



“Lighting the way with better patient care.”

Anova
HEALTH CARE SYSTEM

Home Health · Hospice · Palliative · Home Care

HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

COMPLEMENTARY THERAPIES

What are Complementary Therapies?

- Complementary Therapies are non-drug symptom management tools. They may help relieve common discomforts, improve quality of life, and lessen suffering.
- Therapies are used together with standard medical care.
- They are not used in place of medical care.

What are possible benefits of Complementary Therapies?

- Therapies promote a sense of well-being; healing; help relieve stress and tension; aid in relaxation; and create a sense of balance of mind, body, and spirit.
- Not all therapies work for everyone.

What are some examples of Complementary Therapies?

- **Aromatherapy** uses essential oils from plants.
- **Art therapy** uses drawings, art, and craft activities.
- **Massage therapy** involves rubbing and gentle touching of the skin and muscles.
- **Music therapy** involves a person participating with the music by beating a rhythm, or singing a song, or listening intently to the music of their choice.
- **Pet therapy** is interaction with animals and their trainers or may include time with your pet.
- **Reflexology** provides gentle pressure to the feet or hands to restore a state of balance and relaxation.
- **Reiki** (pronounced Ray-key) uses “laying on hands” providing a gentle touch for ‘energy flow.’
- **Acupuncture** involves the use of sharp, thin needles inserted in the body at very specific points to adjust and alter the body’s energy flow.
- **Acupressure** involves applying pressure on specific points of the body.

Where do you find someone to provide Complementary Therapies?

- Your hospice and palliative care team can help you find the right complementary therapies for you.
- Ask your team if you have questions about complementary therapies.

Tell your hospice and palliative care team about any complementary therapies that you are already using.

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