

How long is an acupuncture treatment?

A course of acupuncture is usually 1 session weekly for 6 weeks, however you may only need 2 or 3 sessions in order to know whether further acupuncture sessions are required.

Your initial acupuncture assessment will last for 45 minutes to 1 hour, so your clinician can assess your health needs, past medical history and complete a physical examination. The timings of each treatment session vary, depending on your individual circumstances.

Occasionally more than 6 sessions are needed, however your clinician will discuss this further with you when necessary.

What happens after my appointment?

It is recommended not to drive immediately after having acupuncture.

You will be advised to closely monitor your symptom severity and frequency following acupuncture. Your clinician will check this during your next appointment.

Useful information about accessing the service should you need to attend the St Gemma's Out-patients.

Transport

You are required to make your own way to St Gemma's Out-patients for your appointment.

Location

329 Harrogate Road Day Service and Out-Patient's entrance, through a barrier into the car park. The Out-Patients reception will allow you access through the barrier. Designated free parking is available.

Access to the Out-Patients unit is via the double doors on the right side when walking towards Harrogate road.

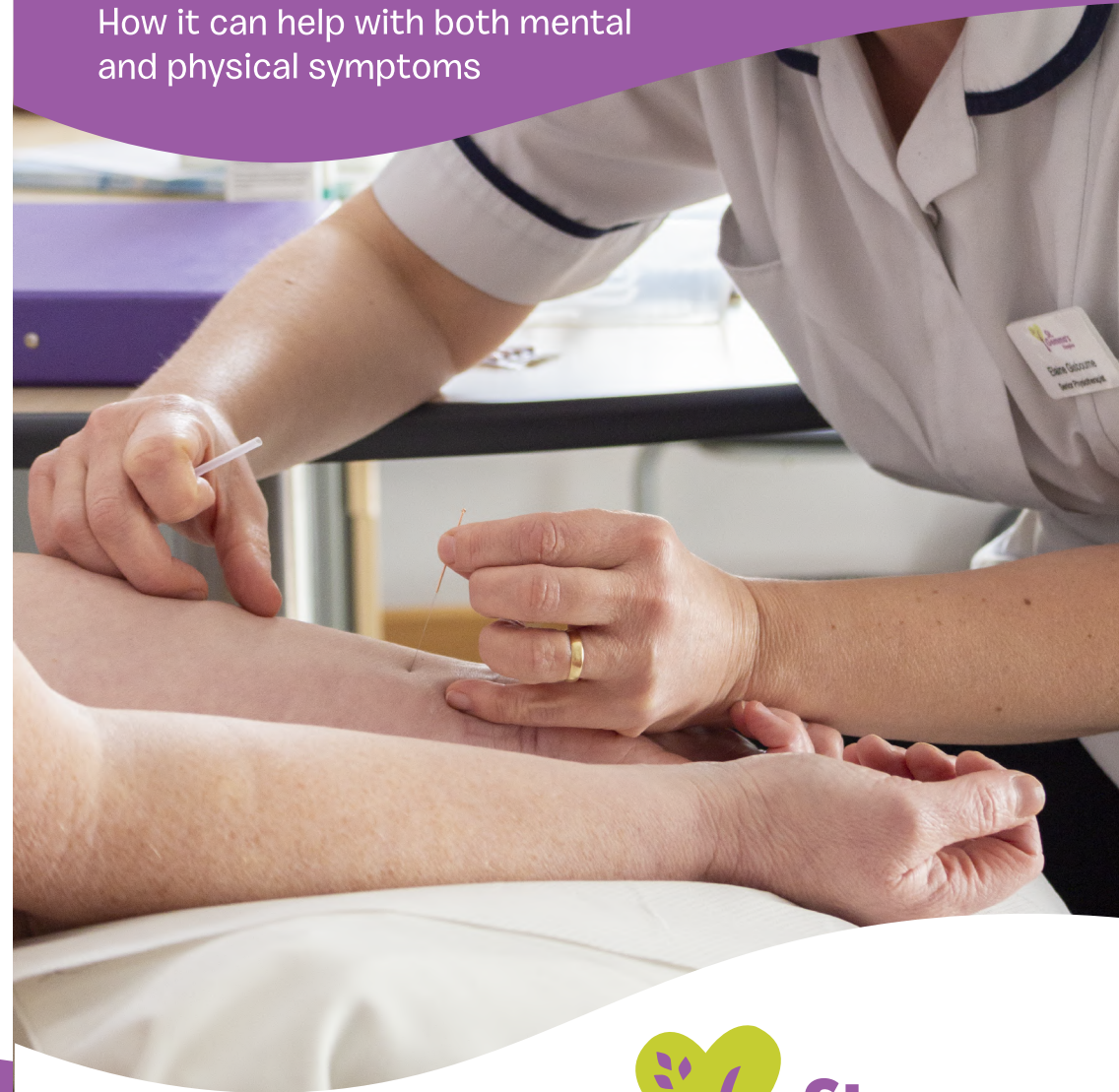
Referrals

You will need to be referred to physiotherapy to access the acupuncture service by your GP or a Health Professional at St Gemma's Hospice.

If you have any questions or want further information then please contact St Gemma's Therapy Team on 0113 218 5294.

Acupuncture

How it can help with both mental and physical symptoms



St Gemma's Hospice: 0113 218 5500
Website: www.st-gemma.co.uk
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What is Acupuncture?

Acupuncture is a treatment approach originating from ancient Chinese medicine and is now recognised in Western medicine. Very thin needles are inserted into certain areas of the skin over acupuncture points, which help to manage specific symptoms therapeutically.

Traditional acupuncture is based on positioning needles into points on energy channels called meridians, which when stimulated can restore the energy within the meridian. Illness can interrupt the flow of the energy.

How does acupuncture work?

The acupuncture needle stimulates sensory nerves in the skin and muscles, which causes the body to release natural forming chemicals to help with symptom relief caused by a variation of health conditions.

A tingling or an ache are some of the sensations described by individuals when a needle is inserted. You should not feel severe pain. Some acupuncture points require a needle to be inserted deeper than others. Your clinician will provide more information during your initial assessment.

When is acupuncture recommended?

Acupuncture can be used when symptoms are not entirely controlled by other interventions such as medicines, or when an individual's preference is to have a non-pharmacological approach to managing symptoms.

In physiotherapy, acupuncture can be used as an alternative to other interventions in order to help relieve symptoms. Your clinician will discuss this with you when appropriate.

Acupuncture can help the following symptoms in palliative care



Pain



Hot flushes and sweats



Anxiety



Fatigue



Breathlessness



Nausea



Muscle Spasms

Is acupuncture safe?

Acupuncture is safe when performed by a qualified clinician. Rarely, acupuncture can cause the following side effects:

Pain over needle location

Bleeding and/or bruising where the needle was inserted

Drowsiness

Nausea

Dizziness or light headedness

Fainting

Worsening of symptoms

Your clinician may want to see the result of your most recent blood test if you take anti-coagulant medication or if you are at more risk of bleeding. Acupuncture is not advised if you have a metal allergy or a phobia to needles. There are further contra-indications, which your clinician will discuss further with you if required.

Your clinician will discuss precautions during your initial assessment and informed consent procedures. You will be asked to sign an informed consent form prior to commencement of acupuncture.

Prior to your appointment

It is recommended to eat and drink 1 hour prior to your appointment. This is to reduce the risk of certain side effects.

You are advised to wear comfortable and loose fitting clothing to your appointment.

What happens during a treatment session?

You will be required to either sit or lie down depending on assessment.

You may be asked to remove items of jewellery or clothing in order to access the acupuncture points.

You may be asked to clean the area of skin prior to your clinician inserting a needle.

Selection of acupuncture points are based on your symptoms and any precautions required. Size of needles used depends on each acupuncture point.

Your clinician will regularly check the needles and area of skin.

Sometimes it is appropriate for your clinician to stimulate the needles to increase the dose of acupuncture.

All needles will be removed and appropriately discarded once the treatment session is complete.

Any adverse reactions will be discussed with you and appropriate advice will be given. It is advised you highlight any side effects or reactions, after receiving acupuncture, to your clinician as soon as possible so timely advice can be given.

