

Complementary
therapies that are
available for users of
health and social care
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Reflexology is a therapy which would include all the different parts of the person being pressed. Reflexology would not be used to cure a disorder although many people would undergo reflexology because they feel relieve from their disorder. These conditions include: anxiety, asthma, cancer treatments, diabetes, headaches, cardiovascular issues and kidney functions. This therapy would be available for people who access health and social care services. However, the disadvantage of this therapy would be that it is not NHS funded so service users would have to pay to access this therapy. Although the advantage would be that the service user of health and social care services would feel at ease after having this therapy.

This will enable the individual to have a better recovery as it would make them feel relaxed and better about the treatment they may undergo, for example, chemotherapy. Reflexology would benefit the health and social care users as it is a holistic treatment which would look into treating the person as a whole including their body, spirit and mind. The therapy would enable the service user's body to heal both emotionally and physically. The therapy would make the service user feel relaxed as the therapy does not just involve feet but involves the whole body which enables the body to release tension. Swedish relaxation massage would be available for health and social care service users as it would use different methods to reduce an individual's roughness of skin. For example, people who have diabetes may have rough skin on their feet as they may not take care of them.

This therapy would enable the individual's rough skin to be taken off so it enables the individual to have good treatment as not having good feet for people with diabetes could be a huge risk and can lead to cutting of toe or

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fingers. This therapy would be available for people who may have an injury. The hospital staff may recommend them to have a Swedish relaxation massage as it would heal the individual's injury and would also improve their circulations. Natural (online) states: " Benefits of this massage style include shortening recovery time from muscular strain, increased circulation without increased heart load, stretching of ligaments and tendons, skin stimulation and soothing of the nervous system.

It reduces stress, both emotional and physical, and is suggested as part of a regular program for stress management" Aromatherapy is another therapy which would be available for health and social care service users. For example, this therapy would help relieve certain symptoms which would be a benefit for some people as they might get tired of the symptoms they are dealing with. This therapy helps an individual who suffers from many different symptoms such as: stress, headaches, menopausal, depression, migraines, fertility problems and back and joint pains. This therapy would be able to support people who have fertility problems and joint pains. Joint pains can lead to many different illnesses and diagnosis such as osteoarthritis, which is why it might be important that the individual has this therapy as it can help relieve the pain. Read what is challenging behavior in health and social care This is an advantage as the service user might find it difficult to cope and by having this therapy they may feel that they are getting better.

This therapy will be available for all service users; however, a certain cost may be required depending on area. This therapy would be available from many different organisations such as: beauty clinics, health clubs and nursing homes. If the therapy is available in a nursing home, then the <https://assignbuster.com/complementary-therapies-that-are-available-for-users-of-health-and-social-care-services/>

organisation might pay for the therapy for the service users as the therapy would be benefiting their clients. By the therapy being available in a nursing home, it already shows that it would be benefiting service users as they are having the therapy. Royal (online) states: " Massage therapy is helpful for cancer patients who are having problems relaxing or getting to sleep. It can help you cope with pain, muscle stiffness, breathlessness, anxiety and fatigue, or if you just feel you need something to lift your mood.

" This shows that aromatherapy would be very useful for people who may have cancer as it can make them feel at ease and will enable them to go asleep.