

Community Pain Management Service

Cora Health offers Pain Management Services. We support people with chronic pain and the impact that this has on them and their lives. We partner with the NHS to provide the best care that is local to you.



Pain Management

Persistent pain is any pain that lasts for more than 3 months.

Before you see us, you may have had an appointment with a specialist to identify a cause for your pain. Sometimes, there isn't a clear reason why you're having pain. In either case, our team can help you find effective ways to manage your pain day to day.

We'll try our best to help you reduce your pain. However, where this isn't possible, we still aim to help you function better, improve your quality of life and achieve your goals.



What we offer

- Learn about your condition and ways to manage your pain.
- Group Pain Management Programmes that support you to live well with pain and connect with others experiencing chronic pain.
- Support from a pain psychologist.
- Review of your medicines to help you rely on them less.
- Pain interventions can be offered where appropriate and in line with NICE guidance.

Why self-management?

Learning to live with your pain can be as difficult as it can be empowering. We can guide you to take an active role in living well with your pain and achieving your goals with confidence.

Once you have been discharged from our care, you'll have strategies to overcome challenges and take your next steps forward

Here are some helpful resources to get you started:



Live Well with Pain



The Pain Toolkit



Flippin' Pain

Your Initial Assessment

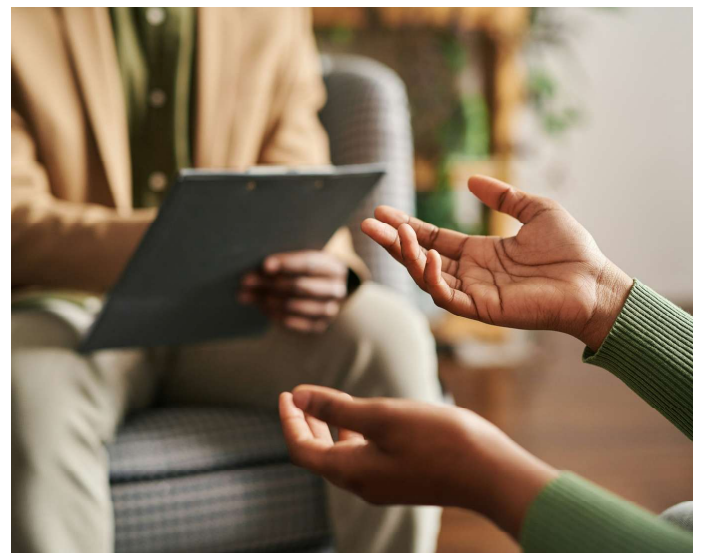
Usually, following your referral a clinical specialist will review the referral information to ensure that we can meet your needs, and all the correct information has been provided. If it is not appropriate to be seen by ourselves, advice will be provided back to the referrer.

Your first appointment

At your first appointment with us one of our Pain Clinical Specialists will contact you via telephone. If you cannot manage telephone appointments a face-to-face appointment can be offered. We will complete a full initial assessment and set some goals that you can achieve while in our care. We will agree on a treatment plan and further appointments, these can be via telephone or face to face.

Pain Psychology

Pain psychology can help you respond differently to pain, build coping skills, and learn to work with your pain instead of against it. Seeing a Psychological Therapist does not mean your pain 'is all in your head'.



Medication reviews

While in our care, you may be offered a medication review to discuss how your current pain medicines are working and whether any changes might help.

Pain medicines rarely remove pain completely and can cause side effects. A Pain Specialist will talk with you about your medicines and may suggest changes to help manage your pain better. This might include reducing certain medicines. These recommendations will be shared with your GP, who will take care of any prescription changes.

We're here to support you in finding the best way to manage your pain and look forward to working with you as part of your pain management journey.

Service provided by

