

The **specialist doctor** will ask about your current pain, medication that you have had in the past and that you currently take. The doctor will review your previous assessment reports and test results. Following this the doctor will discuss their impressions of your pain condition with you.

A **psychosocial** clinician (psychologist, nurse, or psychiatrist) will explore how pain is impacting upon your life and how you are currently managing this. The team will listen to what issues you feel are most challenging and important to you.

The **physiotherapist** aims to identify your current abilities and any challenges regarding movement and daily activities and how pain has impacted on your ability to manage. Each assessment looks at your strengths and the strategies that you have developed for coping with the pain.

After the three assessments the team will talk together about a treatment plan. At the end of your assessment a report is written and sent to the person who referred you, your GP and yourself.

## Where are appointments held?

### Appointments:

Manukau SuperClinic, Module 8 (Tuesday, Wednesday)

Pukekohe Hospital (alternate Fridays)

Botany SuperClinic (Tuesday afternoon, Wednesday, some weeks)

### Pool Group:

### Gym Group:

CARE Groups/ACT Groups/Young Adult Groups:

## What do I need to bring?

- your appointment letter
- a prescription card or list of medicines you are currently taking
- any private x-rays taken in the last 6 months relating to this condition



Contact Details:  
Chronic Pain Service  
Via Call Centre ph 277 1660



[www.countiesmanukau.health.nz](http://www.countiesmanukau.health.nz)



# Chronic Pain Service (CPS) Information for Patients/family

Department of Anaesthesia & Pain  
Medicine

The Chronic Pain Service (CPS) is a team of several different healthcare professionals who all have expertise in the assessment and management of chronic pain. The CPS team includes Pain Specialists, Nurse Specialists, Physiotherapists, a Psychiatrist, Psychologists, and Musculoskeletal Consultants.

## *What is chronic pain?*

“Acute” pain most often relates to damage or threat of damage to the body, and is a common experience essential to survival. It is an alarm system - a protective mechanism designed to warn us of physical threats, prevent further injury, and allow healing. For example, if you burn your hand on a hot stove you reflexively withdraw your hand as the pain is being experienced, you think about how you will avoid further burns, and you avoid knocking or moving the injured part until enough healing has occurred.

In some situations, pain is not a helpful or protective experience. This is often the case for chronic pain, particularly if there is no ongoing tissue injury or inflammation.

When this happens, prolonged immobility will increase pain through deconditioning and associated muscle and joint stiffness, and all the positive benefits of exercise (improved mood, mental function, sleep and physical wellbeing) are missed out on.

## *What does CPS offer?*

Our aim is to help you to work out what strategies you can use to get back to living the life that you want to despite the pain. Pain management involves learning different ways of thinking and acting so that pain interferes less with life. A self-management approach means that we will support you to take control of your pain management

## *What can I expect?*

The Chronic Pain Service encourages a self-management approach for persistent pain. Our team consists of Physiotherapists, Psychologists, Nurses and Doctors, and you will often be seen by 2 or more of us together. We offer advice on pain management, group pain management programmes, individual and group exercise programmes, sensible use of medicines, and strategies to help you develop active pain self-management skills that improve your ability to live your life the way you want to, despite your pain.

At your appointment you will be met by up to three different clinicians. The clinicians may be medical specialists, health psychologists, nurse specialists or physiotherapists. This assessment will look at your pain problem from a number of angles to find out about your pain, how you cope and how your pain affects your life. Please allow an hour and a half for this first appointment.

## *Services we provide*

Unfortunately there is often no quick fix for persistent pain. Our shared goals are designed around managing pain so that your overall quality and enjoyment of life is improved

Our team can provide:

- advice on pain management
- opportunities for group pain management programmes, including physiotherapy (gym and pool groups), self-management groups (Care Group and Young Adult group), and an advanced ACT Group
- opportunities for individual or group exercise programmes
- strategies to help our patients develop on-going and active pain self-management skills that improve your ability to live your life the way you want to, (despite the pain)