

# Diagnostics and Treatment

Providing results when you need them.



24/7 Customer Service



Nationwide Coverage



Personal Approach



Digital Access to a Range of Services

From MRI Scans to trauma counselling, Onhealth can cut your waiting time for diagnostic and treatment procedures, and take a weight off your mind.

With waiting lists growing every day, we can meet your diagnostic and treatment needs, and have the results in your hands within days, rather than months. Our competitive prices and direct links with diagnostic and treatment professionals across the UK make us the ideal choice for arranging and carrying out procedures for both physical and psychological symptoms.

## Step 1: Initial Contact

Complete our Enquiry form to let us know what procedure you require. You will also need to provide evidence of your referral from the recommending clinician. We will then source the most convenient provider in your area to make the arrangements for your appointment. Once you are happy with the proposed venue and the quoted price, we will require payment from you to confirm the referral with the clinic or hospital.

## Step 2: The Appointment

Once the referral is confirmed, the clinic or hospital will liaise with you directly to confirm a mutually convenient appointment. They may also ask you to complete their procedural paperwork ahead of the appointment itself. On the day of the appointment, you will be responsible for arriving promptly at the venue with any documents (such as photographic ID) that the clinic or hospital requires for the appointment to proceed.

## Step 3: The Results

We will liaise directly with the clinic or hospital to obtain copies of the results once the appointment has gone ahead. Our team will review the results to ensure they meet Onhealth's high standards for quality and accuracy before forwarding them to you. Once you are in receipt of the results, we advise that you contact your GP to discuss any recommendations for further treatment or diagnostic tests.

## Common Procedures

We have set out below a list of the most common procedures we arrange.

*Please note that quotes for these procedures are provided on request and may vary depending on the clinic or hospital sourced in your area.*

If the procedure you require is not on the list, please contact us directly to discuss what arrangements we can make for you.

### Diagnostics:

**X-Rays** – X-Rays use radiation to take images inside the body and are used mainly to examine bones.

They are particularly effective for detecting:

- Fractures and breaks
- Thinning/weakening of the bones (such as Osteoporosis)
- Bone Infections
- Bone Tumours
- Curvature of the spine
- Problems with teeth (loosening, root erosion, tooth decay)

**MRI Scans** – Magnetic Resonance Imaging (MRI) uses strong magnetic fields and radio waves, rather than radiation, to take images inside the body. An MRI scanner is a large tube that the patient will lie inside during the same. Most MRI scanners have closed sides and can be problematic for patients suffering from claustrophobia. Some clinics and hospitals have Open MRI Scanners which can be used for claustrophobic patients.

MRI Scans are particularly used for detecting soft tissue anomalies in many areas of the body, including:

- Brain and spinal cord
- Bones, joints, and ligaments
- Breasts
- Heart and blood vessels
- Internal organs

MRI results can be used to help diagnose conditions, plan treatment, and assess the effectiveness of previous treatment.

Our pricing for MRI Scans is worked out based on the number of body areas that need to be scanned.

**MR Arthrogram** – An MR Arthrogram scan involves the radiologist injecting a Contrast Agent into the affected area (under local anaesthetic), which makes the affected area show up more clearly on the subsequent scan.

MR Arthrograms are particularly useful for:

- Rotator cuff tears

- Shoulder injuries
- Hip injuries
- Wrist injuries

**CT Scans** – A Computerised Tomography (CT) Scan provides detailed images of many tissue types, including:

- Bones
- Lung Tissue
- Soft tissue
- Blood Vessels

CT Scans are often used after serious accidents to look for internal injuries. They can also be used to prepare for other tests (particularly in relation to radiotherapy).

**Ultrasound** – Ultrasound scans are used to help diagnose problems in areas such as:

- Liver
- Gallbladder
- Thyroid gland
- Lymph nodes
- Internal organs
- Soft tissue

They can also be used to detect problems in blood vessels, joint, ligaments and tendons, skin, and eyes.

Ultrasound scans are also used as a guiding tool for treatment, such as injections, helping to guide surgeons' equipment to the area being treated.

**EMG Nerve Conduction Studies** – Nerve Conduction Studies give doctors information about how well and how fast nerves in the body send electrical impulses. This test can be used to check for various different types of problems with the peripheral nervous system. In particular, these studies are usually used to test the upper and lower extremities (arms, hands, and fingers; legs, feet, and toes), but can also be used in other parts of the body where nerve damage is suspected.

The studies are performed by passing small electrical currents through the skin and making a record of the natural electrical signals further down the nerve or over a muscle. The results are then analysed, and a full report is produced.

## **Treatment:**

**Steroid/Cortisone Injections** – Steroids are used to reduce inflammation. They can be administered in tablet form or by injection. A steroid mixture can be injected into or around an inflamed area to ease symptoms. Steroid injections are usually prescribed for swelling in joints, such as:

- Knees
- Shoulders
- Elbows
- Wrists

They can be used to reduce swelling caused by arthritis and trauma. Cortisone is one of the most commonly used steroids in this form of treatment.

**Arthroscopy** – An Arthroscopy is a minimally invasive surgical procedure on a joint in which examination and treatment of damage is performed by inserting an arthroscope or endoscope (camera) into the joint through a small incision, rather than using open surgery to open the joint for diagnosis or treatment. Arthroscopy is used particularly for:

- Knee joints
- Hip joints
- Shoulders
- Wrists
- Spinal injuries

**Subacromial Decompression** – Subacromial decompression is an operation that is used to treat subacromial impingements. This is a condition that causes pain when patients raise their arms and movement is restricted. Subacromial decompression is usually a last resort when other treatment (such as steroid injections) has not worked.

This procedure can be performed through arthroscopy but may also be performed with open surgery.

It can take up to six months to fully recover from a subacromial decompression operation.

**Tinnitus Retraining Therapy** – Tinnitus Retraining Therapy is a form of habituation therapy designed to help people suffering from tinnitus. TRT uses counselling to explain that a combination of tinnitus retraining and sound enrichment can help with their negative reaction to the tinnitus sound and therefore reduce their perception of it.

The psychological basis for TRT stems from the fact that the brain is able to “reorganise” itself (neuroplasticity) and can therefore be trained to adjust to any sensory signals as long as they do not lead to negative effects. TRT works by interfering with the neural activity which causes tinnitus at its source in order to prevent spreading to other nervous systems, such as the limbic and autonomic systems.

TRT can be assisted by a number of different techniques, including hearing aids.

**CBT Sessions** – Cognitive Behavioural Therapy (CBT) is a type of talking therapy that can help a patient to manage their problems by changing the way they think and behave. It is used in the treatment of anxiety, depression, post-traumatic stress disorder (PTSD), eating disorders, and drug misuse.

Unlike some other forms of psychotherapy, CBT focuses on current problems and does not focus on issues and trauma from the past. It can also be used in the treatment of people with long-term health conditions, such as arthritis and irritable bowel syndrome, as it can help people cope better with these conditions.

**EMDR Sessions** – Eye Movement Desensitisation and Reprocessing (EMDR) Treatment is used as part of CBT and focuses on disturbing memories as a cause of psychological problems. EMDR can be used in the treatment

of PTSD, and to assist patients who have experiences severe trauma that remains unresolved.

When traumatic or distressing experiences occur, it can overwhelm normal cognitive and neurological coping mechanisms. The memory of the experience is inadequately processed and stored in an isolated memory network. The goal of EMDR is to process these distressing memories, reducing the lingering effects and to allow the patient to develop more adaptive coping mechanisms.

For more information regarding our Diagnostic and Treatment Services, please use the enquiry form on our website.