

# The Christie at Wigan – Complementary Therapies

## Patient Information

Cancer Care



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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**Our Values****People at  
the Heart****Listen and  
Involve****Kind and  
Respectful****One  
Team**

## Complementary Therapies

Complementary Therapies cover a wide range of practices used alongside conventional treatments for illnesses including cancer. They aim to help with the symptoms of disease and its treatment; aid relaxation, reduce tension and anxiety. People use them to boost their physical or emotional health or to relieve symptoms or side effects.

Complementary Therapy can help with many symptoms including:

- Anxiety/Worry
- Assist with Cold Cap treatment
- Breathlessness
- Constipation
- Fatigue
- Frustration
- Hot Flushes
- Inability to relax/switch off
- Irritability
- Itchy Skin
- Joint Pain
- Loss of Appetite
- Low Mood
- Mood Swings
- Muscular Pain
- Nausea
- Needle Phobia/Anxiety
- Nerve Pain
- Sinusitis
- Sleeping Issues
- Stress

## Our Complementary Therapies are:

### Reiki

Reiki is a type of therapeutic touch developed in Japan. You sit or lie down the therapist places their hands on (using a light touch) or just above the body. It is performed over clothing and promotes relaxation and balance on all levels. Each position is held for about two to five minutes or until the therapist feels the flow of energy has slowed or stopped.

## **Aromatherapy**

The use of natural oils extracted from plants is called aromatherapy. We use the essential oils to make prescriptive blends tailor made for your needs, these can be in oil, lotions or by inhalation sticks. Many symptoms can be addressed using essential oils.

## **Gentle Massage**

Massage is a form of structured or therapeutic touch. We offer localised massage treatments (feet, shoulders hand etc.) to provide symptom relief whilst you are attending chemotherapy. Massage therapy can be used to relax your mind and body, relieve tension, and may enhance your mood.

## **Reflexology**

Reflexology is a form of foot or hand massage. Reflexologists believe different areas on the feet or hands represent, and are connected to, different parts of the body. Gentle pressure is applied to specific points on the feet or hands. The aim is to help you feel more relaxed. Reflexology has been used to try to improve symptoms related to cancer or its treatment, such as nausea, pain, fatigue, and stress.

## **Relaxation techniques**

Relaxation techniques are any methods, processes, procedures, or activities that help a person to relax; to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress, or anger.

Patients receiving oncology treatments are offered complementary therapy sessions, either 1:1 sessions, whilst receiving chemotherapy on the ward or via online sessions.

## **Cancelling your appointment**

Please let us know in advance if you're unable to attend your appointment, as we may be able to offer cancelled appointments to others and avoid wasted slots, we do have a waiting list as the services we provide are very popular.

Arriving more than 15 minutes late for your appointment without notifying the therapist may result in your appointment time being shortened or missed completely as the therapist will use that time to see ward patients.

## **Our Complementary Therapists are:**

**Jill Lyon** has been a complementary therapist since 1998 with over 11 years' experience of working with oncology patients at Wigan and Leigh Hospice and now here at the Cancer Care Centre since 2018.

**Sophia Swan** has been a complementary therapist since 2002 and has provided therapies at the Cancer Care Centre since 2015. Sophia also works with other local organisations, providing complementary therapies, one of these being Wigan and Leigh Hospice.

You can be referred at any time by speaking with your Consultant, Nurse, Complementary Therapist or by completing the self-referral form within this leaflet.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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