

SPECIALITY: **Pain Management**
 PROCEDURE(S): **Steroid epidural injections, nerve root injections, lumbar sympathectomy, stellate ganglion block, peripheral nerve injections**
 ALOS: **Day case**

INDICATIONS

- Non cancer related pain persisting on a daily basis for 3 months, unrelieved by other measures
- Includes spinal pain, other musculoskeletal conditions and nerve pain

COMMUNITY BASED PAIN SERVICE ASSESSMENT +/- DIAGNOSTICS

- Assessment and package of psycho social and other support from Somerset community based Pain Management Service

REFERRAL CRITERIA

- As indications, referrals only from Somerset Pain Management Service
- Referrals direct from GPs will be returned to referrer

EXCLUSION CRITERIA

- Please refer to the UKSH exclusion criteria detailed on pages 4/5

PREPARATION FOR PROCEDURE

- No food 6 hours prior to the procedure
- Clear fluids up to 2 hours prior to the procedure
- If the patient takes **aspirin** they should stop this 7 days pre-operatively
- If the patient takes **warfarin** they should stop 4 days pre-operatively and visit their GP practice the day before for INR check, the result of this is to be phoned to PACU. INR to be below 1.4 on day of surgery
- The patient receives a pre-admission telephone call no later than 7 days prior to admission to reassess fitness for surgery and reconfirm specific pre-operative instructions

POST-OPERATIVE CARE

- Mobilisation
- Care of injection site
- Patient information given
- Outcomes agreed with patient

DISCHARGE CRITERIA

- Able to mobilise
- No unexpected symptoms or neurological deficit

FOLLOW-UP

- Follow-up call 24 hours post-discharge for all patients

EXPECTED CLINICAL OUTCOMES

- Patient reported outcome measures if applicable
- To be measured by community based pain service

ONWARD REFERRAL CRITERIA

- This procedure is part of a package of care managed through Somerset Pain Management Service, further procedures may be indicated

INFORMATION FOR GPs AT DISCHARGE

- Discharge information will be sent to Pain Management Service and to GP
- Procedure performed
- Specific discharge information will be given to the patient for their post-operative management
- Fitness for work certificate will be issued if appropriate