



## Holistic approaches to symptom management in specialist palliative care

### Traditional Therapy Training

Skill enhancement - 1 day

Pre requisites: None

Price: £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



### Module 1-effective use of massage and acupressure for symptom management.

Onsite workshops for 6-12 learners - £70 per learner per day for first 4 then £40 per learner per day there after

This module focuses on massage techniques that are appropriate to a patient with specialist palliative care needs and that can be incorporated into a daily care regime.

11 Key acupressure points will be practised within the programme that support a variety of symptoms including restlessness, pain and nausea.

#### Theories:

- The concept of massage in Specialist Palliative Care
- The care givers role
- Considerations and contraindications
- Massage techniques
- Acupressure techniques
- Application of theory

By the end of the session you will have explored the role of the care giver and be able to put into practise a variety of massage and acupressure techniques, which can be used to enhance your existing role.

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