



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

The Collaborative Pain Clinic

Information for patients, relatives and carers

① For more information, please contact:

MDT Pain Clinic
1st Floor Outpatients
York Hospital
Wiggington Road
York
YO31 8HE

Phone number: 01904 725395

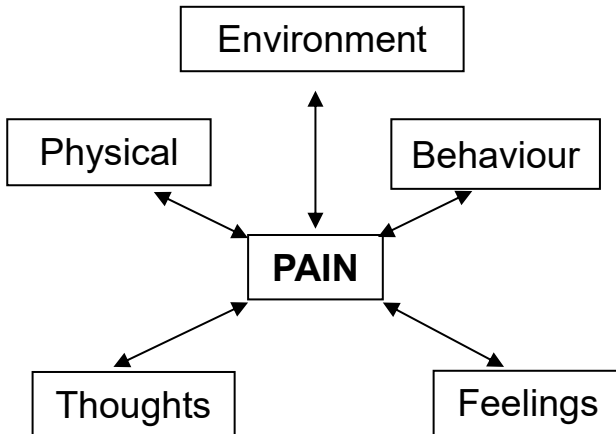
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The purpose of the collaborative pain clinic

The collaborative pain clinic is part of the Pain Service. It is designed to support you in exploring what you can do to manage your pain and do more of the things that matter to you. Before being referred here, you would usually have already attended an initial assessment within the pain service.

We understand that the impact of chronic pain goes beyond the physical sensation, and that support around the various areas impacted by pain can help alleviate distress associated with pain. For some individuals it is helpful to have input from different health clinicians working closely together in the same appointment.

Things that can affect your pain levels:



Essential pain facts:

- Pain protects us and promotes healing.
- Persistent pain overprotects us and prevents recovery.
- Many factors influence pain.
- There are many ways to reduce pain and promote recovery.

What to expect

This clinic runs on a Tuesday afternoon at York Hospital. You are likely to meet with two different health professionals at the same time. They will help you to consider self-management approaches to chronic pain. Typically, appointments last around 50 minutes, and individuals are usually offered up to three appointments within the clinic.

There can be a gap of a month or two between these appointments to allow you to put suggestions into practice. Sometimes there may be a slightly longer gap due to the service being busy.

Why are people referred to the collaborative pain clinic?

People are usually referred from the wider pain management service by their hospital consultant, specialist nurse, physiotherapist, occupational therapist or clinical psychologist.

All referrals are for the purpose of pain self-management and could be helpful for:

- People who would benefit from support in multiple areas to manage their pain and understand more about their pain and its impact.
- People who may benefit from longer appointment times.
- People who are affected by psychological factors which may impact on their functional goals. Functional goals are tasks aimed at maintaining independence and improving quality of life, such as walking further, increasing stamina, or playing with children or grandchildren.

Who will I meet?

At your appointment you will usually meet with two of the following health professionals. The person who referred you to this clinic may have suggested which professionals they think may be helpful for you within their referral letter. We will all share principles of pain science to help you better understand how to manage your condition.

Occupational therapist

The occupational therapist has professional skills in helping you manage any difficulties in your daily life, i.e. the ability to organise and perform your daily routines and to fulfil life roles at your home and work, for example cooking, cleaning, walking, or sitting at a desk. They can help you carry on with your daily activities despite your pain.

Physiotherapist

Physiotherapists are movement experts who will support you with physical goal setting. They can help you explore the role of activity and exercise as part of your pain management toolkit. This may include pelvic health physiotherapy.

Specialist nurse

Our nurse offers help to review your pain medication, providing advice that your GP will action.

Pain psychology

Psychology recognises that life with chronic pain often has an emotional impact that can, at times, add to distress associated with pain. In the collaborative pain clinic, our psychologist will offer brief support to address psychological barriers to pain management and may signpost you to other support for emotional wellbeing.

What will happen during my first appointment?

- At first, you will be offered an initial assessment. These build on the information from your pain clinic new patient assessment appointment. These are typically offered in person at York Hospital.
- Your clinicians will be aware of your medical history but may ask you to give more detail about how your recent health has been.
- They will ask some questions to get some background information about you, including your daily activities, and how you have coped with difficulties at other times in your life.
- You may be asked to complete a short questionnaire. This will give us a better understanding of your current situation.
- At the end of your session, you and your clinicians will make a joint plan about the way forward. This may be further sessions in this clinic, sessions with individual clinicians or signposting to other services.
- We may occasionally ask if a student health professional can sit in on or listen to your session. This is to help them with their training. This is optional and you are welcome to say 'no.'

What we expect from you

To benefit from this service, you must be prepared to work with us and experiment with making changes outside of clinic appointments.

As you are aware, there is a long wait for appointments in this service. Please give us as much notice as possible if you are unable or do not wish to attend. If you fail to attend on more than one occasion, this may lead to you being discharged from the Pain Service.

In summary

Meeting our team gives you an opportunity to talk about why you were referred and to find ways to work towards positive change. This can involve you and your clinicians working together to build a joint understanding of your situation and possible pain self-management approaches.

This approach works best when you can use the self-management approaches between sessions. You can then use any further appointments to troubleshoot any barriers or issues with using these strategies.

You may be asked to work towards your goals in between appointments by keeping a diary of experiences or activities, or by experimenting with new ways of doing things.

A note on confidentiality

To help you speak freely, the information that you share in your sessions is kept in confidence, and notes are kept carefully in a secure environment.

The only exception to confidentiality is if your clinicians become aware of a risk to yourself or another. In this instance they must share information to keep you and others safe.

You are welcome to have copies of the routine letters we write to your referrer and GP. If you have any questions about confidentiality, or any other aspect of the work, please do ask your clinician, or contact the pain service.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
MDT Pain Clinic, 1st Floor Outpatients, York Hospital,
Wiggington Road, York, YO31 8HE or
telephone 01904 725395.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:
www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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