



An update report for The Alfie Gough Trust

Complementary Therapy Programme
2015/2016

Thank you

We are delighted to provide The Alfie Gough Trust with this update report, which has been prepared by Jenni Hallman and includes information and updates on the Complementary Therapy Service that you have so kindly funded.

The Complementary Therapy Service at Great Ormond Street Hospital is now entering its sixth year and the following report details activity and service developments in 2015/16. It also includes a short section on Jenni's work with neuroblastoma patients, as we know this is an area of particular interest for the Trust.

The report also includes some wonderful testimonials from patients, families and staff which we hope demonstrate just how vital the Complementary Therapy Service is.

We would also like to take this opportunity to thank you again for your recent commitment to continue funding Jenni's post from October 2016 and 2017. This is extremely generous and will make such a difference to the patients and their families who benefit from the service.



Service Profile

The service is comprised of a 0.85wte complementary therapy nurse specialist (CTNS), working 31 hours per week over four days. The CTNS provides relaxation and massage (primarily using the “M” technique) on the Great Ormond Street Hospital oncology wards*. Children are seen either at their hospital bed or, if they are well enough and infection free, in the complementary therapy room.

Sessions usually last between 20 minutes to over an hour depending on the needs of the child and family. Some children and their families use the opportunity to talk about their treatment whereas for others it is a time for quiet and relaxation. Some parents take the opportunity of their child having a massage session to go take time off the ward and other families arrange their sessions around other key events like physiotherapy so as to relax afterwards.

The CTNS fulfils 0.15wte clinical shifts per month on Elephant Ward totalling 23 clinical hours worked over two shifts.

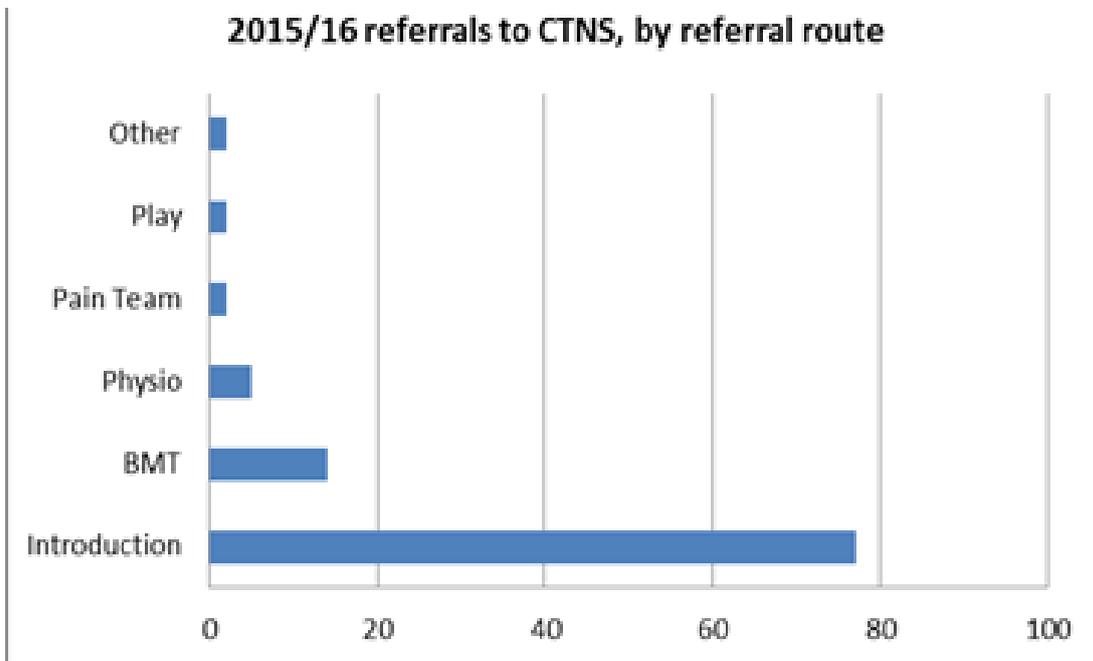


Above: ceiling of the complementary therapy room

*The “M” technique is a structured, gentle form of massage created by Dr Jane Buckle, which is suitable for fragile and critically unwell patients.

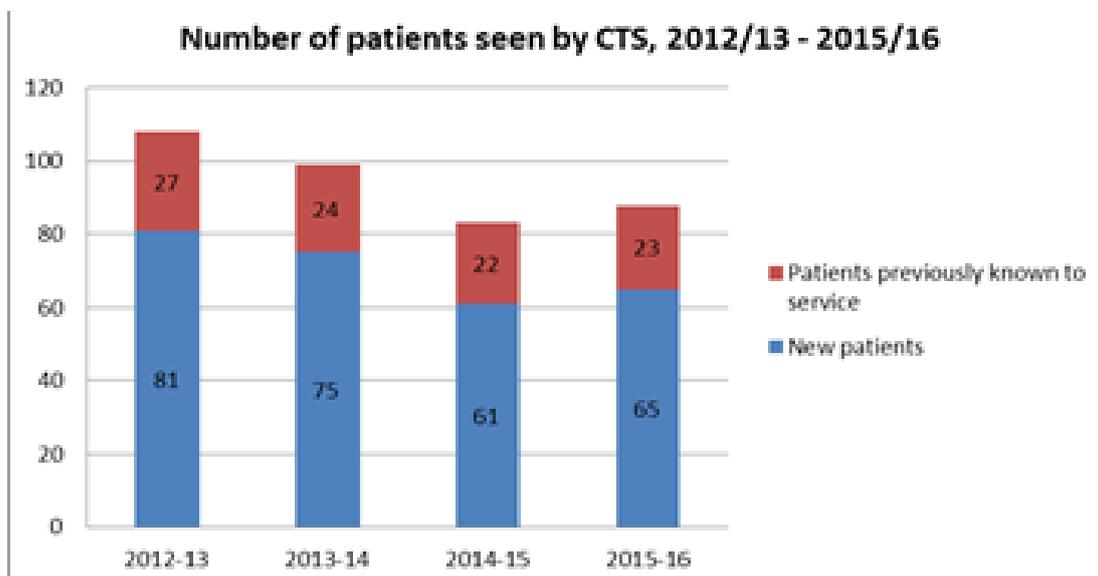
Referrals

The CTNS continues to meet all children and families that are nursed on Lion, Elephant and Giraffe Wards. The service is introduced to families at the time of, or shortly after, admission. Most children are seen as a result of this personal introduction, although a number of referrals are also received from other members of the multi-disciplinary team (MDT) from various areas within the Trust:



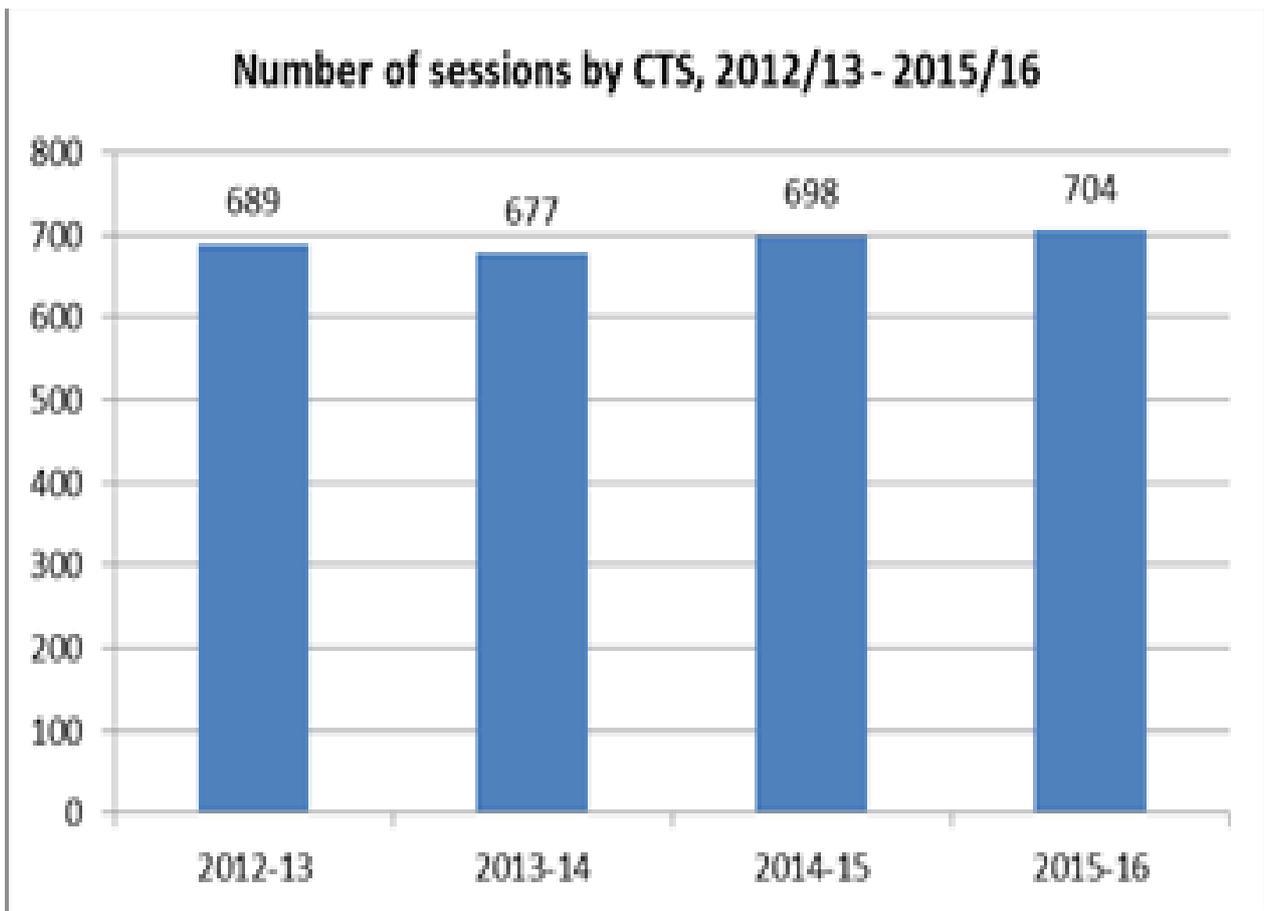
The number of CYP (children/young people) undergoing bone marrow transplants (BMT) that have been referred to the service has increased from three in 2014-2015, to 14 in 2015-2016. These have included eleven CYP from the oncology wards whose treatment has progressed to BMT and three CYP with immunology disorders that have required BMT.

There have been 65 new patients that have accessed the service during this financial year, and 23 patients who were previously known to the service.



Activity

There have been a total of 704 sessions, a similar number to last year. Each patient has received an average of eight sessions during the year, with some CYP receiving as few as three or four, and others over 50, depending on their length of hospital stay and sometimes on their condition.

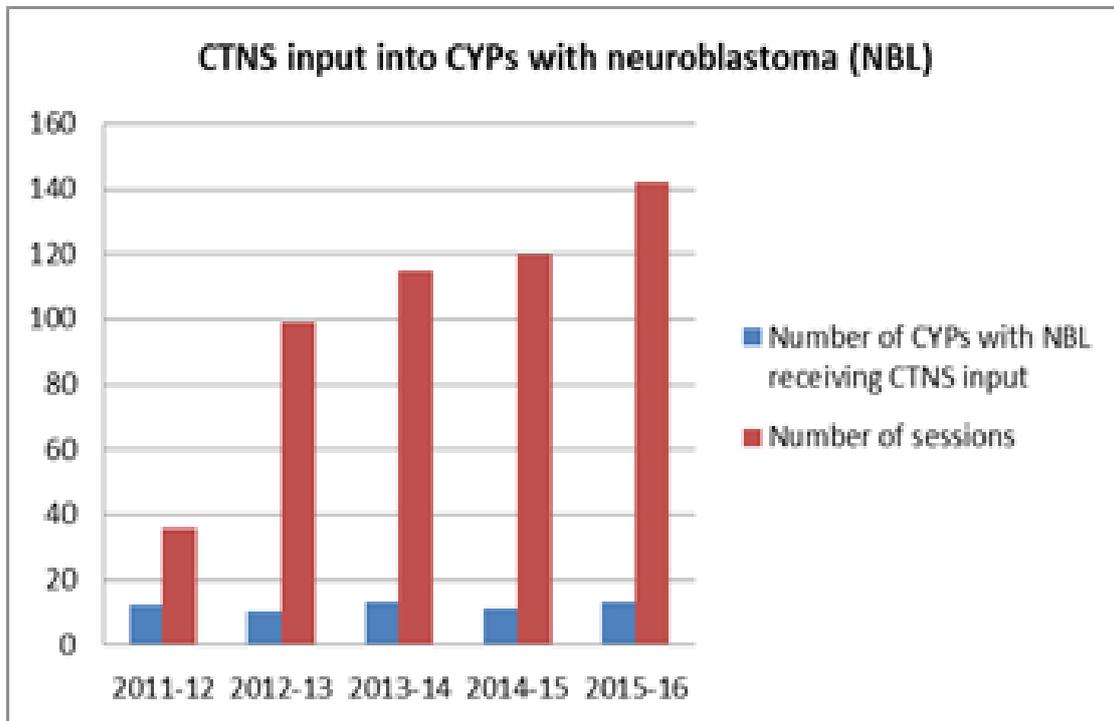


In keeping with previous years, with the exception of 2014-2015, a slightly higher number of boys than girls have accessed the service. From 2015-2016, 47 boys and 42 girls were seen by the CTNS.

Results found last year noted that the length of session had increased, this trend has continued this year due to the complex and increasing needs of the patients; extra time is often required to position patients who have complex needs and ensure their comfort throughout the massage session, the parents of these patients are also often in need of more emotional support which can be offered after the session. For these children and families sessions can last between 60 – 90 minutes. There has also been a slight increase in the number of CYP requiring end of life care that have decided on hospital for their place of care; sessions for palliative patients, especially those who have previously used the service, are understandably longer in duration, in terms of both the massage given and and support provided by the CTNS to the CYP and family.

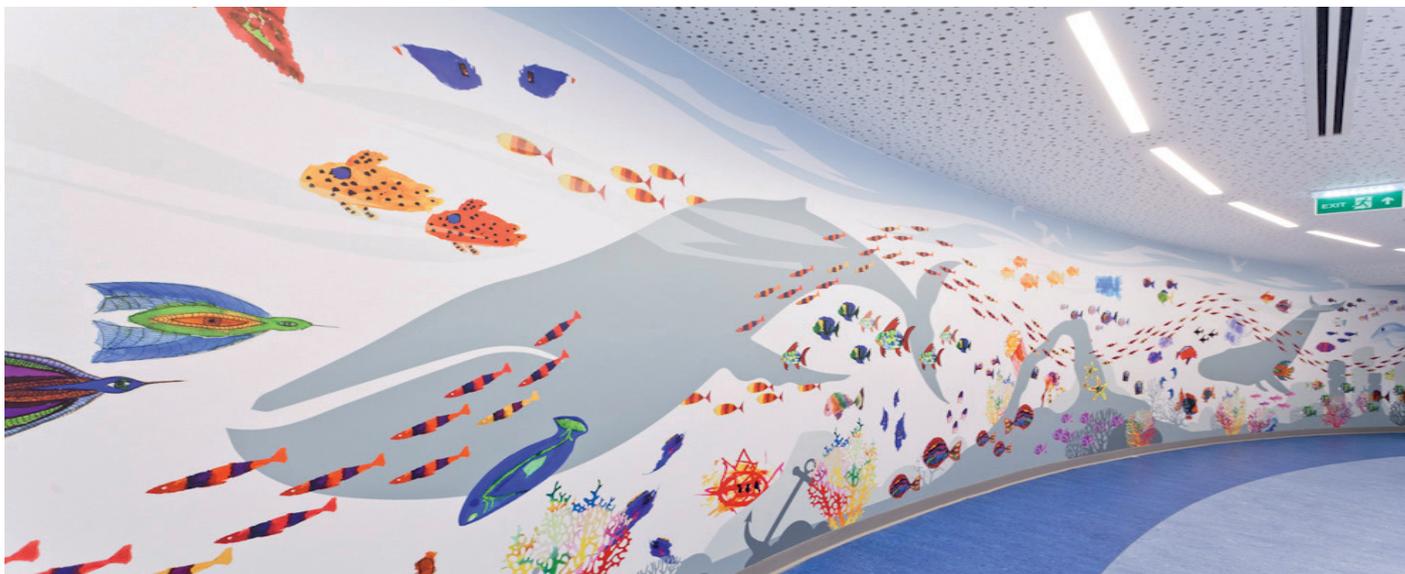
Neuroblastoma

Children with neuroblastoma (NBL), especially those undergoing antibody treatment are often seen on a daily basis due to the side effects they experience which includes peripheral neuropathy. Peripheral neuropathy responds very well to massage and sessions for these children tend to be longer in duration, upwards of 40 minutes and sometimes seen more than once a day. Massage sessions can also be timed to coincide with the daily injections that are required. The table below shows the number of children seen with NBL since the service began in 2011 and the number of sessions they have had in that time.



Volunteers

The CTNS continues to co-ordinate volunteers who provide massage for parents, this currently covers the three oncology wards. Two new volunteers started in March 2016, working Wednesday and Thursday evenings and seeing an average of eight parents each week. The CTNS also works with the hospital volunteer co-ordinator - meeting any volunteers providing complementary therapy for parents throughout the Trust.



Educational activities and staff training

All staff members on the oncology wards are aware of the role of the CTNS. Rotation staff (newly qualified nurses who work for six months on ward before going to another speciality) and new starters are met during their induction period to be informed of the role. Student nurses have the opportunity to spend a few hours with the CTNS during their ward placements. New doctors are informally made aware of the service, although it is recognised that a more formal approach to this may be beneficial.

Teaching

- Oncology Course
- Pain Management Course - 17/11/2015
- An hour long teaching session for student nurses, midwives, occupational and physical therapists and trainee psychologists at Brookes University, Oxford - 16/02/2016
- Relaxation sessions for internal and external candidates on the paediatric palliative care foundation course - 20/11/2015

Research, publications and conferences

Work has begun or continued on the following projects:

Awaiting Publication:

- The CTNS has completed a chapter entitled “Complementary Therapies” for the GOSH nursing manual; this is now with the final editors and publication of the updated version is expected later in 2016 or early 2017.
- “M Technique at Great Ormond Street Hospital”, International Journal of Palliative Nursing. Expected publication late 2016

Presentations:

- “The Experience of Massage in Children When Receiving Cancer Therapies”, presented at the RCN Children and Young People’s Cancer Nurses Community Group Winter Conference.

Service developments

Information sheets for patients and parents

All information sheets and policies have been updated accordingly.

Aroma sticks

Aroma-sticks were introduced by the CTNS in January 2015. These sticks are blended using essential oils by the CTNS and are used for children suffering from anxiety, nausea and sleep disturbances. The sticks are single-patient use only and once blended last approximately three months. Both verbal and written instructions are given to child and family prior to use. A total of 19 children have so far been consented for and used Aroma-sticks, it is felt that this is too few a number to evaluate their usage so this will continue over the next year.

Patient Diaries

A patient diary was piloted for one week on one patient to assess their usability and feasibility of using for a wider population. The aim will be to give patients a diary to complete which will ask set questions in relation to pain, sleep and mood for a period of two weeks. A clinical audit form has been submitted in order to proceed with this idea.

Feedback Cards

Feedback cards have been designed and are given to CYP and families that use the service.

Sticker Charts

Sticker charts are being used with CYP to gain instant feedback with questions asked in relation to pain, sleep and mood before and after a massage session.

Personal development

Clinical supervision continues to take place on a monthly basis between the CTNS and line manager, Julie Bayliss (Nurse Consultant Palliative Care Louis Dundas Centre for Children's Palliative Care). Phone supervision is also available if required from Virginia McGivern, CTNS at Queen Medical Centre and Nottingham Children's Hospital.

Service budget

Consumables are paid for from ward funds and the total expenditure from April 2015 to March 2016 was £320 which is equal to £26 per month.

Outcomes and feedback

There continues to be positive feedback from the children and families who access the service. Many feel that the sessions are something to look forward to and that they help to structure their day. Children have reported that their pain has felt better, they feel happier and that they have slept better. Some comments from patients are included here:

Patient feedback

“Being in hospital makes me feel sad and I miss my family. I have to have injections and chemo and it makes everything hurt. Massage helps me to fall asleep, especially on days when I’m in pain or I can’t get comfy. Sometimes Jen massages me when I am having the injections and that helps to take my mind of them.”

Patient, aged 9

“Makes me feel really relaxed and sleepy. Helps me when my legs hurt. I really like the room, it’s not like being in hospital and I like to smell the creams. Jen always lets me have the left over creams and then I can give my mum and dad massages.”

Patient, aged 7

Parents feedback

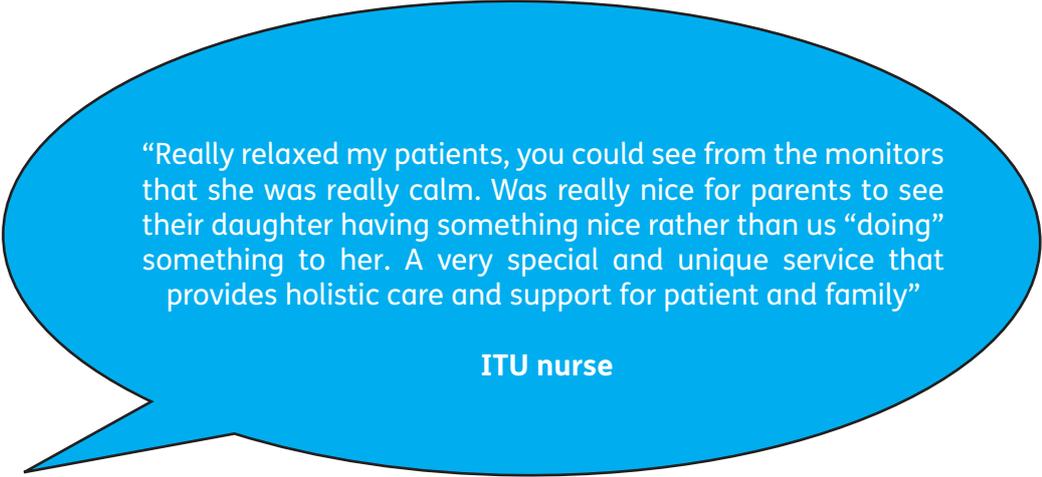
“My daughter really enjoys and looks forward to her massages. They make her feel relaxed and special. She really enjoys going to the room and escaping her hospital bed. It makes her sleep better, makes her feel more positive which is really important. Jen will always spend a few minutes after talking to me and making sure I am OK which is really valuable, and she will always tell me if my daughter has been asking any questions or has any worries so I can look out for things.”

Mum of 5-year-old

“Surpassed my expectations, provided emotional support to me as well as soothing my child. He hadn’t been able to sleep because of pain but fell asleep during the massage and slept for over 2 hours. It was like pressing a reset button. This service is invaluable to children’s oncology.”

Mum of 18 month old

Staff feedback



“Really relaxed my patients, you could see from the monitors that she was really calm. Was really nice for parents to see their daughter having something nice rather than us “doing” something to her. A very special and unique service that provides holistic care and support for patient and family”

ITU nurse

Conclusion

The complementary therapy service continues to grow and there continues to be positive feedback from parents, children and members of the multi-disciplinary team. Massage has become an important part of the inpatient experience for children on the oncology wards and the CTNS is thankful for the ongoing support from The Alfie Gough Trust.



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