

Pre-Assessment

Patients will usually be required to attend either a morning or an afternoon pre-assessment session. They will be informed in advance of the date and time of their pre-assessment by letter. There may be up to five patients called to attend the same session, and they are welcome and encouraged to bring a family member or friend along with them. The pre-assessment process usually last for 2-3 hours in total and is structured in the following way:

Group Talk

- A brief explanation of the programme is given and team members from each discipline (Health Psychologist, Nurse, Occupational Therapist and Physiotherapist) outline their particular contribution and aims within the pain management programme.
- Patients, partners and friends are encouraged to ask any questions about the programme.

Data collection

- Questionnaires (which will have been sent to all patients previously in the post together with their appointment letter) will be collected. Patients should ensure that they have fully completed all questionnaires prior to coming to pre-assessment.

Individual assessment

- Each patient (and partner/friend if requested by the patient) will then go with one member of the pain management team to a private room for an individual assessment.
- The patient will once again be able to raise any questions they may have had following the group talk and will be asked if they are happy to proceed with their own individual assessment.
- The pre-assessor will then talk through the patient's pre-assessment questionnaire gathering information about their current physical status, medical history and functional abilities.
- Some treatment goals may be identified at this stage
- The patient will be asked about their availability to come on the programme, and any nursing or dietary requirements they may have.
- The patient will be advised that they will not be given a formal response that day as to whether they are suitable for admission on to the programme, but will hear from the team in writing shortly after. This is because we need to discuss the decisions as a team
- **Patients can then go home once they have finished their individual interview**

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