



NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE

Annual Review

2010 - 2011

Membership

The membership data in this review describe the membership at the end of July 11. At this time there were 98 unit members and 49 individual members.

Therapist Status	2009/10	2010/11
Dedicated service lead	77	63
Employed as nurse/other professional and using CT in that role	112	64
Employed specifically as complementary therapist (salaried)	159	194
Complementary therapists employed by unit and paid sessionally	6	31
Self-employed therapists paid sessionally	194	92
Volunteer complementary therapists	1140	712
Individual members	50	49
<b>Total</b>	<b>1738</b>	<b>1205</b>

Table 1

The data from the previous year is given for comparison. Whilst there seems to be a small increase in the number of complementary therapists employed directly by the units (both salaried and sessionally), there has been a marked decrease in the number of self-employed therapists and volunteers. The reasons for this difference have not yet been identified.

Agenda for Change (AfC)

37 out of 98 units (38%) have evaluated complementary therapy jobs according to Agenda for Change, ten more units than last year. There is a wide variance in the grading for jobs with the same title.

There can be considerable differences in the requirements of the job but we don't currently have the data, regarding the various job profiles, for comparison.



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

Job		AfC banding
Lead for complementary therapies	n = 33	3 – 8A
Nurse/therapist	n = 5	4 – 7
Complementary therapist	n = 13	4 – 6

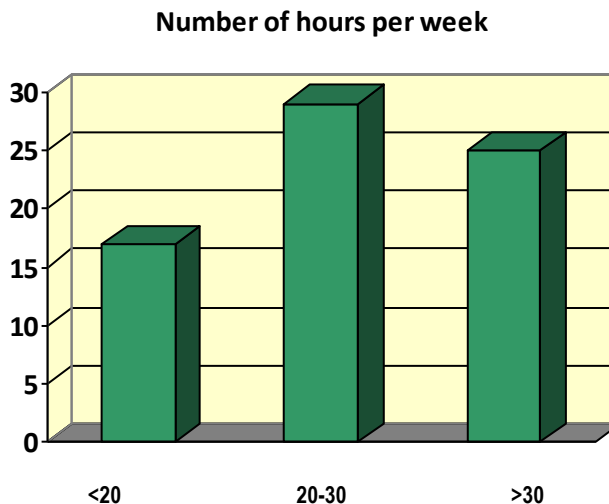
Table 2

Service Leads

72 units (74%) gave notice of the numbers of hours worked by a dedicated CT service lead.

Number of hours worked varied between 1 and 40 hours per week.

(Average: 25 Median: 26 Mode: 37.5)



The other 26 units either did not supply the data or did not have a dedicated CT lead.

Areas of practice

This year we asked units to provide data about the areas covered by their service.

75 units (77%) provided this data (see table 3)

	Daycare	IPU	OPD	Carers	Community	Other
Number of units	63	58	55	53	37	8
%	84%	77%	73%	71%	49%	11%

Table 3



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

The “Other” services were described as Bereavement (3), Lymphoedema (1), Drop-in (1), Staff (1), Not specified (2).

Some units provided the number of treatments given in each area. This data is not published here but available on request.

**Therapies practiced in NACTHPC member units**

<u>Therapy</u>	<u>Number of units</u>	<u>Therapy</u>	<u>Number of units</u>
Acupressure	1	Lebed	3
Acupuncture	29	M technique	3
Aromatherapy	81	Manual lymphatic drainage	2
Art therapy	1	Massage	75
Auricular acupuncture	1	Meditation	3
Bowen technique	6	Mindfulness	1
Breathing	1	Mindfulness meditation	1
Counselling	1	Music	1
Cranio-sacral therapy	7	Music therapy	1
Creative Therapies relaxation	1	Rosetta Life Arts	1
Crystal therapy	1	Relaxation	7
Dao Yin Tao	1	Reflexology	79
Dramatherapy	1	Reiki	58
EFT	1	Shiatsu	9
Exercise	6	Sound	4
Guided imagery	1	Spiritual healing	7
Gym	1	Tai chi	8
Hairstyling and wig service	1	Thai massage	1
Homeopathy	4	Therapeutic touch	18
Hot stone therapy	1	Yoga	17
Hydrotherm	1	Mindful movement	1
Hypnotherapy	22	Music	1
Indian Head Massage	11	Qi Gong	1
Jamche	1	SLD	1
Kore therapy	1	Visualisation	2

31 units (32%) provided the data for the number of interventions per therapy.

These units were hospices (24), cancer support centres (5) and hospitals (2).

The total number of interventions given for these 32 units was an impressive 69,258.



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

The range was 7 – 10,700 which reflects the diversity of the activity within our unit members. The average number of interventions was 2234 and the median was 1400.

The number of interventions for each therapy are not published here but available on request.

Research

*Areas of research that members are involved with are:*

Aromatherapy  
Chair Massage  
Medical Procedures  
Acupuncture  
Breathlessness  
Anxiety  
Fatigue  
Well Being  
Quality of Life  
Bowen  
Lymphoedema  
Acupuncturist involved in Arix trial  
Complementary Therapies Questionnaires  
Audit  
Publication European Journal Palliative Care

We have no further details of the content of the above audits and research but it is interesting to get an idea of what members are involved in. Hopefully we will see some of the results published in journals the near future.

Committee members

Christine West	Chair, website liaison
Islay Grieve	Treasurer
Sue Holland	Secretary
Michele Gordon	Minutes secretary, Northern Ireland liaison



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

Ruth Davis	CT Unit Leads Group Liaison
Vedant Wood	Editor, The Link; Regional Groups Liaison
Erinna Turner	Education and Research Lead
Tatt Dickie	Role Profiling Project Lead

Jenny Gilbert was elected on to the committee last year and took on the role of Secretary. Unfortunately Jenny had to step down mid-year due to unforeseen circumstances. We are very sorry to lose Jenny from the executive committee but wish her well and hope that she will still be involved in the association at regional level in some capacity.

Help the Hospices (HtH) and the Network of Professional Associations (NPA)

HtH continue to support NACTHPC administratively and we are an active member of the NPA.

Newsletter, The Link

*Report from Vedant Wood*

In my last report to AGM I mentioned the fact that I had just issued my 3<sup>rd</sup> copy of the LINK. Now I've just issued my 10<sup>th</sup> copy so I suppose that's something of an achievement. Most of my aims that I outlined have been met. The introduction of new sections, such as News and Views, Poetry and Prose, Education Section, Research Section etc. and the use of more colour have, I hope, given it a greater interest and appeal. Job opportunities is another interesting addition. More regional groups are submitting their reports for publication, which I think is so important to give all the members an idea of how other groups are functioning and I'd like to thank the coordinators for this. However the problems and difficulties haven't got any less. Meeting printing deadlines will always be stressful and I don't think this is any different for any other publications. Gathering information and articles to include could, I think be improved. To achieve this I need members' participation as always. I would like to reiterate what I said in my winter 2009 edition,  
"The future of the Link, for me, is expansion with greater input from members and regional groups. I want members to look forward to reading the articles and reports



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

and at the same time feel free and able to express their views and share their news with all of us. Whether this will be successful is up to you all as members.”

Regional Groups

*Report from Vedant Wood*

In these uncertain times it is important that regional groups are able to provide encouragement, support, sharing of skills and most of all a voice that will be heard. As far as regional groups are concerned it has been quite a varied year.

We still have 10 groups out of our original 12. The Herts & Surrounding Counties and the Thames Valley groups are no longer meeting as active units. The South West group is eagerly awaiting a new regional coordinator and the Lincolnshire & North Lincolnshire group are not, at the moment, meeting as a group. I'm very pleased to report that the remaining groups are very active.

One of the main difficulties of being Regional Group Liaison is the fact that it is difficult to get to meet group members and to see the groups in operation. Recently it was decided that it would be advantageous to our association if the links between the executive committee and the regional groups members could be made stronger. This would entail my visiting the groups and meeting the members face to face. This would obviously take quite a while to coordinate but having visited two of them to date (Midlands and West & South Yorkshire) the advantages of this became quite clear and I not only enjoyed the visits but learned quite a lot about regional group organisation. I intend to continue these visits as far as is practically possible over the next year.

It is the aim of your executive to encourage the important work that is being done in the regional groups in whatever way possible. The regional group expenses scheme has been revamped to make it easier for groups to claim expenses and as a result of the group survey which was carried out a booklet has been produced which summarises the different methods of group operation and will provide information on how to set up and operate a group.

I hope that this next year, which I am sure will bring in many changes both nationally and regionally, will be a successful year for our regional groups and build stronger links between us all.



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

Reports outstanding:

CT Leads group, Education and Research, Role Profiling project.

Website

The website continues to offer information on events, news and careers as well as the discussion forum, copies of all issues of The Link, other resources and the regional group's pages. It has more potential as a networking tool but its development is dependent upon interest and feedback from members.

Conference 2010

The 2010 NACTHPC 10<sup>th</sup> annual conference and AGM was held on 9<sup>th</sup> September at the University of Warwick, Coventry entitled "Feeding the Body, Feeding the Soul" There were 96 delegates and a 74% return on the evaluation. The evaluation was overwhelmingly positive with particular praise for the quality of the speakers and the relevance of their talks.

Some delegates kindly wrote reports on the conference which were published in the 2010 autumn issue (no.27) of The Link.

Conference 2011

The 11<sup>th</sup> annual conference and AGM will be held, once again, at the University of Warwick. The title is A Practical Spirituality – Loss, Life, Love and Laughter.

We have speakers talking about looking after the spiritual needs of people with illness that has no cure, the work and techniques of Soul Midwives, 5 simple practices for spiritual wellbeing, and how to "light your lifebulb and laugh out loud".

On the afternoon before conference there is a networking meeting which will include an hour Capacitar workshop and a foretaste of the laughter workshop. This will be followed by a social networking evening at a sit down dinner.

Manual for Cancer Services Complementary Therapy (Safeguarding Practice)

Measures

This year some members have expressed anxiety and confusion over their local cancer networks response to these measures and the implications it has for their practice. The subject was discussed at the CT Unit Leads group meeting in May and



**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

a letter drafted and written to the National Cancer Action Team (NCAT) outlining our concerns and asking them to offer more guidance to the local networks on implementing the measures. This dialogue seems set to continue. The original letter and the response from NCAT are available to view on the Members Only section of the website.

Objective for 2010 –11

The sole objective for 2011 was to identify members who would be willing and able to progress the projects not completed from the year before, namely establishing a central training programme, compiling generic role profiles for unit leads and complementary therapists, and compiling a data set for the services delivered by our member units. These continue to be works in progress.





**NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS  
in HOSPICE and PALLIATIVE CARE**

**National Association of Complementary Therapists in Hospice and Palliative Care**

**Income and Expenditure Statement for the Year to 31 March 2011**

**INCOME**

	<u>£</u>	<u>£</u>
Membership Fees	5205	
Conference	9340	
Co-ordinators' Day	400	
Miscellaneous	<u>35</u>	
		14980

**EXPENDITURE**

Committee Meetings and Travel	2297	
Conference	8713	
The Link	744	
Postage and Stationery	130	
Telephone and IT	745	
Co-ordinators' Day	488	
Regional Grants	181	
Miscellaneous	<u>112</u>	
		13410

**Surplus for the Year** 1570

**Balance brought forward at 1 April 2010** **9257**

**Balance carried forward at 31 March 2011** **10827**

I have compiled this statement from the books and records of the National Association of Complementary Therapists in Hospice and Palliative Care and in my opinion it gives an accurate view of the Association's finances at 31 March 2011.

**JHW Ridley**  
26th June 2011  
Bewdley  
Worcestershire