

CARDIFF CHRONIC PAIN MANAGEMENT SERVICES.

Pain services in Cardiff consists of **two teams**:-

The Pain Clinic at the **University Hospital of Wales** is an **anaesthetic led service** with support from specialist nursing staff. This service provides **medical** and **interventional** treatments, where appropriate, for acute and chronic pain conditions.

The **Chronic Pain Management Service**, based at **Velindre Hospital**, provides a service for people whom further investigation and intervention treatments are not appropriate, and are able to consider exploring persistent pain self-management approaches within a group setting.



Cardiff Pain Management Programme

OUR TEAM

Medical Consultant
 Consultant Clinical Psychologist
 Advanced Physiotherapy Practitioner
 Administrator

REFERRAL GUIDELINES FOR THE CHRONIC PAIN MANAGEMENT PROGRAMME.

INCLUSION CRITERIA

Adult: 18 years or older

Persistent pain present for >3 months.

All pain treatments completed and no plans for further investigations, surgical and/or medical interventions.

Pain is the primary problem negatively impacting on physical functioning, mood and daily living.

The person is aware the pain needs to be managed rather than fixed, and is open to explore behavioural changes in a group environment with other people living with long term pain.

Person is willing to explore living well with pain

Physical ability to participate in movement work.

The person understands they will receive Biopsychosocial management information not a medical assessment.

EXCLUSION CRITERIA

On-going medical investigations, including plans for surgical or injectable pain therapies.

The person is actively pursuing medical / external treatments and is unwilling to contemplate adapting their lifestyle.

Red Flag symptoms.

Multiple referrals to other services.

Addiction or substance abuse impacting on functioning.

Moderate – severe cognitive impairment.

Suffering from primary mental health problems which require intensive treatment, e.g. active psychosis, active suicidal ideation and self-harm behaviours.

Overriding complexities that will make engagement on the programme difficult, such as unstable interpersonal difficulties and social circumstances.