

ENHANCE YOUR WELLBEING



pain
spa

WELCOME TO **PAIN SPA**

This e-booklet will provide you
detailed information with regards to your
upcoming appointment with **Dr. Krishna**,
Consultant in Pain Medicine

www.painspa.co.uk

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INTRODUCTION TO PAIN SPA

Dr. Krishna and his team are committed to excellence in clinical care through a collaborative approach to patients suffering from chronic pain. At Pain Spa, we embrace an integrative model of care, which is patient-centered and patient-led. We focus on a holistic approach to pain management, encouraging healthy life style changes and promoting overall well-being.

We strive to provide the best possible outcomes, by blending advanced medical knowledge and modern treatment options, with individualized care, offered in a compassionate environment.

Chronic pain has become a serious health issue in the United Kingdom. More than 10 million people in the UK suffer from pain on a daily basis, resulting in a major impact on their quality of life. However it is universally acknowledged that pain, on a global scale, remains inadequately treated. Chronic pain is linked with a constellation of maladaptive physical, psychological, family, and social consequences, and can be regarded as a disease entity perse. Physical responses include reduced mobility and consequent loss of strength, disturbed sleep, immune impairment and dependence on medication and health care providers.

At Pain Spa, Dr. Krishna and his team embrace a biopsychosocial model of pain, viewing illness as a complex interaction of biological, psychological, and social factors. We work closely with physiotherapists and pain psychologists to address pain and its emotional and cognitive consequences.

At Pain Spa we cover a wide range of chronic pain conditions including back pain, neck pain, sciatica, myofascial pain, neuropathic pain, joint pains, chronic pelvic pain, fibromyalgia and headaches. We offer a comprehensive service including detailed consultation, examination, medication review and formulation of an individualized management plan.

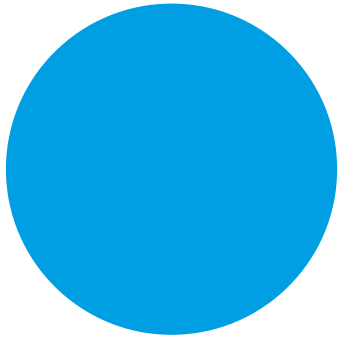
We offer a wide range of interventional treatments performed under ultrasound guidance or fluoroscopy guidance. Dr. Krishna is an expert in interventional pain management and will be very pleased to help you with you pain problems.

More than 10 million people in the UK suffer from pain on a daily basis, resulting in a major impact on their quality of life.

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MEET THE TEAM

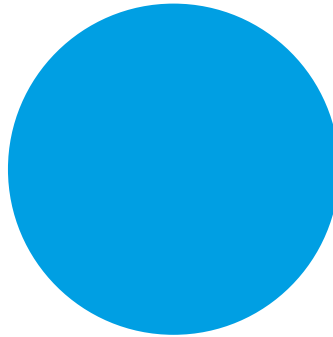


Dr. Murli Krishna

Consultant in Pain Medicine

A Consultant in Pain Medicine in Bristol. He has trained in Anaesthesia and has successfully completed a fellowship in Pain Medicine in the UK.

Dr Krishna is committed to a career in Pain Medicine. The issues of pain assessment and management captured Dr Krishna's attention early on in his medical career, when he realized the high prevalence and constant under treatment of pain in the hospitals and the community. Though pain is considered to be the 5th vital sign, the adverse consequences of inadequately managed pain continue to be ignored by the majority of health care professionals. Through Pain Spa Dr Krishna is committed to improving the pain and suffering of patients with chronic pain.



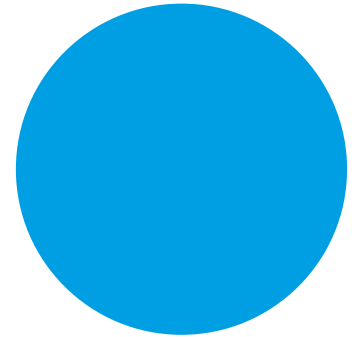
Jan McKechnie

Lead Nurse

A highly experienced professional nurse who has dedicated her career to the care of patients with chronic pain.

She started her nursing career in 1982 and spent her initial years gaining experience in a wide range of local hospitals and community settings. It did not take her long to embrace the meaning of health in the true sense: a state of complete physical, mental and social well-being and not merely the absence of disease. She felt privileged to be able to reduce the pain and suffering of her patients but at the same time realized that pain is generally under-treated in the hospitals and the community.

This played an important role in shaping her career and paved the way to her current role as a chronic pain nurse.



Jo Creedy

Secretary

A fully qualified medical secretary with more than 17 years experience. She has spent a major part of her career with the Pain clinic in the NHS and has found her work extremely rewarding.

Jo fully comprehends the unique challenges faced by chronic pain patients and strives hard to provide an outstanding and compassionate service. At Pain Spa our guiding principle is 'Patients First'.

Putting patients first not only requires excellence in clinical care but also ensuring that every encounter with our team is a positive experience for them. As the first point of contact with the patients, Jo plays a vital role in fulfilling our mission of consistently providing a patient centered service that exceeds their expectations.

Up to 30% chronic pain sufferers are severely disabled
because of pain

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WHAT IS CHRONIC PAIN?



Chronic pain (sometimes called persistent pain or long-term pain) is described as 'pain that continues for six months or more and may not respond to standard medical treatment'. It can also be described as ongoing pain lasting beyond the normal healing time for an illness or injury.

It is quite common and affects around one in seven of us. Persistent pain can be caused by health problems like arthritis or nerve damage or as a result of a specific problem that has often healed. It can also develop slowly, sometimes for no obvious reason. It may sometimes come on months or years after an injury like a road traffic accident or surgery.

Chronic pain can be felt in a specific part of the body like the back, shoulders or legs, or throughout the body. The pain may be continuous or intermittent and vary in intensity. Sometimes it can flare up, while at other times be easier to manage. It can be associated with other symptoms like numbness, burning or electric shocks.

WHY DO PEOPLE DEVELOP CHRONIC PAIN?

There is still an awful lot that is not understood about why pain can continue after injuries heal, or why it can be present without any ongoing physical problem or damage. We know for example if there is nerve damage that has healed the nerves can still be very sensitive and excitable. We also know that managing stress, frustration and depression can change the sensitivity to pain. However we do not fully understand why nerves are so sensitive or how to make them less excitable or sensitive. Studies suggest some people are born with genes that make them more vulnerable - in other words some are unlucky and more prone to developing problems in their pain systems.

HOW DOES CHRONIC PAIN MAKE PEOPLE FEEL?

Living with chronic pain can be stressful and can affect people in lots of different ways. Managing at home, work duties and dealing with friends and family can be difficult. People often feel they have no control over the pain and are unable to cope with it. They feel they are letting people down because their pain is unpredictable.

Experiencing pain can lead to feelings of anxiety or fear about what might be causing the pain and what the future might hold. This is usual for many people, especially where there is no obvious cause. Feeling pain can also make you feel tense, especially if you expect the pain to come back or get worse. You may feel easily angered and hostile towards people that don't understand your situation or how your pain affects you.

When things aren't going so well, it can lead to troubling thoughts. You may feel hopeless and very down about feeling this pain, which can result in depression.

The pain itself or worrying about it may cause difficulties with sleeping. Being tired and having a sleepless night can make you feel more upset and bad tempered.

This can lead to a vicious circle where pain leads to depression, anxiety, lack of sleep, feeling of hopelessness, which in turn can make the pain feel worse.

25% of patients diagnosed with chronic pain go on to lose their jobs

WHAT IS CHRONIC PAIN? *continued...*



WHAT CAN YOU DO ABOUT CHRONIC PAIN?

Some people with pain have to accept that this is a condition they have to live with long-term. In fact acceptance is an important part of controlling your pain.

Acceptance helps reduce pain's nasty effects on your life and health.

Everyone creates their own toolbox for managing their own pain. Like a gymnast, cyclist or athlete who hones their skills to get the most from them, you can learn how to make the most of the skills you already have for managing your pain. You may learn new ones to add into the ones you've got. Some people become so good at managing their pain that it fades completely into the background for much of the time.

Seeking expert help can be beneficial in many cases. Pain specialists are very experienced in managing patients with chronic pain. Pain specialists will generally use a multi-disciplinary approach aimed at functional improvement, rather than just controlling your pain.



HOW CAN A PAIN SPECIALIST HELP?

In the past two decades, pain management has emerged as a distinct field, with its own physician, the pain specialist. Pain specialists generally use a multi-disciplinary approach in helping patients with chronic pain. They focus on patient education, which in turn will give you with a better understanding of your pain.

Pain specialists have many options in their armamentarium including non-pharmacological treatments, medications and a range of injection treatments. The aim of these treatments is to help break the pain cycle and enable patients to engage in a rehabilitative process, which is generally the mainstay of their management.

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At Pain Spa we cover a wide range of chronic pain conditions including back pain, neck pain, sciatica, myofascial pain, neuropathic pain, joint pains, chronic pelvic pain, fibromyalgia and headaches. We offer a comprehensive service including detailed consultation, examination, medication review and formulation of an individualized management plan.

They focus on patient education, which in turn will help you with a better understanding of your pain.

Attending specialist pain services improves quality of life

(National Pain Audit Final Report 2010 - 2012)

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YOUR APPOINTMENT WITH DR. KRISHNA



The aim of the 1st appointment is to perform a full assessment of your pain and any related conditions. Dr Krishna will take a detailed history, perform appropriate examination and organize any investigations if needed. He will ask you various questions regarding your pain and general health. He will also ask questions about your sleep, mood and activities as these are closely linked to your pain problem. He may ask you some questions regarding your family and work.

Dr. Krishna will ask you details of any medications you are taking for your pain or for any other medical conditions. Please bring a copy of your current prescription if available. Please do not forget to tell Dr. Krishna about any blood thinning medications you are taking. These include warfarin, aspirin, clopidogrel, rivaroxaban, dabigatran, apixaban, heparin and so on.

Dr. Krishna will also need details of any investigations you have had in the past with regards to your current pain problem. Please bring copies of reports if available and also clinic letters from previous consultations with other specialists if this is relevant to your current problem.

Your appointment with Dr. Krishna will last up to 45 minutes. Dr. Krishna will discuss various treatment options including medications, interventional treatments (injections) and rehabilitation. Dr. Krishna will be happy to answer your queries and clear any doubts that you may have regarding the management plan.

Following your consultation with Dr. Krishna you will receive a detailed letter, a copy of which will be sent to your GP and any other specialist currently involved in your care.

FOLLOW UP APPOINTMENT

The aim of the follow up appointment is to assess the progress you have made following your initial consultation with Dr. Krishna. Depending on your progress Dr. Krishna will discuss further management options including medications and interventional treatments (injections). A follow up appointment will last up to 30 minutes and you will have ample opportunities to ask questions.



25% of patients diagnosed with chronic pain go on to lose their jobs










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INTERVENTIONAL PAIN TREATMENTS

Dr. Krishna will discuss injection treatments, if appropriate, during your initial consultation. He will discuss the outcome measures and the possible complications at the same time. You may be given a leaflet explaining the procedure. Details of the procedure are also available on our website www.painspa.co.uk. You will then be offered a suitable date for the injection treatment.

Please follow the instructions below if you are coming for injection treatment:

-  You are advised not to drive for up to 24 hours following injection treatment. Hence you will need to be accompanied by an adult who can drive you back following your treatment.
-  All injections are performed under local anaesthetic. This means that you will stay awake during the procedure. You are allowed to eat and drink as normal on the day of the procedure.
-  If you wish to discuss the option of having sedation for your procedure you must do so at the initial consultation.
-  If your procedure is scheduled under sedation, you must not eat or drink for up to 6 hours prior to the procedure. Only clear drinks are allowed up to 2 hours before the procedure.
-  Please inform Dr. Krishna of any known allergies, in particular, allergy to medications, latex and iodine (contrast).
-  Please inform us of any untoward reactions you may have had to previous injections.
-  You must inform us if you have a pacemaker in situ or an implantable defibrillator. This is particularly relevant to radiofrequency treatments.
-  If you suffer from diabetes, steroid injections can cause a temporary rise in blood sugar levels. You may need to adjust your insulin accordingly. If unsure please check with your GP.
-  You must tell us about any blood thinning medications (warfarin, aspirin, clopidogrel, rivaroxaban, dabigatran, apixaban, heparin and so on) you are currently taking as they may need to be stopped for a length of time before certain injections. This should be discussed with Dr. Krishna at the time of consultation rather than on the day of the injection. Failure to follow the instructions with regards to blood thinning medications may result in postponement of your treatment to avoid bleeding complications.

Please note that injections can cause a flare up of your pain. You should not stop your pain medications immediately following injection treatment. For further information regarding your injection treatment please click the following link to our website: **[patient info](#)**

25% of pain sufferers lose their jobs; **16%** of sufferers feel their chronic pain is so bad that **they sometimes want to die.**

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FREQUENTLY ASKED QUESTIONS



DO YOU SEE INSURED PATIENTS?

Dr. Krishna is registered with all major insurance companies. Please make sure you obtain prior authorization from your insurance company before any consultation and treatment.



WHERE IS YOUR CLINIC LOCATED?

Dr. Krishna works from 2 locations in Bristol.

We provide clinic consultations at Willow surgery, Hill House Road, Downend Bristol BS16 5FJ.

Dr. Krishna is also available for clinic consultations at Chesterfield Nuffield Hospital in Clifton, Bristol.

Injection treatments are performed at both venues but x-ray guided procedures are available only at Chesterfield Nuffield Hospital in Clifton, Bristol.



DO YOU OFFER EVENING APPOINTMENTS?

Yes, we offer evening appointments. Please discuss your requirements with our nurse Jan McKechnie.

We work fairly flexibly to suit the requirement of our patients.



WHAT WILL HAPPEN AT MY FIRST APPOINTMENT?

You will be seen by Dr Krishna, Consultant in Pain Medicine. Our Pain Nurse Jan McKechnie may also be present during the consultation. The consultation is likely to last 45 minutes to an hour.

Dr. Krishna will conduct a comprehensive review including taking a detailed history, medication review, performing examination and organizing relevant investigations if needed. Finally he will formulate a detailed management plan, which will be communicated to your GP through a clinic letter. A copy of the letter will be sent to you and to any other relevant specialists involved in your management.

BE ABLE TO HAVE THIS ON THE SAME DAY AS THE INITIAL APPOINTMENT?

This can be organised through prior arrangement and you should discuss this with our nurse Jan McKechnie at the time of booking your appointment. There are a number of factors that may influence this:

For some injections like botox we need to order the drug on a 'named patient basis' and hence it may not be available on the day. However if you are coming from further afield we can pre-order the botox for you.

If you undergo injection treatment we strongly advise that you are accompanied by a responsible adult who can drive you back to your home.

Some injections require fluoroscopy (X-ray) guidance and hence cannot be performed on the same day.



CAN I EAT AND DRINK BEFORE MY PAIN PROCEDURE?

You can eat and drink as usual prior to your pain injection treatment, provided you have not been offered sedation for the procedure. Dr. Krishna will discuss this with you during the initial appointment.



WHAT ABOUT DRIVING AFTER THE PROCEDURE?

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need someone responsible to take you home.



WHEN CAN I GO BACK TO WORK?

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

FREQUENTLY ASKED QUESTIONS *continued...*

WHAT ANAESTHETIC IS OFFERED IF I NEED INJECTIONS?

Most of the procedures are performed under local anaesthetic and you will be fully awake during the procedure. The skin is the most sensitive part of the body and Dr. Krishna would numb the skin and deeper tissues with local anaesthetic to minimize the discomfort during the procedure.

Rarely sedation may be offered for certain treatments, in which case you will need to be starved for 6 hours prior to the procedure. You should not have any solids or liquids during this time. However clear fluids such as black coffee, black tea, dilute squash or water are allowed up to two hours before the procedure.

I NORMALLY TAKE MEDICATION TO THIN MY BLOOD. DO I NEED TO STOP THESE BEFORE I CAN HAVE MY INJECTION?

You should always make us aware of any blood thinning medications you have been prescribed. For some procedures these medications may need to be stopped for a length of time. Dr. Krishna will discuss this in more detail during the initial consultation.

Please do not stop any medications without prior medical advice.

IS THERE ANY THING ELSE THAT I NEED TO INFORM THE DOCTOR ABOUT PRIOR TO MY TREATMENT?

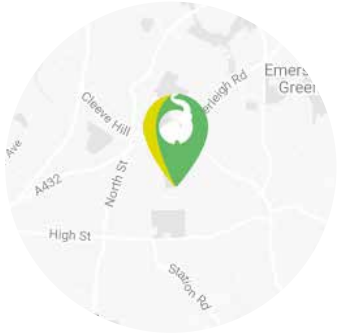
You should always tell the doctor if you are pregnant or likely to be pregnant.

You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.

Finally always inform the doctor about your allergies, especially latex, iodine and any medications.



DETAILS FOR OUR CLINICS



**Willow Surgery, Hill House Road,
Downend Bristol,
BS16 5FJ**

Tel: 07703292692 0117 2872383

Timings:

Monday: 1800-2000hrs
Tuesday: 1700-2000hrs
Wednesday: 1800-2000hrs
Thursday: 1700-2000hrs
Friday: 1800-2000hrs



**Chesterfield Nuffield Hospital
3 Clifton Hill, Clifton Bristol,
BS8 1BN**

Tel: 07703292692 0117 2872383

Timings:

Tuesday: 0800-1230hrs
Thursday: 0800-1230hrs

If you have any queries regarding your upcoming appointment or would like to discuss any aspect of your management plan please do not hesitate to contact us.

PATIENT FEEDBACK

We are always grateful for any feedback received from our patients.
Feedback helps us to improve the standard of care we offer to you. We take your feedback very seriously

To provide feedback you can email us at
clinic@painspa.co.uk

Alternatively please click the following link to leave a feedback on google:

<https://goo.gl/XXpQYV>

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WEBSITE: www.painspa.co.uk • FAX: 0117 2140301



PRINTABLE PATIENT LEAFLETS

For further information regarding your injection treatment with Dr. Krishna please click the appropriate web links below:

[CAUDAL EPIDURAL INJECTION](#)

[LUMBAR EPIDURAL INJECTION](#)

[LUMBAR FACET RADIOFREQUENCY
DENERVATION](#)

[CERVICAL RADIOFREQUENCY
DENERVATION](#)

[THORACIC FACET JOINT INJECTION](#)

[LUMBAR FACET JOINT INJECTION](#)

[CERVICAL FACET JOINT INJECTION](#)

[THORACIC FACET JOINT INJECTION](#)

[HIP JOINT COOLED RADIOFREQUENCY
ABLATION](#)

[PIRIFORMIS INJECTION](#)

[BOTOX INJECTION](#)

[DORSAL ROOT GANGLION BLOCK](#)

[NERVE ROOT BLOCK](#)

[SACROILIAC JOINT INJECTION](#)

[COCCYX INJECTION](#)

[TRIGGER POINT INJECTION](#)

[INGUINAL NERVE BLOCK](#)

[PUDENDAL NERVE BLOCK](#)

VIEWABLE

PROCEDURE VIDEOS



Please click on the following video links for further information regarding interventional procedures.

LUMBAR EPIDURAL INJECTION

CAUDAL EPIDURAL INJECTION

CERVICAL FACET JOINT INJECTION

LUMBAR FACET JOINT INJECTION

LUMBAR MEDIAL BRANCH BLOCKS

CERVICAL MEDIAL BRANCH BLOCKS

SUPRASCAPULAR NERVE ABLATION

LATERAL FEMORAL CUTANEOUS
NERVE BLOCK

LUMBAR FACET RADIOFREQUENCY
DENERVATION

CERVICAL RADIOFREQUENCY
DENERVATION

SACROILIAC JOINT INJECTION

NERVE ROOT BLOCK

PAIN SPA INTERVENTIONAL
TREATMENTS

CAUDAL EPIDURAL INJECTION UNDER
ULTRASOUND

PIRIFORMIS INJECTION

BOTOX INJECTIONS FOR MIGRAINE

STELLATE GANGLION BLOCK

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