

PAIN MANAGEMENT SERVICE KINGSTON HOSPITAL NHS TRUST

WEB SITES WITH INFORMATION FOR PEOPLE WITH CHRONIC PAIN

All of these sites contain useful information for people with chronic pain. At the time of inspection all this information was acceptable and reliable. However, the Pain Management Service cannot guarantee the reliability of the sites or links from these sites in future. Many of these organisations produce leaflets, some of which can be downloaded.

Chronic Pain in General: Sites designed for people with chronic pain

<http://www.patient.co.uk/health/chronic-pain-a-self-help-guide> - General information about pain management

www.painconcern.org.uk – UK based charity providing information and support for chronic pain

www.painsupport.co.uk – contains pain relief techniques and tips

www.action-on-pain.co.uk/ - contains support and advice on how to ease chronic pain

www.backcare.org.uk – informs and educates on back pain, contains research, management and prevention of back pain

<http://www.pain toolkit.org/> - downloadable information booklet giving tips and skills for managing pain

www.paincd.org.uk – online CD to help manage and control pain

http://www.healthtalkonline.org/chronichealthissues/Chronic_Pain - Interviews where people with chronic pain describe their experience

Professional Sites with useful information for patients

www.britishpainsociety.org/ - UK's largest organisation in pain research composed of healthcare professionals researching into the diagnosis and treatment of pain

www.theacpa.org (American Chronic Pain Association)

- provides peer support and education for chronic pain sufferers

www.chronicpaincanada.org (Canadian Chronic Pain Association)

- contains links to pain resources serving Americans and Canadians

www.liv.ac.uk/pri (Pain Research Institute)

- contains sources on pain information and research into pain relief

Specific Conditions

Arthritis

www.arthritiscare.org.uk/ - contains high quality information and support on arthritis, includes a free hotline, regular email updates and discussion forums

www.arthritisresearchuk.org – funds research and educates health care professionals to help sufferers manage pain and remain active

www.rheumatoid.org.uk – contains information and support for sufferers, families, friends and carers

Neuropathic Pain

<http://www.neurocentre.com> (under re-development but still contains information)

Migraine

www.migrainetrust.org – informs and supports people affected by migraines, contains online tools such as a migraine diary to detect triggers or patterns

www.migraine.org.uk – contains support, advice and information on treatments for control and relief of migraines

Multiple Sclerosis

<http://www.mssociety.org.uk> – UK's leading MS charity in providing information, support and funding research

Irritable Bowel Syndrome/Colitis and Crohn's

www.thegutrust.org – contains further useful links for information on IBS

www.nacc.org.uk – contains information online, through telephone, email and confidential support from people living with IBD

Endometriosis

www.endometriosisassn.org – provides support and advice for sufferers and families (membership required)

www.endo.org.uk – contains information and support online, through a hotline, through local groups in your area and discussion forums

Chronic Fatigue

www.afme.org.uk – informs and supports people with M.E. and carers, AFME also invests in research and treatments to overcome chronic fatigue

www.kcl.ac.uk/cfs - contains information into research and treatment through behaviour, exercise and pacing therapy

Fibromyalgia

www.fibromyalgia-associationuk.org/ - UK registered charity made up of fibromyalgia sufferers who provide information and support

Pelvic Pain/Vulvodynia

www.pelvicpain.org – provides information booklets and resources near you

www.vulvalpainsociety.org – set up to help and support the physical and mental health of sufferers by providing information and practical advice

Mood Problems/Post-Traumatic Stress

www.oxdev.co.uk – private psychology consultancy providing service to help lifestyle and personal growth and to maximise well-being

www.depressionalliance.org/ - provides information and a range of services such as local support, online publications, newsletters, pen friend schemes, research and supporter schemes

www.lltf.com/ - a free online life skills course made up of several different modules designed to help develop key skills and tackle some of the problems we all face from time to time.

www.mind.org.uk – charity providing advice and support for anyone with a mental health problem

www.glasgowsteps.com – contains information on common stress problems and ways to tackle them

RSD/Complex Regional Pain Syndrome

www.fightingrsd.com – site produced by patients with RSD/CRPS to provide information and key support with shared experiences

RSI Repetitive Strain Injury

www.rsi.org.uk – information resource for those interested in musculo-skeletal disorders, in order to raise awareness and provide advice and support

Trigeminal Neuralgia (facial pain)

www.tna.org.uk – contains information, support, shared experiences and encouragement for sufferers, it also contains research to raise awareness to the public