

The Complementary Therapy Program at Holy Redeemer Hospice

Dr. _____,

In Hospice, people who face advancing disease often have symptoms related to illness, and stress related symptoms too. Holy Redeemer Hospice started a complementary therapy program in 2002, offering massage and bodywork therapy to help patients and family members cope with the physical and emotional effects of illness and grief.

Complementary therapies are alternative therapies used alongside traditional healthcare practices. Holy Redeemer's complementary therapy program uses effective and appropriate therapies that are useful in the hospice setting for their light pressure and soothing effects. The primary goal in hospice massage is to alter the fight or flight response through a variety of modalities. Our therapists are hospice professionals; many are nationally certified hospice nurses with additional certification in bodywork therapy. Hospice massage volunteers are oriented to hospice care and hospice massage practices.

We offer:

Comfort massage

Light pressure hand / foot / auricular reflexology

Energy Therapy

Healing Touch – (an extensive nursing based energy therapy certification program)

Reiki

Therapeutic Touch

Aromatherapy, music, progressive relaxation techniques, meditation and mindfulness practices, and guided imagery.

Regular, 30 minute sessions can reduce symptoms related to fear and grief. Sessions provide dignified 1:1 presence, and can offer a feeling of relief that is unique to the use of bodywork therapy in hospice care.

To learn more about our complementary therapy services, please call the CT Program Coordinator, Valerie Hartman, at 215 671 9200.

MD order reads:

Complementary Therapy Evaluation week of _____.

Comfort massage / bodywork therapy of patient/family choice

1-2 times / week PRN for relaxation x ____ weeks.

(check start of care date)