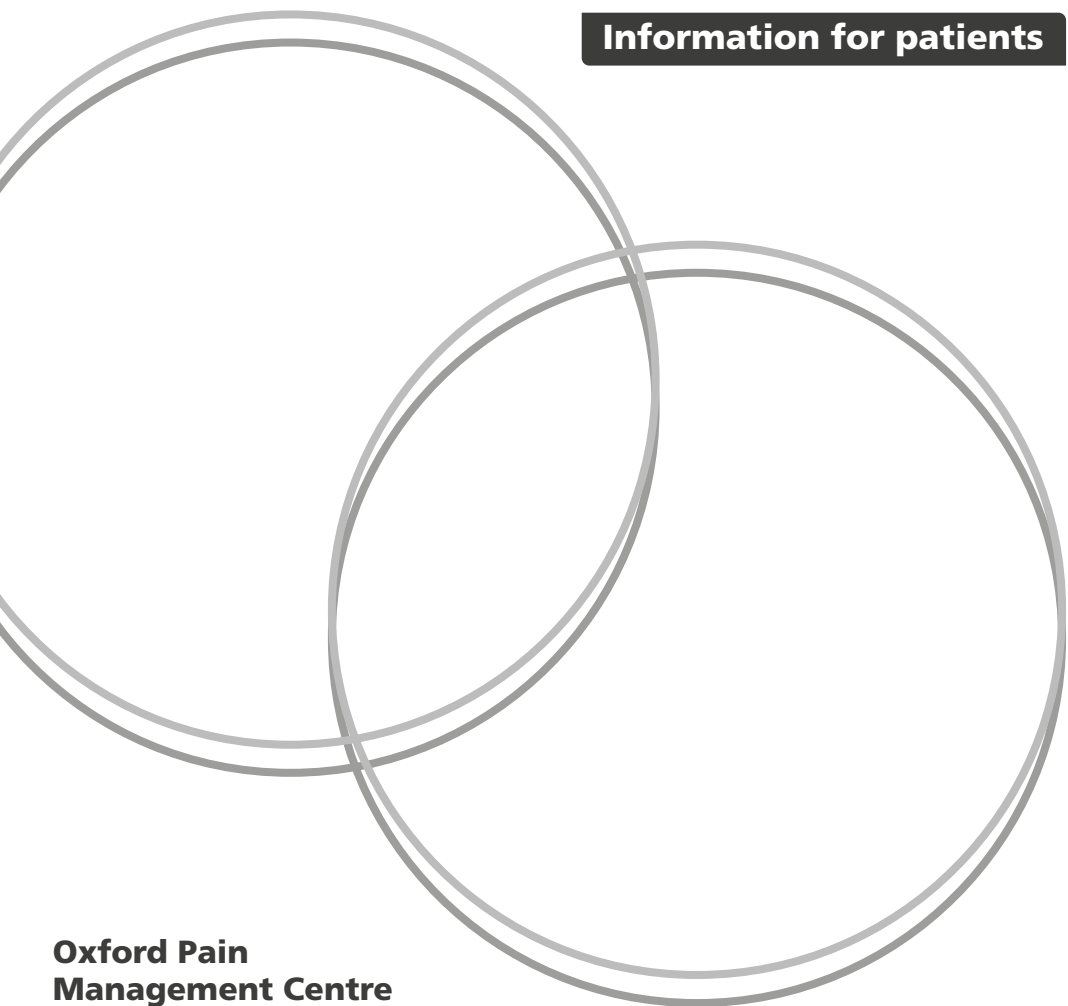




Oxford University Hospitals
NHS Foundation Trust

Diagnostic Medial Branch Block Nerve Injections – Pain Diary

Information for patients



**Oxford Pain
Management Centre**

Please complete the pain diary in this leaflet and have this to hand for your telephone appointment. This will be in approximately two weeks' time.

Patient details:
.....
.....
.....

You have been given this pain diary after having medial branch block nerve injections. The aim of these injections is not to provide long-term pain relief. They are to help us **diagnose** where your pain originates from. Any improvement in your pain is likely to be temporary.

Approximately two weeks after this procedure, one of the nursing staff will contact you for a **telephone appointment**.

During the telephone appointment, we will ask you for the information you have recorded in this diary.

This is important, so please keep this diary safe.

For urgent help or advice please call NHS 111

If you have a hearing problem Text relay or call 18001 111 using the Relay UK app or a textphone. This is available 24 hours a day.

Find out how to use the Relay UK app or a textphone on the Relay UK website www.relayuk.bt.com/how-to-use-relay-uk.html

If you need help in another language:

British sign language (BSL) Use signvideo.co.uk/nhs111

How to contact us

If you have any enquiries after your appointment please leave a message on the non-urgent post treatment advice voicemail number below. The team will return your call within four working days.

Non-urgent post treatment voicemail: **01865 857 107**

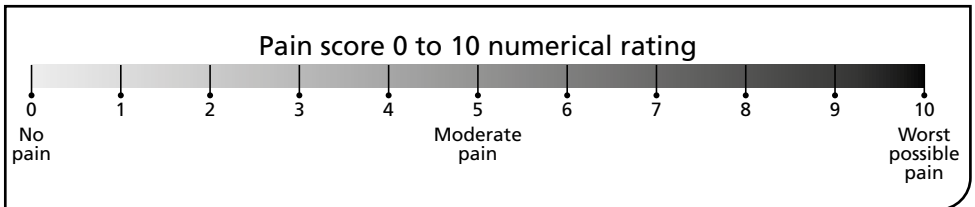
Appointment enquiries: **01865 227 900**

Opening hours: Monday to Friday 8:30am to 4:00pm

Please complete the table below to record your pain scores for 24 hours after your medial branch block injection.

| Time | Pain score |
|---|------------|
| Before the procedure | |
| Following the procedure | |
| 1 hour | |
| 2 hours | |
| 3 hours | |
| 4 hours | |
| 5 hours | |
| 6 hours | |
| 12 hours | |
| 24 hours | |
| Date and time that pain returned to pre-procedure levels: | |

Please rate your pain using the below rating scale (0 being no pain and 10 being worst possible pain).



Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: The Pain Service
November 2023
Review: November 2026
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

