



Choose three things from this cycle that you want to take action on now:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



Choose three things from this cycle that you want to take action on now:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

## Health Needs Assessment (HNA) for Persistent Pain

### Changing how pain affects your life

Pain can affect peoples' lives in many ways. This checklist shows some of the problems due to longstanding pain.

Please help us understand your problems better so as to improve your quality of life and help you manage your symptoms with more confidence.

Tick what best describes the impact of pain on your life....

NAME

DATE OF BIRTH

DATE

#### Do you have any problems or difficulties with:-

1	<input type="checkbox"/>	Lack of physical fitness and difficulty exercising
2	<input type="checkbox"/>	Social isolation
3	<input type="checkbox"/>	Knowing how to self manage chronic pain
4	<input type="checkbox"/>	Medications – either they're not helping enough or side effects
5	<input type="checkbox"/>	Understanding why persistent pain happens
6	<input type="checkbox"/>	"Boom or bust" – tendencies to do too much on a good day and then paying for it the next i.e. difficulty pacing oneself
7	<input type="checkbox"/>	Your weight or eating well
8	<input type="checkbox"/>	Sleeping difficulties
9	<input type="checkbox"/>	Managing mood changes of depression, anger, anxiety or worry
10	<input type="checkbox"/>	Relationship difficulties with partner and family
11	<input type="checkbox"/>	Remaining in work or returning to work and/or training
12	<input type="checkbox"/>	Financial / money worries
13	<input type="checkbox"/>	Other difficulties important to change, for example, concerns about housing, hobbies, leisure. Please describe here

**If you've ticked more than three, please circle the top three .....**

# CHRONIC PAIN IN CORNWALL

## Where to find the information for patients

Pain

usually alerts us to an injury, like a fire alarm alerting us to a fire.

That's fine – it tells our body to pay attention to the injury and make us rest and get better.

But sometimes the pain goes on after the injury has healed. Or pain comes out of the blue for no apparent reason. If it goes on for more than 3 months we call it chronic (or persistent / long term) pain. Think of it as a faulty fire alarm – alerting us to danger... except there's no fire.

Cornwall GPs, pain specialists and, importantly, patients have teamed up to write information which includes video, audio and onward links to other resources to help you manage chronic pain yourselves (with less emphasis on medications) and reduce the impact it has on your lives.

We hope you find it helpful

To find it.... go to

[www.eclipsesolutions.org/cornwall](http://www.eclipsesolutions.org/cornwall)

Then follow the link at the bottom left of the page -  
“Chronic pain in Cornwall”



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**The Cornwall Joint Formulary**  
Has been designed as a tool to assist in promoting safe, effective, and economic prescribing within the Cornwall health community, by providing guidance on locally recommended drug choices. The aim is that the Joint Formulary will cover 80-90% of prescribing within our health community although we recognise that there will be instances where prescribing outside of the formulary will be both necessary and appropriate.  
The Joint Formulary is produced as a joint venture between primary and secondary care, enabling clinicians, pharmacists, and the Clinical Commissioning Group to have input into the production and updating of the Joint Formulary.

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**Chronic Pain in Cornwall**

Formulary Notes NICE Guidance (0) Other Links (0) Important Local Documents (0)

**Notes for: Chronic Pain in Cornwall**  
Last edited 04/04/2017 10:45:00

Medical management of chronic pain has experienced a U turn in recent years. The traditional style of aiming to render patients pain free with ever increasing doses of drugs doesn't work and often adds to patients' problems, sometimes with severe and even life threatening side effects.  
Modern management is focused around guided self-management with medical interventions being a smaller part of the treatment jigsaw.  
We have written *information for patients* and *information for clinicians* with the aim of answering two main questions:  
1. What are the alternatives to drug treatment for patients with chronic pain?  
2. How do we maximise the benefit and minimise the risk of our drug prescribing, particularly opioids?  
The documents are quite long and detailed however much of the material is in video (youtube linked) and audio format to aid digestion. We hope you find them helpful.

**INFORMATION FOR PATIENTS:**  
Chronic pain - information for patients in Cornwall written version - don't print - best to use as an electronic resource  
Chronic pain - information for patients in Cornwall AUDIO VERSION

**INFORMATION FOR CLINICIANS:**  
PRESENTATION