

POLICY ON A PAGE

Complementary Therapies Policy

1 WHY DO WE NEED THIS POLICY?

The purpose of this guidance is to ensure that a framework exists to ensure that in all areas where a complementary therapy is offered, staff will be appropriately trained and supervised, and that the therapy is performed in a safe and satisfactory manner appropriate to the needs and wishes of the client.

Complementary therapies are described as the specific activities and interactions which complement support or supplement that which is already being provided as part of a treatment regime or where there is a planned programme of care.

Therapies covered by this guidance are:

Aromatherapy is 'the systematic controlled use of essential oils to promote and enhance the health and wellbeing of the individual' (International Federation of Professional Aromatherapists Code of Practice).

Reflexology is a therapeutic method that uses manual pressure applied to specific area, or zones of the feet that are believed to correspond to other areas or organs of the body, in order to relieve stress and prevent and treat illness.

Massage is a method of manipulating the soft tissue of the body areas using pressure and traction.

Tai chi (health aspects) is a Chinese system of physical exercises designed especially for self-defence and meditation.

Complementary therapies not included within this list are to be considered as the need arises within the scope of this guidance.



2 WHAT DO I NEED TO KNOW?

This guidance applies to all clinicians who are practicing complimentary therapies as an adjunct to their usual practice, as well as practitioners employed through bank or on a freelance basis, and volunteers. It covers all clinical areas and care groups provided by the Trust.



4 Understanding the Process

The intention to use complementary therapies must be included in the service operational policy with reference to this guidance.

Referrals to approved practitioners can be made by any qualified clinician involved in the care and treatment of clients in services where complimentary therapies are offered.

On receiving the referral, the approved therapist will arrange to meet the service user and conduct a full assessment of need, ensuring they are aware of the physical health status and medication regime of the service user. If there are any concerns about the medication and the therapy to be delivered, this should be discussed with the responsible doctor or local pharmacist.

If accepted for treatment, the practitioner will write to the referrer and the service user accepting them for treatment, outlining the proposed treatment plan.

Service users will be informed of the benefits and risks of complementary therapies, which may include providing information in an alternative format or community language



3 Quality Standards

Validation of Qualification All course/training in complementary therapies should be validated by an examining body or professional body who provides a qualification which enables a therapist to obtain insurance as a therapist.

Not all complementary therapies are regulated. Where applicable practitioners must be registered with a recognised professional body, which has a code of conduct, ethics and discipline in place. Membership of a professional organisation is desirable.

During their initial assessment the complementary therapist will check for conditions where the specific therapy may be contra-indicated.

It is the responsibility of referrers to indicate their knowledge of any conditions that may be contra-indicated, or require certain exclusions when they complete the referral form.



5 CONTACT

Please contact the Director of Allied Health Professions if you have any queries
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