



What to expect

A Complementary Therapist may discuss wider aspects of your life and health than some health practitioners. They may also spend the first session talking to you about your health, history and hobbies, gaining a broad understanding of you as an individual.

What if you feel you are not getting the right treatment?

Some people try complimentary therapy and find it's not for them. However, if you are dissatisfied with any aspects of your treatment or you would like to try one of the other types of treatments we offer, please discuss this with a member of the health care team.

With special thanks to the British Kidney Patient Association who have made this project possible.

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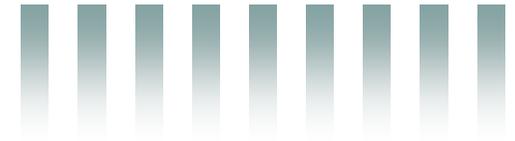


SOURCES OF FURTHER INFORMATION

- Further reading—Complementary Healthcare a guide for patients
<http://www.chiro.org/altmedabstracts/FULL/ComplementaryHealthcareAGuideforPatients.pdf>
- Websites, support groups, organisations & charities
- <http://gmkin.org.uk>
- <http://www.britishkidney-pa.co.uk>
- <http://www.kidney.org.uk/>



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What are Complementary Therapies?

As a Complementary Therapist Practitioner we take a holistic approach. This means you are seen as a whole person, with your body, mind and spirit all inter-related and contributing to your state of health. Since the way in which physical diseases affect us is not just physical but through their impact on how we 'feel', our mood energy levels, our relationships. Complementary therapies aim to care for your emotional and psychological well-being as well as your physical condition.

What are the potential benefits of Complementary Therapies?

Are they free?

Complementary Therapies will be provided free of charge. All the techniques have proven to be safe for patients in a range of clinical environments e.g. Cancer care and during dialysis.

Complementary Therapies at Your Renal Unit

Therapies are on offer during or after dialysis. Therapies during dialysis will be carefully monitored by the clinical team to make sure they are safe. Some people may prefer treatments on dialysis to take place in side rooms for improved confidentiality and peacefulness.

Are complementary therapies safe?

Complementary therapies are often promoted as 'safe', 'gentle' or even 'natural' - but this doesn't mean they don't also have their own side effects. They may not always be appropriate in all cases. The therapists have had training from your unit consultant on aspects of kidney disease and dialysis treatment; in addition they have had training in a short course of Complementary Therapies. Your health care team will be available to talk through any issues particular to you as an individual.

Therapies on offer



We can offer hands, arm, leg or feet massage. If you have a fistula we will not massage this arm during dialysis treatment. Further treatments may be possible if we can get to the neck, shoulders or top of the back. On some days we can also offer a facial massage, Indian Head Massage or Reiki.

Reflexology may also be possible—please ask for details



Janet Cairnie—our lovely new Complementary Therapy Practitioner for Haemodialysis Care

Aromatherapy

This treatment makes use of carefully selected essential oils—most commonly as a supplement to gentle massage. It is provided by the Complementary Therapy Practitioner or a member of her Voluntary team.

Because it has been brought to our attention that there is a potential small risk when using Lavender oil as it could produce a phototoxic reaction for renal patients, the following oils have been carefully chosen.

Basil



Stimulating oil that clears the mind, aids concentration and relieves intellectual fatigue. It is also an excellent tonic for nervous disorders.

Beneficial for head tension and respiratory problems such as coughs, colds and asthma. The anti-spasmodic properties of the Methyl Chavicol are useful for muscle tension and pain, including stomach cramps. It is soothing for the digestive system particularly when stress or nerve related.

Vetiver

Vetiver helps to strengthen tired, loose and under-nourished skin and can help combat wrinkles and stretch marks.



Vetiver is a grounding essential oil that has a calming, soothing effect on the nervous system. It is beneficial for stress, depression, nervous exhaustion, chronic fatigue, anxiety and insomnia, and it can also help dispel anger, hysteria and irritability. Vetiver essential oil can help to boost the immune system and is therefore useful during periods of stress. It is also used to balance the hormones and to soothe muscular aches and pains and physical fatigue.

Marjoram

Sweet Marjoram oil has a calming effect on the emotions and can help with nervous anxiety, fear, grief, low self-esteem, night waking's or restlessness. Sweet Marjoram essential oil is most commonly used as an analgesic - especially for muscular, rheumatic and arthritic pain. It also has muscle relaxant properties which are beneficial for cramps and spasms. It is also good for respiratory problems such as coughs, colds, sinusitis, asthma and bronchitis

