

Reflexology

A patient's guide and
consent form

This information is provided to answer any questions you may have about reflexology and see if it may be suitable for you.

What is reflexology?

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and wellbeing - reducing stress in people's lives can be key in optimising good health and building resilience.

Reflexology is a touch therapy based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. Practitioners work by manipulating these points and areas to promote a feeling of wellbeing.

Reflexology is an ancient practice with origins in Egypt, India and China. It was introduced in the 1900s to Western practice.

Reflexology does not seek to diagnose or treat any clinical conditions and should be seen as a complimentary therapy that works well alongside conventional medical treatment.

Is reflexology suitable for me?

Reflexology is suitable for anyone and at any age. However, there may be some situations where it is not suitable to have treatment. Your reflexology practitioner is happy to discuss this with you.

Any risks will be discussed with your medical team before commencing treatment, to ensure reflexology is suitable for you.

Examples of when it may not be suitable are:

- Cellulitis
- Infection (contagious)
- DVT/thrombus

Trained reflexology practitioners do not claim to cure, diagnose, or prescribe. They do however aim to deliver individualised treatment that is tailored to your needs.

What happens during treatment?

Your reflexology practitioner will have access to your medical history, but will ask for additional information, to ensure the treatment fits your needs.

Treatment will be explained, and you will be given the opportunity to ask any questions. You will be asked to sign a consent form, giving your reflexology practitioner permission to proceed with treatment.

The reflexology practitioner will ensure that you are in a comfortable and safe environment to allow you to relax and feel the benefits of the treatment.

You may be asked to remove socks and shoes if the feet need to be accessed.

What is reflexology beneficial for?

Reflexology has been found to be highly beneficial in:

- Improving sleep
- Improved mood
- Release of tension
- Promoting wellbeing
- Relaxation

How will I feel following reflexology?

The aim will be that you will feel relaxed and calm following treatment. Some people report feeling sleepy and calm, some report feeling more energised.

There are occasions when people have reported feeling a little faint, lethargic or even nauseous. However, this is usually brief and may be caused by nervous tension, hunger, fatigue, dehydration, or excessive stimulation of the reflexes.

The overall aim is for you to have a feeling of wellbeing and relaxation. It is always useful for the reflexology practitioner if you can give feedback on how you feel the treatment went and if you have any response to treatment.

If you feel drowsy following a reflexology treatment, this is not a problem, but please refrain from driving until you feel safe to do so.

Who can provide reflexology?

Reflexology should always be provided by a professional who has had a high level of training with a recognised qualification: reflexology at Royal Papworth Hospital will be provided by a registered professional.

Please affix patient label or complete details below.

Full name:

Hospital number:

NHS number:

DOB:

PIC 248: patient agreement to PI 248 - Reflexology

Intended procedure

Statement of health professional

(To be filled in by a health professional with appropriate knowledge of proposed procedure, as specified in consent policy). I have explained the procedure to the patient. In particular I have explained:

The intended benefits:

.....
.....

Possible side effects:

- Drowsiness
- Feeling faint/lethargic
- Nauseous

I have discussed what the procedure is likely to involve, the benefits and risks.

Statement of patient

Please read the patient information and this form carefully. If your treatment has been planned in advance, you should already have your own copy which describes the benefits and risks of the proposed treatment. If not, you will be offered a copy now.

If you have any further questions, do ask - we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

- I understand what the procedure is and I know why it is being done, including the risks effects and benefits.
- I agree to the procedure described on this form and have read this information leaflet on reflexology (PI 248) and had the opportunity to ask questions.
- I have listed below any procedures which I do not wish to be carried out without further discussion:

.....
.....
.....
.....

I have been advised to let my practitioner know:

- If I have ever experienced a fit, faint or funny turn.
- If I have any pain or discomfort in the area being treated, such as hands or feet.
- If I have any broken bones in the area being treated.
- If I have any infections on the area being treated.
- If you are pregnant or planning to become pregnant.

Performer:

Signed:

Date:

Name (PRINT):

Job title:

Contact details

If you require further information at a late date, please contact the supportive and palliative care team on 01223 638747

Please affix patient label or complete details below.

Full name:

Hospital number:

NHS number:

DOB:



Royal Papworth Hospital
NHS Foundation Trust

Statement of consent

I confirm that I have read and understood the above information, and I consent to having reflexology treatment.

I consent to have up to six treatments between the following dates:

From.....

To.....

I understand that I can refuse treatment at any time.

Signature

Print name in full.....

.....

Date.....

Statement of interpreter (where appropriate).

I have interpreted the information above to the patient to the best of my ability and in a way which I believe they can understand.

Signed:

Date:

Name (PRINT):

Confirmation of consent

(To be completed by a health professional when the patient is admitted for therapy, if the patient has signed the form in advance).

On behalf of the team treating the patient, I have confirmed with the patient that they have no further questions and wish the therapy to go ahead.

Signed:

Date:

Name (PRINT):

Job title:

Is there anything your practitioner needs to know?

Apart from the usual medical details it is important to let your reflexology practitioner know:

- If you have ever experienced a fit, faint or funny turn.
- If you have any pain or discomfort in the area being treated, such as hands or feet.

- If you have any broken bones in the areas being treated.
- If you have any infections on or around the areas being treated.
- If you are pregnant or planning to become pregnant.

If you have any questions, please ask your reflexology practitioner.

Procedure diary

Date	Time	Completed

Notes

Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners



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Large print copies and alternative language versions of this leaflet can be made available on request.

View a digital version of this leaflet by scanning the QR code.



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