



NATIONAL ASSOCIATION of COMPLEMENTARY THERAPISTS
in HOSPICE and PALLIATIVE CARE

Annual Review

2009 - 2010

Membership

The membership data in this review describe the membership at the end of July 10. At this time there were 99 unit members and 50 individual members.

Therapist Status	Number
Dedicated service lead	77
Employed as nurse/other professional and using CT in that role	112
Employed specifically as complementary therapist (salaried)	159
Complementary therapists employed by unit and paid sessionally	6
Self-employed therapists paid sessionally	194
Volunteer complementary therapists	1140
Individual members	50
Total	1738

Agenda for Change (AfC)

28 out of 99 units have evaluated complementary therapy jobs according to Agenda for Change. 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.

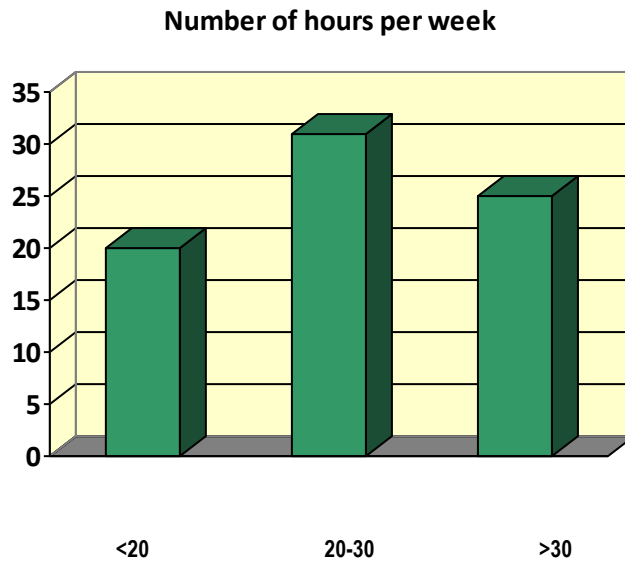
Job	AfC banding
Lead for complementary therapies n = 26	5 – 8A
Nurse/therapist n = 3	3 – 7
Complementary therapist n = 10	4 - 5



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Service Leads

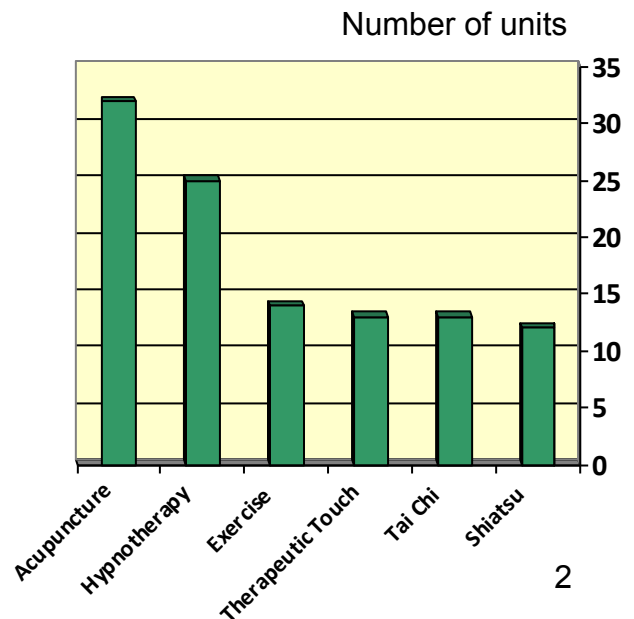
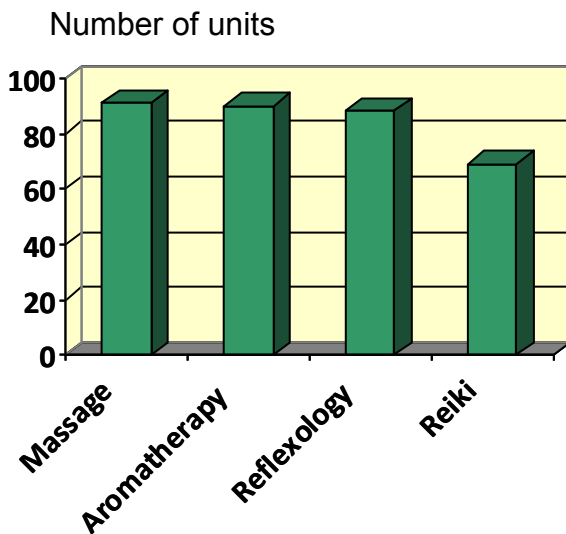
76 units gave notice of the numbers of hours worked by a dedicated CT service lead. Number of hours worked varied between 3 and 56 hours per week.



The other 23 units either did not supply the data or did not have a dedicated CT lead.

Therapies practised

There is a very wide range of therapies practised. The most commonly used therapies can be seen in the charts below. A list of the other therapies practiced is attached to this report.





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The membership registration form this year asked for the number of interventions for each therapy given in 2009. 26 units supplied this data. These units were hospices (19), cancer support centres (3), children's hospice (1) and a hospital (1).

The total number of interventions given for these 26 units was an impressive 36,729. The range was 10 – 10,160 which reflects the diversity of the activity within our unit members. The average number of interventions was 1530 and the median was 677.

Research

Areas of research that members are involved with are:

Acupuncture and fatigue – randomised, controlled trial

Acuband trial

Aromastix project and audits

Aromatherapy and fungating wound project

Acuseeds/pressure pilot study

MyCaW with healthcare professionals

Evaluation of monitoring service

Ear acupuncture

Investigating Reiki research

Acupuncture and lymphoedema

Wellbeing in cancer survivors

Essential oils in wound care

Relaxation in outpatient clinic

MyCaW evaluation of Yoga and Lebed class

Evaluation of use of gentle touch

Complementary therapy questionnaire

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.



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Committee members

Christine West	Chair, membership secretary, website liaison
Val Jarvis	Vice chair, regional group's liaison
Islay Grieve	Treasurer
Sue Holland	Co-ordinator's group liaison
Anita Mehrez	Minutes secretary
Michele Gordon	Northern Ireland liaison; Research lead
Ruth Davis	Ordinary Member
Vedant Wood	Editor, The Link; Education lead

Anita Mehrez is stepping down from committee at the AGM. We thank her for her contribution to NACTHPC and wish her well for the future.

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

Report from Vedant Wood

This year I have tried to broaden the horizons of the LINK by introducing a variation of subjects which would hopefully appeal to a wider range of members' interests. Sections such as "Education", Holistic Model, and Research are comparatively new ventures and I hoped that they would encourage more members to contribute to their newsletter by submitting articles. Disappointedly, however, the response has not been encouraging. Some courageous members have submitted articles and to them I give thanks.

I often wonder whether all members are actually able to read a copy of the LINK and I would like to remind unit leaders to try and ensure that all their members have this opportunity, otherwise the LINK we so need cannot really happen.

On a brighter note, I feel that the colourful and picturesque presentation we now have (thanks to our layout editor, Paul Williment) enhances the LINK and hopefully helps



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members to look forward to reading it. The future of the LINK is the hands of its members and I look forward to an exciting and interesting year, with hopefully lots of interest and contributions from regional groups and individual members.

Reports outstanding:

Regional groups, Co-ordinator's group, Northern Ireland news

Website

The website continues to offer information on events, news and careers as well as the discussion forum, 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 2009

The 2009 NACTHPC 9th annual conference and AGM was held on 17th September at the University of Warwick, Coventry entitled "Sharing the Journey" *Expertise, Evidence and Communication (Knowing what we do, showing what we do, sharing what we do)*

There were 82 delegates and a 91% return on the evaluation. The evaluation was, on the whole, very positive with particular praise given to the speakers and for the "range and very high standard of the presentations".

Conference 2010

The 10th annual conference and AGM will be held, once again, at the University of Warwick. The title is Feeding the Body, Feeding the Soul. We have some very interesting speakers covering different aspects of self-nourishment – feeding the body and feeding the soul - from dietary advice to walking the Labyrinth. There will be information about the new e-learning courses from the Freshwinds Institute of Integrated Medicine and a demonstration of the Complementary and Alternative Medicine Library Information Service (CAMLIS) as well as posters and an information table.



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Objectives for 2009 – 10

- Publish a 2 year plan
An outline of a plan was published in Issue 24 of The Link at the beginning of the year. It included the two objectives listed below and a further objective of the development of a minimum data set (MDS) regarding the practice of complementary therapies in palliative care.
- Start central training programme to be available to regional groups covering subjects such as communication, protecting your energy and managing stress.
Access to such a programme has been offered to regional groups but so far there has been no enquiry regarding this
- Continue work on complementary therapy role profiles
Members were invited (via The Link) to join working parties to progress the work on Role Profiling and the MDS, it was hoped that those working parties would detail the plan for each project. Working parties have not yet been formed due to lack of members volunteering to help with the work. Some preliminary work has been done, however, collecting sample job descriptions for a matching exercise for the role descriptions. The extra data collected on the renewal forms regarding number of therapeutic interventions will inform the work on the minimum data set.

Objective for 2010 –11

- To identify members who would be willing and able to progress the above projects



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National Association of Complementary Therapists in Hospice and Palliative Care

Income and Expenditure Statement for the Year to 31 March 2009

INCOME

	£	£
Membership Fees	5550	
Conference	8268	
Co-ordinators' Day	840	
	<u> </u>	14658

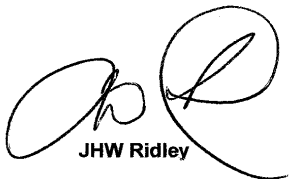
EXPENDITURE

Committee Meetings and Travel	1942	
Conference	7936	
The Link	225	
Postage and Stationery	224	
Telephone and IT	191	
Co-ordinators' Day	777	
Regional Grants	420	
Other events attended	34	
Miscellaneous	219	
	<u> </u>	11968

Surplus for the Year

		11968
	<u> </u>	
	<u> </u>	<u>2690</u>
Balance brought forward at 1 April 2008		4638
Balance carried forward at 31 March 2009		7328

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 2009.



JHW Ridley

1st July 2009
Bewdley
Worcestershire



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Therapies practiced in NACTHPC member units

Therapy	No. of units	Therapy	No. of units
Acupressure	1	Lebed	5
Acupuncture	32	M technique	4
Aromatherapy	88	Manual lymphatic drainage	2
Art therapy	2	Massage	90
Auricular acupuncture	1	Mentoring	1
Bach flower remedies	2	Metamorphic technique	1
Beauty therapy	3	Mindfulness based stress reduction	1
Body release massage	1	Music therapy	1
Bowen technique	9	NLP	1
CBT physiotherapy	1	Nutritional therapy	1
Counselling	1	Pilates	1
Cranio-sacral therapy	8	Reflexology	89
Crystal therapy	1	Reiki	72
Dao Yin Tao	1	Shiatsu	12
Dramatherapy	1	Sound	1
EFT	2	Spiritual healing	12
Exercise	14	Tai chi	13
Feldenkrais	1	Thai massage	1
Gentle touch	1	Therapeutic touch	13
Guided imagery/relaxation/meditation	13	Yoga	9
Gym	1		
Homeopathy	7		
Hopi ear candles	1		
Hot stone	1		
Hydrotherm	2		
Hypnotherapy	26		
Indian head massage	14		
Infant massage	2		
Kinesiology	2		
Kore therapy	1		



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