

Where is Shiatsu used in the NHS?

- Maternity Care
- Addiction Units
- GP's Surgeries
- HIV and AIDS
- Cancer Care
- Mental Health
- Staff care

Government Directives

- Options to pharmaceutical model.
- Safe, appropriate intervention.
- Listen to patient demands. User led services.
- Encourage wellness and health maintenance
- Encourage independent living.
- Reduce hospital stay/ re-admittance.
- Continuity of care.
- Care of Carers.

Shiatsu In Maternity Care

- Treatment option for common complaints
- Relaxation, positivity, trust
- Continuity of support
- Improved outcomes with delayed births.
- Tips: breathing, relaxation, exercise, posture, pain management
- Mother, partner, baby bonding

Shiatsu in Cancer Care

- Support in time of emotional stress
- Energy restoration
- Reducing fear
- Helping patient relax and move forward.

- Surviving to thriving.
- End of life care.

- *Time, Touch, Talk*

Shiatsu in Mental Health Care

- Maudsley Hospital: Acute Men's and Women's Wards, and Outpatient service.
 - Berrywood Hospital and Welland Centre: Intensive Care Units, Recovery Wards.
 - CNWL Women's Group.
 - Learn2b
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Government Policy & Shiatsu overlap

- Individualized, personal care.
- Safe, appropriate intervention.
- Information and education.
- Workforce development.

- Examples: Wellness Recovery Action Plans, Star Wards programme, Changing Minds, Learn2b.

“...the practical approach of Shiatsu fits well with recovery principles in enabling service users to take responsibility for their care and be more proactive in seeking their own wellness...”

...aid to the OT's who at times struggle with the over dominance of the medical model of care.”

*(Sarah Wilson. OT Manager,
Berrywood Hospital)*

Numbers treated in Hospital

- Working 1 day a week: 42 weeks p/a.
- 125 clients seen (average).
- 378 sessions.
- Average 3 sessions p/ patient.
- 8-9 sessions p/day

“I’d never been to a place like this before. I was terrified.”

“I felt embarrassed. I didn’t want anybody to see me.”

*Service Users quotes- collected by Rachel Perkins,
Director of Quality Assurance and Service User Research
SW London & St Georges MH NHS Trust*

Patient benefits

- Peaceful, supportive space.
- 1 to 1 time. Holistic approach.
- Stress reduction .
- Alternative perspective on problems.
- Improvement in confidence and self esteem.
- Better sleep.
- Reduction in physical tension.
- Tips for self care.

What's strong, not wrong!



Hospital benefits

- More supported, easier to manage patients.
- Better treatment outcomes.
- Continuity of care- outpatient service.
- Additional patient information for staff.
- Workforce development.
- Improved Ward atmosphere
- Reduction of incidence of violence, damage to self, others, property.

“I have received good feedback from Service Users and Staff who value the Shiatsu service. It is beneficial to Service Users and contributes to improving their mood within the ward.”

(Karren Dickson, Manager, Women’s Acute Ward, Maudsley Hospital)

Service set up

- Protocol.
- Risk assessment.
- Info sheets for staff and service users.
- Attendance at community meetings, ward visits.
- Appointment sheets.
- Referral forms.
- Feedback forms.

Client profiles

- Men and women.
- Mainly ages 18-55.
- First/ recurring admittals.
- Police/ forensic.
- Street drug related.
- Sexual/ other abuse.
- Bereavement/ loss.
- Cultural/ family problems.

Medical diagnosis/ description

- Depression.
- Anxiety.
- Schizophrenia
- Psychosis
- Delusional, panic attacks, flights of ideas, pressured speech, suicidal, self harming, violent/ threatening behaviour, paranoia, auditory/ visual hallucinations.

Emotions and meridians

- Grief and Loss- Lungs, Large Intestine
- Fear and exhaustion - Kidney, Bladder
- Anger/ emotional suppression - Liver, GB
- Joy and mania- Heart, Small Intestine
- Worry, overthinking- Stomach, Spleen.

What happens in a session?

- Referral. Nursing/OT handover.
- Half hour Shiatsu session p/client.
- Case history taken.
- Diagnosis including tongue diagnosis.
- Meridian and point work: usually lying on futon.
- Explanation to client.
- Recommendations.
- Feedback to Staff.

“I find the Shiatsu very useful both physically and mentally. It has helped in giving me confidence and direction, and with organizational skills.”

(Maudsley Hospital Service User- March 2009)

Conclusions

- Shiatsu is in line with current health care direction.
- Shiatsu has established health care benefits.
- Shiatsu is currently being used in a variety of NHS settings.

“By experiencing Shiatsu whilst in hospital, service users are provided with a different approach to dealing with their emotions, anxieties and all sorts of other difficulties. By enabling individuals to extend the understanding they have about their own body (mental and physical) this better equips them to cope in the future.”

(Sarah Wilson, OT Manager, Berrywood Hospital)