



A Patient's guide to

# Acute Pain Services

## How to inform us

Acute Pain is pain which is related to tissue damage and is expected to go away.

‘An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage’.

International Association for the Study of Pain (IASP), 1979.

You are coming in to hospital to have a planned operation. Following this it will be expected that you will experience some acute pain. To ensure that patients pain is dealt with as effectively as possible, in this hospital we offer an acute pain service. This is run by the Acute Pain Team.

## The Acute Pain Team Members

**Liz Winstone** RGN / RSCN - Clinical Nurse Specialist

**Cheryl Girvan** RGN - Clinical Nurse Specialist

**Dr Tacson Fernandez** - Consultant Anaesthetist

**Dr Michael Hetreed** - Consultant Anaesthetist

We are a specialist team whose role is to make your hospital experience as comfortable as possible. We visit the ward areas daily. We will discuss your pain management with you if your nurse highlights a problem. You may ask to see us if you have any concerns about how your pain is managed during your stay at the RNOH.

## How you can become involved?

- If you have had any allergies or reactions to any pain killing medications, please inform your doctor when you are admitted
- Please tell us if you have ever used any strong pain killers before
- If you are taking any regular pain killers please continue taking them and inform your doctor when you are admitted
- It is helpful to us if you bring all your medications that you are taking, with you
- Remember, it is your pain, therefore, no one else can tell you how it feels or the intensity!

## Other information

If you would like to discuss how your pain will be managed following your operation, prior to admission, you may contact either of the nurse specialists. We can be contacted Monday - Friday by telephoning 0208 909 5301 / 5757. Email - [elizabeth.winstone@rnoh.nhs.uk](mailto:elizabeth.winstone@rnoh.nhs.uk)

## Useful websites

[www.youranaesthetic.info](http://www.youranaesthetic.info)

[www.britishpainsociety.org](http://www.britishpainsociety.org)

If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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