The Facial Pain Service

- In the UK 7-19% of the population at some time suffer from chronic facial pain.
- Facial pain can impact on quality of life, mood, sleep and time of work
- Often associated with other conditions like chronic widespread pains, irritable bowel syndrome and chronic fatigue.
- Dental treatment often not needed at this stage
- It is important that patients with these conditions are seen by specialists with a multi-disciplinary team

What do our patients say about the facial pain service?

- Patient with post surgical pain “thank you for all the time you gave me. You gave me a wealth of information on possible avenues to pursue to help manage my condition”
- Patient with nerve pain “I still get episodes of pain, but nothing as debilitating or intense. I dread to think how I would have coped without somebody taking me seriously”
- Patient with trigeminal neuralgia “your team gave me the advise and guidance to make the correct decision to request an operation which has led to my complete recovery.. given me the confidence and enthusiasm to look forward positively “
- Patient nerve pain “it is the first time that I have felt that someone actually understood this pain. It was very comforting. I am confident that with the help of a clinical psychologist I shall be able to cope better”

UCLH

Facial Pain? You’re not alone!
What does the Facial Pain Service provide?

- Diagnosis and multidisciplinary pain management
- Time to get to know the patients and provide both written and verbal explanations dependent on requirements
- Guided referral to other services. Structured letter summarising the clinic visit is sent to referring practitioner, other relevant clinicians and the patient.

Facts and figures ....

- Annually the service sees 700 new patients and over 1500 follow up patients
- Referrals come from dentists 50%, GPs 20%, specialists 30%.
- Only 8% of patients have a dental cause for their pain. 46% have temporomandibular disorders (musculoskeletal pain), 44% mixed persistent facial pains and up to 12% neuropathic pain.
- Patients have had pain for an average of 4 years when they are referred with 60% having seen other specialists.
- Up to 50% of assessed patients show high disability, poor quality of life, depression and take time off work.
- The service has evidence based care-pathways for all the conditions it manages
- Outcome measures in the form of validated questionnaires are collected at each clinic visit.
- Over 200 patients a year will be managed by our highly skilled clinical psychologists and physiotherapists.
- A clinical pain nurse specialist provides telephone support.
- A recent patient satisfaction survey (50 patients with > 85% response rate) shows that patients’ overall satisfaction score with their initial clinic visit was 8.2 (scale 0-10).

How is this achieved?

- The Unit clinical lead is an oral physician/pain medicine specialist who, together with several members of the unit are part of the Trust’s Pain Management Centre.
- The unit has a range of specialists: consultants in oral medicine, oral surgery, liaison psychiatry, clinical psychology, neurology, neurosurgery and complementary and alternative medicine (CAM).
- Further support is provided by physiotherapists, clinical nurse specialists, dental nurses- all supported by a service manager, and dedicated secretaries.

Education:

Postgraduate educational opportunities are provided for trainees and visitors. The unit runs postgraduate courses for general practitioners and works closely with patients and patient support groups.

Research:

- The unit is research led with over 40 peer-reviewed publications since 2007.
- Contributes to Cochrane systematic reviews, national and international guidelines.
- The clinical lead has led an international drug trial for a new drug for trigeminal neuralgia and many patients are involved in research projects. Most recently published a book involving a multinational multi-disciplinary team of experts.
- An artist and humanities team is working with the unit to produce a visual way of expressing pain.

Who can refer to a facial pain service?

Dentists and doctors from primary care and hospital specialities from round the UK.

Where can patients access a facial pain service?

- The Eastman Dental Hospital, one of the specialist hospitals of University College London Hospitals NHS Foundation Trust.
- Largest of its kind in the UK. Further leaflets and information on the website http://www.uclh.nhs.uk/OurServices/ServiceA-Z/EDH/MAXMED/FPAINFacts and figures ....

- Annually the service sees 700 new patients and over 1500 follow up patients
- Referrals come from dentists 50%, GPs 20%, specialists 30%.
- Only 8% of patients have a dental cause for their pain. 46% have temporomandibular disorders (musculoskeletal pain), 44% mixed persistent facial pains and up to 12% neuropathic pain.
- Patients have had pain for an average of 4 years when they are referred with 60% having seen other specialists.
- Up to 50% of assessed patients show high disability, poor quality of life, depression and take time off work.
- The service has evidence based care-pathways for all the conditions it manages
- Outcome measures in the form of validated questionnaires are collected at each clinic visit.
- Over 200 patients a year will be managed by our highly skilled clinical psychologists and physiotherapists.
- A clinical pain nurse specialist provides telephone support.
- A recent patient satisfaction survey (50 patients with > 85% response rate) shows that patients’ overall satisfaction score with their initial clinic visit was 8.2 (scale 0-10).

Education:

Postgraduate educational opportunities are provided for trainees and visitors. The unit runs postgraduate courses for general practitioners and works closely with patients and patient support groups.

Research:

- The unit is research led with over 40 peer-reviewed publications since 2007.
- Contributes to Cochrane systematic reviews, national and international guidelines.
- The clinical lead has led an international drug trial for a new drug for trigeminal neuralgia and many patients are involved in research projects. Most recently published a book involving a multinational multi-disciplinary team of experts.
- An artist and humanities team is working with the unit to produce a visual way of expressing pain.

Who can refer to a facial pain service?

Dentists and doctors from primary care and hospital specialities from round the UK.

Where can patients access a facial pain service?

- The Eastman Dental Hospital, one of the specialist hospitals of University College London Hospitals NHS Foundation Trust.
- Largest of its kind in the UK. Further leaflets and information on the website http://www.uclh.nhs.uk/OurServices/ServiceA-Z/EDH/MAXMED/FPAIN