved ways to do activities at work and home.

Work in partnership with your team of healthcare professionals and an employer/school/college if applicable.

Recommend and coach you on how to use equipment to reduce pain while carrying out everyday tasks and actions.

Patients of the Pain Clinic can be referred for an occupational therapy pain management assessment by:

- A Pain Consultant
- A Clinical Nurse Specialist in Pain Management
- A Back Pain Service Physiotherapist
- A Spinal Surgeon

Tel: **01493 452383/453307**

References:

1. <http://www.nhs.uk/Conditions/occupational-therapy/Pages/introduction.aspx>

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
- So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
- So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
- So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
- So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240