

Department of Physiotherapy

Patient Information leaflet

Name of treatment: 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.

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.

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.

Contacts

For further information please contact the relevant department you attended:

Physiotherapist Department
Worcestershire Royal Hospital
Aconbury West
Tel: 01905 760187

Physiotherapy Department
Alexandra Hospital
Redditch
Tel: 01527 512114

Physiotherapist Department
Kidderminster Hospital
Kidderminster
Tel: 01562 513066

Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication) before your investigation or procedure.

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).

Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایزی ریڈ) تو پیشنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

Chinese

“如果您需要此份傳單的其他語言選擇或其他版本 (如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733與病患服務處聯繫。”