

CNHC at the London Health Show

Many thanks to everyone who came to visit us at the London Health Show at Olympia on 20 – 21 January 2016. We were delighted to see so many of you as was Chair Michael Watson who came along on Thursday and Board member Nicola Bastin who was there on Wednesday.

Michael commented: *"It was great to have the chance to meet some of our registrants as well as people who wanted to know more about us. I was particularly pleased to have the chance to meet BANT's Chair Miguel Toribio-Mateas as I know how committed Miguel and BANT are to CNHC."*



CNHC Chair Michael Watson and BANT Chair Miguel Toribio-Mateas

CNHC Board member Nicola Bastin said: *"I very much enjoyed coming to the show and meeting CNHC registrants and other practitioners. As a lay person I learned a great deal about CNHC's work and the valuable role it plays in this sector."*



CNHC Board member Nicola Bastin

We were delighted to see Kate Beaven-Marks who is a member of CNHC's Hypnotherapy Profession Specific Board (PSB). Kate had brought some students along to find out more about CNHC's work.

"We came along specially to see the panel about the role of complementary healthcare in the wider sector which was being chaired by CNHC Chief Executive Margaret Coats. It's a great opportunity for us to come and find out more about CNHC's thinking and to hear the wider debate."



Kate Beaven-Marks

CNHC registered Nutritional Therapist Julia Powley also came to see us at the show.

Julia works for Age UK Croydon where she co-ordinates a Healthy Eating Project and holds talks on weight management. She has also recently started doing malnutrition home visits and carries out malnutrition screening in the community.

Julia commented: *"It's satisfying to be able to use my skills and knowledge to help with positive aging."*



Julia Powley

CNHC PSB elections – next round begins soon

The next round of elections for membership of CNHC Profession Specific Boards (PSB) begins in April with elections for the Massage Therapy and Nutritional Therapy PSBs.

An email requesting the election statements of those who wish to stand will be sent out on Friday 15 April 2016. The election will begin on Monday 9 May 2016 and will close on Friday 20 May 2016.

IMPORTANT NOTE:

- If you are interested in putting yourself forward to be a member of one of these PSBs you need to be registered for the relevant discipline as at midnight on Thursday 14 April.
- If you wish to vote in the election you need to be registered for the relevant discipline by midnight on Sunday 8 May 2016.

You can see full details of these PSB elections here: [PSB election timetable](#)

Job and volunteer roles

Make sure you check our Facebook page, Twitter feed and website for news updates plus details of job and volunteer roles for CNHC registered practitioners.



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or call on 020 3668 0406

To view CNHC's website, [click here](#).



John Lant

John Lant 1948 – 2016

It is with great sadness that we announce that former CNHC Chair John Lant died on Monday 1 February following a period of illness. John Chaired CNHC's Board for two years following more than five years as a Board member. John was known by many in the sector following his involvement with the work that led to the creation of CNHC. Our heartfelt condolences go to John's family.

CNHC responds to NICE proposal to remove complementary therapies from supportive and palliative care guidelines

As set out in our [January 2016 CNHC newsupdate](#) NICE's draft scope on updating the 'Improving Supportive and Palliative Care in adults' guidance proposes removing complementary therapies.

We alerted people across the complementary health and supportive and palliative care sectors so that as many organisations as possible could respond to the consultation. We also worked collaboratively to present a robust case for retaining complementary therapies within the guidelines.

We have included some key points from our response below.

The provision of complementary therapies is demanded by patients hence the services provided. Approximately 40% of breast and prostate patients use complementary therapies and 20% of patients with other cancers. The evidence and audits are very patient-centred and almost always supportive of the service and what it has to offer.

Complementary therapies are provided for patients, service users, carers and family members in almost every cancer and palliative care service in the country. Some of the most renowned cancer and palliative centres such as the Royal Marsden NHS Foundation Trust, Guy's and St Thomas's NHS Foundation Trust, St George's University Hospital NHS Foundation Trust, the Christie NHS Foundation Trust and a wide range of hospices and Macmillan cancer centres provide complementary therapies as an integral part of their supportive and palliative care services.

In challenging the apparent issue of knowing which complementary therapies could be covered in the guidelines we responded:

To address this we would suggest confining the scope to those disciplines represented by practitioners on Accredited Registers such as CNHC's.... As well as providing a clear rationale for which therapies could be included, the Accredited Registers Programme also ensures that service providers can point service users, carers, families and staff towards practitioners who are suitably trained and qualified.

CNHC is the holder of an Accredited Register and is also the UK voluntary regulator for complementary therapies that was set up with Department of Health support. As such CNHC registration has been a requirement for complementary therapists in many NHS and other supportive and palliative care services around the country to address these very issues. Examples include Guy's and St Thomas's NHS Foundation Trust, the Royal Marsden NHS Foundation Trust, St George's University NHS Foundation Trust, Harrogate and District NHS Foundation Trust and many more.

Complementary Therapies are now so embedded in the culture of cancer and palliative care that without proper guidance the door will be left open for ad hoc and unsafe practice, without reference to an evidence base. This would be a retrograde step and impinge on patient care and safe practice.

We agreed that the views and satisfaction of those receiving supportive and palliative care and those important to them should be taken into account.

We included a range of patient comments in our response – all patients commenting had received treatments from CNHC registrants:

Royal Marsden NHS Foundation Trust:

"The fact that the massage has been provided by the hospital makes it more connected to my condition. I felt comfortable enough to talk about my pain. Thank you."

"The improvement in my lower back pain has been staggering"

Sir Robert Ogden Macmillan Cancer Centre:

"I think it is a wonderfully, humanising therapy to be able to prescribe and aid promotion of wellbeing"

"Knowing that after my chemotherapy treatment, I could look forward to deep relaxation during my reflexology session of ¾ to an hour for myself, escaping from the world"

We also agreed that staff satisfaction was an important measure and included some comments from staff about the supportive therapy service provided by CNHC registrants as part of the Full Circle Supportive Therapy service at St George's NHS Foundation Trust in London.

"I receive extremely positive feedback from my patients regarding the role that Full Circle play in their recovery process. I am certain that the excellence of our transplant programme is in part due to the wonderful and professional work performed by the Full Circle Therapy team." Dr Mickey Koh, MD, PhD, MRCP, FRCPath, Director Stem Cell Transplantation, Consultant Haematologist/Hon Senior Lecturer, St George's NHS Foundation Trust and Medical School.

"The beneficial effects of massage therapy, reflexology and breathing techniques have been demonstrated in adult patients with sickle cell disease, who have reported improved well being and have experienced fewer and shorter hospitalisations. We are looking forward to working with Full Circle Fund's Therapy Team and empowering more young patients and their carers with strategies to allow them to cope with this chronic disease."

Dr Maria Pelidis, MD. Consultant Paediatric Haematologist/ Oncologist, St George's Healthcare NHS Trust

You can see CNHC's response in full here: [CNHC response to NICE guideline update](#)

We will provide updates as we receive them.

You can see the draft scope here: [Supportive and palliative care: service delivery](#)

You can see the original guideline (which is being updated) here: [Improving Supportive and Palliative Care for Adults with Cancer - CSG4](#)

The Disability Foundation says thank you to CNHC

CNHC often post notices about paid and volunteer roles for complementary therapists on our website and facebook page.

One charity we do this for is The Disability Foundation (TDF), a registered charity that provides complementary therapy services to disabled people, anyone suffering from a chronic health issue or medical condition, as well as those involved in their care, including NHS staff.



Geraldine Gower

So we were delighted to meet the charity's Communications and Community Liaison Officer Geraldine Gower when she came to say hello at the London Health Show.

Geraldine said: *"It's such a great help to us when CNHC posts notices about our volunteer roles and we have recruited some excellent practitioners from the register. We are always looking for therapists so it's good to know we can contact CNHC and feel confident in the standards of the practitioners who come through."*

You can see a photo of Geraldine at the London Health Show left.



CNHC registrant Yvette Powell at TDF

CNHC registrant Yvette Powell has been volunteering at The Disability Foundation for over three years, starting at a time when she still worked in the corporate world. Yvette commented: *"Volunteering as a practitioner at The Disability Foundation was a real balancer when I was still working in central London. I took on the role because I wanted to give something back and extend my experience and knowledge to people with a wider variety of challenges. To spend an hour providing a massage or reflexology session and seeing the difference it makes is such an honour – it's so rewarding."*

For more information about the charity's work visit: <http://www.tdf.org.uk/>