



Guy's and St Thomas'
NHS Foundation Trust



Visiting Professional Programme: Pain Management

Introduction

The Guy's and St Thomas' NHS Foundation Trust Pain Management visiting professionals programme is designed to provide applicants with the opportunity to experience first-hand our Pain Management Service, which specialises in treating adults (over 18 years) with chronic pain. The programme offers a unique chance to be fully integrated within a service that is at the forefront of clinical management, training and research.

The programme has been designed by our clinical leads to provide a unique development experience that enables visiting professionals to broaden their clinical expertise and learn new skills that can be transferred back to their work place.

Who we are

Pain Management & Neuromodulation Centre

The Guys and St Thomas' Pain Management and Neuromodulation Centre is internationally recognised as a centre of clinical and academic excellence in the management of chronic pain.

We have a long history of providing traditional chronic pain management treatments such as day case procedures and outpatient treatments.

We've also established world prominence in the fields of spinal cord stimulation and other neuromodulation techniques, as well as in addressing the psychological, physical and social impacts of chronic pain with our pain management programmes. This is delivered through the INPUT Pain Unit.

The centre collaborates closely with spinal surgeons in the assessment and treatment of spinal pains, and similarly provides highly specialised, multidisciplinary assessments for conditions including:

- Joint Urology
- Opioid
- Sickle Cell
- Neuropathic
- Pelvic Pain
- Neurofibromatosis
- Joint Paediatric
- Virtual Orthopaedic MDT
- Facial Pain
- Headache
- SCS MDT Clinic

INPUT Pain Unit – Helping people with ongoing pain reach their goals

The INPUT Pain Unit at St Thomas' Hospital was opened in 1989. We are an NHS service, running pain management programmes throughout the year for patients from all over the UK. We have strong links with King's College London and an active research programme.

We receive referrals from General Practitioners and Consultants from London and all over England.

Our vision is to provide world-class pain management, good health outcomes and excellent patient experience, based on research, evidence and national and international standards. Our aim is to work together with patients, GPs, consultants, King's Health Partners, and other healthcare providers to deliver effective and patient-centred care, enhance patients' quality of life, improve clinical outcomes and deliver world-class teaching.

INPUT operates a busy service comprising of:

- Residential pain management programme
- Residential pre-neuromodulation pain management programme
- Outpatient pain management programme
- Outpatient 1:1 psychology
- Online pain management programme
- Occupational therapy
- Acupuncture

Inpatient acute pain service – Helping patients on our wards to manage their pain

The inpatient acute pain team provides advice for managing pain after surgery. They also see patients who are not necessarily having surgery, but are suffering from severe short-term pain. They carry out daily ward rounds at both Guy's and St Thomas', helping patients to control their pain effectively through education and guidance. They also provide education and training programmes for nursing, medical and pharmacy staff, to help them to care for and manage this area of care effectively.

Headache and facial pain service

The Headache Centre at Guy's and St Thomas' cares for patients with headache and facial pain disorders.

Our service has a multidisciplinary structure which mean we work with a broad range of other health professionals and clinical services.

Our team includes consultants, clinical psychologists, a neurosurgeon, clinical nurse specialists, headache research experts, clinical scientists, research fellows and research nurses.

As well as serving our local populations of Southwark and Lambeth, we also accept referrals from consultants and other specialists for patients with complex head and facial pain disorders.

Conditions treated

We treat the following headache-related conditions:

- chronic migraine
- cluster headaches
- SUNCT and SUNA headache
- tension type headache
- trigeminal neuralgia
- paroxysmal hemicranias
- hemicranias continua
- medication overuse headache
- new persistent daily headaches
- persistent migraine aura
- post-traumatic headache
- secondary headache disorder.

Research

We have a dedicated research team leading ground breaking research aimed at improving our understanding of chronic pain conditions. Our clinical research is focused on:

- investigating new innovations
- advancing current treatments
- improving the quality of life of patients with chronic pain

Our current research work includes local, national and international clinical studies in areas such as:

- neuromodulation
- endoscopic pain relief interventions
- novel pain medications
- pain management strategies for various client groups including:
 - complex regional pain syndrome
 - neuropathic pain in patients with diabetes
 - chronic pain in trunk and/or limbs
 - osteoarthritis
 - lower back pain

Key staff

Dr Adnan Al-Kaisy – Clinical and research lead

Dr David Pang – Consultant in Pain Management

Dr Fauzia Hasnie – Consultant in Pain Management

Dr Giorgio Lambro – Consultant Neurologist

Dr Joseph Azzopardi – Consultant in Pain Management

Dr Min Liu – Consultant in Pain Management

Dr Nicholas Padfield – Consultant in Pain Management

Dr Sandesha Kothari – Consultant in Pain Management

Dr Stefano Palmisani – Consultant in Pain Management

Dr Stephen Ward – Consultant in Pain Management

Dr Thomas Smith – Consultant in Pain Management

Karen Sanderson – Advanced Nurse Practitioner

Clair Jacobs – Lead Physiotherapist

Lucie Knight – Highly Specialised Psychologist

Eleanor Carson – Highly Specialised Psychologist

Who should apply?

This programme is intended for non-U.K. qualified registrars, consultants, and other health professionals with an interest in Chronic Pain and Pain Management.

The programme is aimed at those who wish to extend their clinical expertise in pain management approaches to working with those with chronic pain within St Thomas' hospital.

The Pain Management Centre / INPUT Unit welcomes visitors for the purposes of shared learning and partnership with external agencies.

Visitors can be:

1. Professionals involved in or setting up other pain management services or using pain management strategies in their practice
2. Doctors on rotation to the Pain Management Clinic
3. Students on elective/agreed placement
4. Visitors must be over the age of 18

Medical doctors have the choice of applying for a hands-on placement or observership programme. Those wishing to apply for a hands-on attachment must have GMC registration or NMC registration. You can apply for GMC registration directly through the main GMC website (www.gmc-uk.org), alternatively The Royal College of Physicians run a medical training initiative which facilitates GMC registration and provides sponsorship for a Tier 5 visa. You can find out more about their Medical Training Initiative by visiting their website (www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative). NMC registration can be applied for via www.nmc.org.uk.

Duration

The programme's duration can be tailored to the specific learning requirements of those visiting. However, it is recommended that in order to get the most out of the Pain Management Centre / INPUT Programme that visiting professionals undertake a placement of at least two weeks.

Format

Pain Management Centre

If you have a particular interest in observing our medical doctors' or nurses' clinics then this can be arranged. We can provide an opportunity to observe day surgery and neuromodulation theatre sessions, ward rounds, and specialist doctor's clinics.

Individual weekly timetables will be created based on each visiting professional's requirements. However, below is an example timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 09:00	Headache Clinic Dr Tom Smith PMC 2	Neuromod Clinic Dr Nick Padfield PMC 3	Pelvic Clinic Dr Sandesha Kothari PMC 5	Opioid Clinic Dr Fauzia Hasnie PMC 7	Neuromod Theatre List Dr David Pang Guy's Nuffield 13
Afternoon 13:00	Botox Clinic Dr Giorgio Lambru PMC 6	Facial Pain Clinic Dr Palmisani / Lambru PMC 6	Day Surgery Dr David Pang DSU 1	Pain Clinic Dr Min Liu PMC 7	Neuromod Theatre List Dr David Pang Guy's Nuffield 13

Before the visit

- Visitors Co-ordinator to be notified about all plans for visit i.e. when visitor are to be starting, for how long they are staying etc. in order to avoid overloading the staff and patients at any given time.
- Visitors Co-ordinator liaises with staff and visitors about the proposed visit. The Visitors Co-ordinator will send the paperwork required by the Trust for all visitors / observers.
- Visitors Co-ordinator provides the visitor with confirmation of visit (e-mail or letter as appropriate), appropriate information including directions to the Unit.

During the visit

- Visitors are under the supervision of a named member of the Team.
- Visitors sit in on the programme provided staff and patients agree; unfortunately that could change at last minute notice for which we apologise in advance and alternative plan can be discussed, if that was to occur.
- Visitors need to be aware of confidentiality and abstain from interrupting sessions.

INPUT Pain Management

Visiting professionals will be aligned with a Multi-Disciplinary Team (including psychologists, physiotherapists, nurses and occupational therapists). We expect visiting professionals to be fully integrated in the day-to-day service within our INPUT Pain Management Team.

You will be offered the chance to observe one of our residential programmes. There are two types:

- Three-week residential programme
- Two week pre-neuromodulation programme.

Additionally, you may wish to observe multidisciplinary assessments and staff teaching sessions.

The aims of the pain management programmes include:

- To increase engagement with important/ valued activities and not focussed on pain reduction. The courses are based on a mindfulness/ acceptance and commitment therapy approach. The core elements are outlined below:
- Increasing attention and awareness of familiar responses to pain and habitual activity patterns
- Clarifying what is personally important and setting small goals related this and acting upon them
- Practising an open and flexible approach to doing meaningful activities even when faced with difficult thoughts, sensations, emotions etc.
- Re-committing to goals in the presence of difficulties and barriers
- Education about the nature of persistent pain
- Education about the long term use of pain medication and medication review with a specialist pain nurse

Sample timetable:

GROUP B 3 week programme		WEEK 1			PATIENT VERSION	
	Monday 6th Aug	Tuesday 7th Aug	Wednesday 8th Aug	Thursday 9th Aug	Friday 10th Aug	
9am	9.00 Registration and coffee	9.00 Psychology			9.00 Psychology	9am
	9.30 Welcome and intro to the group		9.30 Psychology	9.30 Nurse		
10am	10.00 Questionnaires	10.00 BREAK			10.00 BREAK	10am
	10.30 Physio measures & medication & individual reviews	10.30 Physiotherapy	10.30 BREAK	10.00 TEAM MEETING	10.30 Physiotherapy	
11am	Check in to accommodation	11.30 Individual reviews if required	11.00 Multidisciplinary team session Understanding your condition	11.00 Physiotherapy	11.30 Skills practise	11am
12pm	12.00 LUNCH	12.00 LUNCH	12.00 LUNCH	12.00 LUNCH	12.00 LUNCH	12pm
1pm	13.00 Physio measures and individual reviews continued	13.00 Nurse	13.00 Nurse	13.00 Psychology	13.00 OT	1pm
2pm	14.00 Multidisciplinary team session	14.00 OT	14.00 OT	14.00 Physiotherapy	14.00 Physiotherapy	2pm
3pm		15.00 BREAK	15.00 BREAK	15.00 BREAK	15.00 BREAK	3pm
	15.30 Individual reviews if required	15.30 Physiotherapy	15.30 Physiotherapy	15.30 OT	15.30 Psychology	
4pm	16.00 FINISH	16.15 Psychology	16.30 Skills practise	16.30 Skills practise		4pm

Before the visit

- Visitors Co-ordinator to be notified about all plans for visit i.e. when visitor are to be starting, for how long they are staying etc. in order to avoid overloading the staff and patients at any given time.
- Visitors Co-ordinator liaises with staff and visitors about the proposed visit. The Visitors Co-ordinator will send the paperwork required by the Trust for all visitors / observers.
- Visitors Co-ordinator provides the visitor with confirmation of visit (e-mail or letter as appropriate), appropriate information including directions to the Unit.

During the visit

- Visitors are under the supervision of a named member of the Team.
- Visitors sit in on the programme provided staff and patients agree; unfortunately that could change at last minute notice for which we apologise in advance and alternative plan can be discussed, if that was to occur.
- Visitors need to be aware of confidentiality and abstain from interrupting sessions.
- Questions can be asked outside the teaching session.
- Also we ask not to make any notes during the sessions, there will be time in between the sessions.
- Visitors may not sit in on the de-briefing meetings for the Team unless agreed otherwise.

Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment. To find out the fee please contact us by emailing vpp@gstt.nhs.uk.

Registration and enquiries

To register for the Pain Management Visiting Professional Programme please complete the application form at www.guysandstthomasevents.co.uk and return to:

Education and Events

Guy's and St Thomas' NHS Foundation Trust

Email: vpp@gstt.nhs.uk

Telephone: + 44 (0)20 7188 7188 extension 55865

Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.5 billion and employs around 16,200 staff.

Last year, the Trust handled 2.4 million patient contacts, including:

- 1.28m outpatients
- 89,000 inpatients
- 111,000 day case patients
- 205,000 emergency and urgent care attendances
- 810,000 in community services
- 6,567 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.

Care Quality Commission (CQC) rating

Guy's and St Thomas' achieved a 'Good' overall rating by the Care Quality Commission (CQC) with several services rated 'Outstanding'.

CQC inspectors visited the Trust's hospital and community services from 7-10 September 2015 with further unannounced visits taking place later the same month.

In its report, the CQC praises staff who its inspectors found to be 'highly committed to the Trust and delivering high quality patient care'.



Guy's and St Thomas' NHS Foundation Trust values

Our values help us to define and develop our culture – what we do and how we do it.

Making people aware of the Trust values, making them part of our culture and demonstrating them through the organisation helps us develop a shared way of acting.

Our values are a key part of everything that we do as an organisation, from being included in staff job descriptions and in our publications, through to our work on leadership development and performance management. Our five values are listed below:



1. Put patients first
2. Take pride in what we do
3. Respect others
4. Strive to be the best
5. Act with Integrity

Every day we aim to provide the most exceptional care to our patients from dedicated staff who follow our five values. Take a look at our video at <http://gti/services/organisational-devt/values-behaviours/our-values.aspx> to see what our values mean to them.

Copyright © Guy's and St Thomas' NHS Foundation Trust 2019. All rights reserved.

No part of this document may be reproduced without written consent from the author.