

## Pain Management - A73.5 - Injection of Therapeutic Substance Around Peripheral Nerve - Other Operations On Peripheral Nerve

### Introduction

The COVID pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we would like and that it is not always possible to say when treatment will take place. This document provides our patients with information on how you can support yourself while waiting for treatment at the hospital. The guidance has been written by the clinicians who are responsible for your care.

Chronic pain is when pain persists or recurs for more than 3 months. Nerve block injections are one of the many treatments undertaken to help manage pain. Nerves supply or carry sensations including pain from various structures or parts of your body. Peripheral nerve block is an injection around a peripheral nerve in the body to help with pain relief and even diagnosis of a painful condition. The solution injected around the nerve may contain local anaesthetic alone or combined with a small amount of steroid. This may be given as a single treatment or as a course of treatments depending on your specific condition. These procedures are carried out as a day case and hospital admission is usually for a morning or afternoon session only. The injection will not necessarily cure your pain but may relieve some, or all of it for a time, allowing you to increase your mobility and return to your normal routine. Most chronic pain injections are usually undertaken in conjunction with other treatments such as physiotherapy to manage pain.

### Guidance for Patients

A wide range of management strategies are available to manage chronic pain conditions. Injections (including nerve blocks), medications, physiotherapy, exercise, and patient education can all play a role in managing chronic pain conditions. A brief overview about different types of Pain can be found here.

<https://fpm.ac.uk/sites/fpm/files/documents/2019-09/FPM-OA-About-Pain.pdf>

Medications- depend on the type of pain. Not all pains will respond to the same analgesic (pain killer). Simple analgesic medications like Paracetamol or Ibuprofen may help with musculoskeletal pain, occasionally stronger medications may be needed. Other medications may be needed to manage

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neuropathic pain. Your GP may be able to prescribe medications if needed. Further information on some of the medications commonly used to treat persistent pain can be found here.

<https://fpm.ac.uk/patients>

<https://www.britishpainsociety.org/british-pain-society-publications/patient-publications/>

Physiotherapy, exercise, keeping active and continuing to work if you can, are key in the management of persistent pain, to help lead a fuller life. Lack of activity can lead to stiffer and weaker muscles and bones which may worsen your pain. Certain chronic pain can also significantly affect sleep. Further information and tips can be found here.

<https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/>

<https://www.paintoolkit.org/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

There are several patient information leaflets and self-help books available about managing chronic persistent pain. Further information can be found here.

<https://www.britishpainsociety.org/british-pain-society-publications/patient-publications/>

<https://www.britishpainsociety.org/people-with-pain/suggested-reading-list/>

[https://www.britishpainsociety.org/static/uploads/resources/files/Understanding\\_and\\_Managing\\_Long-term\\_Pain\\_Final2015.pdf](https://www.britishpainsociety.org/static/uploads/resources/files/Understanding_and_Managing_Long-term_Pain_Final2015.pdf)

### What should I do if my health is deteriorating?

If your health is deteriorating, you need to be seen by your GP for an initial review and further assessment and management. For any immediate medical concerns, you are advised to contact your GP without delay.

### Contact Us

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The contents of this information has been reviewed and approved by the Clinical Decision Panel of West Herts Teaching Hospitals NHS Trust.