

# Assessment for The Scottish National Pain Management Programme

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

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Your local pain management service have referred you to the Scottish National Pain Management Programme (SNPMP). The team will contact you to arrange an appointment for an assessment.

## What happens at the assessment?

Members of the team will have a conversation with you to hear more about your pain and the impact it has had on you. We will explore what you might be hoping for from an intensive pain management programme. The assessment process may happen over more than one appointment. The appointments will be in-person. We can also arrange video call appointments.

You may want to have a discussion with your family, friends or your employer to make sure that you can take this time for yourself to commit to a 3 week in-person programme or 5 week virtual programme.

## Is there anything I can do to prepare for my assessment?

It can be helpful to think about what you might be hoping for from a pain management programme. It also might be helpful to think of any questions or concerns you have.

In preparation for the assessment it could be useful to reflect on how your pain has:

- Affected your quality of life
- Impacted on activities that are important and enjoyable to you
- Affected your independence
- Affected your confidence
- Affected your mood and well-being

You will find more information about the Scottish National Pain Management Programme at 🌐 [www.snrpmp.scot.nhs.uk](http://www.snrpmp.scot.nhs.uk).

## Getting in touch

**Please telephone ☎ 0141 211 3628 to arrange an appointment.**

If you are unable to attend on the day, please contact us as soon as possible, and we will be happy to rearrange this for you.

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

**If you require this information in an accessible format, such as large print or braille, or in a community language, please use the contact details on this patient information leaflet.**

