



## CONFERENCE REPORTS

**Royal College of Nursing, Complementary Therapies Forum Annual Conference, 30 October 2004, RCN, London. 'Complementary Therapy: integration and beyond'.**

This fascinating conference gave delegates the opportunity to hear from presenters who had undertaken PhD. complementary therapy nursing research projects.

All research involved the integration of complementary therapies into clinical practice. Delegates learnt of a variety of methodologies that had been used in CAM research in a variety of settings.

Graeme Smith (Edinburgh) researched and defined the impact of nurse-led hypnotherapy upon quality of life in patients suffering from irritable bowel syndrome (IBS). Lesley Powell's research employed an evaluation of massage and its effects upon parents and their autistic children using a touch therapy programme consisting of eight 1 hr sessions.

Other topics presented included the potential role of yoga as a patient choice within a continuing cardiac rehabilitation programme comparing the impact of yoga to gymnasium-based exercise programme and an evaluation of the effect of Reiki in palliative care.

Concurrent sessions in the afternoon covered massage, yoga for babies and young children presented by Julia Fearon, Chair of the Complementary Therapies in Nursing Forum.

Over 160 delegates attended from all over the UK and we were delighted to meet Else Egeland, the Chair of the Norwegian Nurses in Alternative Medicine Association.

**Royal College of Nursing Complementary Therapies Forum Regional Conference, 5 March 2005, Nottingham. 'Complementing Children's Care'.**

This was an extremely well-organised day run by Virginia McGivern, Complementary Therapy Nurse Specialist—Children's Services, Queen's Medical Centre, Nottingham on behalf of the forum.

Over 80 delegates attended and heard a variety of presentations.

Lesley Powell detailed research involving teaching massage techniques to parents of children with disabilities. Jenny Gordon explained the process, of her investigation into the effectiveness of reflexology as an intervention in the management of childhood constipation. Julia Fearon, Chair of the RCN Complementary Therapies Forum discussed the potential of complementary therapies as potentially forming an integral part of family life and thus, helping individual members of families cope in times of crisis.

Concurrent sessions on offer at this event included The Bowen Technique, and Shonishin. Shonishin is a technique arising from Japanese acupuncture and predominantly involves the use of light, rhythmic touching, rubbing or tapping of specific areas of the skin.

Delegates enjoyed opportunities for relaxation and brief therapy sessions in a Snoezelen relaxation room. It is hoped that this complementary therapy children's conference will become an annual event.

Julia Fearon  
'Fragrant Health' 108, Lordswood Road, Harborne,  
Birmingham B17 9BU, UK  
E-mail address: [jfearon@blueyonder.co.uk](mailto:jfearon@blueyonder.co.uk)

Available online at [www.sciencedirect.com](http://www.sciencedirect.com)

