

## How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals.

GP referrals are by letter or via choose and book.

Patients can also be referred by their NHS hospital consultant.

### Please send your referral letter to

Group Acupuncture Clinic  
Royal London Hospital  
for Integrated Medicine  
UCLH NHS Foundation Trust  
60 Great Ormond Street  
London  
WC1N 3HR

## Professional education and training

The Royal London Hospital for Integrated Medicine is part of the University College London Hospitals NHS Foundation Trust and is a teaching hospital.

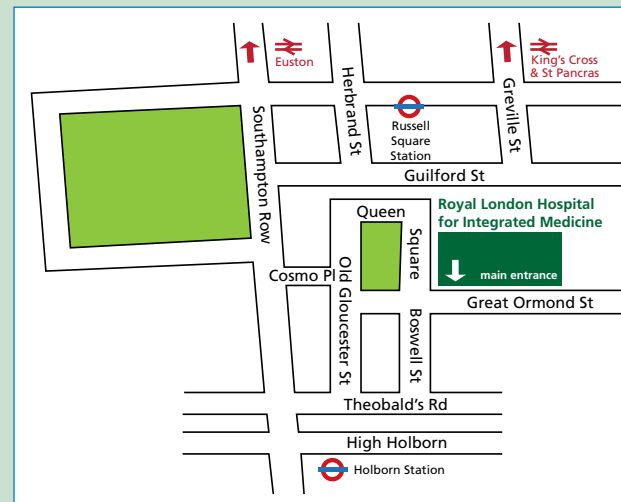
With the patients consent, other healthcare professionals may sit in during outpatient clinics.

## How to find us

**By Train** – Euston, King's Cross and St Pancras are all only about 15 minutes walk from the hospital.

**By underground** – Russell Square (Piccadilly Line) and Holborn (Central and Piccadilly Lines) are both within walking distance.

**By Bus** – Various buses come within 15 minutes walk of the hospital including route numbers: 8, 17, 19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242 and 243.



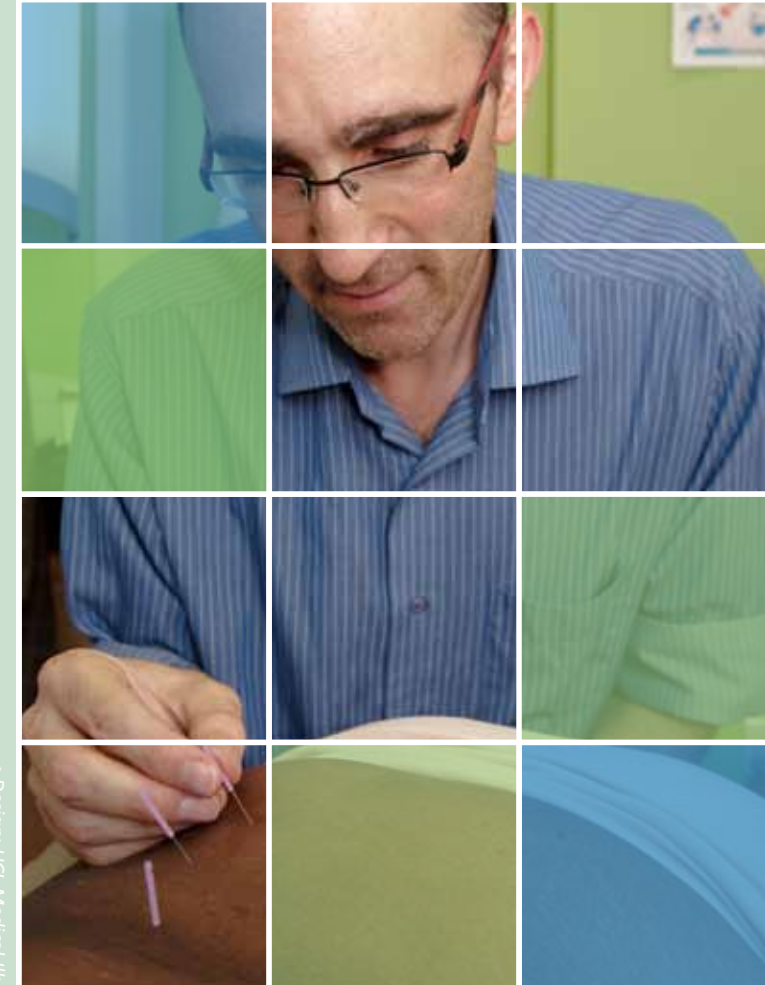
**Royal London Hospital  
for Integrated Medicine**  
60 Great Ormond Street  
London  
WC1N 3HR

[www.uclh.nhs.uk/rlhim](http://www.uclh.nhs.uk/rlhim)

**Patient services**  
Tel: 0203 44 82000  
Fax: 0203 44 82004

# The Royal London Hospital for Integrated Medicine

## Group Acupuncture Clinic



• Design: UCL Medical Illustration 2010

University College London Hospitals   
NHS Foundation Trust

The Royal London Hospital for Integrated Medicine



## Group Acupuncture Clinic

Acupuncture is a treatment which can relieve pain by stimulating the nerves in muscle and other deep body tissues. It is known that acupuncture increases the body's release of natural painkillers including endorphins and serotonin in the pain pathways of both the spinal cord and the brain.

### The treatment

The acupuncture at RLHIM is Western Medical acupuncture. It has been proven to be effective in the treatment of pain and muscular spasm. Very fine needles are inserted through the skin into the muscles. The number of needles used in one session usually varies from 4 to 12. Each session lasts between ten and thirty minutes.

A typical course of treatment consists of 6-8 sessions initially at weekly intervals. Follow up treatments may continue at longer intervals depending on how the pain responds.

At RLHIM sessions are held with groups of patients at the same time in a group treatment room. Curtains are available around each cubicle for privacy. Patients may be treated seated or lying on a couch. Gowns are provided if necessary.

At the Royal London Hospital for Integrated Medicine, Group Acupuncture Clinics are offered for:

- Chronic Knee Pain (including knee osteoarthritis)
- Chronic Musculoskeletal pain (including back and neck pain)
- Chronic Headache and Migraine
- Menopausal complaints (including hot flushes)
- Facial Pain

Our trained staff include nurses, doctors and, for the facial pain clinic, a dentist.

### Is the treatment painful?

The needles are very fine. Unlike other needles, such as those used for blood tests and injections, they do not have a cutting edge. Patients rarely experience any pain on insertion.

