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**Therapy Case Study**

**COMPLEMENTARY THERAPY**

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BACKGROUND

Mrs T had lung cancer and as a result was experiencing low mood, malaise and fatigue.

She also had poor appetite and a dry mouth.

Due to her reduced mobility, she had a sore bottom (no sores but at risk of developing).

St Gemma’s community nurse referred her to complementary Therapy at St Gemma’s.

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GOALS

1. To provide relaxation sessions in her own home
2. To help manage dry mouth
3. To provide aromatherapy balm to help reduce sore bottom

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INTERVENTIONS

1. Complementary therapist provided home visit as patient unable to get to St Gemma’s due to poor mobility
2. Massage to legs to provide relaxation
3. Aromatherapy massage cream made up for her to keep with her favourite essential oils (rose & lavender)
4. Aromatherapy lemon & lime mouthwash for dry mouth
5. Aromatherapy balm provided for sore bottom

Who wouldn’t love massage! I love the taste of the mouthwash too!

Husband: “Thank you for being so supportive”

PATIENT’S/CARERS COMMENTS

OUTCOMES

1. Felt relaxed whilst receiving the massage and enjoyed the aromatherapy smells
2. Mouth felt less dry and mouthwash helped this
3. Bottom felt less sore once had applied balm for a few days. No sores developed.