Contact us
If you have any questions or would like any further information please contact:

**Clinical Nurse Specialist:**
0161 701 5626

**Secretary:**
0161 701 1263

Available between the hours of 8.00 am – 4.00 pm
An answerphone is available outside of these hours. Please leave a message and we will return your call as soon as possible.

No Smoking Policy
The NHS has a responsibility for the nation’s health.
Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.
The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service
Do you have difficulty speaking or understanding English?
বাংলা বা ইংরেজি ভাষায় প্রথম পরামর্শ বা উপস্থিতি প্রদানের জন্য কেন্দ্রের বাংলা বা ইংরেজি ভাষায় সহায়তা প্রদান করে থাকে।
(BOLOGH)

Do you have difficulty speaking or understanding Hindi?
कौन से भाषाध्यक्ष भाषायां में पांटे हैं?
(BENGALI)

Do you have difficulty speaking or understanding Gujarati?
कौन से भाषाध्यक्ष भाषायां में पांटे हैं?
(GUJARATI)

Do you have difficulty speaking or understanding Urdu?
کیا آپ کو اردو زبان میں پاس ہونا ضرورت ہے؟
(PUNJABI)

Translation and Interpretation Service
Do you have difficulty speaking or understanding English?

هَل لذات مشکلات؟

کیا آپ کو اردو زبان میں پاس ہونا ضرورت ہے؟

0161 276 6202/6342

Royal Manchester
Children’s Hospital
Oxford Road
Manchester
M13 9WL

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NHS Foundation Trust
What is meant by the term ‘chronic pain’
The term ‘chronic pain’ describes pain that has continued beyond the expected period of recovery. It is caused by abnormal messages being sent by the nerves even when tissue injury has healed. It may have begun with or without injury and sometimes no obvious cause for the pain can be identified.

Neuropathic pain
Signals are fired by the nerves in an inappropriate, random and disordered way. They are interpreted by the brain as pain and can be associated with signs of nerve malfunction. It is often described as burning, shooting or stabbing and your child may become sensitive to touch, heat and cold.

How is chronic pain diagnosed?
Diagnosis is made on the basis of your child’s history of pain and a clinical examination which is carried out by a doctor. Your child may have already been seen by a number of medical teams and had tests or investigations to rule out any other underlying cause for their pain.

However, children can have chronic pain alongside other conditions. A referral is made to the pain clinic if further help and management is required.

What is a pain clinic?
The children’s pain clinic provides assessment, treatment and support for children with recurrent or long standing (chronic) pain problems. Chronic pain involves a range of factors: physical, social and psychological. This is why a range of professionals, who work together, is necessary to make it more manageable.

Who can you expect to see?

Doctor
The doctor will review your past medical history and carries out examinations. The doctor discusses pain relieving treatments and formulates a pain management plan.

Clinical Nurse Specialist
The Clinical Nurse Specialist co-ordinates the service and discusses pain relieving treatments.

They are the contact point for further information and advice.

Clinical Psychologist
The Clinical Psychologist understands how pain affects daily activities and family life.

They teach coping strategies and problem solving skills to help pain management.

How is chronic pain treated?
Your child’s treatment plan may be provided through the pain clinic or they may be referred to specialists closer to home. The treatment of chronic pain includes exercises (with a Physiotherapist), learning coping strategies (with a Psychologist) and taking medication. Regular follow-up visits will be scheduled to monitor your child’s progress and to adjust their treatment if necessary.

Our Pain Nurses are available by telephone for questions or medication adjustments. Contact details are available on the back of this leaflet.

How long will the appointment last?
New patients and their parents will be sent an appointment for the clinic which is held on a Monday morning. Your child will be seen at this appointment by the Doctor, Clinical Psychologist and Clinical Nurse Specialist. The first appointment usually takes one hour and follow up appointments may last up to one hour.

Where is the pain clinic?
The Pain Clinic is located in the Royal Manchester Children’s Hospital Out-patients Department which is situated on the ground floor.