

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM): PATIENTS RECEIVING PAIN MANAGEMENT OR PALLIATIVE CARE - CHW

PRACTICE GUIDELINE[®]

DOCUMENT SUMMARY/KEY POINTS

- The use of Complementary and Alternative Medicine and therapies (CAM) has become more popular and prevalent in today's society. More than 60% of Australians have sought a complementary therapy (CAM) at some time¹.
- CAM can be used successfully and safely.
- Staff from the Department of Pain Medicine or Palliative Care who offer CAM therapies at CHW must meet the relevant training and accreditation requirements, and have provided proof of their qualifications and accreditation/registration to their Department Head prior to commencing practice.
- When a CAM therapy is proposed, the practitioner must gain informed consent from the child's parents/carers as well as inform the primary treating medical team of the proposed CAM intervention. The treatment must be documented in the patient's medical record.
- To be read in conjunction with **Complementary and Alternative Medicine (CAM) Use at SCHN Policy**: <http://webapps.schn.health.nsw.gov.au/epolicy/policy/2461>

This document reflects what is currently regarded as safe practice. However, as in any clinical situation, there may be factors which cannot be covered by a single set of guidelines. This document does not replace the need for the application of clinical judgement to each individual presentation.

Approved by:	SCHN Policy, Procedure and Guideline Committee	
Date Effective:	1 st November 2015	Review Period: 3 years
Team Leader:	Quality Manager	Area/Dept: Pain Management Unit CHW

<h2>CHANGE SUMMARY</h2>
<ul style="list-style-type: none"> • Updated references throughout document for CHW Department of Pain Medicine and Palliative Care Service (CHW site) • Reviewed to make it consistent with the SCHN policy on Complementary and Alternative Medicine (CAM). The terminology has been updated to be consistent, and links to relevant SCHN policy.

<h2>READ ACKNOWLEDGEMENT</h2>
<ul style="list-style-type: none"> • Staff in the CHW Department of Pain Medicine or Palliative Care Service (CHW site) who provide complementary therapy to children within the service are to read and acknowledge they understand the contents of this guideline.

TABLE OF CONTENTS

1	Introduction.....	3
2	Definitions.....	3
	<i>Acupuncture</i>	<i>3</i>
	<i>Hypnotherapy</i>	<i>3</i>
	<i>Massage.....</i>	<i>3</i>
3	Providers of CAM-therapies.....	4
4	Accreditation of Practitioners.....	4
5	Documentation.....	4
6	Referrals for CAM-therapies	4
7	Consent	4
8	Provision of services.....	5
9	Outcome Measures.....	5
	<i>Management of Clinical Incidents and Complaints.....</i>	<i>5</i>
10	References	5

1 Introduction

The use of Complementary and Alternative Medicines and therapies (CAM) is becoming more popular in Australian societies and many families seek these therapies solely or as an adjunct to Western Medical treatments. There are many types of CAM therapies available. Some of the more popular therapies include Chinese herbal medicine, aromatherapy, naturopathy, massage, acupuncture, hypnosis and meditation.

The NSW Department of Health recognises the demand by the public to use CAMs and is developing a paper regarding the regulation of complementary health practitioners in NSW (NSW Health Discussion paper, 2002)¹.

2 Definitions

'Complementary health' refers to a collection of therapeutic substances and techniques based on theory and explanatory mechanisms that are not consistent with western clinical model of medicine. This guideline has been developed to support the therapeutic practices of **acupuncture, hypnotherapy and massage** delivered by The Department of Pain Medicine and/or the Palliative Care Service at CHW.

Acupuncture

Acupuncture is part of traditional Chinese medicine and involves the stimulation of specific points on the skin, usually but not always, by the painless insertion of needles into the skin. The aim is to bring about healing by balancing the body's 'qi' energy which flows along the body's meridians.

Hypnotherapy

Hypnosis is a non-invasive technique which can bring about positive change and can be used to treat a variety of conditions including pain complaints, insomnia, anxieties and stress. It can also aid in the breaking of unwanted habits like smoking and nail biting.

Clinical hypnosis is the induction of a dreamlike state or trance by the therapist then the reinforcement of positive suggestions to the client.

People can only be hypnotised if they are a willing participant in the process and will only accept suggestions which are acceptable to them on a subconscious level.

Massage

Massage therapy includes the manipulation and soothing of the soft tissue of the whole body to bring about relaxation and general improvement in health. It can be used to treat pain conditions and muscular pain, insomnia, stress and anxiety, constipation and high blood pressure.

Deep massage can bring about feelings of calm and general wellbeing as the use of massage prompts the release of natural endorphins. Stress can be reduced as levels of stress hormones are reduced.

Types of massage include baby massage, aromatherapy, deep tissue massage, therapeutic or Swedish massage and remedial massage.

3 Providers of CAM-therapies

The Children's Hospital at Westmead employs fully qualified medical, nursing and allied health staff who are also accredited and registered to practice different CAM therapies.

4 Accreditation of Practitioners

Health Service employees who practice CAM therapies must maintain yearly accreditation with their governing body/association to maintain registration to practice the therapy.

Each practitioner must ensure they maintain the standards set out by their association's 'Code of Conduct' to be able to practice including a minimum number of clinical supervision hours (where applicable) and keep informed of current practices by reading journals and attending seminars and further education forums.

Proof of Accreditation or registration (where applicable) must be provided to the Department Head prior to commencing practice of CAM therapies, and provided annually thereafter. If applicable, a practitioner may have a provider number, and this should be available to the manager as well if necessary.

5 Documentation

Practitioners are expected to document all CAM interventions in the patients' electronic medical record. Confidentiality is to be maintained at all times.

Refer to **SCHN Policy – Healthcare Records – Documentation and Management:**

<http://webapps.schn.health.nsw.gov.au/epolicy/policy/3004>

6 Referrals for CAM-therapies

Patients of the Department of Pain Medicine or Palliative Care Service at CHW can be referred for assessment for a CAM therapy intervention by members of Department of Pain Medicine, who are qualified and accredited/registered in a particular CAM.

The patient's primary care team will be notified of the referral to ensure effective communication between teams.

7 Consent

Consent should be gained from the parent/carer or child if under 14 years of age prior to any CAM intervention. This will be documented in the medical record.

8 Provision of services

Services will be provided on a referral basis only (see above). The services may be provided to CHW inpatients in ward areas, and to CHW outpatients in clinic rooms when available. On occasion (particularly for children receiving palliative care services) the CAM-therapy may be provided at the child's home. If services are provided at the child's home, all staff will comply with **SCHN Home and Community Visiting: Risk Management**, which can be found at <http://webapps.schn.health.nsw.gov.au/epolicy/policy/3415>

9 Outcome Measures

The service will be evaluated on an ongoing basis by the use of outcome measures. The data will be collated and reviewed annually.

Management of Clinical Incidents and Complaints

- Clinical incidents and complaints will be managed in accordance with hospital policy. Refer to:
 - **SCHN Patient Complaints Management Policy:**
<http://webapps.schn.health.nsw.gov.au/epolicy/policy/2794>
 - **CHW Patient Complaints Procedure:**
<http://webapps.schn.health.nsw.gov.au/epolicy/policy/4417>
 - **Incident Management Policy:**
<http://webapps.schn.health.nsw.gov.au/epolicy/policy/3795>

10 References

1. NSW Department of Health: Regulation of Complementary Therapies – Discussion Paper (2002).
2. Victorian Department of Health: www.betterhealth.vic.gov.au (Accessed October 2014)

Copyright notice and disclaimer:

The use of this document outside Sydney Children's Hospitals Network (SCHN), or its reproduction in whole or in part, is subject to acknowledgement that it is the property of SCHN. SCHN has done everything practicable to make this document accurate, up-to-date and in accordance with accepted legislation and standards at the date of publication. SCHN is not responsible for consequences arising from the use of this document outside SCHN. A current version of this document is only available electronically from the Hospitals. If this document is printed, it is only valid to the date of printing.