

Contact

We are always interested to hear your views about our leaflets.

If you have any comments please contact:

Patient, Advice & Liaison Service (PALS)

Email: pals@sussexpartnership.nhs.uk

Post: PALS,

Sussex Partnership NHS Foundation Trust,
Swandean

Arundel Road

Worthing

BN13 3EP

Tel: 0300 304 2198

You can leave a comment or ask a question on:

www.patientopinion.org.uk

www.sussexpartnership.nhs.uk

If you require this document in another format such as large print, audio or another language please call:

01903 845735 or email:

governance.support@sussexpartnership.nhs.uk

DO YOU SUFFER FROM PERSISTENT PHYSICAL SYMPTOMS?

Often a medical cause for persistent physical symptoms can not be found.

The GP Persistent Symptoms service works with people to help understand and manage these physical symptoms.

GP Persistent Symptoms Service (GPS)

INFORMATION LEAFLET

What to expect when attending an appointment with the GPS service

This leaflet has been designed to answer some common questions about our service. We understand that living with persistent physical symptoms can bring up many different thoughts and feelings for people. An important part of the process is to work with you so you will have the time to discuss these.

What is the GP Persistent Symptoms service (GPS)?

The GPS service is a specialist team based in GP practices in Hove, and brings together experts from general practice, psychology and psychiatry, experienced in working with people with complex health problems. We can provide assessment and treatment to help with your understanding and management of persistent physical symptoms, and will work closely with your GP.

Who can access the GP Persistent Symptoms Service (GPS)?

We work with people aged 18 and over who have a number of persistent physical symptoms, where a clear medical cause of these symptoms has not been able to be found. These physical symptoms may include:

- pains in the muscles or joints
- bowel symptoms
- headaches
- tiredness
- feeling faint
- chest pain
- heart palpitations

These physical symptoms are real and can cause considerable distress, which may affect general wellbeing, level of everyday activity and personal relationships.

How do I access the GPS service?

In order to access the GPS service please discuss a referral to our service with your GP or a nurse practitioner based at your GP practice. The GP or nurse practitioner may then be able to refer you to our service.

Where will my appointment take place?

If you are offered an appointment then this will take place in a confidential and private environment, and we would aim to see you in your own GP practice. If this is not possible we will see you in another GP practice close to your own.

What happens at one of these appointments?

The appointments last for 50 minutes, and we'll probably suggest seeing you more than once. At these appointments you will be asked about your experience of the physical symptoms, and what this has meant to you. You will also be asked some questions about yourself, your family background and your medical history which will help us to have a better understanding of what is happening and how this is currently impacting you. These sessions provide an opportunity for you to explore and make sense of the difficulties you are experiencing, and how they may relate to your physical and emotional health.

We aim to work towards a joint understanding of what factors may be affecting your persistent physical symptoms, after which there are a number of different ways in which the GPS service may provide support, which can include the following:

- practical strategies to help manage your physical symptoms
- an ongoing management plan that is shared with your GP
- support to access relevant community based services
- you may also be offered further treatment within the service

Can I contact the GPS service directly?

The GPS service can be contacted directly once you have been referred. You will then receive a letter through the post inviting you to an appointment with the GPS service. There will be an e-mail address provided on the appointment letter which you can use to contact us.