

CLINICAL NURSE

ACUPUNCTURE

- Physical Assessment and identification of relevant acupuncture points.
- Development of Individualised Treatment Plan.
- Reinforcement of patient information literature i.e. Self Management of Persistent Pain (Pacing, flare-up's, goal setting, managing emotions etc).
- Onward referral of complex patients to Psychology

PATIENT EDUCATION

Group sessions directed at providing information on understanding chronic pain and self management techniques.

- 2 hour sessions X 2.
- Liaison (written and verbal) with members of the MDT.
- Onward referral of complex patients to Psychology
- Onward referral of potential suitable candidates to the Pain Management Programme

REVIEW CLINIC

- Introduction, Titration, Reduction and Discontinuation of Weak and Strong Opioid's and specialist Anti-neuropathic Drugs/therapies.
- Identification and Management of drug related adverse effects.
- Recognition and Identification of Psychosocial factors which may influence management options.
- Individualised Patient Education in relation to therapy.
- Recognition of Relevant Additional Pharmacological Treatment Options.
- Liaison (written and verbal) with members of the MDT and primary care agencies.
- Reinforcement of patient information literature i.e. Self Management of Persistent Pain

TENS

- Patient assessment to ensure patient is a suitable candidate for TENS.
- Individual assessment of pain, description, location, exacerbating relieving factors and pain score.
- Placement of TENS electrodes and short trial to ensure correct placement.
- **Patient Education**
 - To allow self management of TENS.
 - Reinforcement of Patient Information Literature i.e. Self Management of Persistent Pain (Pacing, flare-up's, goal setting, managing emotions etc).
- Liaison (written and verbal) with members of the MDT and primary care agencies.
- Medication review may be undertaken during a TENS