

Bath Centre for Pain Services

*New accommodation and facilities
Guide to National Specialist clinical services*



New Accommodation and Facilities

We are delighted to announce that our National Specialist Pain Service will be relocating to purpose-designed facilities on the site of the Royal United Hospitals Bath NHS Foundation Trust. Sensitively located away from the main hospital building and designed in conjunction with patients and staff, this major new investment will provide specially-designed residential accommodation, group treatment areas including therapy and group rooms, office space and a dedicated therapeutic courtyard area.

All of our clinical services, secondary to quaternary, from children to older adults, will now be on the same site. Accommodation is designed to support adult patients, children, young people and families.

Patients stay in ‘hotel style’ accommodation, with HCA support for people with the most complex disability. Clinical support and careful accommodation design means that we can accommodate and treat patients at a high level of functional disability.

The new build provides more outdoor space, and increases our ability to offer intensive individual treatment to children and young people with the most complex and severe disability.

The specialist interdisciplinary team is unchanged; all treatment is carried out by dedicated pain-specialist rehabilitation staff. The psychology-led team includes physiotherapists, occupational therapists, doctors, a nurse specialist and HCAs.



Image: G2 Architects

Adult Services

BCPS offers pain rehabilitation services for adults, aged 18 – 80+, who have struggled to fully benefit from primary and secondary care pain treatment.

How can a person with complex chronic pain achieve better functioning, improved mood, and increased self-management? These residential treatment programmes aim to provide an answer. Each patient will undergo a thorough psychosocial and physical assessment by members of our team, to determine which treatment option best suits their needs

Self-Managing Adults – 4-week group programme

This intensive group programme includes daily physical conditioning, activity management, and the consideration of short and long term goals. All therapy is carried out in a psychological model, so that low mood and pain-related fear can be addressed.

Supported Adults – 4-week group programme

We work to include patients who have complex care needs, or limited mobility. We offer a four-week programme that includes HCA support and that proceeds at a slower pace, with greater therapy input and smaller group sizes.

Individual one-week

Group treatment is not appropriate for everyone. Some patients would struggle to manage the basic structure and demands of a group programme, and others would benefit from more extended assessment. Individual treatment allows the most flexible approach to therapy, and opportunity for more in-depth rehabilitation and psychosocial assessment.



Adolescent and Young Adult Services

Adolescents and Young Adults can also benefit from developmentally appropriate intensive treatment, staying in our residential accommodation. Parent involvement is essential for all adolescent treatment, and we include engagement and involvement for the parents or partners of young adults.

Adolescent programmes – 3-week group

Pain rehabilitation programmes for young people are fun and engaging, as well as challenging. Our programmes are delivered by a team with long-standing paediatric experience, and engage both young people and their parents. Parents learn alongside their children, and look at how to best support their child's independence.

Young Adult programme – 4-week group

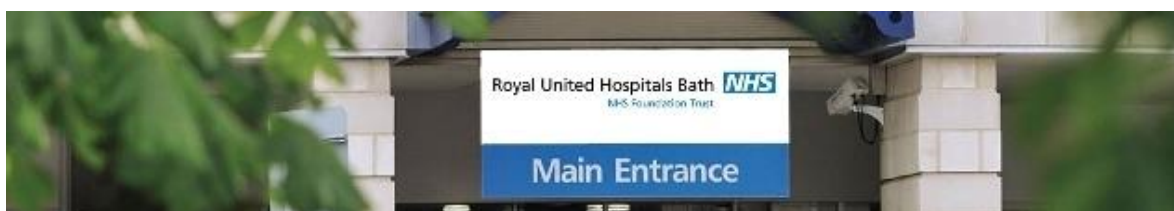
Many people in their late teens and twenties, who developed pain in adolescence, struggle to transition to an independent young adult life. They are no longer children, but they have specific needs that can be addressed on these dedicated programmes.

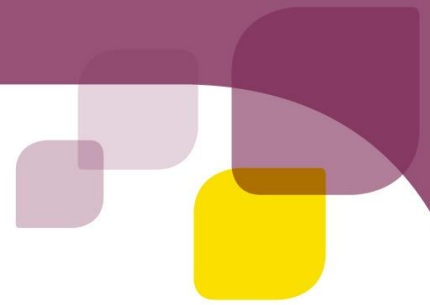
Individual one-week

Children, young adults and their parents can be seen for bespoke individual admissions where their level of functioning is very low, or if more intensive assessment is needed in complex circumstances.

Paediatric CRPS treatment

Intensive, short residential treatments are available for young people with CRPS and their parents.





Research

Studying complex pain and its treatment

Research culture runs throughout BCPS and we collaborate with the Universities of Bath, the West of England, and Bristol. We seek consent to collect research data from the beginning to the end of treatment.

We are proud of our history of publishing on psychological factors in pain, and rehabilitation treatment. Our interests range from [paediatric pain](#) to [pain in veterans](#).



You can view selected **publications** on our website [here](#).

For assessment tools developed at BCPS, see [here](#).

For research updates, follow our Research Lead on Twitter at [@DrJeremyGG](#)



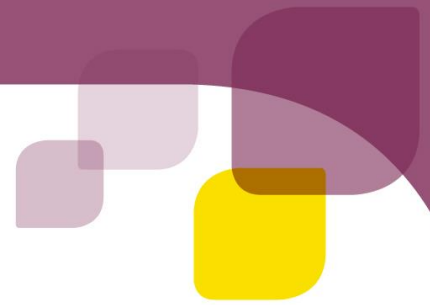
Pain Education

Specialist training in Pain Rehabilitation

BCPS is committed to running high quality training events and to hosting visitors throughout the year. All pain management and rehabilitation professionals may find something of interest in our schedule.

Our training events are research-based and conceptually precise, yet the bulk of the training is highly experiential, clinically relevant and requires active participation by the trainees. Years of trainee feedback have helped us to refine this balance.

To access our full training programme, which will be updated after the move, please see our website. The education team can be contacted at: ruh-tr.RNHRDPainEducation@nhs.net



Department Leads

Dr Peter Brook – Medical Lead for Adult Service

Dr Jacqui Clinch – Medical Lead for Child and Adolescent Service

Dr Hannah Connell – Consultant Psychologist and Clinical Lead

Dr Jeremy Gauntlett-Gilbert – Principal Psychologist and Research Lead

Dr Valerie Rogers – Consultant in Paediatric Rheumatology

Dr Liz Stopp – Specialty Manager

Contact

Phone: 01225 473 427

Email: ruh-tr.RNHRDPMUenquiries@nhs.net

Website: www.bathcentreforpainservices.nhs.uk

Address from November 2019

Bath Centre for Pain Services
Royal United Hospitals Bath
Combe Park
Bath BA1 3NG

Follow us



[@BCPSBath](https://twitter.com/BCPSBath)



[/bathcentreforpainservices/](https://www.facebook.com/bathcentreforpainservices/)