

PATIENT INFORMATION

ACUPUNCTURE FOR MUSCULOSKELETAL PAIN



ACUPUNCTURE

Your Physiotherapist thinks acupuncture may be beneficial to your condition by helping to reduce your pain. This leaflet is designed to help you decide if you want to have acupuncture.

Please read this information and ask your Physiotherapist if there is anything that you do not understand.

Acupuncture is one of the oldest forms of medicine - the Chinese have used it for over 3,000 years. Recent scientific research has shown that acupuncture stimulates the brain to produce natural pain relieving chemicals called endorphins. It is a safe and virtually painless treatment, which works naturally with little or no side effects and involves the insertion of needles.

Many people gain pain relief from acupuncture but it does not work for everybody or every condition. The effects of acupuncture are cumulative, with pain relief building up as treatment progresses. It is useful to have regular treatment i.e. 2 treatments per week to gain maximum benefits and usually 3-5 treatments are given before deciding acupuncture is not going to be effective for your condition.

You will be treated using only sterile disposable needles which are very fine - so your treatment should not be uncomfortable.

DOES ACUPUNCTURE HAVE ANY SIDE EFFECTS?

Acupuncture is generally very safe but you need to be aware that:-

- Minor bleeding or bruising can occur after acupuncture around the needle insertion sites.
- Drowsiness or fatigue can occur after treatment in a small number of patients and if affected you are advised not to drive or operate machinery.
- Some discomfort can occur in a small number of patients.
- Symptoms can become initially worse after treatment, however, this is usually a good sign that you may respond well to treatment.
- Fainting or nausea can occur in certain patients particularly at the first treatment. To minimise this always make sure you have eaten before coming for treatment.
- Allergy to metal or the alcohol swab can occur if not known beforehand.

WHAT TO DO IF YOU DECIDE TO HAVE ACUPUNCTURE TREATMENT

- Have a light meal before treatment, as low blood sugar levels, combined with acupuncture may cause fainting.
- Inform your physiotherapist if you are feeling unwell or unusually fatigued, as acupuncture can exacerbate existing fatigue.

- Continue with any medication as prescribed by your doctor.
- Rest after treatment, for a couple of hours if possible.
- Please let your physiotherapist know if you are experiencing any of the above side effects.

CONSENT

You will be asked to sign a consent form to consent to the acupuncture. It is Trust policy that before you give consent to the acupuncture, you have the opportunity to read this leaflet. If you do not understand any of the information, please ask any questions before making your decision.

For further information please contact the relevant department you attended:-

Physiotherapy Department
Worcestershire Royal Hospital
Aconbury West
Charles Hastings Way
Worcester WR5 1DD
Tel: 01905 760622

Physiotherapy Department
Alexandra Hospital
Woodrow Drive
Redditch
Worcestershire
Tel: 01527 512114

Physiotherapy Department
C2 - Kidderminster Hospital
Bewdley Road
Kidderminster
Worcestershire
Tel: 01562 513066

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.