



Building Research Capacity for Nursing &
Allied Health Professionals and Pharmacists
Cynyddu Gwaith Ymchwil ar gyfer Nyrsio a
Gweithwyr Proffesiynol Cysylltiedig a Fferylwyr



PRIFYSGOL
BANGOR
UNIVERSITY

Robert Goldsmith

Understanding Sciatica

"...like incredibly bad toothache all the way down your leg...and then you get the burning which is like hot knives going in your leg...like a torn ligament...at the back of my knee"

"I've had electric shocks ... I used to work on tools... it's like having an serious electric shock"

"..like somebody has wacked me on my foot with a hammer and smashed the bone"

"It's draining. Physically and mentally draining"

"I don't think it's taken seriously enough. ...there have been some nights where I've just thought,
"I don't even care if I wake up in the morning"

"I've been to A&E a few times ...I'd say that people should be [teary] more understanding of how painful it is. The severity. [Crying]
Because someone who might look normal might be in excruciating pain"

A

“...this is bulge:

.. if I haven't really found what the cause is, because of that, I can't really get my head around, actually, that won't fix it [4]

forever, the discs need

Got to stretch something, I suppose,...in my mind, I look at it like a piece of rope and if you pull that tight, hopefully it'll make it clear. That's the way I look at it

like I'm putting more pressure on my back ...the more compression, the bigger the bulge

It's a cortisone injection, route nerve block... I've got a nerve and there's a route going down there blocked. I think it's basically gonna try for swelling around

What next?

Are illness and treatment beliefs modifiable?

If so, does this result in:

- Better shared decision making?
- More appropriate healthcare use?
- Accurate treatment expectations?
- Improved outcomes?

What does a good intervention look like?

