



**painspa**  
Enhance your wellbeing



**Welcome** to Pain Spa. This e-booklet will provide you detailed information with regards to your upcoming appointment with **Dr. Krishna**, Consultant in Pain Medicine.

[www.painspa.co.uk](http://www.painspa.co.uk)

## INTRODUCTION

Dr. Krishna and his team are committed to excellence in clinical care through a collaborative approach to patients suffering from chronic pain. At Pain Spa, we embrace an integrative model of care, which is patient-centered and patient-led. We focus on a holistic approach to pain management, encouraging healthy life style changes and promoting overall well-being.

We strive to provide the best possible outcomes, by blending advanced medical knowledge and modern treatment options, with individualized care, offered in a compassionate environment.

Chronic pain has become a serious health issue in the United Kingdom. More than 10 million people in the UK suffer from pain on a daily basis, resulting in a major impact on their quality of life. However, it is universally acknowledged that pain, on a global scale, remains inadequately treated. Chronic pain is linked with a constellation of maladaptive physical, psychological, family, and social consequences, and can be regarded as a disease entity per se. Physical responses include reduced mobility and consequent loss of strength, disturbed sleep, immune impairment and dependence on medication and health care providers.

At Pain Spa, Dr. Krishna and his team embrace a biopsychosocial model of pain, viewing illness as a complex interaction of biological, psychological, and social factors. We work closely with physiotherapists and pain psychologists to address pain and its emotional and cognitive consequences.

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## Meet Our Team



**Dr. Murti Krishna,**  
Consultant in Pain  
Medicine

Dr. Krishna is a Consultant in Pain Medicine in Bristol. He has trained in Anaesthesia and has successfully completed a fellowship in Pain Medicine in the UK.

Dr. Krishna is committed to a career in Pain Medicine. The ideas of pain assessment and management captured Dr. Krishna's attention early on in his medical career, whilst he realized the high prevalence and constant under-treatment of pain in the hospital and the community. Through pain is considered to be the 5th vital sign, the adverse consequences of inadequately managed pain continue to be ignored by the majority of health care professionals. Through Pain Spa, Dr. Krishna is committed to improving the pain and suffering of patients with chronic pain.



**Jan McCrechnie,**  
Lead Nurse

Jan is a highly experienced professional nurse who has dedicated her career to the care of patients with chronic pain. She started her nursing career in 1982 and spent her initial years gaining experience in a wide range of local hospitals and community settings. It did not take her long to embrace the meaning of health in the true sense: a state of complete physical,

mental and social well-being and not merely the absence of disease. She felt privileged to be able to reduce the pain and suffering of her patients but at the same time realized that pain is generally under-treated in the hospitals and the community. This played an important role in shaping her career and paved the way to her current role as a chronic pain nurse.



**Jo Creedy,**  
Secretary

Jo Creedy is a fully qualified medical secretary with more than 17 years experience. She has spent a major part of her career with the Pain clinic in the extremely rewarding, Jo fully comprehends the unique challenges faced by chronic pain patients and strives hard to provide an outstanding and compassionate service.

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# Chronic Pain Explained

## What is Chronic Pain?

Chronic pain (sometimes called persistent pain or long-term pain) is described as 'pain that continues for six months or more and may not respond to standard medical treatment'. It can also be described as ongoing pain lasting beyond the normal healing time for an illness or injury.

It is quite common and affects around one in seven of us. Persistent pain can be caused by health problems like arthritis or nerve damage or as a result of a specific problem that has often healed. It can also develop slowly, sometimes for no obvious reason. It may sometimes come on months or years after an injury like a road traffic accident or surgery.

Chronic pain can be felt in a specific part of the body like the back, shoulders or legs, or throughout the body. The pain may be continuous or intermittent and vary in intensity. Sometimes it can flare up, while at other times be easier to manage. It can be associated with other symptoms like numbness, burning or electric shocks.



## Why do people develop chronic pain?

There is still an awful lot that is not understood about why pain can continue after injuries heal, or why it can be present without any ongoing physical problem or damage. We know for example if there is nerve damage that has healed the nerves can still be very sensitive and excitable. We also know that managing stress, frustration and depression can change the sensitivity to pain. However we do not fully understand why nerves are so sensitive or how to make them less excitable or sensitive.

Studies suggest some people are born with genes that make them more vulnerable - in other words some are unlucky and more prone to developing problems in their pain systems.

## How does chronic pain make people feel?

Living with chronic pain can be stressful and can affect people in lots of different ways. Managing at home, work duties and dealing with friends and family can be difficult. People often feel they have no control over the pain and are unable to cope with it. They feel they are letting people down because their pain is unpredictable.

Experiencing pain can lead to feelings of anxiety or fear about what might be causing the pain and what the future might hold. This is usual for many people, especially where there is no obvious cause. Feeling pain can also make you feel tense, especially if you expect the pain to come back or get worse. You may feel easily angered and hostile towards people that don't understand your situation or how your pain affects you.

When things aren't going so well, it can lead to troubling thoughts. You may feel hopeless and very down about feeling this pain, which can result in depression. The pain itself or worrying about it may cause difficulties with sleeping. Being tired and having a sleepless night can make you feel more upset and bad tempered.

This can lead to a vicious circle where pain leads to depression, anxiety, lack of sleep, feeling of hopelessness, which in turn can make the pain feel worse.

## What can you do about chronic pain?

Some people with pain have to accept that this is a condition they have to live with long-term. In fact acceptance is an important part of controlling your pain. Acceptance helps reduce pain's nasty effects on your life and health.

Everyone creates their own toolbox for managing their own pain. Like a gymnast, cyclist or athlete who hones their skills to get the most from them, you can learn how to make the most of the skills you already have for managing your pain. You may learn new ones to add into the ones you've got. Some people become so good at managing their pain that it fades completely into the background for much of the time.

Seeking expert help can be beneficial in many cases. Pain specialists are very experienced in managing patients with chronic pain. Pain specialists will generally use a multi-disciplinary approach aimed at functional improvement, rather than just controlling your pain.



Pain make people feel?

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