



Complementary Therapies and Drug-Free Interventions

Drug-free interventions

There are ways of relieving pain, distress, anxiety, shortness-of-breath and other symptoms that don't involve drugs. You can try these on their own, or along with taking medication.

Complementary Therapies

Complementary therapies can be used alongside your medical treatment. They might be able to help you relax, sleep and manage pain or other symptoms.

Some complementary therapies might not be suitable or safe for you, depending on your health condition and treatment. Speak to your palliative team or doctor if you have any concerns.

Complimentary treatments Franklin Hospice can provide:

TENS

(Transcutaneous Electrical Nerve Stimulation) TENS is a pain therapy technique that uses low-voltage electrical currents applied to the skin with electrodes to alleviate pain.

Muscular-Skeletal Assessment and Treatment:

Similar to osteopathy, this is a manual therapy approach addressing mobility, tension, and enhancing overall well-being.

Massage

We provide techniques such as lymphedema massage and pressure point massage to alleviate symptoms, and promote relaxation.

Reiki

Reiki is a holistic practice that involves channelling energy through the practitioner's hands to promote relaxation, balance, and overall well-being.

Breathing Exercises

Breathing exercises can promote better oxygenation, reduce breathlessness, and enhance overall respiratory function.

Taking Charge Assessment and Body Keeping Score

Our wellbeing coach uses these holistic tools to help individual's progress towards achieving personal goals.

Counselling

Our counsellors offer support and guidance in a non-judgmental space for individuals to address personal challenges and improve mental health.

Cognitive Behavioural Therapy

This treatment focuses on identifying and modifying thoughts and behaviours to promote positive changes in emotions and beliefs.

Acceptance and Commitment Therapy

(ACT) emphasizes accepting present experiences and committing to values-based actions, enhancing psychological flexibility and well-being.



Mindfulness and Thought Diffusion

These techniques can help individuals observe thoughts non-judgmentally, creating distance for clarity and reduced emotional reactivity.

Sleep Hygiene Support

This provides guidance and strategies to improve sleep habits and routines.

Nurturing Touch/Self-Massage

We teach patients or carers self-massage techniques for relaxation, muscle tension reduction, fostering empowerment and self-care at home.

Other alternative therapies patients can look into and source:

- Wheat packs
- Hand-held Fan (helpful for shortness of breath)
- Water therapy
- Music therapy
- Art therapy
- Meditation
- Non-sleep deep rest
- Aromatherapy
- Reflexology
- Hypnotherapy
- Acupuncture
- Pet Therapy

Occupational therapy and physiotherapy

Occupational therapists (OTs) and physiotherapists can help you adjust your home and daily activities to manage your pain. Mobility aids can make moving around less painful. Changing positions regularly or using special cushions can help ease pain too.

Emotional and Spiritual Support

It's normal for people with a terminal illness to feel emotionally or spiritually distressed, whether they're religious or not. Your state of mind can affect the amount of pain and discomfort you feel.

You may find that it helps to talk to a professional. This could be a:

- counsellor
- psychotherapist
- spiritual adviser or faith leader.

