

Patient information factsheet

Complementary therapies service

Complementary therapies are provided for adult patients with cystic fibrosis admitted to Southampton General Hospital.

We offer complementary therapies alongside your orthodox treatment with the aim of:

- Introducing you to complementary therapies in an informed and appropriate way.
- Promoting relaxation and reducing anxiety.
- Relieving stress related symptoms such as pain, muscle tension and poor sleep patterns.
- Introducing you to aspects of self-help related to complementary therapies.

Complementary therapies currently offered include aromatherapy, reflexology and Reiki. This factsheet provides a brief explanation of the therapies available. The therapist offering the therapy can provide more specific detailed information and answer any questions you may have.

Our therapist has undergone training in the therapies provided and belongs to one of the main professional groups for these therapies. Our therapist is also experienced in providing complementary therapies for people within a hospital environment.

Therapies are provided on Thursday mornings from 10am to 12pm. You may choose a combination of different therapies if you wish. Therapies take place in your room, with your privacy and comfort a priority. To access these therapies please inform a member of your care team.

Aromatherapy

Aromatherapy uses the essential oils of plants in a range of treatments to help improve physical and emotional wellbeing. The essential oils are believed to have therapeutic properties and can be beneficial in reducing anxiety, tension, pain, insomnia and depression.

The oils can be used in several ways including massage and inhalation.

Aromatherapy massage combines the therapeutic effects of the essential oils and the relaxation of massage which consists of gentle rhythmic touch and is adapted to the individual's needs. Massage can also be given without the use of essential oils.

You may need to remove some of your clothing and lie or sit on your bed or chair as appropriate.

Your privacy, dignity and comfort will be maintained at all times.

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Reflexology

Reflexology is based on the principle that there are reflex areas in the feet and hands that correspond to all the glands, organs and parts of the body. The application of systematic pressure using thumbs and fingers to specific reflex points on the hands and feet promotes the flow of energy to aid relaxation and wellbeing.

Reflexology can be given while seated or lying on a bed or couch, only your socks and shoes need to be removed when having foot reflexology.

Reflexologists do not diagnose specific medical problems, but use an individualised approach to create a feeling of relaxation and improvement in wellbeing.

Reiki

Reiki translated from Japanese means universal energy. Reiki aims to bring about balance and free flow of this energy to help improve individual wellbeing in mind, body and spirit.

During a Reiki session you remain fully clothed while the therapist either places their hands gently on, or slightly above, different parts of the body.

Reiki is a very relaxing therapy, and individual responses may vary.

There are no religious connotations with Reiki.

Further information

For further information please contact adultcfadmin@uhs.nhs.uk or speak to one of your care team.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.