

CONFIDENTIALITY

Your therapist will be working within an organisation that has established codes of ethics and practices. All referrals, assessments and treatments will be treated within the bounds of St. Luke's Hospice Confidentiality Policy/

APPOINTMENTS

Appointments will be made to suit individuals wherever possible. Therapy sessions will usually be for a maximum of 6 sessions, 1 being for assessment purposes.

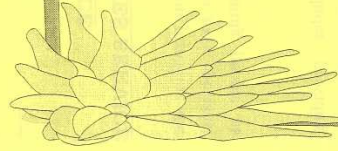
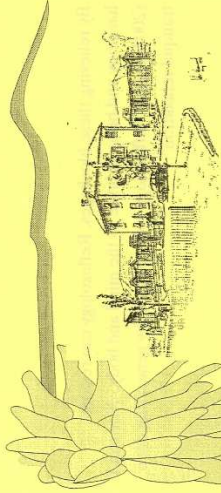
CANCELLATIONS

Your therapist will agree therapy sessions in advance with you. If you are unable to attend an appointment it is important that you let us know.

Please help us by cancelling your appointment no less than 24 hours before whenever possible.

References:

- Maxwell-Hudson, C (1997), The Complete Book of Massage, London, Dorling Kindersley.
- Norman, L (2002), Reflexology Handbook, London, Judy Piatkus (Publishers Ltd)
- Stevenson, C (2001), Aromatherapy, 16 In: Rankin; Box, D (2001), The Nurses Handbook of Complementary Therapies, London, Bailliere, Tindall in association with the Royal College of Nursing.



To make an appointment for any of these treatments please contact:

**St. Luke's Hospice
Complementary Therapy Service
Nethermayne,
Basildon,
Essex.
SS16 5NJ**

Tele: 01268 524973

Registered Charity No: 289466

ST. LUKE'S HOSPICE COMPLEMENTARY THERAPIES SERVICE



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St. Luke's not only places its emphasis on providing the highest standard of care for people who have specialist palliative care needs, but also in treating people as individuals in a holistic manner.

This holistic approach to care includes providing Complementary Therapies such as Therapeutic Massage, Aromatherapy and Reflexology for patients, carers, relatives and St. Luke's staff.

Massage is a formalised use of touch used to bring about a therapeutic effect. Hudson (1997) maintains that massage can improve circulation, relax muscles, aid digestion, stimulate the lymphatic system and speed up the elimination of waste products. These direct benefits, combined with the psychological benefits of feeling cared for can quickly produce a feeling of well-being.

Aromatherapy is the use of essential oils in massage treatments, inhalation, baths, compresses etc. These essential oils are fragrant chemical compounds derived from plants, flowers, trees etc. Steven C. (2001) states "that essential oils have therapeutic properties which can aid in the relief of stress, anxiety, depression, insomnia, muscular and neuralgic pains etc."

Reflexology is a form of compression massage used on feet or hands. It works on the principle that the whole body is represented on the feet. The body is divided into zones where energy can become blocked, which in turn can give rise to ill-health.

By relieving these blockages, Reflexology can restore harmony and bring balance to the mind and body. Norman L (2002) states "Reflexology reduces stress by generating deep, tranquil relaxation".

REFERRAL CRITERIA

Patients with life-threatening or life-limiting illness with specific palliative care needs to:

- * Relief of pain and other symptoms
- * Relief of anxiety, depression, stress-related symptoms.
- * Enhance quality of life & holistic well-being
- * Promotes appropriate rest & relaxation
- * Boosts the immune system by relieving stress
- * Aids minor digestive problems
- * Can help in the relief of constipation with specialised massage treatment.

ASSESSMENT

Assessment will be carried out by St. Luke's Complementary Therapy Nurse Co-ordinator or another qualified therapist. Unfortunately the Complementary Therapy Service cannot undertake home visits at the present time, but every effort will be made to facilitate clients attending the Hospice.

NB: Not all patients/clients will be suitable for therapies following assessment.

REFERRALS

Patients can be referred through their GP, Hospital Consultant or Qualified Nurse, District Nurse, Macmillan Nurse or through any Hospice services. A letter of consent is needed from the medical practitioner.

Carers & relatives may self-refer or be referred from any of the above sources.

These holistic therapies are provided by qualified therapists working to St. Luke's Complementary Therapy policies which adhere to the NICE Guidance for Complementary Therapies and The Prince of Wales Foundation for Integrated Health.

DONATIONS

All therapy sessions are free of charge, but as St. Luke's is a Registered Charity (No: 289466) donations, are gratefully received.

I enclose a donation of £.....

Please sent receipt to:

Name: _____

Address: _____

If you pay Income Tax your donation can be worth another 28%. All you have to do is tick and date the box below.

Gift Aid Declaration:

Please treat this donation made to St. Luke's as Gift Aid

Date: _____

