**Factsheet: Treatments for Rheumatoid arthritis**

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| **Treatment** | **How it helps** | **Issues / Side effects** |
| Walking stick | Assists mobility | Possible feeling of social stigma when used |
| Capsaican cream | Pain relief in a targeted area | Can irritate the skin, causing dryness and redness and sore patches |
| Naproxen | Anti-inflammatory pain relief | Indigestion, heartburn, ringing in the ears |
| Codeine | Analgesic pain relief | Addictive. Nausea, vomiting, stomach pains, sweating, constipation |
| Ibuprofen | Anti-inflammatory pain relief | Potential issues with stomach bleeding |
| Wheelchair | Assists mobility | Possible feeling of social stigma when used |
| Acupuncture | Holistic therapy for pain relief | Not covered by the NHS, patient will have to pay |
| Physiotherapy | Exercises to help strengthen muscle around a joint | Patient compliance – patient may not carryout exercises regularly |
| Large-handled toothbrush | Easier to handle and use for those with muscle stiffness | None |
| Mobility scooter | Mobility assistance | Not covered on NHS and possible feeling of social stigma when used |
| Methotrexate | Blocks the receptors for the immune chemokines (chemicals that cause inflammation) | Can cause nausea, hair loss, headaches, diarrhoea and other side effects |
| Tramadol | Anti-inflammatory pain relief | Headache, dizziness, nausea, sweating, anxiety, stomach pain |
| Celecoxib | Anti-inflammatory pain relief | Headache, abdominal pain, diarrhoea, nausea, indigestion, insomnia |
| Arthritis Care UK | Provides social and intellectual support and help to patients | None |
| TENS | Uses electrical impulses across the skin to relieve pain | Requires specialist equipment |
| Shock absorbing footwear and support | Reduces strain on damaged joints – preventing further damage from use | Can be an additional expense for the patient |
| Friend or relative assisting with care | Provide care where needed in a home environment where patient may be more comfortable | Can be a full-time role depending on the care needs |
| Care agency staff making regular visits | Provide care where needed in a home environment where patient may be more comfortable | Can be expensive either for local council social care budget or a patient’s own funds |
| Residential care home | Provides care with professional carers 24 hours a day | Remove patient form their home environment and potentially away from family. Must be paid for either by the patient or the local social care budget |
| Infliximab | A biological treatment used to block chemokines (chemicals that control the immune system). Given by injection in conjunction with another treatment | Usually mild side effects and include skin reaction to the site of injection, injections, nausea, fever, headaches |
| Tofacitinib | A jak inhibitor, usually given to patients who cannot use other treatment. Blocks chemokines (chemicals that control the immune system). | Only recently approved for use in the NHS (2017). No side effects listed on NHS site but may not have been fully established through the yellow card system at this time. |
| Paracetamol | Relieves pain by blocking pain receptors | Can cause severe liver damage with overdose |
| Exercise | Maintains a healthy body mass and strengthens muscles around joints to improve mobility. | Patient compliance – it is difficult to make significant lifestyle changes |
| Stairlift | Assists mobility in patient’s own home | Requires significant remodelling of the home and not covered by NHS |
| Hot and cold packs | Relieved pain and inflammation in area applied | Care needed to avoid burns or cold injury |

**Factsheet: Treatments for Type 1 Diabetes mellitus**

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| **Treatment** | **How it helps** | **Issues / Side effects** |
| Levimir | 12 hours of long-term basal insulin effect | Overdose can cause low blood glucose (hypo)  Patient compliance (injection) |
| Tresiba | 24 hours of long-term basal insulin effect | Overdose can cause low blood glucose (hypo)  Patient compliance (injection) |
| Novorapid | Lowers blood glucose within 10 minutes of injection | Overdose can cause low blood glucose (hypo)  Patient compliance (injection) |
| Insulin pump therapy | Gives constant basal level of insulin and can be triggered to release more (bolus) when a button is pressed | Overuse can cause low blood glucose. Possible issues with long-term needle insertion in skin |
| Exercise | Maintains a healthy body mass which is helpful for improving control of diabetes. | Patient compliance – difficult to make significant lifestyle changes |
| Healthy diet | Improves blood glucose levels by reducing sugars and increasing long-acting carbohydrates | Patient compliance – difficult to force a lifestyle change on someone |
| Diabetes UK | Provide support and help to patients – social and intellectual support. Also legal and political help (e.g. prescription charges) | None |
| Viagra | Complications of diabetes can include impotence. This helps to restore erectile function | Possible cardiovascular issues such as high blood pressure |
| Allpressin | Foot cream to prevent and treat hard skin on feet to avoid ‘diabetic foot’ | None |
| DAFNE | Training course to teach better control of blood glucose by calculating doses of insulin to suit carbohydrate value of foods | Week long course 9-5pm every day. Some patients do not have time to attend |
| Laser eye surgery to treat retinopathy | Diabetic eye disease is a form of retinopathy caused by damage to blood vessels in the retina | Risk of additional damage to the eye due to the laser |

**Factsheet: Treatments for Bowel Cancer**

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| **Treatment** | **How it helps** | **Issues / Side effects** |
| Radiotherapy | Uses radiation to kill cancer cells | Dryness, itching, blistering, peeling, fatigue |
| Chemotherapy | Drugs to attack and destroy cancer cells | Many side effects including fatigue, hair loss, increased risk of infection, bruising, anaemia, nausea, vomiting |
| Macmillan cancer support | Fundraises to pay for nursing support, specifically palliative care | None |
| Friend or relative assisting with care (late stages of bowel cancer) | Provide care where needed in a home environment where patient may be more comfortable | Can be a full-time role depending on the care needs |
| Care agency staff making regular visits (late stages of bowel cancer) | Provide care where needed in a home environment where patient may be more comfortable | Can be expensive either for local council social care budget or a patient’s own funds |
| Residential care home (late stages of bowel cancer) | Provides care with professional carers 24 hours a day | Remove patient form their home environment and potentially away from family. Must be paid for either by the patient or the local social care budget |
| Surgery (local resection) | Surgery to remove a small part of the bowel lining during colonoscopy | Can remove small polyps  Quick recovery |
| Surgery (radical colectomy) | Surgery to remove a section of the bowel | Longer recovery  May need a stoma  If cancer has metastasised this will not work  Risks of surgery  Possible perforation of bowel |

**Factsheet: Treatments for Parkinson’s disease**

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| **Treatment** | **How it helps** | **Issues / Side effects** |
| Large-handled toothbrush | Easier to handle and use for those with a tremor | None |
| Levodopa | Is converted to dopamine when ingested | Mild nausea, dry mouth, dizziness, blurred vision, loss of appetite, heartburn |
| Softened food | Assists patients who have trouble chewing and swallowing | Can be messy  Needs more preparation by carers |
| Speech therapy | Speech problems are a common symptom of Parkinson’s. therapy help to retain speech | Patient compliance – exercises may be difficult |
| Deep brain stimulation | Electrodes implanted into substantia nigra used to stimulate dopamine production | Patient compliance – surgery is risky |
| Parkinson’s UK | Provides social and intellectual support and help to patients | None |
| Dopamine agonists | Stimulate production o dopamine | Drowsiness, nausea, vomiting, dry mouth, dizziness, leg swelling. In some can cause confusion, hallucinations or psychosis |
| Duodopa | A gel that is pumped into the body using a small pump device. Duodopa is then converted to dopamine | Blocked or dislocated tube. Inflammation or infection around the tube, leading to swelling or leakage. Stomach pain, nausea, vomiting. Worsening movement or slow movement. |
| Monoamine oxidase inhibitors | Helps the body to make better use of the dopamine it produces naturally | Side effects include impotence, changes in mood or sleep patterns, anxiety, drop in blood pressure on standing |
| Pelvic floor exercises | Prevent incontinence | Patient compliance – completing the exercises properly and regularly |
| Catechol-O-methyltransferase inhibitors | Inhibits the breakdown of levodopa in the body, thereby prolonging its effect | Diarrhoea, vivid dreams, visual hallucinations, drowsiness, urine discoloration and dyskinesias (involuntary movements) |
| Friend or relative assisting with care | Provide care where needed in a home environment where patient may be more comfortable | Can be a full-time role depending on the care needs |
| Care agency staff making regular visits | Provide care where needed in a home environment where patient may be more comfortable | Can be expensive either for local council social care budget or a patient’s own funds |
| Residential care home | Provides care with professional carers 24 hours a day | Remove patient form their home environment and potentially away from family. Must be paid for either by the patient or the local social care budget |

**Factsheet: Treatments for Coronary Heart Disease**

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| **Treatment** | **How it helps** | **Issues / Side effects** |
| Exercise | Maintains a healthy body mass which is helpful for improving circulatory function. | Patient compliance – difficult to make significant lifestyle changes |
| Healthy diet | Reduces stickiness of blood and improves circulation | Patient compliance – difficult to force a lifestyle change on someone |
| Smoking cessation | Can prevent or slow progression of CHD | Patient compliance – large changes to smoking / drinking habits are hard to make and maintain |
| Statins | Reduce serum cholesterol | Side effects include nose bleeds, sore throat, runny or blocked nose, headaches, muscle and joint pain, increased blood glucose |
| Coronary angioplasty | Surgical procedure to widen blocked or narrowed arteries | Risks linked to surgery including heart attack, damage to the artery, allergic reaction to the contrast dye, bruising or damage to the skin |