

Our service

We are a multidisciplinary team of consultants in anaesthesia and pain control, specialist pain nurses, clinical psychologists and physiotherapists specialising in pain management.

We are based in the Pain Clinic, F18 in the Brownsword Therapies Centre, and run individual and group pain management programmes.

If you are interested in attending, please speak to your GP and they can refer you to our clinic.

Further sources of information:

Ways to manage chronic pain



10 ways to reduce pain



If you have any queries, please contact:

The Pain Clinic

Zone F, Department F18
RNHRD and Brownsword Therapies
Centre - Royal United Hospitals Bath
Pain Clinic Telephone: 01225 824331

If you need advice during out-of-hours, please contact your GP or NHS111. For emergency, please dial 999.

The RUH, where you matter

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656 or email ruh-tr.psct@nhs.net.

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Acute Pain versus Chronic Pain

Information Leaflet



What is Chronic Pain?

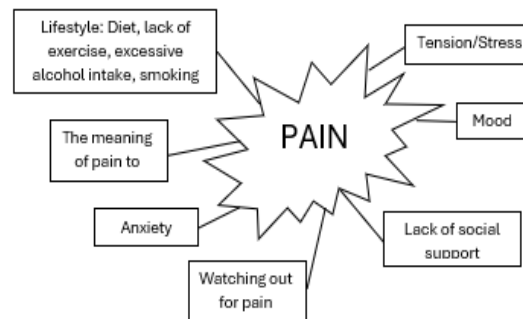
Chronic pain, also called persistent pain, is pain which continues for longer than expected. Pain can affect all areas of your life. People with chronic pain find that accepting and managing the pain is often more useful than trying to find a cure for the pain.

Differences between acute and persistent pain

| Acute Pain | Chronic Pain |
|--|--|
| Short lasting while healing process is taking place | Lasts longer than 3-6 months and is not related to the healing process |
| Pain medications can be helpful | Pain medications are not always helpful, especially if effects stop you from doing things you enjoy. |
| Anxiety or depression may be short-lived whilst the pain lasts | Mood difficulties may be long-term |
| Acute pain means "danger." It is a warning signal. | No useful purpose |
| A symptom of tissue damage, illness or disease. | Can occur without disease/injury or after tissues have healed. |
| Rest can be helpful. | Long periods of rest without exercise are not helpful. |
| The focus is on treating the underlying cause. | The focus is on managing the pain. |

Stress and Pain

There is a significant link between stress and pain. Pain, understandably, causes stress, which causes more pain, resulting in more stress. Managing stress and other lifestyle factors can help manage pain and help to break this cycle. Excessive alcohol intake, smoking and poor diet can also negatively affect pain. Exercise and social support can help.



Self-management

Self-management is an important aspect of pain management. Research has shown that people cope better with their pain when they take active control of their lives, rather than trying to seek a cure of their pain.

Why is self-management important?

- It will help you find ways to enjoy life, despite your pain and help you recognise when you have done too much and need to pace yourself.
- Leading a fuller life helps you focus less on your pain which will improve your mood.
- You will better manage your frustrations and fears.
- By learning to set small, achievable goals you will regain a sense of achievement and you can start today.

10 ways to reduce pain

1. Get some gentle exercises.
2. Breathe right to ease pain.
3. Read books and leaflets on pain.
4. Talking therapies can help with pain.
5. Distract yourself.
6. Share your story about pain.
7. The sleep cure for pain.
8. Take a self-management course.
9. Keep in touch with friends and family.
10. Relax to beat pain.