

## Pain Management Service – Local anaesthetic nerve block

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Persistent pain (chronic pain/ long term pain) is when pain persists or reoccurs for longer than 3 months. There are a multitude of reasons where an individual experiences pain. Sometimes, there may not be a specific reason for this pain. Anaesthetic and steroid injections are a common treatment for a number of conditions, where the medication will be delivered close to the suspected cause, this can help to identify the source and also treat pain by reducing inflammation.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition.

### Guidance for Patients

Long term pain conditions can be treated in a multitude of ways. Medication, injections, physiotherapy and patient education plays a great role in managing chronic pain conditions.

While waiting for treatment, there are a number of things a patient with chronic pain can do:

#### 1. Exercise when possible and keep active

This is key in the management of persistent pain. Lack of activity can contribute to stiff/tight muscles and can lead to muscle weakness, so do ensure that you try to keep the muscles active with light and regular exercise. Please follow the link below, for examples of exercises which may help with chronic pain  
<https://www.warwickshire.gov.uk/fitterfuturesphysicalact>

#### 2. Take Pain Relief Medications

Simple analgesics like Paracetamol or Ibuprofen will help in musculoskeletal pain. Sometimes, stronger pain killers like codeine may help. Over the counter pain relief can be purchased and will support pain. Please ensure that you read all guidance supplied and take into account possible side effects before taking medication. Your GP may also be able to prescribe other stronger medications if needed.

#### 3. Good Sleep Hygiene

Sleep can be significantly affected in certain patients whilst suffering with pain and this have a detrimental effect on wellbeing and pain management. Taking steps to maintain good Sleep hygiene can help in this situation. Try the following links for further information:  
<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>  
<https://www.sleepfoundation.org/sleep-hygiene>

#### 4. Try some further Pain self-management tools

## My Planned Care Patient Information Platform

There are a number of resources available which can provide you with skills and healthy tips to self-manage pain:

<https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain>

<https://www.paintoolkit.org>

## What should I do if my health is deteriorating?

If your health is deteriorating, you need to contact your GP and request a review for further assessment and management.

## Contact Us

[GMBPAINMGT@uhcw.nhs.uk](mailto:GMBPAINMGT@uhcw.nhs.uk) – We will respond to your email within 72 hours

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