

# Red Cell Pain Management Service

**This leaflet explains more about the specialist pain self-management service for people with sickle cell disease and thalassaemia. If you have any further questions, please speak to one of the Red Cell team.**

## What is the Red Cell Pain Management Service (RCPMS)?

The RCPMS is a service for people living with persistent pain, thought to be related to their sickle cell disease or thalassaemia. Persistent pain is pain that you have regularly for longer than six months. It may also be called 'chronic' or 'everyday' pain.

There are a number of services available, including:

- Individual appointments with psychology and/or physiotherapy, to help you work towards your pain management goals, such as returning to valued activity or reducing mood difficulties associated with pain.
- Pain information workshop – a group workshop to discuss ways to make sense of and manage persistent pain.
- Exercise group – a chance to try out some gentle exercise in a group and get advice from a physiotherapist about exercising safely with sickle cell disease/thalassaemia. You can attend occasionally or regularly, whatever suits you best.
- Pain management programme – a more in depth group programme which runs one day a week for eight weeks. The programme aims to help you develop additional ways to manage your pain and reduce the impact on your life. The weekly sessions provide an opportunity for discussion and to try out the exercises and strategies that we discuss. For more information, please see the leaflet 'Breaking the Cycle: a Red Cell Pain Management Programme for people with sickle cell disease or thalassaemia'.
- Red Cell pain clinic – a doctor with experience in managing persistent pain (Consultant in Pain Medicine) will assess your pain and review your medication. You will decide with the doctor if any treatment changes would be helpful.

The RCPMS is run by clinical psychologists and a specialist physiotherapist, who work closely with your haematology team.

If you are interested in the service, you can meet us for an initial assessment to see if the service is right for you.

We think of our patients as the experts in their condition and hope that by working together we can help those living with persistent pain to reduce the impact on their emotional and physical well-being and carry on the activities that are important to them.

## Who can attend the service?

Anybody who is currently being seen by the St George's University Hospitals NHS Foundation Trust haemoglobinopathies team can be referred, or self refer, to our services. Please contact us to find out about upcoming workshops and programmes and to make an initial appointment.

We do accept referrals from other hospitals as we are a very specialised service. If you receive your care at another hospital, then please ask your haematologist or GP if they will refer you to the service.

## Where do I need to go?

Sessions usually take place in the Phoenix Centre on the perimeter road at St George's Hospital. See the website for a map or let us know if you need one.

Patient transport can usually be provided if you are eligible for this (you can call transport assessment and booking on 020 8725 0808) and there is blue badge parking near the Phoenix Centre. Please see the trust website for information on parking and travel by public transport.

Clinics usually take place on Mondays and Tuesdays during working hours.

## Does it cost anything?

There is no charge for attending appointments with the service.

## What do I need to bring with me?

You don't need to bring anything. You should wear comfortable clothes if you are attending the exercise group.

## Anything else to know?

We are a small service with limited numbers of appointments. If you do not come for your appointment and you don't let us know beforehand, it is much harder for us to give you, and others, a good service. Please let us know if you cannot make your appointment.

If we meet with you for an individual appointment, we will write a summary letter and send it to you, your haematology consultant and your GP. If you have concerns about this, please discuss this with us.

We work closely with the rest of the red cell haematology team at St George's Hospital, and will share relevant clinical information with the rest of the team when it might be useful for your medical care. Other than the letters mentioned above, information will not be shared outside the team unless there is a risk of harm to yourself or others. If you have any questions or concerns about confidentiality, please discuss them with us.

## Useful sources of information

The British Pain Society has a number of publications for people living with long term pain: [www.britishpainsociety.org](http://www.britishpainsociety.org)

## Contact us

If you have any questions or concerns, please contact the red cell pain management service on 07798 581198 or **020 8266 6545** (Monday to Wednesday, 9am to 5pm), [SCDpain@stgeorges.nhs.uk](mailto:SCDpain@stgeorges.nhs.uk) or visit the St George's website or <http://tinyurl.com/SCDpain>

We do not offer an out of hours service. If you need urgent help, please contact your GP or go to your nearest emergency department (A&E).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111



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