

Acupuncture for pain management

Pain Management Department

Information for Patients

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What is acupuncture?

You have been prescribed a course of acupuncture for your pain. The course involves you attending the clinic on a weekly basis for 4 weeks.

Acupuncture originated in China and has been practiced around the world for many years. It is based on a theory that the body contains a series of channels through which your life force or energy flows. It is believed that your energy is a balance of positive and negative forces which become unbalanced with pain and disease. Acupuncture needles are thought to restore the balance.

Research has shown that acupuncture causes the body to produce endorphins, which are natural pain relieving substances. The acupuncture stimulates your body's natural pain killers.

What are the benefits?

Acupuncture is not a cure for your pain, but a treatment which can help to relieve it. The effect of acupuncture is different for each person. Some of the benefits are listed below:

- **Pain relief:** This can happen after 1 or following 3 or 4 treatments. The effect can last from days to months.
- **Improvement in sleep:** Some people notice they sleep for longer and the quality of their sleep improves.
- **Relaxation:** Acupuncture can help you to feel more relaxed, which in turn will help you to cope with your pain.
- **Increase in sense of well-being:** Acupuncture can help you feel better both physically and mentally. It can also make you feel you have more energy.

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Treatment

Your pain consultant or a fully trained clinical nurse specialist will see you in our outpatient's clinic to assess your condition, explain the treatment and confirm that you fit the criteria. If you are suitable, you will receive a treatment the same day and then go on the waiting list for a course of 4 treatments.

At your first acupuncture treatment the clinical nurse specialist will reassess your pain and decide where the acupuncture needles need to go. The number of needles will depend on which area the consultant has recommended treatment. You will only be treated for the pain that you have been referred for. Any new pains that have developed whilst waiting for treatment would need to be assessed by your GP.

Side effects can include:

- **bruising or bleeding at the site of the needle** - this is more common if you are taking drugs to thin the blood such as warfarin or aspirin.
- **drowsiness** - you may feel sleepy or euphoric (mood uplifted) during or for a few hours after the treatment. However this should not affect your ability to drive or operate machinery.
- **dizziness, fainting/ or feeling sick (nausea)** - this is rare but can happen during treatment. If this is severe, treatment will be stopped.
- **increase in pain** - your pain may feel worse after the first treatment. This is quite common and can be a positive sign that your body is having a reaction to the treatment. If your pain is worse after 3 treatments the acupuncture will be stopped.

What happens after the first 4 treatments?

You will receive 4 treatments on a weekly basis. On the fourth treatment the nurse will talk to you about whether or not you think the treatment has improved your pain and you will be asked to rate your pain score again. If there has been an improvement in your pain and you would like to continue with the treatment you will be placed back on the waiting list for a second course of 4 treatments.

If you need more treatment after the second course, the nurse will send a letter to your GP asking them to refer you for another course of treatment; you will also get a copy of the letter. Please contact your GP to confirm that the referral has been sent to us. Your pain consultant cannot refer you for more treatment, this has to come from your GP.

Contact details

Acupuncture Clinic: 0116 258 8841 for non-urgent questions

Pain Management voicemail: 0116 258 8253 (response within 7 days)

If you have any urgent problems please contact your GP.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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