

Useful information about accessing the service you need as an out-patient

Transport

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

What to wear? What to bring?

Ensure the surface of the skin is clean.

Comfortable shoes and clothing should be worn; please bring any medication you might usually take at this time, including oxygen.

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

Patients and their carers need to be referred to this programme. This can be done through your GP, Community Nurse Specialist (CNS) or the Hospice. Out-Patients is a fully accessible facility and we have equipment available on site if required.

Useful Links

www.nhs.uk/conditions/transcutaneous-electrical-nerve-stimulation-tens/

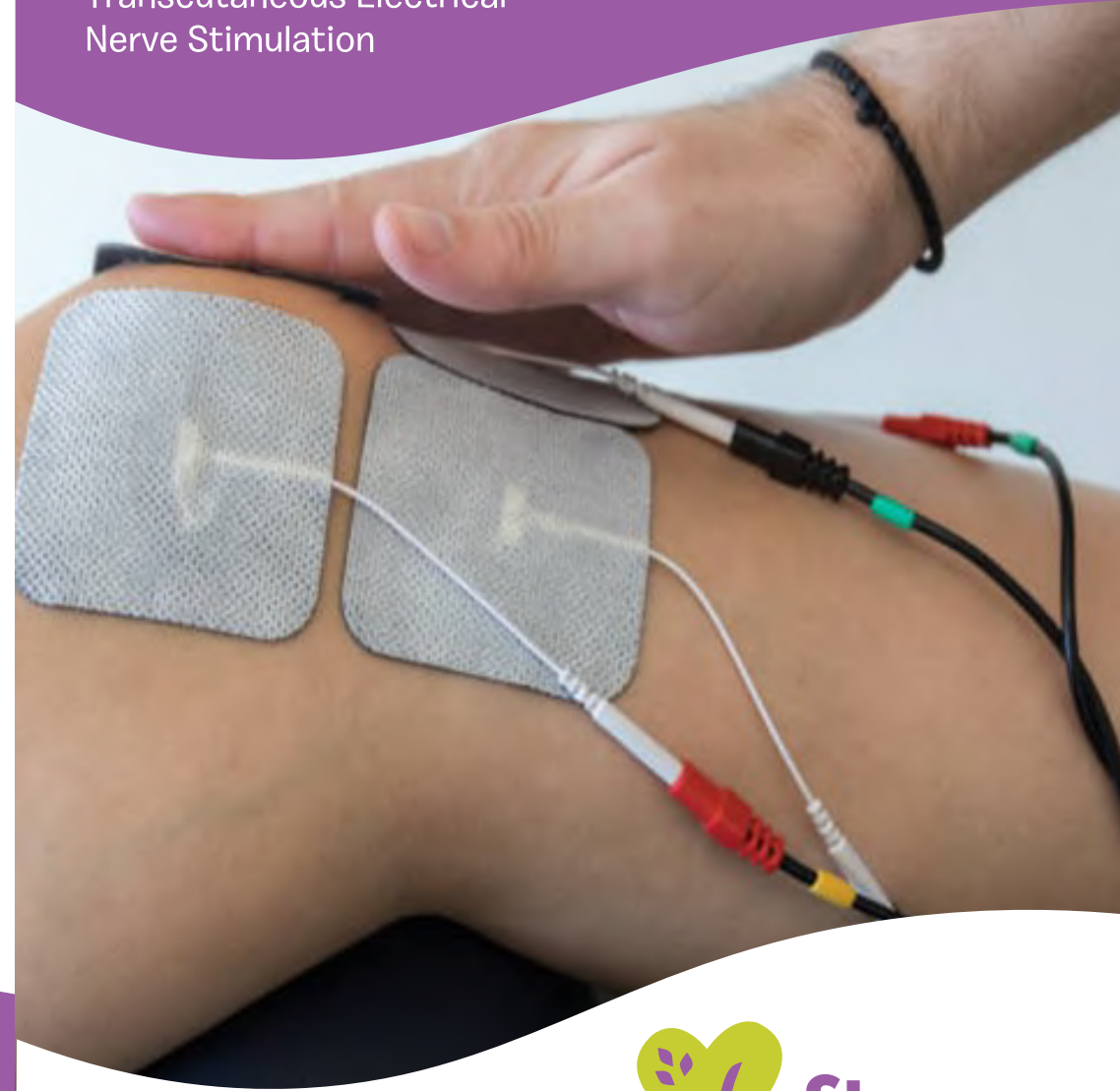
To discuss any specific needs and for more information contact the Physiotherapy Team on 0113 218 5280

St Gemma's Hospice: 0113 218 5500
Website: www.st-gemma.co.uk
Follow us on social media:   



What is TENS?

Transcutaneous Electrical
Nerve Stimulation



0113 218 5500
www.st-gemma.co.uk

Registered Charity No. 1015941



What is TENS?

TENS stands for transcutaneous electrical nerve stimulation. It is a method of pain relief involving a small, portable, battery operated machine. It can be useful for people who need or prefer pain relief that is not just from pain killers. The machine delivers mild electrical impulses through the skin via small sticky pads called electrodes.

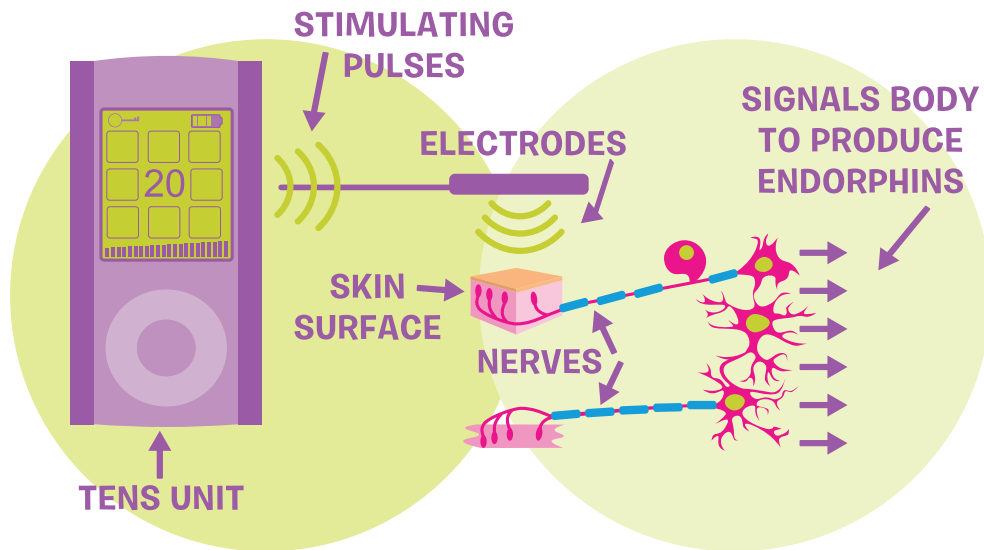
TENS machines are generally small enough to fit into a pocket or clip onto your waist band. They can therefore be worn and used whilst you move during the day.

How does it work?

Pain is a protective mechanism, pain signals reach the brain via nerves and the spinal cord. Evidence suggest that TENS works by modifying the pathway the pain signals take to reach the brain.

The electrical impulses felt through the electrodes target sensory nerves. By overstimulating sensory nerves our perception of pain changes, meaning less pain is experienced. The negative pain signals are unable to reach the brain.

TENS does not provide a cure for the cause of your pain.



TENS, in some cases, can influence pain by causing the body to release hormones that act as natural pain control. Endorphins are an example of natural pain relief; they can promote feelings of wellbeing.

Modern TENS machines have a wide range of settings that allow the user to select one that is most appropriate for their needs. Your physiotherapist at St Gemma's Hospice would be happy to assist you in selecting the most appropriate one.

Is it safe?

Current research states that TENS is generally considered to be a safe treatment.

You should not use TENS if:

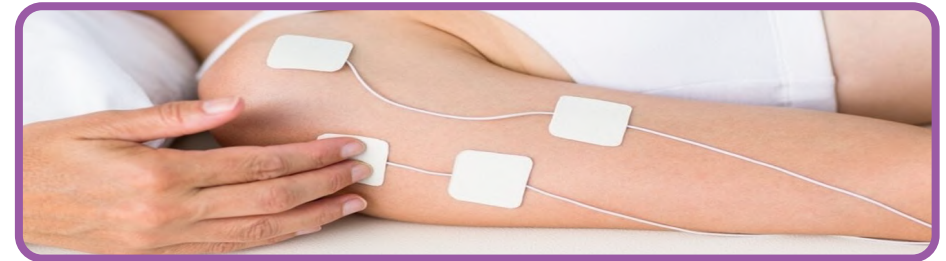
- ♥ You have a pace maker
- ♥ You have epilepsy
- ♥ When you are driving or operating machinery
- ♥ In the bath or shower

TENS should not be applied to:

- ♥ Damaged or broken skin
- ♥ Around the head, temples, eyes or mouth
- ♥ Over front of neck
- ♥ Any areas of the body where there are metal implants

You should seek advice about TENS if:

- ♥ You are pregnant
- ♥ You have heart or circulatory issues



What happens next?

- ♥ A physiotherapist from St Gemma's will organise an assessment to discuss TENS
- ♥ During which, they will determine if TENS is right for you
- ♥ If it is, a trial will be completed in the session- guided by your physiotherapist. You will be taught how to use the equipment yourself
- ♥ If this is successful, a TENS unit will be loaned to you for a short period of one month
- ♥ Then a follow up appointment will be booked to review your response to TENS

Please note St Gemma's Hospice is unable to give out TENS machines to patients on a long-term basis. TENS units can be bought for around £35 from high streets shops, or chemists; alternatively online. There would only be ongoing costs for batteries and electrodes- dependent on how much you use TENS