



# Consultants Appointment

## Assessment with a Pain Management Consultant

You have been invited to attend an assessment with a pain management consultant as part of your care with the ACE community pain management service. This leaflet explains what you can expect at this appointment.

### What is a pain management consultant?

A pain management consultant is a doctor who has received specialist training in managing pain. At the ACE community pain management service, doctors work alongside other members of the pain team to deliver a range of care options. Sometimes this can help reduce the level of pain, but quite often there isn't a simple cure for on-going pain and the focus of the treatment is on helping you stay in control of your pain and reducing the impact the pain has on your day to day life.

### What can I expect at my appointment with a pain consultant?

Before your appointment you will be sent a form to fill in which asks you a number of questions about your pain. Although the form is quite long, it is important that you try to fill in as many of the questions as possible as this gives us a better understanding of the pain you are struggling with.

When you come to your appointment we will ask you some more questions, including further details about your pain that help us fill in any gaps so that we can understand your situation better.

Sometimes we will need to examine you as part of your assessment but sometimes this is not necessary.

### What will happen once I have been to my assessment?

There are a number of possible outcomes from the assessment. Most people will be invited to attend a pain seminar which provides information about managing pain and sets out the options available for further work with the pain management service.

Occasionally we may refer you on for further investigation and sometimes arrange other treatments for you depending on your individual situation.

### Will I receive a written plan for my treatment

Yes, after your assessment we will write to your GP, summarising the discussion we have had and including the plan we have agreed. We will send a copy of this letter to you the patient.

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## Staff include:

Dr Sridevi Ramachandran, Pain Consultant  
Dr Roy Miller, Pain Consultant

## If you would like to know more about Pain Management:

You can find more information on the British Pain Society website at  
[www.britishpainsociety.org](http://www.britishpainsociety.org)