



ST MARGARET OF SCOTLAND HOSPICE

EDWINA BRADLEY DAY HOSPICE



Complementary Therapy

Information Leaflet

Direct Line: 0141 435 7005
Out of Hours: 0141 435 7011 (Ward)
Reception: 0141 952 1141

About the Service

All treatment is underpinned by the Mission Statement and Core Values of the Organisation. The treatment plan is discussed, tailored and agreed with the patient.

What is Complementary Therapy?

Complementary Therapy refers to a group of therapeutic disciplines which can be used alongside conventional treatment.

Complementary therapies can be used to target a specific physical, mental, emotional or spiritual problem, as a preventative measure or purely for relaxation. Whether you have a specific health problem, just want to increase your feeling of well-being or simply relax more, why not try one of these beneficial therapies and see what it can do for you.

Philosophy

Edwina Bradley Day Hospice provides access to Specialist Palliative Care support and advice as well as a range of services provided by the Hospice multi-disciplinary team. The team includes both Nursing and Medical staff, an Occupational Therapist, Physiotherapist, Social Worker, Counsellors, Chaplains and a variety of Therapists.

Aim of the Service

The aim of the Service is to be flexible and responsive to patient needs in order to enhance their independence and quality of life. The Service also aims to provide respite for patients' families and carers. This Service is available to patients living within the following postcodes - G3, G11, G12, G13, G14, G15, G60, G61, G62 and G81.



Mode of Referral

Referrals are accepted from Health/Social Care Professionals using the Hospice referral form, provided the patient has given consent. Urgent referrals are accepted by telephone, followed by a referral form. Patients receiving care within the units can request to be referred. Referral is also accessed through Caritas – Drop In Centre for patients' relatives.

Criteria for Referral

- ∞ The patient will benefit from treatment
- ∞ The family/carer who is caring for the patient with Specialist Palliative Care may benefit from treatment
- ∞ Patient receives Specialist Palliative Care treatment.

Services

Traditional Thai massage



Thai massage is an ancient healing art widely used in everyday life in Thailand. The aim of Thai massage is to release toxins and waste materials from the joints, muscles and connective tissue, and stimulate internal organs by applying gentle pressure along the energy lines of the body. Thai massage also uses stretching techniques and is more physical than western style massage. It promotes all round health and is performed with the client fully clothed and on a comfortable mat on the floor. Wear loose fitting and comfortable clothes.

Swedish Massage

Massage is one of the oldest, simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax and stimulate. It works on the soft tissues, the muscles, tendons, and ligaments to improve muscle tone.

It works superficial and deeper layers of muscle and connective tissue using various techniques to enhance function, aid in the healing process, and promote relaxation and well-being.

Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves.

Massage also stimulates blood circulation and assists the lymphatic system, improving the elimination of waste throughout the body.

This therapy not only provides relaxation and relief to muscle strain and fatigue, a therapeutic massage may improve your health. There are many benefits to massage therapy, including physical, emotional, and physiological improvements in the body.

The power of touch has miraculous effects; it has the power to relax, heal, and help release emotions and tension.



Reflexology

Reflexology is a unique therapeutic healing system based on the theory the foot provides a map of the rest of the body and by massaging and working on these points on the foot, you can treat specific corresponding organs or parts of the body.



This can redress any imbalances in energy which can lead to stress and illness. A reflexologist can read the body's map and use reflexology to heal the body, to restore the body's natural equilibrium and to aid physical, mental and emotional wellbeing.

Aromatherapy

Aromatherapy massage is the enhancement of the body, mind and spirit using therapeutic essential oils. Through a relaxing massage, the essential oils encourage healing. Each essence used during the massage is extracted from specific cells within living plants such as blossoms, fruits, roots, herbs, and seeds.



Some healing properties resulting from the application of essential oils include: antibacterial, antiseptic, analgesic, and anti-inflammatory.

With the application of essential oils, aromatherapy massage benefits the whole person. In treating the body as a whole unit aromatherapy massage is truly one of the most luxurious therapeutic sessions.

Aromatherapy massage works on the autonomic nervous system having an immediate overall relaxation effect aiding anxiety, depression and stress. It is wonderful to help increase circulation, eliminate toxins, improve lymphatic drainage, relieve muscular aches and pains, reduce tissue congestion, help ease skin conditions, reduce tension and fluid retention.



Indian Head Massage



Indian head massage is based on the Ayurvedic system of healing which has been practised in India for over a thousand years. The aim of Indian head massage is to release the stress, strains and tension which have accumulated in the tissues, muscles and joints of the head, face,

neck and shoulders.

The person receiving the treatment sits in a chair or lies on a massage table for the treatment. The therapist uses a range of different movements including application of deep kneading and compression movements over the neck, shoulder and scalp areas. This treatment can be applied fully clothed without oils or directly onto the skin using oils.

People report the experience is deeply calming and relaxing, leaving them feeling energised, revitalised and better able to concentrate.

Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of tension. It can provide relief from aches and pains, stress symptoms, insomnia, promote hair growth, soothe, comfort and rebalance your energy flow which gives you a deep sense of peace, calm and tranquillity.

Reiki

Reiki is an ancient form of hands on healing originating in Japan. It is a transfer of positive energy from the healer to the person they are working on. This transfer of energy can work with the body's natural ability to heal itself. Reiki uses different techniques to restore and balance the life force energy within a person's body. Reiki touches all three levels of a person; the body, mind, and spirit. The word itself means universal life energy and the basic premise of Reiki is to seek to restore the flow of energy within a person whose energy is unbalanced.

靈
氣

In Reiki, the therapist can perform the treatment by placing their hands directly on the person or by placing their hand above the person allowing the recipient to draw any energy needed. So the recipient is as actively involved in the process as the therapist is. It allows the person to take responsibility for their own healing.

The benefits of whole body Reiki treatments which are undertaken on a regular basis is allowing your own body to become in tune with itself, thus reducing the stress and anxiety facing us each day. The inward peace and harmony the therapy bestows is priceless.



How You Can Help Us Improve Our Service

We welcome comments regarding the service we provide and will use them to help improve our Service. If you have any comments or are unhappy with the Service, please let us know. We can put it right. In the first instance, please speak with the Edwina Bradley Day Hospice Manager, Sister Kate Nelson, to identify any areas in which she may be able to assist.

If your concern remains unresolved, please telephone or write to:

Director of Clinical Services
St Margaret of Scotland Hospice
East Barns Street
Clydebank
G81 1EG
Tel: 0141 435 7025

Should you complain, we will:

- Reply to your complaint within seven working days of receiving it
- Inform you if we cannot deal fully with your complaint within seven working days, explaining why and indicating when you may expect a full reply.

If you are not satisfied with the response to your complaint, you can telephone or write to the Hospice Administrator or Sister Rita, Chief Executive, at the address above.

We will regularly ask patients, relatives and carers what they think of our service by completing our user satisfaction questionnaire, and act on what they tell us.

Regulation of Care

If you are dissatisfied with the Edwina Bradley Day Hospice Service, you may complain directly to: Christine Hill, Executive Office Business Manager, Healthcare Improvement Scotland, Gyle Square, South Gyle Crescent, Edinburgh, EH12 9EB
Phone 0131 275 6000 (reception)
Email christine.hill2@nhs.net

St Margaret of Scotland Day Hospice

East Barns Street
Clydebank
G81 1EG

Direct Line: 0141 435 7005
Out of Hours: 0141 435 7011 (Ward)
Reception: 0141 952 1141