



Manchester Royal Infirmary

Thermal Threshold Testing

Neurophysiology Department
0161 276 4564



What Is Thermal Threshold Testing?

- Thermal Threshold testing is a way of examining the smallest nerves in the body.
- It is a simple, safe yet sensitive test and can be performed on people of all ages.

Why Do I Need Thermal Threshold Testing?

Thermal Threshold testing is used in a variety of circumstances. Most commonly it is used to assess patients who feel burning or pain in their hands or feet, when other tests have been inconclusive.

The Thermal Threshold Test

Before the Thermal Threshold test

- No special preparation is needed before the test and you should take any medication as prescribed. It is helpful, however, if you can come wearing loose clothing, as this we may need to test above your knee or above your elbow.

During the Thermal Threshold test

- The test will be performed by a Clinical Physiologist, who will stay with you throughout.
- At the start of the test you will be asked some questions about your medical history (mainly about your symptoms and medication) and the test will be explained fully. You will also have chance to ask any questions that you have.
- A small probe will then be placed onto your hand, arm, foot or leg depending on the body part to be tested, and you will be given a button to hold.
- The test is very straight forward and painless; the temperature of the probe will gradually rise or fall and you will be asked to press the button when you feel the change. The temperature only changes slightly and will not hurt.

After the Thermal Threshold test

- The testing usually takes approximately 45-60 minutes. There are no side effects, and you can go home straight away.

Frequently Asked Questions

Will I get the results straight away?

No. You will not get any results on the day of your test. The information collected needs to be reviewed by the Consultant Neurophysiologist and this takes some time. A report of the findings of the examination will be sent to the doctor who referred you. This doctor will then call you in for a follow up appointment in the next few weeks and discuss the results with you there.

Will I feel anything?

You will feel the increase and decrease in temperature of the probe but this will not hurt.

Why do I have to come to Manchester Royal Infirmary for the test?

Thermal Threshold testing is not available at all hospitals, therefore though you may have originally seen a doctor at another hospital you have been referred to Manchester Royal Infirmary for this test. The results will be sent back to the doctor that originally referred you.

Further Information About Thermal Threshold Testing

The department is open Monday to Friday between 8.00am and 5.00pm. If you require further information about Thermal Threshold Testing or neurophysiology then feel free to call us on **0161 276 4386** or **0161 276 4564**. Alternatively you could consult:

Hospital website: www.cmft.nhs.uk

NHS direct website: www.nhsdirect.nhs.uk

Contact Details

Neurophysiology Department
Manchester Royal Infirmary
Oxford Road, Manchester M13 9WL

Tel: 0161 276 4564

Fax: 0161 276 6054

Getting To The Neurophysiology Department

- The Neurophysiology Department is located on the **Ground Floor** in the Manchester Royal Infirmary.
- The closest entrance to the department is **MRI Entrance 2** located on the hospital Boulevard.
- There are two multi-storey car parks at the hospital (Hathersage Road and Grafton Street). You should allow 10 – 15 minutes to get from the car parks to the Neurophysiology department.
- Parking for patients who require access to Drop-off areas (30 minutes maximum) is also available. These areas are barrier controlled and accessed from the Hathersage Road entrance, which is signed "Access for Drop-off and Blue Badge Holders only".
- If you require ambulance transport to the hospital then you should arrange this with your GP as soon as you know your appointment date.

Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Smoking

Smoking is only permitted within the external designated smoking areas. You may be putting others at risk if you smoke in non-designated areas. The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Central Manchester site.

For advice and support on how to give up smoking, go to <http://www.nhs.uk/smokefree>.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تتص سیاستنا علی عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

ہماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کرسکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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