



Amaranth Foundation offers integrative care

Integrative care is defined by the World Health Organization as :

“The organization and management of health services so that people get the care they need, when they need it, in ways that are user friendly, achieve the desired results and provide value for money.”

http://www.who.int/healthsystems/technical_brief_final.pdf

Integrative care is also known as *coordinated care* and *seamless care*. (http://en.wikipedia.org/wiki/Integrated_care)

This worldwide trend in health care reform and new organizational forms of care provision has its focus on providing a service that puts the needs of the user at the centre of the decision making.

The goal is to improve the quality of care and quality of life of clients through enhanced consumer satisfaction and efficiency of the provision of services coordinating multiple services, providers and settings.

The aim is to provide a range of services in

as smooth and seamless a manner as possible and in a way that the user finds easy to navigate.

Amaranth Foundation treats you as a whole person. By combining complementary and alternative medicines with conventional approaches Amaranth Integrative Care acknowledges the impact of physical, emotional, social, mental, spiritual and environmental influences on your health.

Successful integrated care (i.e. models that are effective in meeting patient needs) demands the ongoing involvement of patients and family carers in programme planning, implementation and oversight. This will ensure that user needs and expectations are reflected where it counts, and that consumer satisfaction issues can be realistically addressed.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1480401/>

Complementary Therapies

“ Complementary therapies are defined by the US National Center for Complementary and Alternative Medicine (NCCAM) as ‘a group of diverse medical and health care systems, practices, and products that are not generally considered to be part of conventional medicine.’ Complementary medicine is used together with conventional medicine, [whereas] alternative medicine is used in place of conventional medicine.

Complementary [and alternative] therapies [CAM] are widely used in the general Australian community. Patients receiving palliative care often continue or explore using complementary therapies alongside their other health care. Patients may have a variety of reasons for this including wanting a therapeutic response; wanting control; a strong belief in CAM; CAM as a last resort, and finding hope. A number of specialist palliative care services now offer a range of complementary therapies for their patients, and for their patients’ families and carers. Most commonly these would include massage, aromatherapy, relaxation, meditation, acupressure, or art and music therapy.

An evidence base is now developing which provides support for the role of some therapies in improving the symptoms and / or quality of life of palliative care patients, although for some complementary therapies

very little positive evidence is available.

When complementary therapies like herbs or supplements are taken orally, topically or by some other route, it is important to consider the possibility of drug interactions and side effects. This is particularly so for patients receiving concurrent treatment with chemotherapy, radiotherapy, or medications for symptom control, or who have significant organ impairment, such as renal or hepatic disease. Complementary therapy use should therefore be regularly monitored throughout the course of a person’s illness.” <http://www.caresearch.com.au/caresearch/tabid/1258/Default.aspx>

From an integrative perspective it is important that if using CAM patients are encouraged to discuss this with all their health providers.

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Naturopathy

Naturopathy is a holistic approach to wellness based on the principle that the body has the inherent ability to heal itself. Using the healing power of nature and gentle therapeutic techniques, the body, mind and emotions are supported during the healing process.

Naturopathic principles are based on treating each person as an individual and treating the whole person, not just the affected area.

Naturopathy encompasses a variety of treatment methods including:

- Herbal Medicine to help prevent and treat various illnesses
- Dietary and Nutritional advice for restoration of balance, detoxification and prevention of disease
- Lifestyle advice to promote well-being and to reduce stress
- Hydrotherapy using the healing power of water to stimulate the immune system and the body's natural defenses

Massage

What is known?

There has been a considerable amount of research addressing the effectiveness of massage for various palliative care symptoms including pain, nausea, anxiety, anger, depression, stress and fatigue. A recent systematic review of this body of research described the results of these studies as encouraging, but not overwhelmingly positive. Another review identified the areas where massage may be beneficial as anxiety, pain and nausea, but agreed that the efficacy of massage is not yet proven. Despite this, and because of very minimal potential to cause harm, a number of reviews have argued for the inclusion of massage as a treatment modality for cancer patients whilst some authors suggest that massage be offered on a case-by-case basis but cannot be justified as part of routine care. There are some very specific contraindications to massage in a palliative care population which need to be considered, including low platelet counts, bony metastases or pathological fractures, or malignant wounds.

What it means in practice.

Although the evidence base is not compelling, the overall safety and the acceptability of massage to palliative care patients has been demonstrated by the uptake of these therapies within services. Many palliative care services now offer massage as a complementary therapy - most often with the aim of improving the well-being of patients and their carers.

<http://www.caresearch.com.au/caresearch/tabid/1260/Default.aspx>

Lymphatic massage

Lymphatic massage is a type of massage that is very helpful

- Flower essences to enhance the emotional aspect of healing
- The use of compresses and packs to stimulate organ function and to reduce pain
- Soft tissue manipulation to rebalance the body's systems, to reduce pain and to enable detoxification
- Homoeopathy

Naturopathy can alleviate a wide range of conditions and is suitable for all ages. Some of the more common conditions treated include fatigue, stress related ailments, digestive problems, PMT and general aches and pains. However, you do not need to be unwell to benefit from naturopathy.

Naturopathic treatments boost the body's natural healing potential, restoring harmony and preventing disease.

<http://www.australiannaturaltherapistsassociation.com.au/therapies>



Naturopathy

for aiding the body's elimination of wastes and toxins.

The lymphatic system is one of the main elimination channels in the body. It is a major factor in the absorption of nutrients from digestion into the tissues and it is also how the body removes its metabolic wastes. The lymphatic system clears toxins, unwanted proteins, and waste which cannot be removed by any other means.

Because the lymphatic system has no pump, its functions are dependent upon muscle contractions, diaphragmatic breathing, and body movement. It is common to develop a sluggish lymphatic flow. Some causes of this include inactivity, consuming the wrong foods and drinks, and not drinking enough water.

Lymphatic massage is a massage technique that is designed to stimulate the lymph's circulation in order to speed up the removal of waste from the body. It is helpful for the nervous system as it reduces sympathetic nervous activity, allows parasympathetic activity, stimulates the defenses of the immune system, and increases the flow and volume of the lymph fluid.

The technique involves the use of gentle, rhythmic strokes and pumping movements towards the direction of the lymph nodes on the body.

Deep lymphatic massage is used to clear all of the lymphatic vessels through the body – the superficial, mid, and deep vessels – which have become congested through trauma. Any time the body sustains damage, an area of congestion develops and, over time, this congestion solidifies and may hold fluid around the area, thus leading to an increase in body size and blocking the flow of some fluids.

http://www.naturaltherapypages.com.au/article/lymphatic_massage

Reiki

What is known?

Reiki is a spiritual healing technique which is promoted as having holistic benefits for patients. Despite its growing popularity and availability in some supportive care settings, little research on the outcomes of reiki is available for the palliative care population. A systematic review has collected the evidence and found that those studies which have been done are small and varied in methodology, and most involve healthy people. Two small uncontrolled studies suggest some improvement in pain control in patients with cancer. Methodological issues identified in the systematic review relate to how to develop a placebo technique for use in placebo controlled studies of reiki.

What it means in practice.

There is little evidence available to support the usefulness of reiki for palliative care patients at this stage. The literature is very scanty. Questions about the efficacy of this therapy and any potential adverse effects related to it cannot be answered at present.

<http://www.caresearch.com.au/caresearch/tabid/1260/Default.aspx>

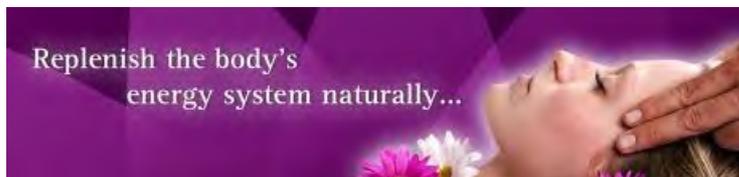
Another viewpoint...

Reiki is a non-invasive, gentle, yet powerful method of healing. Reiki energy, (often described as 'universal life energy' or 'spiritual energy') is accessed by the practitioner during a treatment. It enhances the body's natural healing ability and promotes wellbeing.

Reiki treatment stands on its own as a healing practice and is also safely used to support orthodox and complementary medicine.

Reiki doesn't interfere with or diminish the intended effects of other health or medical practices. It is increasingly accepted in health and community care facilities including hospitals, hospices and cancer support units. For example, at the SolarisCare Cancer Support Centre at Sir Charles Gairdner hospital in Perth, Reiki is the most accessed complementary health treatment for cancer and leukaemia patients. Many patients report significant improvements in their level of pain, fatigue, nausea and breathing.

<http://www.reikiaustralia.com.au/AboutReiki>



Meditation and Relaxation

What is known?

Two systematic reviews have assessed the effectiveness of stress reduction therapies based on mindfulness meditation for patients with cancer. Both suggested that mindfulness meditation-based strategies appeared likely to be of benefit, and one identified a dose response relationship between the practice of mindfulness meditation and improved psychosocial outcomes such as sleep, mood and stress.

Another review analysed studies of guided imagery as a meditation and relaxation technique. It suggested that whilst no benefit had been demonstrated in relation to particular physical symptoms, several studies suggested improvement in anxiety, comfort and emotional response in the context of chemotherapy from using guided imagery.

What it means in practice.

Meditation and relaxation strategies are self-care approaches which are used by many palliative care patients, and are frequently offered by palliative care services. There is some evidence that they are psychosupportive. In addition, once the skills have been acquired these techniques can often be used independently, and they are regarded as generally safe.

<http://www.caresearch.com.au/caresearch/tabid/1260/Default.aspx>

Using the tool.

The idea behind meditation is to consciously relax your body and focus your thoughts on one thing for a sustained period. This occupies your mind, diverting it from the problems that are causing you stress. It gives your body time to relax and recuperate, and to clear away stress hormones that may have built up.

There is nothing mystical about meditation. On the contrary, it is something that you can do quite easily by following these steps:

Sit quietly and comfortably.

Close your eyes.

Start by relaxing the muscles of your feet and work up your body relaxing muscles (a technique like Progressive Muscular Relaxation can be useful for this).

Focus your attention on your breathing.

Breathe in deeply and then let your breath out. Count your breaths, and say the number of the breath as you let it out (this gives you something to do with your mind, helping you to avoid distraction).

Do this for ten or twenty minutes.

<http://www.mindtools.com/stress/RelaxationTechniques/Meditation.htm>

“HOW PEOPLE *Live* MATTERS”

... it really does.

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A unique model of care

Amaranth's model of care is integrative “wrap around care”. It recognizes that not just one person or one profession can offer all the supportive care needs of each individual, their family and their caregivers. A multidisciplinary team of key health professionals together with other services and therapies are coordinated and maintained through the individual's care journey and continues to support the family in bereavement. The care is focused on the needs of the individual.

This model of care is unique to Amaranth Foundation. The integration of the skills and philosophies of palliative and mental health social work; psychosocial care; grief, loss and trauma counseling, and end of life care is not available anywhere else in Australia. Clients are given the gift of choice as to their life decisions; they regain the power to make decisions concerning their life outcomes.

of all the people you will know in a lifetime
you are the only one you will never leave nor lose
to the question of your life you are the only answer
to the problems in you life you are the only solution
Suzanne Maher.

“Amaranth—May grain of the month” - Try this site for some interesting information about the amaranth grain.

<http://wholegrainscouncil.org/whole-grains-101/amaranth-may-grain-of-the-month-0>

Recipe: Vegetable Lasagna

Ingredients

400g fresh lasagne sheets
2 onions, diced
4 cloves garlic, minced
1cm fresh ginger, minced
1 mild chilli, deseeded and chopped
3 tbsp cold pressed olive oil
3 cups tinned tomatoes
2 tbsp fresh oregano
2 tbsp fresh basil
¼ cup fresh parsley, chopped
1 tsp sea salt
1 tbsp butter
250g fresh mushrooms, sliced
1 can organic kidney beans, drained and rinsed
200g sweet potato, thinly sliced and steamed so that they are still just firm
150g fresh Mozzarella cheese, grated
½ cup fresh Parmesan cheese
2 cups fresh ricotta cheese



Method

1. Heat the oil and sauté onions, garlic, ginger and chilli for about 2 minutes.
2. Add tomatoes and salt and simmer for 20 minutes and in the last minute add the fresh herbs.
3. Sauté the mushrooms in the melted butter for just a few minutes.
4. Add the mushrooms and the kidney beans to the tomato mixture. Set aside.
5. Assemble in layers in a shallow baking dish beginning with lasagne sheets then sauce, ricotta, sweet potato, Mozzarella and Parmesan cheese and continue to finish with parmesan.
6. Bake in 160C oven for 20 minutes.

Serves 8 or great for lunch leftovers.

<http://changinghabits.com.au/recipes-1/vegetable-lasagna>