

Greater Manchester Shared Services Effective Use of Resources Team

Email: gmifr.gmcsu@nhs.net / Tel: 0161 212 6250

Policy:	Complementary & Alternative Therapies		GM Ref:	GM030
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Policy inclusion criteria

These therapies are **NOT** commissioned as stand-alone therapies.

The policy adheres fully to the recommendations made in the following NICE documents

NICE CG35: Parkinson's disease: The Alexander Technique may be offered to benefit people with Parkinson's Disease by helping them to make lifestyle adjustments that affect both the physical nature of the condition and the person's attitudes to having Parkinson's Disease.

NICE CG116: Food allergy in children and young people: Food allergy in children and young people - Do not use applied kinesiology in the diagnosis of food allergy.

NICE CG42: Dementia: Aromatherapy can be considered as part of a pathway of care for dementia.

NICE CG132: Caesarean section: the effects on the likelihood of caesarean section of complementary therapies used during labour (such as acupuncture, aromatherapy, hypnosis, herbal products, nutritional supplements, homeopathic medicines, and Chinese medicines) have not been properly assessed.

NICE CG88: Low back pain and NICE IPG451: Peripheral nerve-field stimulation for chronic low back pain: Chiropractic - can be offered as part of the care pathway for low back pain.

NICE CG60: Surgical management of otitis media with effusion in children: Cranial osteopathy is not recommended for the management of otitis media with effusion (OME).

NICE CG88: Low back pain and NICE IPG451: Peripheral nerve-field stimulation for chronic low back pain: Osteopathy - can be offered as part of the care pathway for low back pain.

NICE CG132: Caesarean section: Therapies used during labour (such as acupuncture, aromatherapy, hypnosis, herbal products, nutritional supplements, homeopathic medicines, and Chinese medicines) have not been properly evaluated and further research is needed.

NICE CG26: Post-traumatic stress disorder (PTSD): PTSD sufferers request other forms of psychological treatment (for example, supportive therapy/non-directive therapy, hypnotherapy, psychodynamic therapy or systemic psychotherapy), they should be informed that there is as yet no convincing evidence to support this.

NICE CG61: Irritable bowel syndrome in adults and NICE ESNM16: Irritable bowel syndrome with constipation in adults: linaclotide: 1.2.3.1 Referral for psychological interventions (cognitive behavioural therapy [CBT], hypnotherapy and/or psychological therapy) should be considered for people with IBS who do not respond to pharmacological treatments after 12 months and who develop a continuing symptom profile (described as refractory IBS)

NICE PH10: Smoking cessation services: Hypnotherapy for smoking cessation – there is evidence that these techniques do not improve long-term abstinence rates more than a placebo.

NICE CG57: Atopic eczema in children: Children with atopic eczema and their parents or carers should be informed that the effectiveness and safety of complementary therapies such as homeopathy, herbal medicine, massage and food supplements for the management of atopic eczema have not yet been adequately assessed.

NICE CG60: Surgical management of otitis media with effusion in children: Homeopathy is not recommended for the management of otitis media with effusion (OME).

NICE CG70: Induction of labour: Healthcare professionals should inform women that the available evidence does not support homeopathy for induction of labour.

NICE CG97: Lower urinary tract symptoms: Do not offer homeopathy for treating lower urinary tract symptoms (LUTS) in men.

NICE CG55: Intrapartum care: Perineal massage should not be performed by healthcare professionals in the second stage of labour.

NICE CG60: Surgical management of otitis media with effusion in children: Massage is not recommended for the management of otitis media with effusion (OME).

NICE CG179: Pressure ulcers: Prevention and management of pressure ulcers: Do not offer skin massage or rubbing to adults, neonates, infants, children and young people to prevent a pressure ulcer.

NICE PH40: Social and emotional wellbeing: early years: Health visitors or midwives should consider evidence-based interventions such as baby massage and video interaction guidance to improve maternal sensitivity and mother-infant attachment.

NICE CG61: Irritable bowel syndrome in adults: The use of reflexology should not be encouraged for the treatment of irritable bowel syndrome (IBS).

NICE CG186: Multiple sclerosis: Stretching exercises including yoga may be helpful in treating MS.

Funding mechanism:

These therapies are not commissioned as stand-alone treatments.

Hypnotherapy for adults with Irritable Bowel Syndrome (IBS): Individual prior approval provided the patient meets NICE CG61. Requests should be submitted with all relevant supporting evidence, which must be provided with the request. If compliant can be approved by Clinical Triage. All other cases will go to the relevant IFR Panel.

Hypnotherapy for children with IBS: Only commissioned in exceptional cases of IBS or chronic abdominal pain via individual funding request (exceptional case) approval: Requests should be submitted with all relevant supporting evidence, which must be provided with the request.

Policy exclusions

Those complementary and alternative therapies which are an integral part of an agreed care pathway or are covered within existing contracts (supported by a service specification) are excluded from this policy. This includes, but is not limited to, the care pathways for low back pain, musculoskeletal, headache, Parkinson's disease and Multiple Sclerosis. Refer as normal if within contract.