

What other services do we offer?

IPASS - Pain service

This service may be appropriate if you are suffering from persistent pain which has already been investigated and diagnosed.

For further information about this service, refer to the IPASS pain leaflet. You can access the service via your GP, the Berkshire Healthcare's NHS Trust website or by contacting the team directly.

Physiotherapy

Physiotherapists specialising in injuries, illness and physical dysfunction relating to bones, muscles, joints and nerves can help to restore physical function by using evidence based practice and an array of techniques.

If you think you may benefit from physiotherapy, discuss a referral with your GP or IPASS practitioner. Further information can be found on Berkshire Healthcare website.

What patients say about IPASS

We always welcome feedback from patients and their carers to ensure that we are constantly delivering high quality care and an excellent service.

"Feel much more positive"

"Great service - fully understand treatments / diagnosis following excellent explanation"

"Very helpful"

"Excellent service, very thorough"

Contact information:

Appointments are run and managed by the IPASS team via the service base in Finchampstead.

If you have any inquiries about your referral, or need to rearrange your appointment due to unforeseen circumstances, please contact:

IPASS

Finchampstead Clinic
474 Finchampstead Road,
Wokingham
RG40 3RG
www.berkshirehealthcare.nhs.uk

Telephone: **01189 324 610**

Integrated PAIN and SPINAL Service

IPASS

Information on our spinal service

Delivering specialist assessments and diagnosis to ensure people with back and neck pain are directed towards the right pathway of care quickly



What is IPASS - spinal?

The spinal service is run by a highly experienced team of specialist physiotherapists who have many years and additional training in the area of back and neck pain and related symptoms. They are supported by a team of orthopaedic spinal surgeons and have access to a number of other specialists.

Our goal is to:

- Provide a thorough examination, and arrange any relevant investigations to reach a diagnosis and treatment plan.
- Provide easily accessible and fast appointments without unnecessary or inappropriate hospital appointments.

Your appointment

Your GP has chosen to refer you to our specialist assessment service. All patients referred to us are seen in one of our clinics for assessment.

Please complete **THREE patient forms** and bring them with you when you come for your assessment. These are included in your information pack.

What to expect at an appointment

Your appointment will last approx. **30 minutes**.

It will involve:

- Questions about your symptoms, current functioning, and address any concerns you may have.
- A physical examination. You may therefore need to remove some clothing. Please wear loose comfortable clothing.

You will have the opportunity to discuss your problem and ask questions.

At your appointment the possible treatment options will be discussed with you.

Further tests may be required, in which case these will be followed up and you will be contacted by the clinician.

What to expect after the appointment

Depending on the treatment plan and outcome, either our service or your GP will make any necessary onward referral but this will be indicated on your letter.

Useful information relating to spinal problems:

- People who remain active have far better outcomes than those who don't.
- Hurt does not equal harm.
- Taking regular pain killers may allow you to stay active.
- You are not alone: 70-80% experience a significant episode of back pain some time in their lives.

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your **community**