Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Auricular Acupuncture at Cancer Care Suite

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Patient Information

Cancer Care Suite

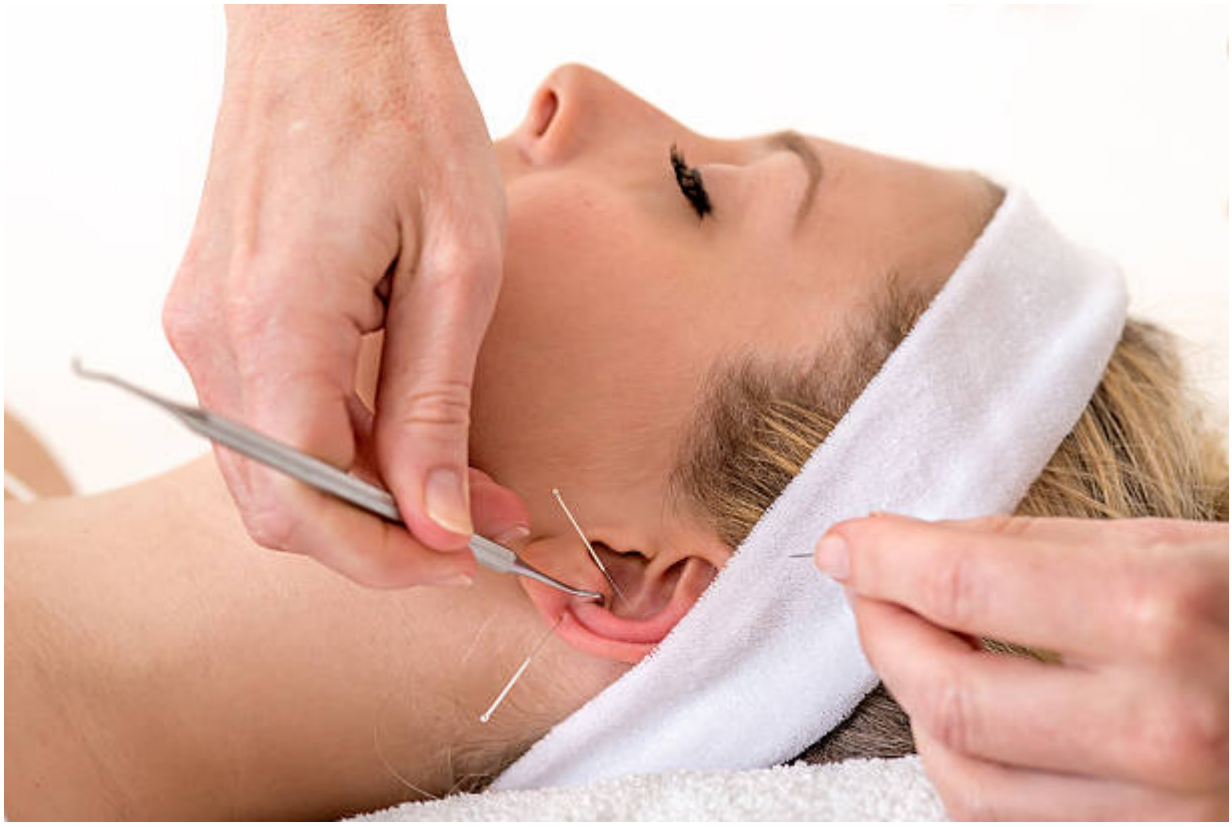
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Auricular Acupuncture information for Patients

This leaflet provides information about the auricular acupuncture treatments offered through the Trust's Complementary Therapy Service, and how they can help you. The Service is currently offering therapy to patients who are living with a cancer diagnosis and are under the care of Wrightington Wigan and Leigh Teaching Hospitals NHS Foundation Trust. We hope you find this leaflet useful, but if you have any further questions, please feel free to ask.

What is Auricular (ear) Acupuncture?

Auricular acupuncture is a complementary therapy treatment which can be used alongside your conventional treatment. It involves the gentle insertion of 5 small sterile needles into each ear.



What are the benefits of treatment?

The points used in auricular acupuncture correspond to areas of the body which govern its main functions. There can be numerous benefits to treatment. Auricular acupuncture may help with:

- Relaxation
- Hot flushes
- Stress / anxiety relief

- Fatigue
- Sleep problems

- Nausea and pain relief
- Pain management
- Post-traumatic stress disorder (PTSD)

How do I make an appointment for Auricular Acupuncture?

A referral will be made by ward staff. Once it has been received and a series of appointments become available, our therapist will contact you by telephone or letter to invite you in to meet them and discuss your treatments. Your treatment plan will begin with a consultation, followed by three treatment sessions.

It will be helpful if you could please bring a list of your current medications with you. The therapist will explain the process and discuss the service. This is your opportunity to ask any questions you may have. The therapist will then complete the consultation forms; please answer all questions as fully and as honestly as possible.

Will Auricular Acupuncture hurt?

Most patients feel little to no discomfort. The thought of needles can make some people hesitant, but acupuncture is not like getting an injection or drawing blood. The needles used in acupuncture are extremely thin—about the width of a human hair.

What should I do before treatment?

- Please arrive 10 minutes before the appointment time
- Please ensure that you have had a light meal or snack one to two hours prior to the treatment
- We advise that caffeinated drinks are not consumed up to one hour before your treatment to help with relaxation
- Please ensure your phone is switched to silent or off

- Please ensure that your ears are accessible (e.g. tie back long hair and remove any hats)
- Please remove any piercings in or around the ear (lobe piercings can remain in place)

- Please wear comfortable clothing

What happens when I have my treatment?

- Auricular acupuncture takes place in a one-to-one setting or in a small group in our therapy room
- After the needles are inserted, we encourage you to sit back or lie quietly to aid relaxation or even sleep, to maximise your treatment

- Gentle background music will be played in the therapy room, and your therapist will remain with you always

- The needles will be left in place for between 30 - 40 minutes
- Please allow up to an hour for your appointment

Ear seeds

Ear seeds may be used to continue the treatment at home. They are a form of acupressure, which targets acupuncture points without using needles. They are tiny round beads or seeds from the Vaccaria plant that are fixed onto strategic acupoints on the ear using a small piece of adhesive tape. They are used to continue the pressure on the acupressure point. The seeds and tape usually stay in place for 1-3 days; you can then gently remove the tape, and the seeds will stay attached to the tape.

Do I need to pay for my treatment?

There is no charge for your treatment; we will offer you a maximum of three sessions. The Service is supported by the Cancer Care Suite Charitable Fund. Should you wish to donate, please speak to your therapist.

What do I do if I cannot attend my appointment?

Please contact the Cancer Care Service as soon as possible on **0300 707 2573**

Appointments will be based at the Cancer Care Suite, Royal Albert Edward Infirmary, Wigan Lane, Wigan.

Complementary Therapist - Jill Lyon

Jill 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.

Email: **Complementary.Therapies@wwl.nhs.uk**



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