



Rewarding Learning

eGUIDE//

Health and Social Care (Double Award)

Unit AS 6: Holistic Therapies

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Introduction

A description of holistic therapies including history, uses and safety aspects.

Holistic therapies have been used for thousands of years and there is evidence of their use in ancient China, Egypt and India. The term holistic means considering the whole person in the treatment of an illness. Most medical treatments focus on alleviating the physical symptoms of the illness or condition which the person is experiencing. Holistic therapies on the other hand focus on the person both emotionally and physically in the treatment of an illness or condition. Holistic therapists believe they care for the person's spirit, mind and body. They also believe that the body has a vital force which protects it from disease (the immune system) and when this is disturbed and becomes unbalanced a person becomes ill. Holistic therapies aim to restore this balance and allow the body to heal itself. A wide range of holistic therapies are available.

Aromatherapy



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This therapy involves the use of essential oils, which are extracted from plant parts. Various parts of the plant can be used including the roots, leaves, flowers, bark and stems. As the name suggests, the aroma or smell from the oils, when inhaled or absorbed through the skin, stimulates brain function. This can enhance the physical and psychological well-being of an individual.

History

The exact origin of aromatherapy is unclear but in prehistoric times Juniper berries were used as an antiseptic and the Egyptians used oils such as cedar to embalm their dead. In the twentieth century Rene Gattefosse, a French chemist burned his hands during an experiment. He used lavender to treat his burns. He was impressed by the way lavender healed his burns and invented the term "aromatherapy" and he is often referred to as the father of aromatherapy.

Information on the history of aromatherapy can be accessed on the following website:

http://www.essentials-of-aromatherapy.com/history_of_aromatherapy.html



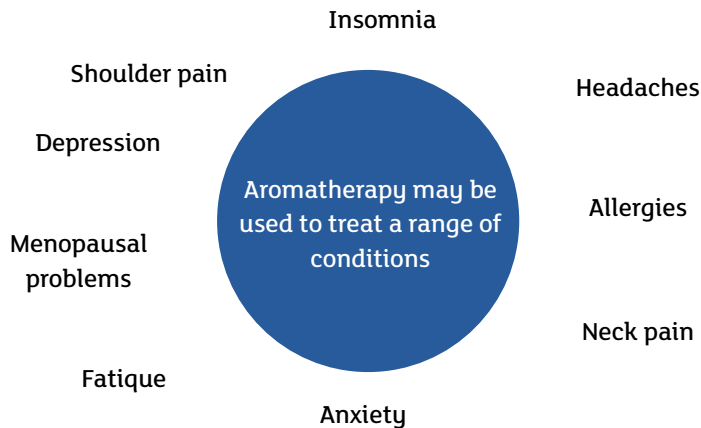
The You Tube videos below, 'History of Aromatherapy' and 'History of Essential Oils' include more detail

<https://www.youtube.com/watch?v=rRixqQdce1s>

<https://www.youtube.com/watch?v=EOe9S0RvSSs>

Uses

Aromatherapy is used in the management of a wide range of medical conditions.



Specific oils are used to treat specific conditions. For example, peppermint oil may relieve nausea and reduce the severity of the pain associated with migraine headaches and eucalyptus oil acts as a decongestant and can relieve the symptoms of colds and flus. The You Tube video on the 'Top Ten Essential Oils' available at <https://www.youtube.com/watch?v=tDnU3svXV-0> and the website <http://www.aromaweb.com/essential-oils/myrrh-oil.asp> provide more information on essential oils and their uses.

Description

Aromatherapy is becoming increasingly popular and can be used in several ways. Many people choose to visit an aromatherapist for treatment. The initial session may last for an hour and on the first visit the therapist will take a detailed history, discuss the suggested treatment, and the oils being used. The treatment usually consists of a massage with essential oils, which have been blended in a carrier oil, to meet the service user's specific requirements.

The website below provides a description of what happens during an aromatherapy session: <http://www.bupa.co.uk/health-information/directory/a/aromatherapy>

The You Tube video, 'Aromatherapy Basics: Aromatherapy Treatment Process' available at <https://www.youtube.com/watch?v=SZFKq9eSIRk> shows a treatment.

Many people now use aromatherapy treatments in their own homes and these may include bathing in products which contain essential oils, diffusing oils by using candles, burners or incense sticks, directly inhaling oils or applying oils to the skin.

Safety Aspects

One very important aspect when considering an aromatherapy treatment is that the therapist is fully trained. Some service users may experience side effects from the treatment such as nausea or headaches. Aromatherapy may not be suitable for everyone, for example, people who have allergies, who are breast feeding, have skin conditions or hay fever may be unable to use aromatherapy treatments. When using essential oils instructions must be followed carefully in particular those on diluting the oil.



The following websites provide further information:

http://www.holisticonline.com/aromatherapy/aroma_safety.htm

<http://www.aromaweb.com/articles/safety.asp>

Activity

Produce a table identifying fifteen essential oils and their uses.



Acupuncture



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Acupuncture is based on the belief that the body has a balance of energy called Qi. When this energy is out of balance the result is pain and illness. Acupuncturists believe they can restore this energy balance by inserting very fine needles into specific parts of the body called acu- points. These can stimulate the nerves in the skin and muscle tissues in the body to produce substances such as endorphins, which can relieve pain and discomfort. The video available at <http://www.acupuncture.org.uk/public-content/public-video/4288-getting-to-the-point-of-traditional-acupuncture.html> provides an introduction to acupuncture.

History

Acupuncture originated in China over 5,000 years ago and is now used in many hospitals, hospices and health centres in the UK, usually for pain relief following a medical diagnosis.

The following websites provide information on the history of acupuncture:

<http://www.acupuncture.org.uk/public-content/public-traditional-acupuncture/history-of-acupuncture.html>

<http://rheumatology.oxfordjournals.org/content/43/5/662.full>

<http://www.rochford-acupuncture.co.uk/History.html>

Uses

Acupuncture is used in the treatment of a wide range of health problems and it is considered to be effective in the management of pain. The website <http://www.nhs.uk/Conditions/Acupuncture/Pages/Evidence.aspx> provides details on the range of medical conditions which acupuncture may be used to treat. This video link focuses on the use of acupuncture in the treatment of migraine headaches <http://www.acupuncture.org.uk/public-content/public-video/4666-i-feel-like-a-different-person.html> and this slideshow illustrates other conditions which may benefit from acupuncture <https://www.webmd.boots.com/pain-management/ss/slideshow-acupuncture-overview>.

The You Tube videos 'What Can Acupuncture Treat?' available at <https://www.youtube.com/watch?v=ncwMoI3aTPw> and at <https://www.youtube.com/watch?v=BrRnE2oUH4E>



provide information on the extensive range of medical conditions which may benefit from acupuncture.

Description

During an acupuncture treatment very fine sterile needles are inserted into specific places of the body identified by the acupuncturist. These are called acupuncture points, often shortened to acu-points, and are chosen specifically on the basis of the service user's condition. The needles may be inserted into the skin or deeper into muscle tissue and may remain there for up to forty minutes.

A more detailed description of the treatment is available on the websites

<http://www.acupuncture.org.uk/public-content/about-acupuncture-treatment/what-to-expect-from-a-treatment.html>

<http://www.nhs.uk/Conditions/Acupuncture/Pages/How-is-it-performed.aspx>.

Videos on You Tube, for example, 'Acupuncture Treatment Demo' available at <http://www.nhs.uk/Conditions/Acupuncture/Pages/How-is-it-performed.aspx>, and 'Acupuncture Treatment: What to Expect' available at <https://www.youtube.com/watch?v=etIUVX2Hddo> demonstrate acupuncture treatments.

Activity

During a treatment session an acupuncturist may use different techniques in addition to the insertion of needles. Explain the following techniques

- moxibustion
- tuina
- cupping.

Safety Aspects

It is important that the practitioner is qualified to carry out acupuncture to reduce risks such as blood borne infections, however there are other safety aspects to be considered as acupuncture is not a suitable treatment for everyone.

The websites <https://www.youtube.com/watch?v=etIUVX2Hddo> and <http://www.nhs.uk/Conditions/Acupuncture/Pages/Risks.aspx> provide details on safety aspects.



Herbalism

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Herbalism is the use of plants for medicinal purposes. Herbs have been used for many centuries due to their healing properties. All parts of the plant are used including the stem, fruit and leaves. The World Health Organisation estimates that 80% of the world's population uses herbal medicines.

History

Herbs have been used for medicinal purposes from as early as 3000 BC. They were used by ancient Indians, Chinese and Native Americans, as well as by the Greeks and Romans. During the Middle Ages monasteries had well stocked gardens of herbs which were widely used for medicinal purposes.

More detail can be accessed on the following websites:

<http://www.complete-herbal.com/history.htm>

<http://www.woodlandherbs.co.uk/acatalog/history.html>

and by viewing the You Tube video 'A History of Herbal Medicine' available at:

<https://www.youtube.com/watch?v=S8SHvgM1bMc>.

Uses

Herbalism can be used in the management of a wide range of conditions. Specific herbs are used to treat specific conditions.

Activity

Visit the British Herbal Medicine Association (BHMA) website on <http://bhma.info/index.php/indications/> and draw up a list of herbs which may be used in the treatment of

- headaches
- depression
- muscle, joint and back pain
- insomnia
- colds and flus

Watch the You Tube video, 'Herbs and Plants used as Medicine' available at <https://www.youtube.com/watch?v=oGwpeVQsLpA> and identify the conditions that echinacea, fennel, ginger, ginseng, St. John's wort, chamomile and dandelion can be used to manage.



Description

An individual may decide to visit a medical herbalist who is trained in the use of herbs. After an initial assessment, which usually includes an examination of the tongue, the practitioner will suggest suitable herbal treatments. On the other hand an increasing number of people are purchasing herbal remedies, which are widely available in supermarkets, pharmacies, health food shops and on line. They can be taken in a range of ways including tablets, capsules, creams, tinctures, infusions (consider the range of herbal teas available), powders and mouthwashes.

Activity

Visit a local pharmacy, supermarket or health food shop and view the range of herbal remedies that are available.

Safety Aspects

There are several issues to be considered when taking herbal medicines including possible reactions with other medicines. All herbal medicines should have a traditional herbal registration (THR) number displayed clearly on the label, which means they have been assessed for quality. There are risks in buying herbal medicines on line or by mail order.

Further detail can be obtained by accessing the following websites:

<http://www.nhs.uk/conditions/herbal-medicines/Pages/Introduction.aspx>

and

<http://bhma.info/>

This article in The Telegraph focuses on the safety of herbal medicines <http://www.telegraph.co.uk/news/health/alternative-medicine/6466718/Just-how-safe-are-herbal-medicines.html>.



Pilates

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Pilates is a complex system of exercise focused on building core strength. It is believed to improve health and well-being and may be effective in the management of some medical conditions.

History

Pilates originated in Germany. Joseph Pilates was born in Germany in 1883. As a child he had poor health including asthma and other conditions. He used exercise to cure his ailments and this system of exercise named after him is increasing in popularity with Pilates classes now widely available.

The You Tube video 'An Animated History of Pilates' available at <https://www.youtube.com/watch?v=vWkxhtfw0A8> and the websites <http://www.nhs.uk/Livewell/fitness/Pages/pilates.aspx> and <http://www.pilates.com/BBAPP/V/pilates/origins-of-pilates.html> provide further information.

Uses

Pilates is thought to be effective in the management of pain such as neck or back pain, as the exercises undertaken improve posture and poor posture may have been the initial cause of the pain. Examples of other uses include relieving stress, increasing stamina and flexibility and improving balance.

More detail is available at the following websites:

<http://pilatesmanchester.com/medical-condition>
<http://www.dailymail.co.uk/health/article-2161301/Pilates-make-bad-worse-Experts-agree-help-reduce-pain-improve-posture-hidden-dangers.html>
<http://www.nhs.uk/Livewell/fitness/Pages/pilates.aspx> and
<http://www.pilates.co.uk/Ten-Reasons-Pilates.htm>.

Description

As Pilates is a complex system of exercises, most service users attend classes taken by a qualified instructor to learn the techniques. These classes may be in a studio, gym or a community based hall. Some Pilates exercises include using various pieces of equipment. The exercise undertaken focuses on strengthening different parts of the body, for example,



the letter 'T' focuses on the upper back and leg swings focus on the lower body. The slide show available at <http://www.webmd.boots.com/fitness-exercise/ss/slideshow-15-pilates-moves> and the video on <http://www.nhs.uk/conditions/nhs-fitness-studio/pages/pilates-for-beginners.aspx> give details on the range of exercises undertaken in a Pilates class. Having learned the techniques individuals can undertake the exercises in their own homes.

Safety

As Pilates is a form of low impact exercise there are few safety issues. One important aspect is that the Pilates class is taken by a qualified teacher. The websites <http://www.safesport.co.uk/pilates.html>, and <http://www.netdoctor.co.uk/healthy-living/wellbeing/a11687/pilates-and-yoga-stretching-safely/> provide more detail.

Activity

Carry out a survey of your local area to find the availability of Pilates classes.



Reflexology

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Reflexology is a form of massage based on the theory that there are reflex points on the feet, hands, face, head and ears which correspond to different parts of the body.

History

Reflexology dates back thousands of years and early evidence of the therapy was found on a pictograph showing patients getting their feet and hands massaged in an Egyptian physician's tomb.

More detail on the history of the therapy is available on the following websites:

<http://www.randreflexology.co.uk/history-of-reflex.php>,

<http://www.reflexology-uk.net/site/about-reflexology/reflexology-history> and

http://www.naturaltherapypages.co.uk/article/the_history_of_reflexology.

The You Tube video, 'History of Reflexology' can be viewed on <https://www.youtube.com/watch?v=pDk2Faf02e8>.

Description

During a reflexology session the service user usually remains clothed and lies on a couch in a warm comfortable room. The therapist may burn scented candles and play relaxing music. After an initial consultation, including taking details of any medical conditions, the treatment will begin. This usually involves massaging the feet but sometimes the hands, ears and face. The You Tube video 'Reflexology Guide', available at <https://www.youtube.com/watch?v=gp3T29wqtX8> demonstrates foot reflexology and the video 'Hand Reflexology' available at <https://www.youtube.com/watch?v=dMXyvFvCgvE> demonstrates hand reflexology. Both videos are quite long but are very detailed.

The following website can be accessed for more information:

<http://www.reflexology-uk.net/site/about-reflexology/what-to-expect>

Uses

Reflexology may be effective in the management of a wide range of medical conditions including stress, back pain and asthma, however many service users may have a session of reflexology for relaxation.



Activity

Undertake research to draw up a poster outlining the range of uses of reflexology.

The following websites will provide useful information:

<http://www.netdoctor.co.uk/healthy-living/a3055/health-benefits-of-reflexology/>

<http://www.telegraph.co.uk/news/health/alternative-medicine/11225610/Alternative-health-an-expert-explains-the-benefits-of-reflexology-massage.html>

Safety

Reflexology is a relatively safe therapy suitable for most people. One critical aspect of safety is that the therapist is trained and registered with a recognised organisation, for example The Association of Reflexologists.

The following website provides information on individuals for whom reflexology may not be a suitable treatment:

<http://www.simplefootsolutions.com/contraindications-for-reflexology>



Kinesiology



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Kinesiology uses muscle testing to help identify the underlying cause of health issues. These issues may be physical, emotional or nutritional, for example a kinesiologist may believe that a sore ankle may be the result of stress.

History

Kinesiology is a relatively new therapy resulting from the work undertaken by an American chiropractor Dr. George Goodheart in the 1960s.

Further details can be obtained by accessing the websites below:

<http://kinesiology.ie/what-is-systematic-kinesiology/a-brief-history/>

<http://www.systematic-kinesiology.co.uk/home/history-of-kinesiology>

and viewing the video: 'What is Kinesiology?' available at

<http://www.balancedwellness.co.uk/kinesiology/>.

Description

During the initial session the practitioner will take a detailed history of the service user including lifestyle, health issues, areas of pain and discomfort and diet. The practitioner will explain about kinesiology and then carry out muscle monitoring/ testing. Following this, the therapist will make recommendations to address the issues identified and these may include exercising more, modifying the diet, taking a supplement or advice on stress management.

Further detail is available at:

<http://www.kinesiologyfederation.co.uk/about-kinesiology/21/your-sessions/>

<http://www.therapy-directory.org.uk/articles/kinesiology.html>

Videos demonstrating kinesiology sessions can be viewed on You Tube, 'Discover Kinesiology with Canberra's Kate Pamphilon' available at <https://www.youtube.com/watch?v=QcYfp20yoH0> and 'What is Kinesiology?' available at <https://www.youtube.com/watch?v=ByhGUsFE0do>.

Uses

Kinesiology may be beneficial in managing a range of health issues ranging from mood swings to back pain to fatigue.

Details of the uses of the therapy can be accessed on the following websites:

<http://www.kinesiology.com.au/what-is-kinesiology-used-for>



<http://www.green-parrot.co.uk/introduction-kinesiology/>

<http://www.rose-therapy.co.uk/id1.html>

<http://www.kinesiologyscotland.com/What-is-kinesiology-by-kinesiologist-Jim-Currie.html>

Activity

Read the case histories available at <http://icpkp.co.uk/category/customer-feedback/> of service users who have found kinesiology beneficial.

Safety

Kinesiology is considered to be safe with no negative side effects and suitable for all ages. Further detail is available on <http://www.kinesiologyscotland.com/What-is-kinesiology-by-kinesiologist-Jim-Currie.html>



Osteopathy



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The word osteopath is derived from the Greek words osteon, meaning bone and pathos meaning suffering. Osteopathy is suitable for everyone and involves the massaging and stretching of joints and muscles. The website <http://www.bso.ac.uk/what-is-osteopathy/introduction-to-osteopathy/> provides more detail.

History

The term osteopathy was first used by Andrew Taylor Still, an American surgeon in 1874. Details on the history of the therapy can be accessed on <http://www.sdosteopaths.co.uk/what-is-osteopathy/history-of-osteopathy/>, and <http://coreclinics.co.uk/a-history-of-osteopathy/>.

Description

On a first visit the osteopath will spend time with service users discussing their general health and well-being and any concerns or symptoms they may have. Following this the osteopath will carry out an examination using his or her hands to identify areas of weakness.

Detailed descriptions of the treatment are available at:

<http://www.nhs.uk/Conditions/Osteopathy/Pages/How-is-it-performed.aspx>

<http://www.osteopathy.org.uk/visiting-an-osteopath/what-to-expect/>

<http://www.bupa.co.uk/health-information/directory/o/osteopathy>

<http://www.bso.ac.uk/what-is-osteopathy/what-to-expect-from-your-consultation/>.

'A Guide to an Osteopathic Consultation and Treatment' available at https://www.youtube.com/watch?v=HFzTRf_6jk8 demonstrate the treatment.

Uses

Osteopathy is to treat a range of conditions, for example sports injuries, digestive problems, joint pain and circulatory problems.



The websites below provide information on the various uses of osteopath:

<http://www.nhs.uk/Conditions/osteopathy/Pages/introduction.aspx>

<http://www.osteopathy.org.uk/visiting-an-osteopath/about-osteopathy/>

<https://www.bupa.co.uk/health-information/Directory/O/osteopathy>

<http://www.osteopathy.org/what-we-treat/>

[http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/therapies/osteopathy.](http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/therapies/osteopathy)

Safety

One important safety aspect is that the osteopath is registered with the General Osteopathic Council (GOsC). Minor side effects such as tiredness, pain or discomfort are common after a treatment but these are usually short term. Osteopathy is not a suitable form of treatment for those who have conditions such as osteoporosis, fractures, multiple sclerosis and cancer.

Future detail on the safety aspects of osteopathy is available at the following websites:

<http://www.nhs.uk/Conditions/Osteopathy/Pages/safety.aspx>

<http://www.telegraph.co.uk/news/health/alternative-medicine/3337587/Is-your-back-in-safe-hands.html>

<http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/therapies/osteopathy>

[http://www.bupa.co.uk/health-information/directory/o/osteopathy.](http://www.bupa.co.uk/health-information/directory/o/osteopathy)

Activity

Lucy is six months pregnant and experiencing lower back pain. She is considering attending an osteopath for treatment. What advice would you give Lucy regarding osteopathy?



Bowen Technique

This form of therapy involves the practitioner applying gentle pressure to specific points of the body, using his or her fingers and thumbs. This stimulates soft tissue and muscle.

History

This relatively new therapy was developed by Thomas Bowen an Australian who died in 1986. The therapy spread to other countries in 1986 when Oswald and Elaine Rentsch began to teach the therapy to others. The Bowen Technique is growing in popularity.

Further information on the history of the therapy is available by accessing http://www.bowentherapies.co.uk/about_bowen_technique.html and <http://www.bowen-technique.co.uk/history.php>.

Description

At the first appointment the therapist will take a history including any health issues and the reason for seeking the treatment. The service user usually lies on a couch and the therapist applies gentle pressure using their hands to specific points on the body. The YouTube videos 'Bowen Therapy - an introduction' is available at <https://www.youtube.com/user/BowenBTPA?feature=watch> demonstrates the therapy.

More detailed information describing the treatment can be accessed on the following websites:

<http://bowentherapycenter.com/what-happens-at-a-session>
<https://thebowentechnique.com/what-is-the-bowen-technique/>.

Uses

The Bowen Technique is used to treat a wide range of conditions including sports injuries, infant colic, poor mobility, allergies stress and hay fever.

More detail on the uses of the therapy is available at:

<http://www.therapy-directory.org.uk/articles/bowen-therapy.html>
http://www.bowen-technique.co.uk/can_bowen_help.php
<http://www.saga.co.uk/magazine/health-wellbeing/treatments/bowen-technique.aspx>.

Case studies featuring service users who have found the Bowen Technique an effective treatment can be read at <http://www.totallybowen.co.uk/human/testimonials.htm> and <http://www.telegraph.co.uk/news/health/alternative-medicine/4702844/Light-fingers-make-many-things-work.html>.

Safety

The Bowen Technique is considered safe for all ages from babies to older people, as the treatment involves gentle pressure using the fingers and thumbs. There are a number of short term side effects such as headaches and tiredness but many therapists believe this is a result of the body rebalancing itself. Before booking a treatment it is advisable to check the therapist is registered with a professional body as Bowen therapists are not regulated in the UK.



Further detail is available at the following websites:

<http://www.therapy-directory.org.uk/articles/bowen-therapy>

<http://www.dralisonmerrick.co.uk/bowen-technique/>

<http://www.norfolkbowentherapy.co.uk/faq/>.



Homeopathy

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Homeopathy treatment involves an individual taking a pill, tincture or capsule containing a highly diluted substance consisting mainly of plants and minerals, which is claimed to help the body heal. It is based on the principle that a small amount of a substance will cure the symptoms that result if a person takes a large amount of the same substance (known as 'treating like with like' or 'like cures like').

History

Homeopathy can be traced back to Hippocrates but Samuel Hahnemann, a German physician, developed the therapy and Dr. Frederick Harvey Foster Quinn introduced it to the UK.

Further detail on the history of homeopathy can be accessed on the following websites:

<http://www.britishhomeopathic.org/what-is-homeopathy/the-history-of-homeopathy/>

http://www.homeoint.org/morrell/articles/pm_brita.htm

<http://www.oxford-homeopathy.org.uk/homeopathy-origins-history.htm>.

The You Tube video 'A History of Homeopathy' also provides information on the history of the therapy.

Description

During the first appointment the homeopath will spend time gathering information about the service user, for example on health issues, lifestyle, diet, sleeping patterns, general health and well-being (including emotional well-being) and any symptoms. Based on this information the homeopath will prescribe a homeopathic remedy such as pills or a tincture.

The websites below provide more detail on what happens during a homeopathic session:

<http://www.nhs.uk/Conditions/Homeopathy/Pages/Introduction.aspx>

<http://www.homeopathyforhealth.org.uk/phdi/p1.nsf/supppages/1579?opendocument&part=2> (a typical session section)

<http://www.the-self-centre.co.uk/therapies-at-the-self-centre/homeopathy>.



The animation 'The Snooks: What Happens When You Visit A Homeopath' available at <https://www.youtube.com/watch?v=kirfmCIVB-g&index=2&list=PL2MYW3oWMFWmw6vmzAgiEVhHj3Y9fiaY0> outlines the initial visit to a homeopath.

Uses

Homeopathy has extensive uses and may be effective in treating conditions such as asthma, hay fever, arthritis, depression, stress and high blood pressure.

A range of uses is outlined in the websites below:

<http://www.nhs.uk/conditions/homeopathy/pages/introduction.aspx>

<http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/therapies/homeopathy>

Case studies highlighting the successful treatment of eczema, endometriosis, and rheumatoid arthritis and thyroid problems can be read at

<http://www.britishhomeopathic.org/what-is-homeopathy/case-studies/>

Activity

Visit the website <http://www.nhs.uk/conditions/homeopathy/pages/introduction.aspx> and draw up a table on ten common homeopathic medicines and their uses.

Safety

Homeopathy is considered to be a safe therapy for all ages, with limited side effects. As anyone can practice as a homeopath it is advisable to check the practitioner is registered with an organisation such as the British Homeopathic Association or The Society of Homeopaths.

Further detail on safety aspects is available on the following websites:

<http://www.nhs.uk/conditions/homeopathy/pages/introduction.aspx>

<http://www.britishhomeopathic.org/what-is-homeopathy/is-homeopathy-safe/>



Chiropractic

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Chiropractic is derived from the Greek word meaning to perform with hands. Chiropractic focuses on disorders of the musculoskeletal and nervous systems and the effects of these on health and well-being.

History

There is evidence of spinal manipulation dating back several thousands of years but a Canadian, Daniel David Palmer first practised chiropractic in 1895 and in 1897 he founded The Palmer School of Chiropractic in Iowa. The therapy has been used in the UK since 1908.

More detail on the history of the therapy is available by accessing the following websites:

http://www.chiropractors.org.uk/index.php?option=com_content&view=article&id=3&Itemid=25

<http://www.discoverchiropractic.co.uk/what-is-chiropractic/history/>

<http://www.nhs.uk/conditions/chiropractic/Pages/Introduction.aspx>

<http://www.amershamchiropractic.co.uk/about-chiropractic/a-brief-history-of-chiropractic>

The You Tube video 'Waterford's Top Chiropractor – Chiropractic History-Waterford Chiropractic' available at <https://www.youtube.com/watch?v=szzSXEAg24s> illustrates the history of the therapy.

Description

During the first visit to a chiropractor a medical history, results of a physical examination and general information about the service user's health and well-being are recorded. Following this a treatment, during which the chiropractor's hands manipulate the service user's spine, takes place.

The following websites following provide more detail on the treatment:

<http://www.nhs.uk/Conditions/chiropractic/Pages/Whathappens.aspx>

<http://www.nsmi.org.uk/articles/chiropractic/see-chiropractor.html>

<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/c/article/chiropractic/>

<http://www.netdoctor.co.uk/conditions/aches-and-pains/a2856/chiropractic/>



The You Tube video, 'Chiropractic Adjustment for Neck, Back and Headaches, Demo by Austin Chiropractor' available at <https://www.youtube.com/watch?v=6LuXDbNxV7M> and a clip on <http://www.chiropractic-uk.co.uk/About-About-Chiropractic-3-mi.aspx> demonstrate aspects of the treatment.

Uses

Chiropractic is used mainly in the treatment of pain, for example of the back, knee, shoulder or neck. It can be used in the management other conditions, such as asthma.

Further information on the uses of chiropractic can be accessed on the following websites:

<http://www.nhs.uk/Conditions/chiropractic/Pages/Commonuses.aspx>

<http://www.capitalchiropractic.co.uk/chiropractic/>

<http://www.durhamchiropractic.co.uk/can-chiropractic-help.html>

<https://oxfordchiropractic.co.uk/chiropractic/what-we-treat>.

Activity

Visit the website <http://www.durhamchiropractic.co.uk/success-stories.html> and read the stories of service users who found chiropractic an effective treatment.

Safety

One very important aspect of safety is that the chiropractor is registered with the General Chiropractic Council. Some service users may experience side effects such as tiredness, pain and discomfort and the therapy may not be suitable for everyone.

Detailed information is available at:

<http://www.durhamchiropractic.co.uk/success-stories.html>

<https://www.theguardian.com/science/blog/2012/apr/27/chiropractic-manipulation-spine-strokes>

<https://www.bupa.co.uk/health-information/Directory/C/chiropractic>

<http://www.theguardian.com/lifeandstyle/2012/may/14/dangers-chiropractic-treatment-under-reported>

<http://www.nhs.uk/Conditions/chiropractic/Pages/Safetyandregulation.aspx>.



Alexander Technique

The Alexander Technique teaches an individual self-development skills to help them identify and change poor habits related to poor posture which may be causing pain and discomfort, for example back or neck pain.

History

Frederick Matthias Alexander, an Australian actor who experienced problems with his voice developed this technique. He was born in 1869, moved to England in 1904 and started training others to teach the technique in 1931.

The following websites provide more detail on the history of the technique:

<http://www.alexandertechnique.co.uk/alexander-technique/history>

<http://www.alexandertechnique.com/fma.htm>

<http://www.alexandertrust.org.uk/>.

Description

A service user will attend a number of classes taken by a teacher trained in the Alexander Technique. In these classes the service user will be given guidance and hands-on demonstrations on how to carry out simple everyday activities like sitting, standing, walking and bending without causing stress and tension to the body.

The You Tube video clips 'Sitting, Standing, Walking and Bending' available at:

<https://www.youtube.com/watch?v=56LWq6teIh8>

'Introduction to the Alexander Technique' available at

<https://www.youtube.com/watch?v=-IoFyr-PSNM> demonstrate the technique.

The following websites also provide detailed descriptions of the technique:

<http://www.alextechedin.co.uk/what-happens-in-a-lesson>

<http://www.alexandertechniquehove.org.uk/alexander-technique-brighton/alexander-technique-lessons/>

Uses

The Alexander Technique is used to assist in the management of a range of conditions ranging from stress to Parkinson's disease to back pain.

The websites below give details on the uses of the technique:

<http://www.nhs.uk/conditions/alexander-technique/Pages/Introduction.aspx>

<http://www.alexandertechnique.co.uk/benefits>

<http://www.alexandertechniqueoxford.co.uk/qualifications.html>.

Activity

Read the stories of service users who have found the Alexander Technique useful at

<http://www.trishwade.co.uk/Testimonials.html> and <http://www.alexandertechnique.co.uk/testimonials>.



Safety

The Alexander Technique is safe for most service users. One important aspect is that the teacher is experienced, qualified and registered with one of the main organisations for teachers of the technique. Further details on the safety aspects of the technique are available on <http://www.nhs.uk/conditions/alexander-technique/Pages/Introduction.aspx>.



Management and treatment of medical conditions

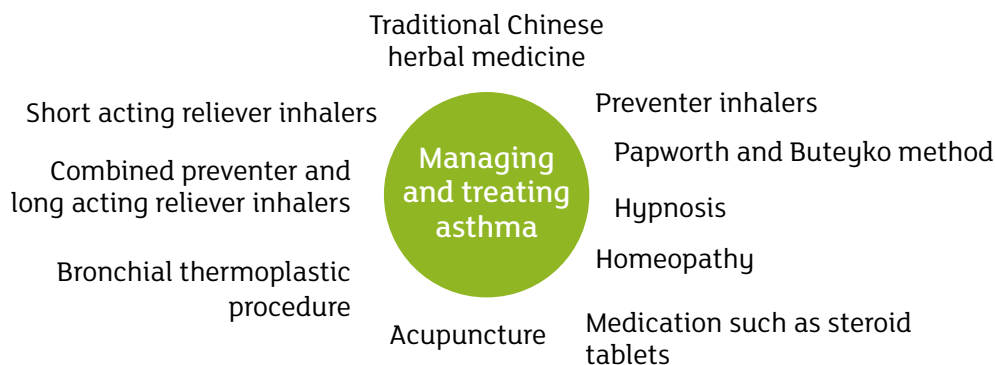
Use of medical approaches and holistic therapies

There are a range of treatments available to treat and manage medical conditions. Medical approaches are the most common form of treatment. Examples include medication which may be prescribed by a doctor and dispensed by a pharmacy or over the counter medication which can be purchased in pharmacies, supermarkets, and garages or bought over the internet. Surgery is another medical approach which can be performed in hospitals run by The Health and social care trusts or in private clinics. Other options include physiotherapy, occupational therapy or speech and language therapy. An increasing number of people are now trying holistic therapies to manage their medical condition or to relieve the side effects of drugs or other treatments.

Asthma



Asthma is a chronic lung disease which causes the airways to narrow which results in a tightening of the chest, a shortness of breath, coughing and wheezing. One of the most common treatments for asthma is the use of inhalers containing prescribed medicines. A more recent treatment for asthma is bronchial thermoplasty and many asthma sufferers use holistic therapies to manage the condition. The illustration below outlines the range of available treatments.





Detailed information is available on the following websites;

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments>

<http://www.nhs.uk/Conditions/Asthma/Pages/Treatment.aspx>

<http://www.bupa.co.uk/health-information/directory/a/asthma-medicines>

<http://saltcave.co.uk/adults/asthma.html?gclid=CNvihf-62ckCFQHkwgodGsoNfw>

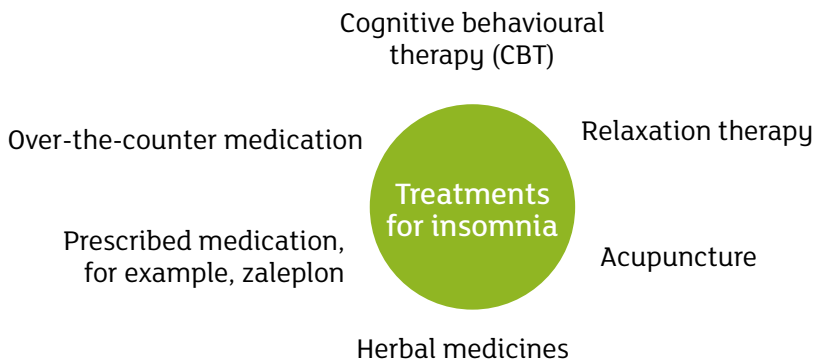
Activity

Jason, aged 4, has recently been diagnosed with asthma. He has been given a reliever inhaler, a preventer inhaler and a spacer. His mother is unsure of what each is used for. Discuss what you would tell Jason's mother about their use.

Insomnia

Insomnia is a common problem where a person has trouble falling and staying asleep. A range of medicines both over the counter and prescribed are available and holistic therapies may be beneficial.

The diagram below identifies a range of treatments available.



More detail on these treatments is available on;

<http://www.nhs.uk/Conditions/Insomnia/Pages/Treatment.aspx>

<http://www.bupa.co.uk/health-information/directory/i/insomnia>

<https://sleepstation.org.uk/>

<http://news.bbc.co.uk/1/hi/magazine/8220088.stm>

<http://patient.info/doctor/insomnia>

<http://www.mayoclinic.org/diseases-conditions/insomnia/basics/treatment/con-20024293>

Activity

John has had difficulty falling asleep in recent weeks and has decided to buy some over the counter medication. Explain to John the medication that may be available in his local pharmacy.



High Blood Pressure



High blood pressure is also known as hypertension and is a condition when there is too much pressure in the blood vessels pumping blood around the body. If untreated it can result in serious conditions such as a stroke or heart disease. The main treatment is prescribed medication. Information is available on the following websites.

<https://www.nice.org.uk/guidance/cg127/ifp/chapter/treating-high-blood-pressure-with-drugs>

<http://www.britishhomeopathic.org/bha-charity/how-we-can-help/conditions-a-z/high-blood-pressure/>

[http://www.nhs.uk/Conditions/Blood-pressure-\(high\)/Pages/Treatment.aspx](http://www.nhs.uk/Conditions/Blood-pressure-(high)/Pages/Treatment.aspx)

<http://www.bloodpressureuk.org/BloodPressureandyou/Medicines>

<http://www.bupa.co.uk/health-information/directory/h/hypertension>



Arthritis

This is a condition causing inflammation and pain in the joints which cannot be cured but prescribed medication can ease the pain and slow down its progression. Watch Paul's story on <http://www.nhs.uk/Conditions/Arthritis/Pages/Introduction.aspx>. A range of treatments are used in the management of arthritis, for example:

- Prescribed medication
- Surgical procedures
- Hot/cold packs
- Physiotherapy
- Occupational therapy
- Assistive devices
- Hydrotherapy
- TENS
- Holistic therapies

Further information is available on the following websites,

<https://www.arthritisresearchuk.org/arthritis-information/complementary-and-alternative-medicines.aspx>

<http://www.nhs.uk/Conditions/Arthritis/Pages/Introduction.aspx>

<http://www.arthritisresearchuk.org/arthritis-information/conditions/arthritis/treatments.aspx>.

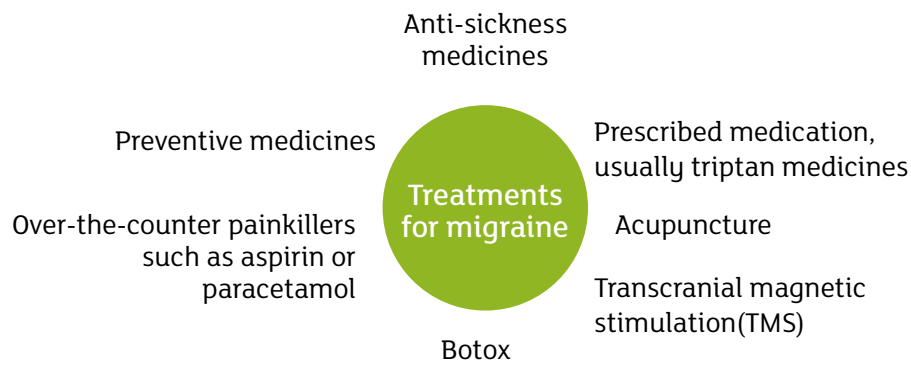
Activity

Eva has suffered from arthritis for several years and is in considerable pain. She would like to try holistic therapies to help manage her condition. What holistic therapies would you recommend to Eva?



Migraine

Many people experience migraines which are severe headaches often with other symptoms such as vomiting, nausea and sensitivity to light. Watch Debbie's story on <http://www.nhs.uk/Conditions/Migraine/Pages/Treatment.aspx>.



Detailed information on the range of treatments is available on:

<http://www.bupa.co.uk/health-information/directory/m/migraine>

<http://patient.info/health/migraine-leaflet>

<http://www.migrainetrust.org/treatment>

<http://www.migraine.org.uk/information/treatments-and-therapies/complementary-treatments/#complementary>.

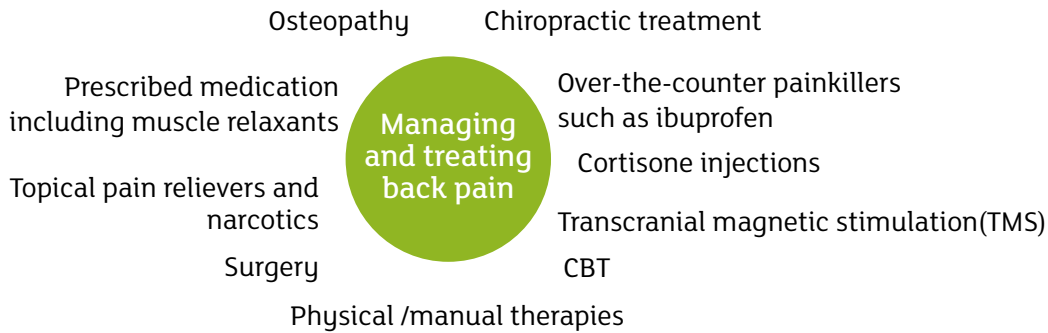
Activity

Emma suffers from migraines. What advice would you give her on over the counter medicines?



Back Pain

Back pain is a very common condition, especially lower back pain. About one in three people experience back pain and it one of the main reasons for absence from work. Read Anne's story on <http://www.nhs.uk/Conditions/Back-pain/Pages/Annes-story.aspx>.



Further information is available is on the websites below:

<http://www.bupa.co.uk/health-information/directory/b/back-pain>

<http://www.nhs.uk/conditions/back-pain/pages/treatment.aspx>

<http://www.nhsdirect.wales.nhs.uk/encyclopaedia/b/article/backpain/>

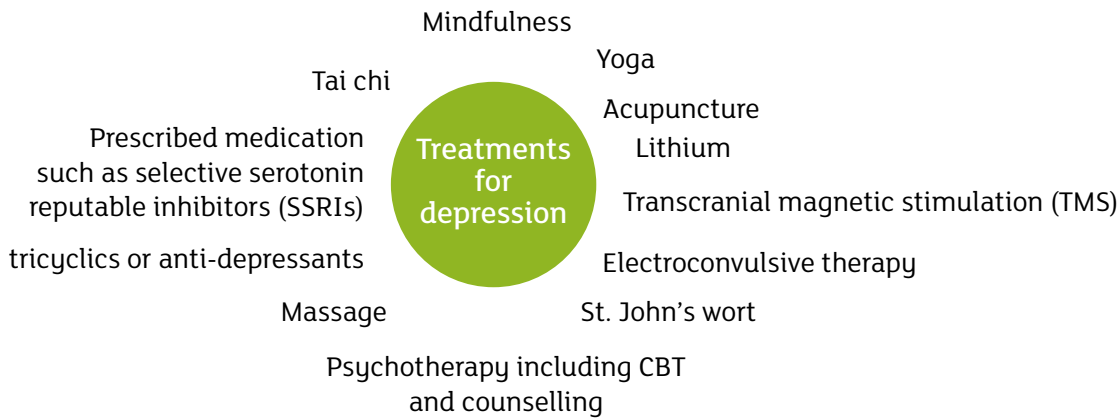
Activity

Majd has been suffering back pain for a period of time and has been referred to a consultant as his GP thinks he may require surgery. Outline the types of surgery available for back pain.



Depression

Depression, a mental health problem which affects about one in six people in the UK. It can be mild, moderate or severe and the treatments offered differ according to the diagnosis. Watch Vanessa's story on <http://www.nhs.uk/Conditions/Depression/Pages/Vanessastory.aspx>.



Detail on the range of treatments is available on these websites.

<https://www.nice.org.uk/guidance/cg90/ifp/chapter/treatments-for-moderate-or-severe-depression>

<https://www.bupa.co.uk/health-information/Directory/D/depression>

<http://www.nhs.uk/Conditions/Depression/Pages/Treatment.aspx>

https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/treatment/#.Wdzi_ORhhzI

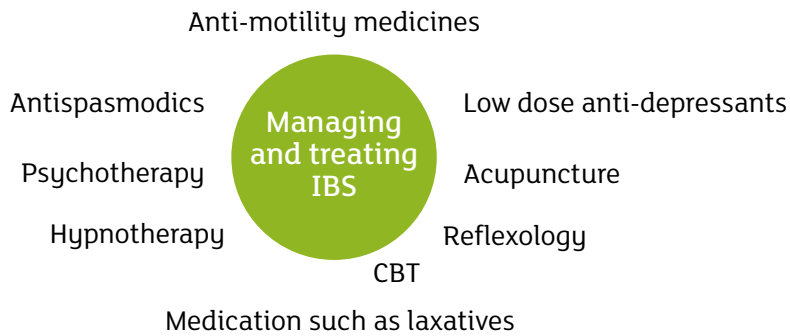
Activity

Produce a leaflet on prescribed medicines that may be used in the treatment of depression.



Irritable bowel syndrome (IBS)

Irritable bowel syndrome causes bloating, cramps, diarrhoea and constipation. It is a disorder of the digestive system, and can develop at any age. Read Ansar and Geoff's story on <http://www.nhs.uk/Conditions/Irritable-bowel-syndrome/Pages/Realstoriespage.aspx>.



The following websites provide detailed information on available treatments:

<http://patient.info/health/irritable-bowel-syndrome-leaflet#nav-4>

<http://www.nhs.uk/Conditions/Irritable-bowel-syndrome/Pages/Treatment.aspx>



Cost, availability, duration and side effects of treatments.

Cost

The cost of treatments varies. Currently in Northern Ireland there is no charge for medicines prescribed by GPs or other medical practitioners within the health and social care trusts, meaning prescribed medication is free for service users. Over the counter medicines vary in cost as they may be available from a wide range of outlets, for example, pharmacies, on line or supermarkets. Price also varies between well-known brand names and pharmacies own brand. Some over the counter medicines are now available in £ stores.

Surgery such as a hip replacement is free when provided under the health and social care trusts. However considerable cost is involved when the surgery is performed in a clinic in the private sector (a hip replacement can cost up to £15,000). Physiotherapy is also free when provide by the trusts but the treatment is also widely available in the private sector and cost varies depending on location and the treatment required. The average cost per session is £40-60 and a number of sessions may be required.

Talking therapies such as Cognitive Behaviour Therapy (CBT) are free when provided by the health and social care trusts but availability varies and there may be long waiting lists. These therapies may be available at no cost through voluntary organisations supporting service users with mental health problems. Availability of this treatment is increasing in the private sector and the cost of a session varies from £40-100 and a number of sessions will be required.

The cost of holistic therapies varies. Some therapies, for example acupuncture may be available through the health and social care trusts at no cost to the service user but availability is very limited. The average price of a session of reflexology or acupuncture is £40 but again this varies. The cost of herbal medicines and aromatherapy oils also varies depending on where they are purchased.

Availability

Prescribed medicines for most conditions are readily available following an appointment the service user's GP who will write up the prescription which can be taken to a pharmacy and the medicine will be dispensed. Most towns have at least one pharmacy but service users who live in rural areas or small villages may have to travel to their nearest health centre or pharmacy. Some more expensive drugs for the treatment of, for example, Multiple sclerosis or cancer may not be available in every health and social care trust area due to the cost involved. This is known as 'postcode lottery' and the service user may not be able to obtain the medicines due to the area in which they live. Over the counter medicines are widely available especially to service users who live in towns and cities.

Currently there are issues with the availability of surgery for non-emergency conditions such as treatment for arthritis. This is due to a number of reasons such as lack of funding, increasing demand and staff shortages. As a result service users are waiting a considerable time for surgery. The number of private clinics offering surgery is increasing in Northern Ireland, but these are situated mainly in Belfast. As a result service users who can afford to pay can have surgery within a short period of time.

As stated above the availability of talking therapies varies. There are usually waiting lists in both the voluntary sector and in the health and Social Trusts but treatment can be accessed more quickly in the private sector. The number of practitioners offering these therapies is



increasing but they are located mainly in large towns and cities.

The availability of holistic therapies within the private sector has increased rapidly in recent years. Most towns now have at least one salon offering a range of the more common therapies such as reflexology or aromatherapy. A number of hotels now have spas offering holistic therapies. A number of voluntary sector organisations also offer holistic therapies to their service users but availability is limited within the health and social care trusts. The availability of therapies such as the Alexander Technique, Bowen Technique or kinesiology varies.

Duration

Duration refers to the length of time a person needs to take the required treatment or medication and it varies with the medical condition. Some treatments may be short term, for example, medicines for migraines as the individual takes the prescribed dose until the pain has ceased. Other treatments may be long term such as the treatments for cancer, arthritis or back pain. A number of sessions of chemotherapy may be required for cancer and this may consist of one session a month for a period of time. Medicines for back pain and arthritis may also be taken for a period of time, perhaps weeks or months until the condition is under control. Some treatments may be lifelong such as prescribed medicines for high blood pressure which means the individual needs to take the medication to keep their blood pressure under control.

Surgery is usually a short term treatment. If the surgery is successful then the medical condition should be cured and no further treatment may be required. One session of a holistic therapy such as reflexology can last for approximately an hour but several sessions may be required and some individuals may decide to have a monthly treatment for a period of time to manage the medical condition or prevent it recurring.

Side effects

Side effects refer to the unpleasant or unwanted effects of a medical treatment or medicines. The side effects vary with the treatment and not everyone experiences them. Details of the possible side effects of over the counter and prescribed medicines are usually included in the information leaflet supplied with the medication. For example, the potential side effects of Paracodol, an over the counter medicine for pain relief include constipation and skin rashes. Some potential side effects of Statins, a group of drugs used to lower cholesterol levels in the blood are headaches, a sore throat, nosebleeds, muscle and joint pain and problems with the digestive system (for example, constipation or diarrhoea). The side effects of other treatments may be more persistent and severe. Consider the side effects of chemotherapy used to treat cancer which include hair loss, extreme fatigue, bruising and bleeding, anaemia, nausea and vomiting, increased risk of infection and loss of appetite. Holistic therapies also have potential side effects. Examples of the side effects of acupuncture include feeling dizzy, sick, or drowsy, pain or bruising where the needles were inserted.



Evidence on using holistic therapies

Trends in the using of holistic therapies

A trend is the general direction in which something is changing or developing, so how is the use of holistic therapies changing or developing? There have been several developments in the use of holistic therapies such as;

- The number of people who are using holistic therapies to improve health and well-being or in the management of a medical condition has and continues to increase. Statistics illustrating this trend are available on <https://www.allergyuk.org/the-management-of-allergy/complementary-and-alternative-therapies>
<http://www.telegraph.co.uk/news/health/alternative-medicine/3355120/Complementary-medicine-seeking-out-alternatives.html>
<http://www.ark.ac.uk/publications/updates/update50.pdf>
- The availability of holistic therapies has increased in recent years, for example, the number of beauty salons and hotels offering treatments and the choice of herbal medicines in pharmacies, health stores, and supermarkets and on line.
- The range of holistic therapies available is increasing with therapies such as the Alexander Technique colour, bright light and crystal therapy becoming available.

Activity

Investigate the availability and range of holistic therapies in your local area.

- The use of holistic therapies to treat/manage a range of medical conditions is a significant development. They may be used where medication have not been successful or used to ease the side effects of traditional treatments. Holistic therapies may be used to treat/ manage a wide range of conditions which were traditionally treated using the medical approach and the following website illustrates this trend <http://www.nhs.uk/Conditions/Pages/hub.aspx>.

Activity

Take part in a class discussion on the uses of the four holistic therapies you described when completing assessment task A.

- The use of holistic therapies in settings such as hospices, care homes for the elderly, maternity units, schools for children with emotional and behavioural problems and some hospitals is developing. This development is supported by evidence of five NHS homeopathic hospitals in the UK.

Activity

Investigate the availability of holistic therapies in care settings in your local area.

- The recognition by GPs that holistic therapies may be effective in the treatment of some conditions. Traditionally GPs would have considered medical approaches to be the only suitable treatment. This trend which has merged in the past ten years is highlighted on <http://positivenews.org.uk/2013/wellbeing/health/11981/gp-practices-increasing-access-complementary-therapies/> and <http://www.netdoctor.co.uk/healthy-living/a3053/gps-using-complementary-and-alternative-therapies/>.



Activity

Contact health centres in your area and find out if they offer holistic therapies or refer their patients to holistic practitioners.

The effectiveness of holistic therapies

It difficult to assess the effectiveness of holistic therapies as valid evidence depends on the results of clinical trials and fair tests which are expensive to carry out. Overall there is a lack of evidence on the effectiveness of holistic therapies. Many medical practitioners believe that the improvement a service user may feel after having a holistic therapy treatment is due to the placebo effect. This is the power of the mind to influence the body, for example an individual has had several sessions of acupuncture for back pain which has eased. It is difficult to determine if the acupuncture actually eased the pain or if it was the power of the mind to influence the body-the service user expected the acupuncture to cure the pain and it did. More detail on the placebo effect is available on <http://www.nhs.uk/Livewell/complementary-alternative-medicine/Pages/placebo-effect.aspx>.

Information on the effectiveness of holistic therapies may be obtained by undertaking primary research, for example interviewing service users who have used holistic therapies to treat a medical condition. Another useful primary source is practitioners who give holistic treatments.

Secondary sources include media articles, research reports journals and outcome studies. A useful starting point for research is the NHS website on <http://www.nhs.uk/Livewell/complementary-alternative-medicine/Pages/what-is-scientific-evidence.aspx> and the Bupa website <https://www.bupa.co.uk/health-information/Directory/C/complementary-therapies>. On the NHS website under the heading Health A-Z information can be assessed on the effectiveness of some holistic therapies. Visit the section Does it Work? For example read about the effectiveness of acupuncture on <http://www.nhs.uk/conditions/Acupuncture/Pages/Introduction.aspx>.

Other information on the effectiveness can be obtained by undertaking a search, for example 'does homeopathy work'. The search may reveal several sources including media articles which should be read and considered carefully. Visit <http://www.britishhomeopathic.org/how-does-homeopathy-work/> and click on evidence. This section provides research reports on the effectiveness of homeopathy in treating several medical conditions. An internet search on 'research reports into the effectiveness of complementary or holistic therapies' will also provide a range of sources, but time must be taken to read and select the most reliable.