



Guy's and St Thomas'
NHS Foundation Trust

INPUT

Pain Management Unit

Helping people with ongoing pain reach their goals



showing
we **care**

Explaining chronic pain

Chronic pain is long-term pain that lasts for more than three months. One in eight people in the UK have chronic pain.

There are different types of chronic pain, many of which are not clearly understood.

You may have chronic pain related to an illness, injury, or it may have developed without an obvious cause.

Can it be cured?

There is a great deal of research being done into pain. So far, this research has not found a cure, but it has shown that pain management skills can help people improve their health, sense of well-being and involvement in activities.

Living with chronic pain

Living with chronic pain is not easy. The pain and related experiences can block us from taking part in important activities, such as:

- spending time with family
- seeing friends
- working
- doing hobbies.

Often pain can lead to too much rest and inactivity, or to medicine use and side effects. Pain can also cause concerns and worries, and affect your mood.

What does INPUT offer?

INPUT runs a range of treatment courses designed to shift your emphasis – less on pain, which can be frustrating, and more on what you want to do, which can feel encouraging. The courses aim to:

- improve your quality of life
- clarify your goals
- help you engage in activities that are important to you
- help you learn skills to better respond to pain and related experiences
- improve your physical functioning
- improve your use of medicines
- empower you to be more independent and rely less on health services.

To get the most out of treatment, it is important to participate actively, honestly and openly. If you want to take control of your life and do something about your circumstances, this approach is for you.

Some INPUT treatments are run in groups of up to about 10 people. Throughout treatment you will participate in sessions with different healthcare professionals. Some sessions include physical exercises.

Each session is usually one to two hours long, and there are breaks throughout the day.

You will be invited to consider goals, explore physical movements, experiment, do new things, improve your knowledge and develop skills.

Does it cost anything?

INPUT treatments will not cost you anything. They are paid for by your local health authority.

What health professionals are involved in INPUT?

The INPUT team is made up of different groups of professionals who work together to deliver treatments. It includes:

- psychologists
- physiotherapists
- occupational therapists
- nurses and doctors.

Your assessment appointment

The aim of the assessment appointment is to:

- decide whether a treatment we offer is suitable for your needs
- ensure that you are able to succeed in whatever treatment you receive
- check that you do not require other assessments or treatments from elsewhere, or coordinate these with what we offer.

The appointment will last about two hours. Please bring a print-out of your current medicines from your prescribing doctor.

If you have any further questions about INPUT, you are welcome to ask these at your assessment appointment.

Contact us

If you have any questions or concerns about the INPUT unit or services that we offer, please contact us on **020 7188 3255** (Monday to Friday, 9am to 5pm). You can also visit our website: www.gstt.nhs.uk/input

INPUT Pain Management Unit

Ground Floor, Gassiott House
St Thomas' Hospital
Westminster Bridge Road
London SE1 7EH

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit:
www.guysandstthomas.nhs.uk/leaflets

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch: **t:** 020 7188 8815

e: languagesupport@gstt.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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