

CAM

Goal: To alleviate pain and unwanted symptoms at the end of life, through the use of nontraditional interventions, in conjunction with traditional medical treatment or when patients refuse traditional medical care.

Therapies

Acupuncture

- Method of stimulating energy channels that run throughout the body to either increase or decrease energy flow.
- Practiced for thousands of years in China and other Asian countries.
- Accomplished through the insertion of tiny needles.
- Manual stimulation, heat, or cold lasers are also used.
- The procedure is normally painless although some bruising and bleeding can occur at the needle sites.
- Horizon uses acupuncture primarily for chronic and acute pain.
- Can also be used for respiratory distress, GI discomfort (nausea, bloating, diarrhea), headache, depression, strokes.

Aromatherapy

- The use of essential oils, placed directly on the skin or through inhalation.
- Promote a sense of well-being, improve mood, promote wound healing, decrease pain, combat depression, control nausea, and improves pain.
- Some oils also have antibacterial and antifungal properties.
- Horizon's aromatherapist makes an assessment visit to patients in their home.
- Normally an aromatherapy spritzer is mixed and left with the patient.
- The spray can be refilled as requested by patient or staff.
- Massage lotion can also be scented for family or staff use.

Expressive Arts

- A multi art approach used in the therapeutic process to relieve suffering
- Promotes reflection, supportive environment, stress relief, pain relief by distraction techniques, and provides for emotional expression.
- Utilizes art, poetry, drawing, painting, clay, journaling

Healing Touch

- An energy based approach that promotes physical, emotional, and spiritual wellbeing.

- Developed in the 1980's by Janet Mentgen RN, BSN who recognized the positive effects of touch on patients.
- Uses light touch.
- Useful for pain, breathing problems, relaxation, stress reduction, and wound healing.

Massage Therapy

- The manipulation of muscles and soft tissue by rubbing, pressing, stroking, kneading, tapping, and vibration.
- Tailored to the individual and their illness.
- Hospice patients normally remain clothed.
- Massages are given to patients where they are most comfortable such as their bed or favorite chair.
- Used for anxiety, stress reduction, pain reduction, and to increase flexibility.
- Not indicated for patients with extensive liver disease, bone mets, or on anticoagulant therapy.

Music Therapy

- The use of music in a therapeutic setting by a licensed practitioner.
- Addresses physical, emotional, cognitive, and social needs.
- Provides an outlet for expression and communication, decreases pain, facilitates movement, improves mood, decreases anxiety, and promotes relaxation.
- Useful for procedural support such as extubations or painful medical tests.

Sound Therapy

- Application of pairs of tuning forks at the ears.
- Developed by Jack and Arden Wilken.
- Facilitates stress reduction and relaxation.
- Can be used alone or in conjunction with other therapies such as massage and Healing Touch.

Referral Process

Identify Patient Need

- Can patient symptoms be addressed by a CAM therapy?
- Are patient symptoms optimally treated?
- Has the patient declined traditional treatment?
- Symptoms are not being addressed by another agency.

Referral Criteria

- Patient must be alert.
- Patient must be able to refuse treatment.

- The therapy will address an end of life symptom.
- The patient has given approval to try a CAM therapy.
 - * Inform patient that a CAM team member will call to discuss the right therapy for them.
 - * Do not promise a specific therapy to a patient.
 - * Please do not tell patients there is a long waiting list.

Referral Procedure

- Text/Email the CAM Coordinator with the following:
 - * Patient's name (first name, last initial, and mrn #)
 - * Diagnosis
 - * Symptoms
 - * Whether a specific therapy was requested by patient
 - * Unusual patient or family dynamics
- Notify all primary team members of the referral.
- Do not call individual therapists with a referral.

Treatments

Assessment

- An initial assessment is made to determine appropriateness.
- Goals of treatment are formulated.
- Primary Horizon team is notified of visit outcome by voicemail.

Treatment

- Follow up therapy sessions last 15 minutes to 60 minutes.
- Therapy sessions are held in the patient's place of residence.
- Frequency of visits can range from weekly to once a month.
- CAM therapies will be discontinued when goals are met.
- Primary Horizon team is notified following all visits by voicemail.