



# The RLHIM Children's and Young People Service

Dr Sara Eames, Dr Jenny Lenhart, Dr Andrea Wiessner, Dr Tariq Khan, Catrina Davy

# What Do We Do?

- We combine a range of complementary therapies with conventional medicine.
- The aim is to provide a holistic overview and offer treatment options when conventional treatments have not been completely successful, are contra-indicated or have unacceptable side effects.
- It is particularly useful when there are multiple and chronic conditions and also where there is a strong emotional component and where there is a clear aetiology.

# Main Therapies Used for children and young people

- Acupuncture and Acupressure.
- Homeopathy.
- Podiatry.
- Combined with overview of conventional medicine, general lifestyle advice and emotional support.

# Acupuncture clinic for the management of chronic pain in young people

## **Objectives**

- Improve the quality of life for children and adolescents with pain
- Deliver a service that is safe and acceptable to young patients with a high attendance rate
- Support patients in managing their pain
- Reduce functional disability and emotional distress
- Promote independence and wellbeing (indwelling needles and/or self-acupressure)
- Reduce future healthcare use
- To communicate effectively with other professionals and service providers
- To document and present agreed functional goals and outcome measures

# What is Homeopathy?

- System of Medicine based on the principle of 'like cures like' (similimum principle).
- Using a small amount of a substance which is known to cause the same symptoms if taken in large amounts. Eg: Onion, bee sting, coffee.
- Can be physical and emotional symptoms.
- Becomes a very personal system of medicine by prescribing for the person with a condition, rather than the condition per se.
- Aetiologies and 'never been well since.'
- Aim is to strengthen the body as a whole and stimulate body's own defence mechanism

# Conditions we see in our children clinics

- Skin conditions, in particular atopic dermatitis (28%)
- Pain: (13.8%)
- Cancer: (11.1%)
- Respiratory: (11.1%)
- GI tract: (11.6%)
- ASD: (5.8%)
- CFS
- Gynae
- JIA
- Various others including neurological diseases

# Other RLHIM Services for anyone age 18 and above

- Autogenic Training
- Hypnotherapy
- CBT
- Western Herbal Medicine
- Mindfulness
- Acupuncture for several conditions, including headaches
- Musculo-skeletal Service
- Insomnia service
- Women's service
- Complementary Cancer service
- Dietary Service including Weight loss clinic
- Allergy service, Chronic Fatigue Service, Fibromyalgia service, IBS.....