

## Chronic Pain – Therapeutic Epidural Injection

### Introduction

This guidance document is for people who have been seen by the Chronic Pain service in Hereford County Hospital. Following an appointment with the Chronic Pain team, it was felt that you may benefit from an epidural injection to manage your pain.

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 all like and it is not always possible to identify exactly when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital for the surgery. The guidance has been written by clinicians who are responsible for your care.

### Guidance for Patients

It is likely that your consultant will have discussed other strategies to manage your pain during your appointment and you may wish to refer to your clinic letter for the details of these. Some of the principles of self-management of long term pain are available from the following websites:

<https://www.flippinpain.co.uk/>

<https://livewellwithpain.co.uk/>

The NHS website on back pain may also be helpful:

<https://www.nhs.uk/conditions/back-pain/>

Many patients do report an increase in the intensity of their pain while they are waiting for an intervention, however keeping mobile and active is important for the longer term health of your back.

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

A list of new symptoms that should lead you to seek medical advice from your GP or NHS 111 is available of the NHS back pain website: <https://www.nhs.uk/conditions/back-pain/>

### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

## My Planned Care Patient Information Platform

### GP surgeries are still open

If you experience an increase in pain, you may wish to contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

### Contact Us

Hospital Number [01432 355444](tel:01432355444) & Ext: 4159

Email address: [wvt.painmanagement@nhs.uk](mailto:wvt.painmanagement@nhs.uk)