



## LRI Children's Hospital

### Administration of Acupuncture in the Childrens Hospital

Staff relevant to:	Clinical staff working within the UHL Children's Hospital who have additional training in acupuncture
Team approval date:	August 2018
Version:	V 2
Revision due:	August 2021
Written by:	Zoe Forster and Sarah Roberts
Trust Ref:	C28/2017

#### **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.

#### **2. Related Documents**

This guideline should be used in conjunction with the;

- UHL Sharps Management Policy
- UHL Consent Policy
- UHL Infection and Prevention Policy

### 3. Clinical Resources/Procedure

3. Resources/Procedure	
No.	Action
3.1	<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>
3.2	Maintain privacy and dignity throughout by providing sheets/gowns as appropriate to the area being treated
3.3	Wash/decontaminate hands
3.4	<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>
3.5	<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>
3.6	<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>
3.7	<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 needles must be accounted for</b></p>

3. Resources/Procedure	
3.8	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
3.9	Give contact numbers if there are any queries over the course of treatment

#### **4. 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.

#### **5. Monitoring and Audit Criteria**

Key Performance Indicator	Method of Assessment	Frequency	Lead
100% fully completed acupuncture needle record sticker	Documentation audited by pain specialist nurses	annual	Zoe Forster & Sarah Roberts

#### **8. 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

#### **9. Key Words**

Acupuncture, Pain, Children

CONTACT AND REVIEW DETAILS	
<b>Guideline Lead (Name and Title)</b> Zoe Forster & Sarah Roberts - Childrens pain specialist nurses	<b>Executive Lead</b> Carol Stevenson
<b>Details of Changes made during review:</b> <b>No changes</b>	

*Caring at its best*

## Acupuncture

Leicester Children's Hospital

Information for Patients



## What is Acupuncture and how does it work?

Acupuncture treatment involves fine needles being inserted through the skin and left in position for a period of time (usually 20 minutes). The number of needles used varies depending on the type and area of pain to be treated. A course of acupuncture is 6 weeks and it is important to attend all appointments to gain the maximum benefit from the treatment

Techniques resembling acupuncture have been used for over 5000 years. In the last 30-40 years a considerable amount of scientific research has been carried out which has allowed us to understand how it can help certain conditions including pain.

Acupuncture 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.

## Benefits

Acupuncture is not a cure for your pain but a treatment which can help it. The effect of acupuncture differs from person to person. Some of the potential benefits are listed below.

**Pain relief:** This can happen after one treatment or following three-four treatments. The effect can last from days to months.

**Improved sleep:** Some people notice they sleep for longer and the quality of their sleep improves.

**Induces relaxation:** Acupuncture can help you feel more relaxed, which in turn will help you cope better with your pain.

**Increased sense of well-being:** Acupuncture can help you feel better both physically and emotionally. It can also increase energy levels.

## Treatment

On your first appointment the nurse will explain the treatment and ask you the rate your pain using a pain scale.

After a discussion with you and following an assessment of your pain the nurse will decide where to place the needles. The number of needles used will depend on the area to be treated.

The nurses administering the acupuncture treatment are Registered Children's Nurses who have had additional training in acupuncture.

## Side effects

As with all treatments side effects can occur from acupuncture, these can include:-

**Bruising/bleeding:** At the site where the needle was inserted.

**Drowsiness:** You may feel sleepy during or for a few hours after treatment.

**Dizziness/Fainting/Nausea:** This is rare; if it is severe treatment will be stopped.

**Increase in pain:** Your pain may feel worse following the first treatment; this is quite common and can be a positive sign that your body is reacting to the treatment. If your pain continues to be worse after three treatments the acupuncture treatment will be stopped.

## **What happens after a course of Acupuncture?**

You will receive 6 treatments on a weekly basis. On the last treatment the nurse will ask about whether the treatment has helped with the pain and ask you to rate your pain score again. If there has been an improvement and you would like to continue with the treatment you will be re-scheduled for a further course in 2-3 months' time.

## **Contacts**

If you have any questions before commencing treatment or at any time during the course please contact the children's pain nurses on 0116 258 5015 (answerphone).







## Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিংকলেটের অনুবাদ - নিষিদ্ধ বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકનું લેખિત અથવા ટેઈપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲੈਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 250 2959.

## ACUPUNCTURE NEEDLE RECORD

Name

Hospital Number

Acupuncture needles **inserted** @   
quantity Time

Signature

Acupuncture needles **removed** @   
Quantity Time

Signature