

Reflexology and Reiki Proposal 2018-19

South West Teenager & Young Adult (TYA) Cancer Service

Submission date: 28th June 2018

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1. Proposal overview

Following the success of the TYA Reflexology and Reiki Pilot the aim of this proposal is to continue the provision of complementary therapies to TYA patients and their networkers (family, friends, supporters etc.).

The main purpose in the use of complementary therapy in this setting is to help:

- promote relaxation
- reduce anxiety, stress and tension
- ease symptoms such as pain, nausea, insomnia
- support coping strategies
- improve quality of life

2. What do we want to provide?

We would like to maintain the level of service offered which currently is 4 days per week; 2 days per week for Reflexology provision in BHOC for TYAs aged 16-24yrs and 2 days per week Reiki provision to children inclusive of TYAs aged 0-24yrs. Patients and networkers may self-refer or referred via a staff member. Individuals may have more than one treatment but if the appointments become over-subscribed, priority will be given to those who have not had any treatments or who have a higher level of need.

The practitioners are [REDACTED] and [REDACTED], both fully qualified complementary therapists. They would be provided with an Honorary Contract extension by UH Bristol for the duration of the funding.

3. Who would be eligible?

All patients aged 16-24 and their networkers being treated for cancer in Area 61 Teenage Cancer Trust Unit and children and teenagers (aged 0-18yrs) and networkers treated for cancer in Bristol Royal Hospital for Children.

4. Governance

The provision of complementary therapies at UH Bristol is underpinned by its Complementary Therapies Policy. Each treatment will involve individualised assessment, treatment planning and written consent between the practitioner and the recipient. Written information will be available to patients and their supporters about the service (eligibility, referral, potential benefits of treatment and appropriate precautions) to assist them in making an informed decision.

Informed written consent will be required before any treatment takes place. Completed consent forms for patients will be kept in patient notes. Completed consent forms for supporters will be held securely by the TYA Service.

In accordance with national guidelines for complementary therapies, the therapy:

- must work alongside existing medical treatment without compromising existing care
- must be based on current evidence and best practice
- must be based on consultation, planning, education and demonstrable competence
- must comply with local policies

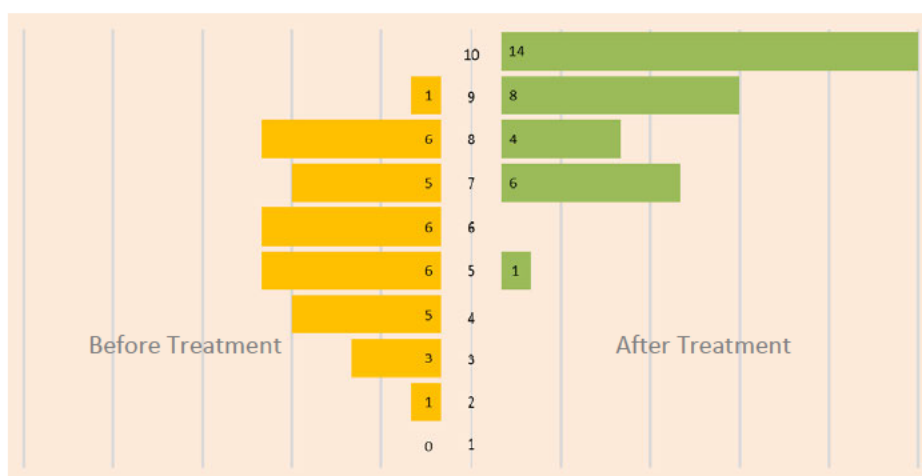
5. Evaluation

Reiki complementary therapy 6 month Reporting period ending April 2018

Patients sessions	Staff sessions	Supporter sessions	Offered but refused	Total sessions
106	40	88	2	236

Patients receiving more than one session	Carers receiving more than one session	Staff members receiving more than one session
23	17	5

Rate your general wellbeing BEFORE and AFTER treatment [Marks out of 10 (10 being excellent)]



Feedback

'An amazing experience which has really helped me in the most difficult of times' **Parent of newly diagnosed child**

"The session exceeded my expectations I found it really helpful from a mental perspective to help me relax and de-stress and I look forward to each session" **Patient**

Reflexology complementary therapy 12 months reporting period ending April 2018

	Patient Sessions	Supporter Sessions	Total
Number of participants	47	32	79
Number of treatments	194	57	251

In total 47 patients received between one and 26 reflexology treatments, and 32 supporters received between one and 6 treatments. The reflexology sessions had a significant impact on symptoms and/or side effects of treatment. Physical symptoms such as headaches and generalised pains around the body were reduced, feelings of nausea diminished and energy returned for a short while.

Rate a specific symptom BEFORE and AFTER treatment [Marks out of 10 (10 being excellent)]

ID Number	Symptom	Score Before Session	Score After Session
P/008	Head Tension	9 out of 10	5 out of 10
P/020	Anxiety	8 out of 10	2 out of 10
P/032	Pain in knee from bakers cyst	7 out of 10	0 out of 10
P/023	Lethargy	7 out of 10	2 out of 10
P/033*	Wellbeing	4 out of 10	7 out of 10

* Wellbeing scores are rated with the higher number being the better score

Note: 7 Indian Head Massage Treatments have also been received by patients in the last 2 months

6. Costings

Hourly rate for complementary therapy practitioner: £25 per hour.

Each practitioner will provide 10 hours of therapy plus 2 hours administration and changeover time per week)
= 12 hours per practitioner

4 x 6 hours per week = 24 hours

£25 x 24 = £600 per week

£600 per week x 48 weeks (inclusive of annual leave) = **£28,800**

There are no additional costs for this service. Appropriate facilities are already in place and the practitioner will provide any additional materials such as massage oils. Travel expenses will not be provided

References

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