



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Neuromodulation Procedure: the journey to your operation

Information for patients, relatives and carers

Leaflet 2 of 3

① For more information, please contact:
The Pain Management Clinic
Telephone: 01904 725395
Email: yhs-tr.Info.PainClinic@nhs.net

Introduction: where you are in the journey?

You have been identified as someone who is likely to benefit from a Spinal Cord Stimulator and have attended the information session. National Institute for Health and Care Excellence (NICE) guidelines emphasise holistic and person-centred management of chronic pain with the aim of making pain tolerable, improving function, and helping people to lead a good quality of life. A multi-disciplinary approach for Spinal Cord Stimulation that addresses both the physical and psychosocial components of pain appears to be the most promising approach to meet the aim of reducing pain and helping people live a good quality of life.

In this leaflet we will outline the next steps towards deciding if a Spinal Cord Stimulator is right for you.

What happens next?

You will have been given some questionnaires following attending the information session.

If you would like to have a Spinal Cord Stimulator, **it is important you return your questionnaires** as soon as possible so you can move to the next step. After we have received your questionnaires, you may be invited to attend an individual appointment with a clinical psychologist.

Living with chronic pain can have a significant impact on your mental health - most people living with chronic pain will experience low mood and/or anxiety at some point. Struggling with your emotional wellbeing does not mean you will not be able to have a Spinal Cord Stimulator.

The purpose of meeting the clinical psychologist is to understand more about your needs, identify if you need any further support to help you with your pain and ensure you are in a suitable place to progress. When you are ready to progress to the next step on the Spinal Cord Stimulator journey, we will then invite you to a three-session Pain Management Programme.

Pain Management Programme

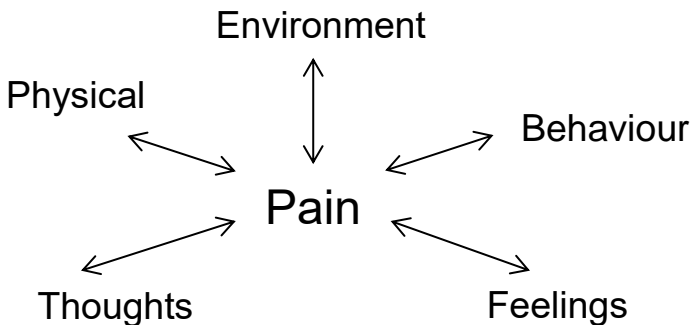
This is delivered in a group where you will meet other people considering spinal cord stimulation for their pain management. The group will provide you with pain management strategies to help you prior to, and following implantation of the spinal cord stimulator. You will also have the chance to discuss any concerns you may have with the team.

The holistic approach to pain management

The Pain Management Programme follows the holistic approach to pain. This means that we look at how the pain affects the whole of the person and not just the body. We look at how it affects the body and mind together because we know that long-term pain can affect life in many ways.

Pain not only affects people physically, but it also affects what they do (behaviour), how they feel (feelings and emotions) and what they think about themselves (thoughts).

This diagram helps to illustrate how pain interacts with all these areas, in both directions.



For example, an individual with pain may experience some of the following:

- Varying activity levels
- Isolation
- Depression
- Frustration
- Fear of aggravating pain
- Irritability

The Spinal Cord Stimulation Pain Management Programme consists of three interactive group sessions, each lasting approximately two hours, once every three weeks. Sessions include both an educational and physical exercise component. These sessions will be delivered by the multi-disciplinary team which includes:

- Clinical Nurse Specialist
- Senior Physiotherapist
- Senior Occupational Therapist
- Clinical Psychologist

After your attendance at the group, the multi-disciplinary team (including your responsible consultant) will meet to discuss your individual Spinal Cord Stimulator care plan and next steps. This will include considering your needs and preferences, whether you are ready to move forward with the surgery, what device will be implanted or if further support from the team is needed to help enable you to be in the best possible position to benefit from Spinal Cord Stimulation. The team will contact you after to share the decision and recommendations going forward with the Spinal Cord Stimulator.

Follow up support (if required)

After attending the Pain Management Programme, it may be decided that further support is required before you are ready to be listed for the surgery. We will work with you from a holistic perspective to enable you to proceed with a Spinal Cord Stimulator. You may require further support with:

- Reduction of medication
- Physiotherapy
- Pacing yourself with activity, identifying your baselines and setting goals
- Learning relaxation skills
- Optimising sleep (sleep hygiene)
- Managing the emotional impact of living with chronic pain

SCS Patient Line

If you have any further questions or queries, please contact the Spinal Cord Stimulator Patient Line on **01904 725509**. Please note this is a voicemail service that is reviewed weekly.

If you are unable to use the phone, please email yhs-tr.Info.PainClinic@nhs.net and request the message for the attention of the Spinal Cord Stimulator team.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Pain Management Clinic, first floor Outpatients,
York Hospital, Wigginton Road, York, YO31 8HE

Telephone: 01904 725395 or 725397

Email: yhs-tr.Info.PainClinic@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.PatientExperienceTeam@nhs.net. An answer phone is available out of hours.

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Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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