

Freedom of Information Request: Our Reference CTHB_353_16

You asked:

- 1. Could you please provide me with a list of treatment options available to patients in the Cwm Taf Health Board area with a diagnosis of Reflex Sympathic Dystrophy/Complex Regional Pain Syndrome?**

Physiotherapy is the main treatment to try and re-establish normal function. The options are varied dependant on the patient's presenting symptoms on assessment. They may include, advice on day to day activity modification; pain education; mirror box therapy; motor imagery retraining techniques; desensitisation techniques; graded exposure to exercise.

Drug Treatments consist of Anti Neuropathic treatments:- Amitriptyline; Gabapentin; Pregablin; or Duloxetine depending upon patient criteria or clinical presentation. Short trial of opioids as appropriate for specific goals and Sympathetic blocks including Radio Frequency treatment or External neuromodulation (inc Tens).

- 2. Could you please provide me with a copy of the guidelines/pathway that apply to Cwm Taf Health Board for treatment of Reflex Sympathic Dystrophy/Complex Regional Pain Syndrome?**

No formal guidelines have been developed by the UHB however; the service works to the British Medical Journal Guidelines for Complex Regional Pain Syndrome (CRPS) and the Royal College of Physicians Guidelines, along with the latest evidenced based practice.

- 3. Do Cwm Taf Health Board make reasonable adjustment with regard to flexibility with physiotherapy appointments when treating patients with complex regional pain syndrome? For example, I understand that if two appointments are cancelled then a new referral needs to be sought to the service, do the health board take into account that patients with CRPS are often unable to get out of bed on the day of appointment and therefore their only option is to cancel at short notice?**

Physiotherapy appointments are discussed directly with the Physiotherapy department. The Health Board guidelines are adhered to in that we discharge patients after two cancellations. Patients with CRPS are not treated any differently to other patients within the

service. The physiotherapy service treats a wide variety of chronic and limiting conditions as well as CRPS

Within the Pain Service, patients referred with symptoms suggestive of CRPS are often given fast track appointments in order to improve outcomes.