

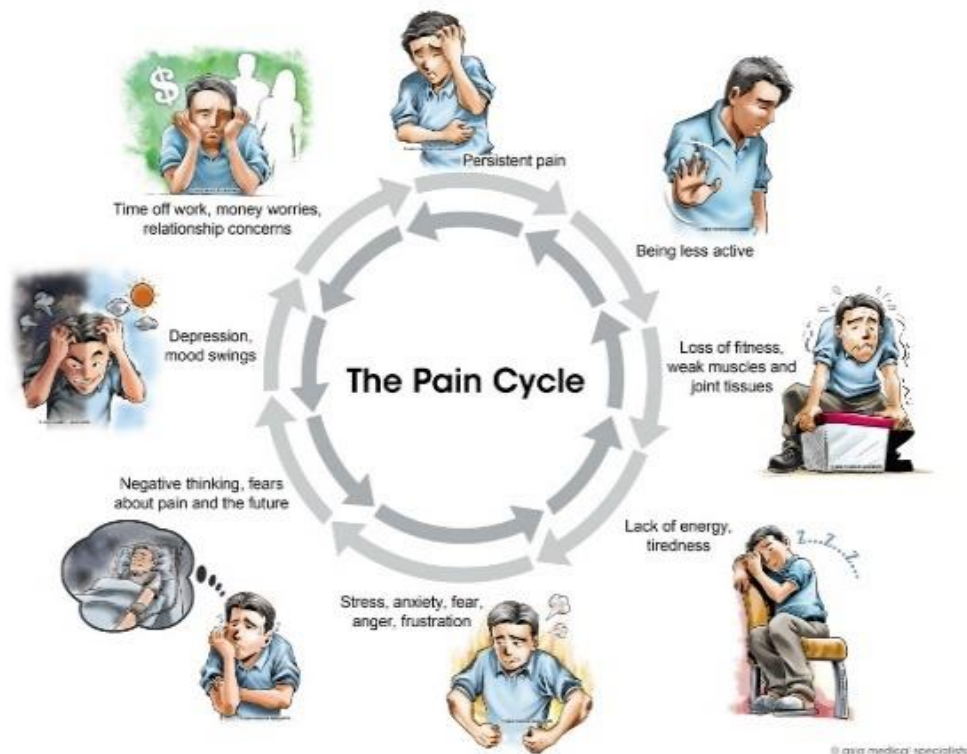
Accessing Support: Pain management

Pain is often considered to be a purely physical sensation however, in reality, it has biological, psychological and social factors. Whilst the type of pain differs between individuals and according to different cancers and treatments, pain is one of the most common symptoms reported by cancer patients. Most pain goes away after a while but some pain can last a long time and is referred to as chronic, or long-term pain. No matter what type of pain you are experiencing, having a good understanding of what pain is and how you can manage it can be helpful.

Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

An example of a pain cycle (everyones will be unique to them)



"Chronic Pain: A Self-Help Guide" by Forth Valley NHS Trust

This self-care toolkit is a simple information booklet that provides some handy tips on how you can manage persistent pain.

Website link: [Chronic Pain - self-help guide.pdf](#)

Understanding Persistent Pain

An booklet explaining the mechanisms by which pain works and how it can affect people.

Website link: [https://outpatients.tas.gov.au/_data/assets/pdf_file/0003/172578/CSS -
_Physiotherapy - Understanding Persistent Pain Booklet.pdf](https://outpatients.tas.gov.au/_data/assets/pdf_file/0003/172578/CSS_-_Physiotherapy_-_Understanding_Persistent_Pain_Booklet.pdf)

Complementary and alternative therapies

Information on the benefits of non-medical treatments of pain, for those with cancer.

Website link: <https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies>

NHS Inform Chronic Pain Self-Help Guide

Based on CBT principles, this guide provides information on the role of thoughts and feelings in chronic pain, in addition to activities centred around challenging these unhelpful thoughts. The guide also includes sections on relaxation, goal setting, action-planning, sleeping well, and coping with flare-ups.

Website link: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/chronic-pain-self-help-guide>

University College London Hospitals NHS Foundation Trust - Chronic Pain Resources

A collection of videos, websites, and books for management of various types of physical pains. Included in these resources are some links to mindfulness practices.

Website link: <https://www.uclh.nhs.uk/OurServices/ServiceA-Z/Neuro/PMC/Pages/Selfhelppain.aspx>

Pain Concern

A leading UK charity supporting those with pain; has a number of resources for managing pain including some aimed at families/ carers of those experiencing complex pain.

Website link: <https://painconcern.org.uk/>

Understanding Pain in Less Than 5 minutes



A video providing a brief overview of acute vs chronic pain. It also includes the interacting factors which form the complex picture of pain including biology, emotions, life history, physical activity, and environmental strains.

Website link: <https://www.youtube.com/watch?v=OYOi1AD5mOk>

British Pain Society

A booklet with information about pain management programmes and information on how you may be able to get help from a pain clinic.

Website link:

https://www.britishpainsociety.org/static/uploads/resources/files/book_pmp2013_participant.pdf

Macmillan "Managing Cancer Pain" Booklet

Explains causes and types of pain, how to discuss pain with health professionals/loved ones, and potential non-medical and medical treatment routes including information on various types of therapies and pain medications.

Website link:

<https://be.macmillan.org.uk/downloads/cancerinformation/Livingwithandaftercancer/MA C11670 E12 N Cancer%20pain lowres 20191004.PDF>

Macmillan Pain Diary Template

Diary template for recording pain including: pain location, severity, type, and mediators/exacerbators. Includes helpful advice on describing pain, labelling its location, and recording it effectively/accurately.

Website link:

<https://www.macmillan.org.uk/documents/cancerinfo/livingwithandaftercancer/macmillan-pain-diary.pdf>

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services



Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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