

# Complementary Therapies for oncology patients

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**Cavendish Cancer Care**



# A Service for inpatients within Sheffield Teaching Hospitals NHS Foundation Trust

cavendish  
cancer  
care

- Palliative Care Unit, Northern General Hospital
- Weston Park Cancer Centre
- Royal Hallamshire Hospital



Kindly funded by



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# Complementary Therapies

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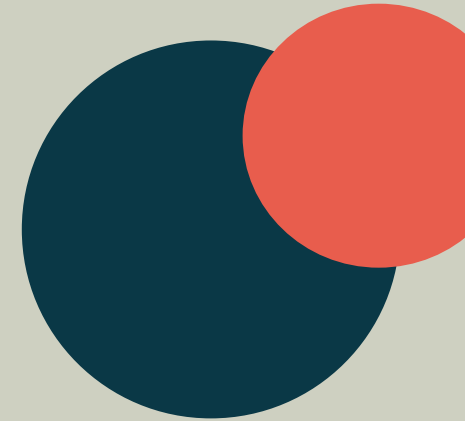
“Patients feel less anxious and are better able to cope with medical procedures.”

Doctor at Weston Park Cancer Centre

“Patient and relative feedback has been very positive and I've seen on numerous occasions the benefit they have gained. I really can't overestimate the impact the therapists have and how much this helps our patients.”

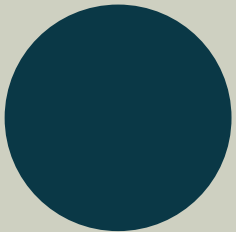
Ward Manager, Palliative Care Unit, Northern General Hospital

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# The Complementary Therapy Service aims to:

- Improve the hospital experience & quality of life for patients, through the provision of support & complementary therapies
- Provide physical, psychological, social & spiritual support tailored to individual need
- Help patients feel better able to cope with intensive treatment regimens e.g. chemotherapy, pre & post stem cell transplant



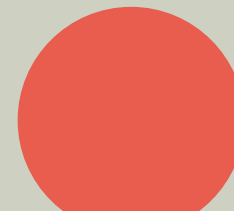
# Cavendish Cancer Care

## Model of care:

- Individual personalised support
- Initial assessment
- Complementary therapies
- Review and evaluation

## Therapies provided:

- Aromatherapy
- Hypnotherapy
- Massage
- Reflexology
- Reiki
- Relaxation & Visualisation
- Shiatsu



# Patient Identified Concerns

- Stress & Anxiety
- Fears & Phobias
- Loss of Confidence
- Panic Attacks
- Poor Sleep
- Pain
- Dyspnoea
- Fatigue
- Nausea & Vomiting
- Constipation



# Service Delivery



**494**  
Referrals



**1400+**  
Therapy sessions





# Patient Feedback

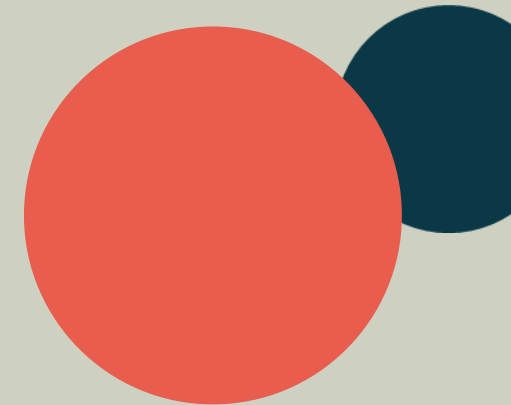
“The therapies relaxed me greatly which also helped with my shortness of breath. They also helped to reduce my pain levels.”

“Therapy made me feel relaxed and helped me to recover.”

“Therapies helped alleviate tension and stress and improved my mood.”

“The hypnotherapy and reiki allowed me the space and peace to reconnect body and mind which can be hard to do in such a stressful environment. ”

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# Benefits

Complementary therapies, when used safely and effectively, may:

- Help to address the impact of cancer due to the illness itself
- Help to alleviate the side effects of cancer treatment
- Help with symptom control
- Improve physical, mental & emotional wellbeing
- Alleviate the impact of underlying conditions & co-morbidities
- Lead to greater spiritual connection & finding of meaning in life
- Help people to assume responsibility for their own health & wellbeing resulting in increased levels of patient motivation
- Enable & support people living with cancer in ways that improve clinical outcomes & quality of life



# Cavendish Cancer Care

Here for anyone affected by a diagnosis of cancer:

- Online resources with topics including anxiety, stress, relaxation, diet & nutrition, sleep
- Online groups including Chair Yoga, Tap Away Stress & a Grief Circle
- In person groups
- Buddy telephone peer to peer support
- Individual consultation
- Complementary therapies & counselling
- Specialist support for Children & Young People