Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine

management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Clinical orthopaedic assessment service (CAS)
t: 0300 123 3444
Mon-Thu 8am-6pm, Fri 8am-4pm
MCH House, Bailey Drive
Gillingham, Kent, ME8 0PZ
orthopaedic.cas@nhs.net

Our privacy notice is available at medwaycommunityhealthcare.nhs.uk/privacy/
If you would like to view or request a copy of your patient record, please contact us at medch.dataprotection@nhs.net or on 01634 334640. In most instances this service is free and we aim to provide the requested information within one calendar month. More information can be found by visiting: medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -
Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ
t: 0300 123 3444
medch.customercare@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net

Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
Registered in England and Wales, Company number: 07275637

Orthopaedic clinical assessment service (CAS)

Injection Therapy

Name……

DOB…… NHSNo……

Leaflet reference: MCH 013.5

Injection therapy
The purpose of the injection is to reduce the inflammation and therefore the pain in the affected area. This will enable you to use and exercise the part more normally and aid your recovery. The drugs used are a steroid, which may be mixed with saline or a local anaesthetic to help spread the steroid around the tissues. As a service we only inject arms and legs and are not able to perform spinal injections.

Please read the following information carefully
You will need to inform your clinician of the following:

- If you do not want the injection.
- If you have any allergies to medication, especially local anaesthetic.
- If you are taking anticoagulants (blood thinners) or are on immunosuppressants.
- If you have any infections or are unwell with a raised temperature.
- If you are taking antibiotics or have recently taken antibiotics.
- If you are diabetic or epileptic.
- If you have had surgery or are about to have surgery in the affected area.
- If you are pregnant.

Side effects
Occasionally there are side effects from this type of injection, which are mild and very rare, for example:

- An increase in pain may be felt for 24-48 hours. It is fine to take painkillers to relieve your discomfort.
- Menstrual cycle alteration.
- Bruising may appear where you had the injection.
- Facial flushing. This may last for up to 48 hours and will settle naturally.
- Diabetics may find that their blood sugar levels alter slightly over the next few days.
- Skin discolouration / dimpling where you had the injection.
- Tendon rupture may occur following multiple repeated injections. If this happens contact us on 0300 123 3444.
- Infection and allergic reactions may occur. If the injected area becomes red, hot, swollen and tender, please see your GP immediately or call 111.
- Sudden visual changes in one eye (this is very rare and most common in patients that are pregnant or are on oral steroids or have cushing syndrome). If experienced please see an ophthalmologist urgently for further assessment.

Side effects are kept to a minimum by careful technique, examination and keeping drug doses to recommended levels. Every effort is made to prevent infection by hand washing, cleaning of the area and use of sterile equipment.

After your injection

- Please rest the injected limb completely for two days.
- Continue to have relative rest for two weeks by avoiding strenuous activity.
- Start your exercise programme as shown by your therapist two weeks after your injection.

The purpose of the injection is to help settle your pain and allow you to continue with an exercise programme. The exercise is the main treatment for your condition.

Following your injection, if appropriate we will arrange for a follow up therapy appointment if you do not already have one or we will see you for a follow up appointment.

If you have any concerns, please telephone the number on the back of this leaflet.

Injection drug/ dose: Methylprednisolone 10mg 20mg 30mg 40mg

Clinician **……..**

Injection Site …….. Date ……

Please go to the following link for drug information sheet
https://www.medicines.org.uk/emc/product/571/smpc