

# **Chronic Pain Service**

* Our new telephone number is [**01698 754605**](tel:01698754605)
* All our resources are available on our Chronic Pain Service website:  
  [**https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/**](https://www.nhslanarkshire.scot.nhs.uk/services/chronic-pain/)

## **New Resources**

### **Animation about our service**

[https://www.youtube.com/watch?v=igCvnkuqR9I](https://www.youtube.com/watch?v=igCvnkuqR9I" \o "Chronic Pain Service - what to expect animation)

What patients can expect at the Chronic Pain Service – you can show this to patients during consultation or ask them to view at home.

### **Health Professional Resource**

Supporting a self–management plan - Chronic Pain

A comprehensive list of resources available to assist with your Chronic Pain patients depending on what they require and preferred learning style. Save this document.



### **Updated patient resource**

“[What is Chronic Pain](https://www.nhslanarkshire.scot.nhs.uk/download/what-is-chronic-pain/)” – updated version has additional resources that the patient can use to understand pain and the different ways to manage it.

(This is available on our website via the link above and from FirstPort at the [patient information leaflets section](http://firstport2/resources/patient-info-leaflets/Pages/default.aspx)). This can be printed or emailed to a patient.



If you have any feedback about our resources please email: [**Kathryn.reid@lanarkshire.scot.nhs.uk**](mailto:Kathryn.reid@lanarkshire.scot.nhs.uk)