

## 'Guidelines for the Practice of Complementary Therapies in Supportive and Palliative Care.'

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## What's in the Guidelines?

- **Introduction:** Acknowledgements, Foreword, Chairs letter, Perspectives from a Complementary therapist, patient and carer.
- **Section 1:** Principles of Clinical Governance, Documentation, End of Life, Research and Evaluation.
- **Section 2:** Complementary Therapies: Introduction to touch therapies, Massage, (to include a Table of Modalities) Aromatherapy and Reflexology.
- **Therapeutic approaches:** The HEARTS Process, The 'M' Technique.



### Complementary therapies continued....

- **Relaxation Therapies:** Progressive Muscle Relaxation, Guided imagery, Relaxation groups
- **Energy therapies:** Reiki, Spiritual healing, Therapeutic touch
- **Hypnotherapy**
- **Acupuncture**

### Section 3: Appendices An Introduction to the Research Tables

- **Appendix one:** Research Tables
- **Appendix two:** References
- **Appendix three:** Common Abbreviations



## Update

- The draft has been distributed to the Committee for comments etc.
- The 70k+ Draft document is currently being professionally proofread by Jack Nicholas (volunteer)
- Next, Kelly Wetherall (volunteer) will then lead on formatting for publication
- Decisions need to be made about access for members and the marketing plan, if available to purchase



## For Discussion:

- Need to be in NHS format in terms of line spacing, fonts, etc.
- Front cover with the logo and the NACTSPC in full on the top of the document. The title of the document 'Guidelines for the Practice of Complementary Therapies in Supportive and Palliative Care.' 'National' no longer appropriate - no 'National bodies' involvement beyond NACT
- Back cover - we could include reviews of the Guidelines. Paragraph about the work of NACT since 2001.
- Market plan needs to be devised with members of NACT accessing a copy.
- Issue around uncontrolled distribution if members of NACT access a copy free of charge
- The production of hard copies needs to be considered (cost implications). One marketing option is to explore selling via Amazon through Kindle. Digital Publication. This would require a different type setting format to that required by the NACT web site. Consideration also needs to be given to the commercial potential for this approach.
- ISBN Numbers are different for paper and online copies. With KDP the ISBN is free. A paper copy of a book has to have an ISBN number (cost implications).

