

The Holistic Cancer Care Centre



Complementary Therapies

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Complementary Therapies

never

Alternative Therapies



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Supportive Care

is that which helps the patient and their family to cope with cancer and treatment of it - from pre diagnosis, through diagnosis and treatment, to cure, continuing illness or death and into bereavement.

It helps the patient to maximise the benefits of treatment and to live as well as possible with the effects of the disease. It is given equal priority alongside diagnosis and treatment.

National Guidelines for the Use of Complementary Therapies in Supportive
And Palliative Care



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Directives

- Manual for Cancer Services
- Cancer Plan
- National Guidelines for the use of Complementary Therapies in Supportive and Palliative Care
- NICE- Supportive and Palliative Care Guidelines
- Draft Complementary Therapy Measures : Consultation Version



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Research

- 50% to 83% of patients will access complementary therapies
Basch+ Ulbricht, 2004
- 20% to 33% of patients will access complementary therapies
Foundation of Integrated Health, 2007
- 70% of patients believe that C/T should be available on the NHS
A Johnson
- 20 million people in the UK use Complementary therapies each year
FIH



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The Role of the Centre

- To support orthodox treatment
- To integrate complementary healthcare
- To provide access for patients and carers to complementary therapies
- To provide information and support



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Access to the Centre

- Patients and carers
- Referral from health care professional or self referral
- Services provided free of charge - £180,000.00



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The Present and the Future

Treatment

Auricular Acupuncture	10 hours
Acupuncture	7 hours
Aromatherapy	17 hours
Homoeopathy	14 hours
Reflexology	9 hours
Reiki	22 hours
Hypnotherapy	9 hours
Counselling	6 hours
Total	94 hours

- 160 patients are treated each week
- The waiting list for all therapies is minimal



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Acupuncture

- Western Medical Acupuncture
- Traditional Chinese Acupuncture

Uses Traditional Acupuncture

Pain following surgery
Stress
Depression
Panic Attacks
Headaches
Nausea and Vomiting
Insomnia
General Fatigue

Western Acupuncture

Relaxation
Hot Flushes



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Aromatherapy

- Uses the healing properties of essential oils combined with therapeutic touch (massage)

Uses

Anxiety

“Time out”

Stress

Nausea and Vomiting

Insomnia

Constipation

Headaches

Visual disturbances



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The Present and the Future

Homoeopathy

- Works on the principle of like cures like
- Four homoeopath hospitals within the NHS

Uses

Anxiety

Stress

Nausea and Vomiting

Insomnia

Constipation

Fear and panic

Grief

Fatigue

Mouth Ulcers and other side effects of chemotherapy



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Hypnotherapy

- Hypnosis uses powerful language patterns that encourage the mind and body to unwind to a much deeper level than when in full conscious awareness

Uses

Anxiety

Stress

Nausea and Vomiting

Insomnia

Fear and panic

Confidence – self esteem

Phobias – Needle phobia

Claustrophobia



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Reflexology

- Points on the hands and feet correspond to certain parts of the body and that applying pressure to these points can release tension and encourage the bodies natural healing process

Uses

Anxiety

Stress

Physical tension

Chronic fatigue

Insomnia

Constipation

Headaches



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Reiki

- Japanese form of healing
- Has no religious beliefs
- Uses the universal energy to encourage the body to heal itself

Uses

Boosts well being

Anxiety

Stress

Chronic fatigue

Insomnia

Headaches

Emotional support



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Other services available

- Headstrong
- Wig Clinic



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Myths and Contraindications

- Dispel the Myths
 - Work with the patient
- Manage the Contraindications
 - Work with the Practitioner
 - Qualifications, experience, insurance etc
- Complementary and Natural Health Care Council



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“I feel more relaxed in general and feel I can cope with things more”

“Time to relax for myself and not worry about the rest of what was going on in my life”

“I entered that first day overwhelmed with anxiety about my treatment and my future and left relaxed and better able to face the rest of my treatment. I am certain that without the Reiki which relaxed and nurtured me and the Homeopathy which reduced my side effects and strengthened me I would not have coped with the chemotherapy”