

Welcome to The Manchester Pain Clinic

This downloadable e-book that will provide patients and families with information about their upcoming appointment with Dr Rajan Consultant in Pain Medicine.

Dr Rajan and the team at The Manchester Pain Clinic offer a patient centred collaborative approach committed to achieving excellent outcomes using a holistic approach to pain to promote pain relief and improvement function and enjoyment of life.

At The Manchester Pain Clinic we seek to provide patients with cutting-edge medical knowledge, interventions and treatment, with bespoke patient centred packages, delivered with care and compassion.

One in 10 adults in the UK suffer from chronic pain. In fact, some 10 million Britons suffer with a variety of chronic pain conditions on an almost daily basis. Chronic back pain alone is estimated to cost around £5 billion.

There is a great variation in the provision for chronic pain services, long waits to see specialists, limited treatments available on the NHS, doctors with little or no training in chronic pain medicine, sceptical colleagues and family as well as many knock-on consequences of chronic pain. Chronic pain is associated with a wide variety of maladaptive behaviours, physical, psychological family and employment consequences. Reduced sleep, impaired, hormonal and immune function and cognitive ability often occur in chronic pain.

Chronic pain is a complex interplay of biological psychological, physical and social factors. The Manchester Pain Clinic aims to deliver a truly biopsychosocial model of chronic pain and also work closely with pain physiotherapy and pain psychology to address the other knock-on consequences of pain.

The Manchester Pain Clinic offers treatment for a range of chronic pain conditions. These include

Back pain

Sciatica

Neuropathic pain

Complex regional pain syndrome

Joint issues

Headaches

Chronic widespread pain and fibromyalgia

Chronic pelvic pain

Myofascial Pain.



The Manchester Pain Clinic offers a model with detailed consultations, examination medical management and a bespoke formulation for you, the patient.

In addition The Manchester Pain Clinic offers a wide range of cutting edge interventional treatments with x-ray fluoroscopic and ultrasound guidance.

Meet the Team

Medicine

Dr Jonathan Rajan

MB.ChB FRCA FFPMRCA PGCert (Med Ed)

Dr Rajan is a Consultant in Pain Medicine and Anaesthesia at Salford Royal NHS Trust. He has published articles on methadone use and perioperative pain and also lectures in pain medicine at Salford University. He has an interest in Medical Education and is pioneering the introduction of the pain teaching for medical undergraduates, embedded in the Manchester University syllabus – a first for the North West. He also works with the Human Pain Research Group which uses cutting edge technology to discover more about the underlying pathology of chronic pain. Dr Rajan is also involved in the supervision of medical undergraduates as an Academic Advisor. He has worked with the Royal College of Anaesthetist and Faculty of pain medicine to deliver pain teaching in various countries around the world including Nepal and Ethiopia.

Secretarial Staff

Claire has experience of chronic pain work as a secretary and also has a legal background as a solicitor, often working with personal injury patients.

Physiotherapy



Our physios have developed their skills working in pain management at the nationally recognised pain centres. They work closely with Pain Medicine Consultants, Clinical Psychologists and Specialist Nurses, within their all-encompassing interdisciplinary pain management service. They have a specific interest in the rehabilitation of musculoskeletal pain, including neck and back pain, and Fibromyalgia. Our Physios use a biopsychosocial approach and a goal orientated management plan to facilitate physical reactivation. This can improve mood, independence and quality of life. They can help to reduce fear of movement, and help people with chronic pain feel confident about participating in meaningful physical activity.

What is chronic pain?

Chronic pain is pain persists beyond the usual time for healing from an injury. Sometimes called persistent or long term it is pain that persists for more than six months but is not responsive to usual medical treatment.

Sometimes chronic pain can occur following injury, but can sometimes develop for no clear reason. Chronic pain can be continuous or it can flare up and affect other aspects of the patient's life. It may be associated with a range of feelings and can affect any region of the body, such as the back, the legs the head or the shoulders.

Why does chronic pain occur?

Chronic pain can occur because of sensitivity the nerves. In other words the nerves can be permanently switched on despite the fact there is no further ongoing damage. In some people there is more of a genetic predisposition to this pain and we also know the effects of pain and stress and mood can also affect the experience of pain.

How does chronic pain affect people?

Living with chronic pain can affect parole on lots of ways. Often my patients will talk about chronic pain affecting:-

Mood

Sleep

Feeling that the pain is in control

Feeling anxious or fearful

Feeling down and hopeless

Ultimately this can lead to a vicious cycle of reducing physical function, with reduced mood, leading



to feeling in less control, leading to further anxiety and a worsening of pain and a reduction in physical function.

What can you do about chronic pain and how can we help?

Chronic pain is a complex condition and some patients will always have some degree of pain. Explanation, education and support in managing pain as well as pain relief is vital in enabling patients to function better and enhance their quality of life.

Helping patients achieve pain relief as well as providing them with the mental toolkit to cope with the knock-on consequences of their pain it's something that Manchester Pain Spa can help with.

At The Manchester Pain Clinic we can provide cutting-edge treatment aimed at Pain relief as well an integrated biopsychosocial model of care aimed at functional improvement, rather than just the control of Pain.

Pain specialists are fundamental in the management chronic pain. Our long and complex training enables the use a range of non-pharmacological, pharmacological and interventional treatments, combined with the biopsychosocial approach to help patients. Chronic pain medicine has been a recognised field of medicine with its own Faculty, medical examinations and is part of the wider medical royal college.

At The Manchester Pain Clinic we are able to apply medical knowledge, medicines, intervention and treatments to chronic pain with Pain psychology and physiotherapy to achieve the best outcomes for our patients.

Your first appointment

At your first appointment with The Manchester Pain Clinic we will aim to take a full history, provide a comprehensive and detailed examination, review your medication and treatment so far and organise any tests or investigations that you may need.

We will also look more closely at your function, understanding of pain, sleep and general activities.

What to bring with you

At your first appointment it is helpful if you have a list of all the medication you are taking for pain and other conditions. Details of any previous medication taken for pain will also be helpful. The current prescription list is very helpful and details of any medications such as aspirin, warfarin, clopidogrel and rivaroxaban are useful.



It is also very important the details of previous investigations and reports of these investigations as well as clinic letters are brought to your first appointment.

The first appointment with The Manchester Pain Clinic will last around an hour and we will talk through not only your history, examination, medications you have received but also attempt to organise any investigations required, discuss your options with regards to medications, interventional treatment suggestions and pain management rehabilitation. We take great care to provide a bespoke model of service and take time to answer queries and clarify any doubts that you have about your bespoke Pain management plan.

The Manchester Pain Clinic will then write to you with a detailed letter and send a copy to your GP and any other specialists involved in your care.

Follow up appointments

Depending on your progress and plans made the team at The Manchester Pain Clinic will follow you up with a view towards reviewing treatments investigation and tailoring your model of care further depending on results and response to treatments. Follow up appointments tend to last 30 minutes.

Interventional pain treatments

Dr Rajan will be more than happy to discuss interventional treatment if appropriate at the time of your consultation. He will discuss the risks and benefits of the procedure, the evidence, alternatives and possible complications. Further details of procedures are available on our website at manchesterspainspa.co.uk

What should you do if you are coming for injection?

Please inform us if you have any previous adverse reaction to interventional treatments or injections.

Any procedures undertaken do not require a general anaesthetic so you will be away and be able to eat and drink as normal on the day.

If you do wish to have sedation for a procedure please discuss this with me during your consultation. If you do have sedation for procedure it is paramount you do not eat up to 6 hours before the procedure and do not drink two hours before.

Please inform us if there you take any blood thinning medications as these need to be stopped for your injections. Please tell us about these medications on the day of your consultation are not on the date your procedure. If we are not aware that you are taking certain medications we may need to postpone to avoid serious complications related to bleedings for.



Please let us know any allergies. This maybe to medications or iodine, latex or contrast dye.

Please inform us of any metalwork in situ or any electrical devices such as pacemakers, implanted defibrillators and spinal-cord stimulators.

If you are diabetic please let both of us and your GP know monitor your blood sugar levels carefully in the coming days and weeks after your injection should it contain steroid which may alter your blood sugar levels temporarily.

Frequently asked questions

How do I make appointment?

Please email The Manchester Pain Clinic We will reply to your query and beginning formulating your bespoke pain management plan within 48 hours.

Where are we located?

Dr Rajan works at two locations Salford Royal Hospital and also at Centric Consulting Rooms in Sale. Directions are available on the website.

Do we offer Weekend evening appointments?

The Manchester Pain Clinic offer routine weekend evening appointments. These can be discussed with our receptionist on your initial visit.

Hours Monday six till eight Tuesday six till eight Wednesday six till eight Thursday six till eight Friday all day.

