

## WHO CAN HAVE TREATMENTS?

Any patient or family member of a patient under the care of a Haematologist or Oncologist in our hospitals are eligible for complementary therapy treatments.

Treatments are given on Mandarin B ward, Sunflower suite, and the therapy rooms detailed below.

## MAKING AN APPOINTMENT

Complementary therapies are available in the Georgia Cordery Therapy room, based in the Oncology outpatient department at Queen's Hospital and in the therapy room based in the Cedar Centre, King George Hospital.

Booking is essential. Should you wish to book any of the treatments please call us on:

- 01708 504 208 for Queen's Hospital
- 01708 435556 for the Cedar Centre (answerphone available on both lines)

Or email:

[bhrut.cancercomptherapyteam@nhs.net](mailto:bhrut.cancercomptherapyteam@nhs.net)

All clients must sign a consent form.

We ask for a donation of £5 per treatment to cover the cost of the oils etc. This is paid into King George & Queen's Hospitals Charity.

Therapy can be stopped at any time.

## VOLUNTEERS

The service has volunteer practitioners who can offer therapies to inpatients on Mandarin B ward and in the Sunflower Suite and Cedar

Centre whilst chemotherapy is being given. Please contact us to see if a volunteer is available as this is an adhoc service.

All practitioners are fully qualified and conform to peer review measures. They all work within our Complementary therapy guidelines which are reviewed regularly.



## FEEDBACK

We welcome your comments, feedback and suggestions either in writing or by calling the Complementary coordinator on the number above. We will periodically ask you to complete a patient satisfaction/feedback form.

## THANKS


With thanks to the Georgia Cordery Trust for initially funding this service and King George & Queen's Hospital Charity for continuing help.

Patient Information no: 623  
Date: Jan 2019 draft  
Revision date: Jan 2021



## HAEMATOLOGY/ONCOLOGY DEPARTMENT

# COMPLEMENTARY THERAPIES

 [www.bhrhospitals.nhs.uk](http://www.bhrhospitals.nhs.uk)  
 @BHR\_hospitals  
 Barking, Havering and Redbridge  
University Hospitals NHS Trust

TAKING  
PRIDE  
IN YOUR  
CARE

## WHAT IS AROMATHERAPY?

Aromatherapy is a gentle and subtle therapeutic treatment using essential oils. Essential oils are selected on the day of treatment to create an individual blend chosen for you. The use of essential oils can be incorporated into other therapies to enhance the feeling of wellbeing.



## WHAT IS REFLEXOLOGY?

Reflexology is a treatment that is performed mainly on the feet. A light touch is used and reflex points are worked in a specific sequence to aid relaxation and a feeling of wellbeing.

Reflexology can help to alleviate tension, reduce pain, nausea and improve blood flow.



## WHAT IS INDIAN HEAD MASSAGE?

Indian head massage is a therapy that is carried out on the head, shoulders and

neck.

Specific gentle massage movements are used to reduce tension. The muscles in this region can become extremely tense.

This treatment is deeply calming and relaxing. It can help improve concentration and relieve headaches.

## MASSAGE FOR CANCER CARE

Massage for cancer is a holistic therapy. The massage is specific for the needs of the client and focuses on areas of tension. Gentle stimulation of soft tissue aids the lymphatic system to help improve blood and oxygen flow. Pure vegetable oil is used with a gentle touch on a chosen area.

## WHAT HAPPENS DURING THE TREATMENTS?

On arrival your therapist will discuss your treatment and complete a short consultation. This will help the therapist to determine a safe and appropriate treatment plan.

You will need to remove any item of clothing were the treatment is to be delivered e.g. shoes and socks for reflexology/ shirt or blouse for Indian head massage. Towels are provided to maintain dignity at all times.

The therapist will then help you onto the couch and make sure you are comfortable.

The treatment will commence.

Once the treatment has finished you will be given a glass of water to drink and written aftercare advice to take away.

## WHAT ARE BACH FLOWER REMEDIES?

Bach Flower remedies and essences are not a treatment for cancer, but they can help improve feelings and emotions.

Although cancer affects our physical body, the fear and worry can affect our minds. We now know that positive thinking and feelings affect the flow of neuro-chemicals in the body, and help the immune system work more effectively. In short, if we feel better, we heal better.

Flower remedies are now known to help the resolution of stuck emotions and frames of mind. They work on our invisible software, our thoughts and feelings, to retune and rebalance us back to our selves again. They have no direct effect on the physical body, and are absolutely safe to take alongside any other treatment you may be using, surgery, chemotherapy or radiotherapy

Bach flower remedies can be prescribed by one of our practitioners after a full consultation.

They are taken regularly by putting a few drops under your tongue, or in a glass of water.



**NONE OF THE MENTIONED TREATMENTS ARE IN ANY WAY A METHOD OF TUMOUR REDUCTION.**