

# Children's Pain Management Service

Information for Patients, Parents & Carers

Last reviewed: August 2024

Next review: August 2027

Leaflet number: 196 Version: 2

## Your referral

You have been given this leaflet because your consultant/ paediatrician or GP has referred you to the Children's Pain Management Service.

## What does the Children's Pain Management Service do?

Our service will try to find ways to help you/ your child cope with long standing pain.

You will meet a number of different professionals who work together as a team and with you, to explore different ways of managing your pain.

It is important for you to know that we will not be involved in diagnosing the cause of your pain, or carrying out further tests for your pain.

Our service will explore ways to help manage pain. This may include reducing the number of medications you take, alongside different ways to manage the pain.

If you do not think our service is suitable for you, please cancel your appointment as quickly as possible. This will help us to give your appointment to another patient.

If arriving by car please allow plenty of time for parking before your appointment.

---

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What will happen at my appointment?

At your appointment you will be seen by all of the pain management team at the same time. In the appointment room there will be a:

- Pain Consultant
- Consultant Paediatrician
- Clinical Psychologist
- Physiotherapist
- Pain Specialist Nurse

The appointment will last for about 1 hour. You will be given the opportunity to discuss your pain and how this affects you and your family. It may also involve a brief examination in a different room.

You will then sit in the waiting area for 5 to 10 minutes while the team discuss your plan of care. You will all then come back into the appointment room where we will discuss ways to manage the pain involving parents/ family as needed. This may include medical, non-medical and/ or psychological treatment or interventions.

We know that many of our patients travel from the surrounding Midlands area, as our service here in Leicester is a specialist centre. If your local hospital/ community does not provide some of the specialist management services for treatment or interventions, you may need to travel to Leicester on a regular basis.

## Further information

We encourage you to look at pain management publications and resources, including:

- **Understanding pain - and what's to be done about it in 10 minutes!**

YouTube video can be viewed here: <https://www.youtube.com/watch?v=IVdulzi6oYw>

Produced by The German Children's Pain Centre (2014).

- **Understanding pain in less than 5 minutes, and what to do about it!**

YouTube video can be viewed here: [https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

Produced by Pain Australia (2011).

## Meet the team



**Dr Mahesh Kodivalasa**  
Pain Consultant



**Dr Camilla Watters**  
Clinical Psychologist



**Dr Emma Crossley**  
Clinical Psychologist



**Dr Jonathan Tring**  
Pain Consultant



**Zoe Syrett**  
Children's Pain  
Clinical Nurse Specialist



**Nicky Horsley**  
Physiotherapist



**Dr Sunita Dhir**  
Paediatrician

Children's Pain Management Service: 0116 258 8253 (for appointments)  
Children's Pain Nursing Team: 0116 258 5015 / 07908 454 867

[illegible]

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)



LEICESTER'S  
**RESEARCH** ★

Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit [www.leicestersresearch.nhs.uk/patient-and-public-involvement](http://www.leicestersresearch.nhs.uk/patient-and-public-involvement)