

## LRI Children's Hospital

### Administration of Acupuncture in the Children's Hospital

Staff relevant to:	Clinical staff working within the UHL Children's Hospital who have additional training in acupuncture
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Written by:	Zoe Syrett
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#### 1. Introduction/Scope

This guideline aims to provide Health Professionals guidance in the safe and effective care and management of a child receiving a course of acupuncture. This service is offered as an out-patient service for children referred via the chronic pain clinic.

Acupuncture is a treatment that can be used to treat numerous conditions including pain. It is a process of inserting very fine needles into the skin at specific points. It stimulates the nerves in skin, muscle and other tissues and can produce a variety of effects. It is known to increase the release of the body's natural pain killers (e.g. endorphin and serotonin) in pathways in the brain and spinal cord. The production of these substances modifies the way pain signals are received by the brain and hence can cause a reduction in pain.

#### Related Documents

This guideline should be used in conjunction with the;

- [UHL Sharps Management Policy](#)
- [UHL Consent Policy](#)
- [UHL Infection and Prevention Policy](#)

## 2. Clinical Resources/Procedure

2. Resources/Procedure	
No.	Action
2.1	<p>Obtain verbal consent after:</p> <ul style="list-style-type: none"> <li>• Discussing the patients' history and ascertain the location of pain</li> <li>• Explaining the purpose and use of acupuncture to the patient</li> <li>• Ensuring there are no contraindications: <ul style="list-style-type: none"> <li>~ Patient refusal</li> <li>~ Pregnancy</li> <li>~ Bleeding disorders</li> <li>~ Immunocompromised patients</li> </ul> </li> <li>• Discussing potential side effects of treatment</li> </ul> <p>Allow time for any questions to be asked, from patient information leaflet (Appendix 1) sent with appointment letter.</p>
2.2	Maintain privacy and dignity throughout by providing sheets/gowns as appropriate to the area being treated
2.3	Wash/decontaminate hands
2.4	<p>Choose needles and select appropriate acupuncture points</p> <p>Insert needles into chosen points.</p> <p><b>Document number of needles inserted on Acupuncture Needle Record Sticker (Appendix 2)</b></p>
2.5	<p>Leave needles in situ for up to 20 minutes, this may be reduced if the patient experiences any adverse effects:</p> <ul style="list-style-type: none"> <li>~Dizziness/fainting/nausea</li> <li>~ Drowsiness</li> <li>~ Increase in pain</li> <li>~ Bruising/bleeding</li> </ul>
2.6	<p>Give the patient the option of having a parent present during the treatment or being left alone to relax</p> <p>Lights can be dimmed to enhance the effects of relaxation</p>
2.7	<p>On completion of treatment remove needles and dispose in sharps bin</p> <p><b>Document number of needles removed on Acupuncture Needle Record Sticker which then will be placed in the medical records. Any missing</b></p>

2. Resources/Procedure	
	<b>needles must be accounted for</b>
2.8	Check puncture sites for bleeding/bruising and apply light pressure if required Ensure there are no adverse effects prior to discharge, refer to section 3.5
2.9	Give contact numbers if there are any queries over the course of treatment

### 3. Education and Training

All nursing staff must be registered practitioners with the NMC and have completed a nationally recognised acupuncture course, with a period of supervised practice.

### 4. Monitoring Compliance

What will be measured to monitor compliance	How will compliance be monitored	Monitoring Lead	Frequency	Reporting arrangements
100% fully completed acupuncture needle record sticker	Documentation audited by pain specialist nurse	pain specialist nurse	Annual	Risk management team

### 5. Supporting Documents and Key References

Jindal V, Ge A, Mansky P (2008) **Safety and Efficacy of acupuncture in Children a Review of the Evidence** Journal of Paediatric Haematology/Oncology June 30 (6) 431-432

Kemper K et al (2000) **On Pin and Needles? Pediatric Pain Patients Experience with Acupuncture** Pediatrics April 2000, Vol 105/ISSUE Supplement 3  
Yun-toa et al (2004) **Biomedical Acupuncture for Pain Management** Churchill Livingstone

### 6. Key Words

Acupuncture, Needles, Pain, Children

CONTACT AND REVIEW DETAILS	
<b>Guideline Lead (Name and Title)</b> Zoe Syrett - Childrens pain specialist nurses	<b>Executive Lead</b> Chief Nurse
<b>Details of Changes made during review:</b> No changes	

Appendix 1

<https://yourhealth.leicestershospitals.nhs.uk/library/women-s-children-s/children-s/children-s-hospital/649-acupuncture-for-children>

Appendix 2

ACUPUNCTURE NEEDLE RECORD	
Name	<input type="text"/>
Hospital Number	<input type="text"/>
<input type="text"/> quantity	Acupuncture needles <b>inserted</b> @ <input type="text"/> Time
Signature	<input type="text"/>
<input type="text"/> Quantity	Acupuncture needles <b>removed</b> @ <input type="text"/> Time
Signature	<input type="text"/>