

Complementary Therapies Provision on Wards 3A and 4D Whiston Hospital

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Guide to free Complementary Therapies available on Wards 3A and 4D

What are complementary therapies?

As the name implies, these therapies are designed to complement and be used alongside the normal medical treatments.

All complementary therapies are 'complementary' to a patient's treatment and care and not a replacement for conventional treatment.

Are they safe?

Therapies are often promoted as 'safe', 'gentle' or even 'natural' – but this does not mean they do not have their own side effects.

You must tell the therapist if you have any allergies and/or if you have previously had complementary therapies and experienced side effects.

Therapies may not always be appropriate in all cases but all therapists carefully consider the individual's condition and adapt their therapy.

The therapist will explain the therapy, including the benefits and any side effects, and you will be advised on any after care that may be required.

How do I book an appointment?

Ask any nurse on the ward and they will contact Janet for you.

She is on Ward 3A on Tuesday and Wednesday mornings and on Wednesday afternoons on Ward 4D.

Will I have to pay?

The treatments are free but if you would like to make a donation to the ward you are most welcome.

Some clients have a burst of energy and need to relax as the body adjusts. You would remain fully clothed during the treatment

How long do therapies take?

Normally, a therapy using massage, reflexology or Reiki would usually take an hour.

However, it is possible to vary the length of the therapy to best suit the needs and wishes of the individual.

What is involved before the therapy?

During your first consultation Janet will ask general questions about your health, including sleep patterns, diet, allergies and how you feel emotionally.

You will be asked about what you are expecting from a complementary treatment.

Complementary therapies may not be suitable for everyone.

Janet will explain the therapy, including the benefits and any side effects.

You will then be asked to sign a consent form to say you are happy for the therapy to go ahead.

If you experience side-effects and want to ask anything else related to your treatment speak to your hospital doctor.

How may complementary therapies help?

Those who have had complementary therapies often say that it helps them feel relaxed, reduces anxiety, eases symptoms such as pain, nausea and poor sleeping patterns and improves their overall feeling of wellbeing.

Who is the therapist?

The therapist is Janet Stockley whom is a qualified complementary therapist.

She is based on Wards 3A and 4D.

She is available on both Tuesday and Wednesday mornings on Ward 3A and on Wednesday afternoons to deliver treatments on Ward 4D.

What type of therapies are available to me?

The therapies available are:

- **Reflexology**

This is a relaxing therapy, focusing on the feet. It is believed that the various areas of the feet relate to equivalent body areas, for example, the toes relate to the head.

The feet are first massaged and then the different areas of the feet are worked to help balance the energy within the body.

This helps to relieve stress and tension. Only shoes and socks (or equivalent) need to be removed.

- **Hand and Arm Massage**

This is a relaxing "hands on" massage therapy.

Massage may help to release tension, alleviate stress and anxiety and encourage relaxation.

The therapist will work from the tips of the fingers to the elbow providing a soothing treatment that aids relaxation.

- **Relaxation Techniques**

Relaxation involves the use of progressive muscle relaxation, guided imagery, visualisation and gentle breathing techniques to help promote feelings of peace and calmness.

You would not need to remove any clothing.

- **Reiki**

'Rei', means universal and 'Ki', meaning Life Force Energy.

This vital life force nourishes all life - people, animals and plants.

In a Reiki therapy, the practitioner places his or her hands on or just above you.

It is believed to channel and recharge the vital life force energy, helping restore balance and improve the body's ability to heal itself.

Benefits may be felt in both the physical body and in attitude, providing calm and helping the mind to focus on positive thoughts.

During a therapy session some people feel heat, cold, tingling sensations or sometimes nothing at all, but most feel calm and relaxed at the end of a therapy session.