

Pain Clinic and You



The Anaesthesia department comprises doctors and nurses, whose primary role is to ensure a safe and pain-free journey for patients undergoing surgery. An anaesthesia specialist keeps a close watch over every patient in the Operating Theatre, offering patient care from pre to post-surgery. Our anaesthetists also support the Intensive Care Unit and Pain Service.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

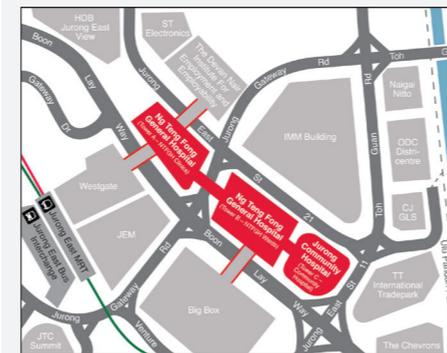
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange
SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M, 160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

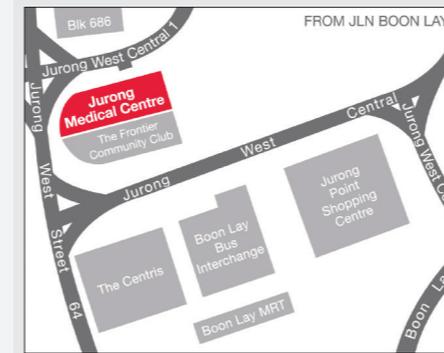
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6551 7888 Fax: 6551 7880
www.jmc.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6551 7828
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Friday 8.00am - 5.30pm

Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181, 182, 192, 193, 194, 198, 199, 240, 241, 242, 243 W/G, 246, 249, 251, 252, 254, 255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

Coping better with pain

The Pain Clinic aims to help you manage your chronic or recurrent pain, to better cope with your daily activities and improve your quality of life.

What is pain?

Pain affects everyone. It can be felt, described, measured and treated. Inform your doctors and nurses if you are in pain before it becomes unbearable. It is easier to prevent pain from worsening than to reduce pain that has become severe.

Monitoring pain

You will be asked to monitor your pain using a 'Pain Scale'. This measures your level of pain from a scale of 0 to 10. With this 'Pain Scale', our healthcare team can adjust your medication accordingly.



Pain medication

There are three groups of medication that can be used to treat pain.

Simple painkillers

Such drugs include aspirin, paracetamol and non-steroidal anti-inflammatory drugs (NSAIDs). These drugs decrease the sensitivity of the nerves to pain and reduce inflammation.

Opioids

These drugs work by blocking pain sensations in the spinal cord and brain. They can be administered in a variety of ways such as orally, intravenously or through the skin. Opioids are usually given for moderate to severe pain and require a prescription.

Drug-enhancing medicines

Some medicines such as anti-depressants and anticonvulsants have pain-relieving properties and may be useful in treating specific types of pain.

To keep your pain in check, please:

- Take your medication according to the dosage and schedule as prescribed by your doctor.
- Do not mix pain prescription drugs with over-the-counter pain medication without consulting your doctor.
- Inform your doctor or nurse immediately if your pain worsens or if you develop any side effects from your medication.

Alternative pain-relief treatments

Medication alone may not be enough to manage certain kinds of pain, with some medications more effective than others in fighting pain when combined with other methods of treatment. Such treatments include:

Injection

To reduce swelling, irritation, muscle spasms and abnormal nerve activity that cause pain.

Nerve blocks

To curb nerves called plexus or ganglion which cause pain to a specific organ or body region.

Physical and aquatic therapy

An exercise programme which may be recommended by your physiotherapist to reduce pain and increase daily functioning.

Transcutaneous electrical nerve stimulation (TENS)

A small, battery-operated device which is used to diminish pain by stimulating nerve fibres through the skin.

Psychological support

Support and counselling combined with a comprehensive pain treatment to better manage pain.

Surgery

This may be recommended if necessary.

Our specialists at the Pain Clinic aim to help you cope with the following conditions:

- Cancer pain
- Chronic abdominal pain
- Chronic musculoskeletal pain
- Chronic or recurrent back, neck and thoracic spine pain
- Fibromyalgia syndrome
- Headache conditions:
 - Cervicogenic headache
 - Migraine
 - Tension type headache
 - Other non-specific headache conditions
- Neuropathic pain conditions:
 - Post-herpetic neuralgia
 - Chronic post-surgical pain
 - Phantom limb pain
 - Diabetic neuropathy pain
 - Ischaemic foot pain
 - Painful peripheral neuropathy
 - Complex regional pain syndrome
 - Trigeminal neuralgia
 - Post-stroke pain

