

Information about  
**Your Assessment at The Scottish National Residential  
Pain Management Programme (SNRPMP)**



Telephone: 0141 211 3628

**Website** : [www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk)

**Email** : [Scottish.PMP@ggc.scot.nhs.uk](mailto:Scottish.PMP@ggc.scot.nhs.uk)

Your local pain management service have referred you to the SNRPMP. We have sent you an appointment to come for an assessment. This leaflet will give you some information about the service. You will also find more information about the SNRPMP and videos made by people who have been through the programme on our website [www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk).

## **What is the SNRPMP?**

The SNRPMP runs pain management programmes for groups of people from all over Scotland who suffer from chronic pain. We do not expect your pain to change within the time-frame of the PMP but we know that attending a pain management programme can help you to develop self-management skills and learn how to manage your thoughts and feelings better, so you are able to live a more fulfilling life.

If the programme is suitable for you, you will work in a group with a specialist team of psychologists, physiotherapists, occupational therapists, a nurse and a doctor. The programme helps you learn more about pain and new, practical self-management skills to help you reduce the impact of pain on your life. Participating in a programme can help you:

- Improve your quality of life
- Be able to do more of the activities that you enjoy and are important to you
- Become more independent
- Feel more confident

Due to current COVID restrictions we are running our programme virtually. The first part of the programme lasts for five weeks and will be Monday to Friday for around three hours per day, either morning or afternoon.

Once you have completed the first part of the programme we know you need time to practice your new skills within your usual routines and responsibilities. So, after three months we will arrange a telephone review appointment, and six months after your group we will invite you all back together virtually for a top-up session.

## **Assessment for the programme**

It is very important that we try to make sure that the programme will fulfil your needs and that you feel that you will be able to be actively involved in one of our groups. As this is a significant time commitment for you, we need to make sure you feel prepared to manage the routine of attending for a three hour period during each week day. We also need to establish any technology issues or requirements to enable you to confidently attend the programme virtually.

## **What do I need to do before my assessment appointment?**

**Please phone to confirm that you will attend your appointment.** If you cannot attend your appointment, please contact us as soon as possible, and we will be happy to rearrange this for you.

**If you do not attend your appointment and do not cancel this, we will assume you do not wish to be assessed for the programme, and we will discharge you.**

We have enclosed some questionnaires with your appointment letter. **Please complete these as soon as possible and return them in the stamped addressed envelope.**

## **What happens at my assessment?**

The assessment will take place over an Attend Anywhere video call. You will be sent a link via email with instructions how to join the call.

During your assessment you will meet with different members of the team so we can gain a good understanding of your situation and think about what would be most helpful for you. Your assessment may take place over a couple of appointments which may last up to a couple of hours.

We also expect that you will have questions about the group and this is an opportunity for you to find out more about the programme.

## **What should I bring to my assessment appointment?**

Please bring your glasses and hearing aid if you need them. It would also be helpful if you could bring a list of your current medications.

## **Research and audit**

The SNRPMP is always involved in research and audit. This information will help to improve the service and the treatments that may be available to you. We may use the information you provide for clinical audit or research purposes. We will comply with the requirements of the Data Protection Act (1998). In particular we will take all reasonable steps to ensure data is processed fairly, kept secure, protected against loss or damage and only disclosed (unless required by law or legal process) on a need to know basis. If you do not want your information used for audit purposes please tell us.

**If you have more questions or are worried that the programme may not be suitable for you, please contact us on 0141 211 3628 and we will be happy to help you.**

