



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Auricular Acupuncture

Information for patients

- ① For more information, please contact:  
Complementary Therapists  
Cancer Care Centre, York Hospital  
01904 721166  
[yhs-tr.comphotherapyreferralccc@nhs.net](mailto:yhs-tr.comphotherapyreferralccc@nhs.net)

# **Introduction**

This leaflet provides information about the Auricular Acupuncture treatments offered through the Trust's Complementary Therapy Service and how they can help you. The service is currently offering therapy to patients who are living with a cancer diagnosis and are under the care of York & Scarborough Teaching Hospitals NHS Foundation Trust.

We hope you find this leaflet useful but if you have any further questions, please feel free to ask.

## **What is Auricular (ear) Acupuncture?**

Auricular Acupuncture is a complementary therapy which can be used alongside your conventional treatment.

It involves the gentle insertion of five small sterile needles into each ear. These points have been selected by NADA (National Acupuncture Detoxification Association) as the most effective.

## **What is the NADA Protocol?**

The NADA protocol was first devised during the 1970s. It has been found to be helpful in a range of conditions, including symptoms from the side effects of cancer and its treatment. The NADA protocol consists of five points on the surface of the outer ear. Short fine needles are inserted just beneath the skin and remain in place for 30-40 minutes.

# **What are the Benefits of Treatment?**

Because the points used in the NADA protocol correspond to areas of the body which govern its main functions, there can be numerous benefits to treatment. Auricular Acupuncture may help with:

- Relaxation
- Stress/anxiety relief
- Sleep problems
- Hot flushes
- Fatigue
- Nausea and pain relief

# **How do I Make an Appointment for Auricular Acupuncture?**

Once your referral has been received and a series of appointments become available, one of our therapists will contact you by telephone or letter to invite you in to meet them and discuss your treatments. You will be given a series consisting of one consultation followed by six treatment sessions.

# **What Should I Do Before Treatment?**

- Please arrive 15 minutes before the appointment time.
- Please ensure that you have had a light meal or snack one to two hours prior to the treatment.
- We advise that caffeinated drinks are not consumed up to one hour before your treatment.
- Please ensure your phone is switched to silent or off.
- Please ensure that your ears are accessible (for example, tie back long hair and remove any hats).
- Please remove any piercings in or around the ear (lobe piercings can remain in place).
- Please wear comfortable clothing.

# **What Happens at the Consultation?**

It is important you bring a list of your current medications with you. This will be required to complete the medical questionnaire. The therapist will explain the process and discuss the service. This is an opportunity for you to ask any questions you may have.

The therapist will help you to complete the consultation forms, please answer all questions as fully and as honestly as possible. You will be required to sign a consent form before treatment takes place.

## **What happens when I have my treatment?**

Auricular acupuncture with us takes place in a one-to-one setting. After insertion of the needles, to maximise your treatment, we encourage you to recline quietly to aid relaxation or even sleep. Gentle background music is played in our rooms and your therapist will remain with you at all times.

The needles will be left in place for between 30 - 40 minutes. Please allow up to an hour for your appointment.

## **Do I need to pay for my treatment?**

There is no charge for your course of six sessions. The service is supported by the Cancer Care Centre Charitable Fund. Should you wish to donate please speak to your therapist.

## **What Do I Do if I Cannot Attend My Appointment?**

If you are unable to attend your appointment, please contact the Cancer Wellbeing Service as soon as possible on 01904 721166 (an answer machine is in operation so please leave a message if you are unable to speak to us) or via email on [yhs.tr.cancerinformationandsupport@nhs.net](mailto:yhs.tr.cancerinformationandsupport@nhs.net).

# About our therapists

We have two complementary therapists within the Cancer Care Centre. Both have a wealth of experience in supporting patients with cancer and are trained in the NADA protocol. Both therapists hold a recognised certificate in 5 point auricular acupuncture and are externally assessed yearly for their competence. They work very closely with your clinicians and health care professionals to ensure they are delivering a safe and comprehensive service.

## Other information

Please note that complementary therapy is not a substitute for medical cancer treatment.

Patients who are currently undergoing a series of complementary/alternative therapies elsewhere will not be offered treatment at the same time through the Trust.

We are unable to personally endorse or recommend other therapists or therapies outside of the Trust.

The therapist reserves the right to refuse treatment.

In order to continue to provide the highest standard of care to our patients, we may use your anonymised information to inform internal research and evaluations with the Cancer Wellbeing Service. Please let your therapist know if you do not wish your anonymised information to be included in this data

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: the Cancer Wellbeing Service via email:  
[yhs-tr.cancersupportandinformation@nhs.net](mailto:yhs-tr.cancersupportandinformation@nhs.net)  
or telephone: 01904 721166 (York) / 01723 342606 (Scarborough).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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