

What would
calmer, happier,
more comfortable
patients mean for
your care home?



British
Acupuncture
Council

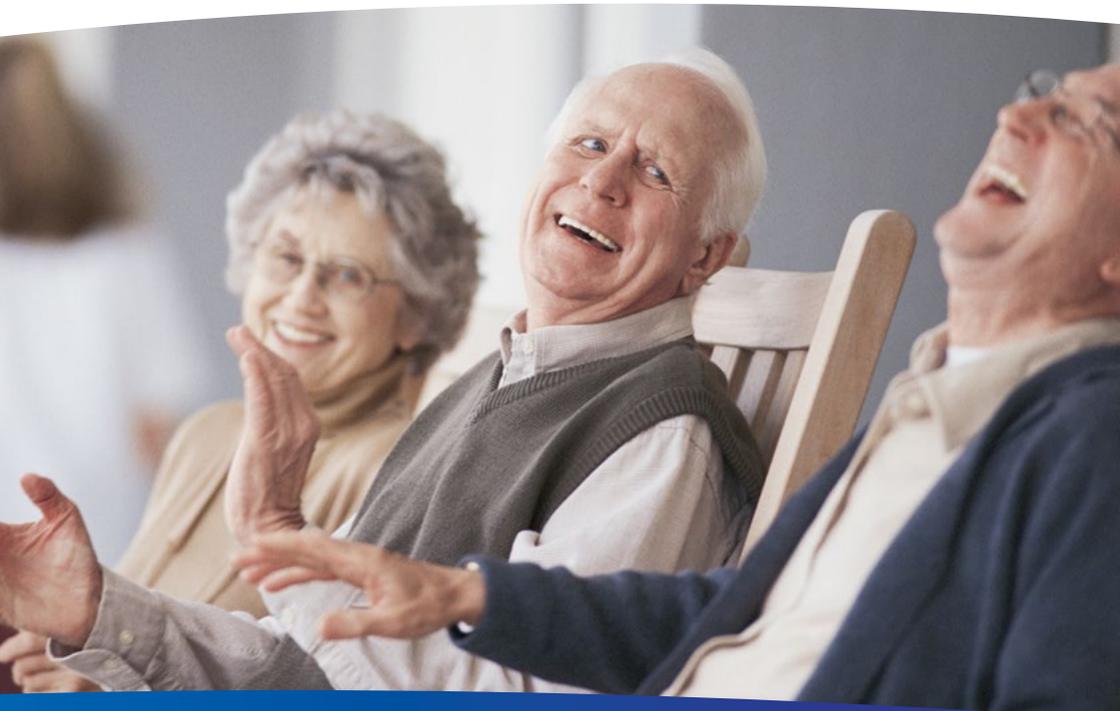


Traditional acupuncture is a healthcare system based on ancient principles which go back nearly two thousand years. It is ideally suited to addressing the complex issues facing care home residents:

- Treatment is always tailored to the individual
 - Physical, emotional and mental are seen as interdependent
 - Treatment complements western healthcare provision
 - Residents are given the time to express their feelings and their needs
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Acupuncture provides a substantial contribution to the healthcare of the UK, with an estimated 4 million treatments provided annually.

Some members of the British Acupuncture Council (BAcC) are already working within the care home environment and the BAcC is keen to bridge the gap between traditional acupuncturists and the care sector. Some BAcC registered acupuncturists come from a medical background, including doctors, nurses and midwives. We believe that combining our strengths can improve the quality of life for care home residents and provide a cost effective solution to driving up quality standards in the care home environment.



Improving health and wellbeing outcomes

Evidence of traditional acupuncture's efficacy and cost-effectiveness is growing rapidly. For example, in 2009 NICE recommended that acupuncture should be offered as a cost-effective short-term treatment for the management of lower back pain.

Because traditional acupuncture aims to treat the whole person as well as specific symptoms it can be effective for a range of conditions.

You can find fact sheets on many of these conditions on our website at www.acupuncture.org.uk/public-research.

Person-centred care and support

At the heart of traditional acupuncture lies a person-centred therapeutic approach, where each person is recognised as a unique individual. All signs and symptoms are considered within the context of the whole person – their story, preferences, past experiences and current needs and wishes.

Traditional acupuncturists will ensure they have sufficient time to listen to the patient. They select points and tailor their treatment plan to address the specific emotional and physical needs of the patient they are working with.

Safe, quality care

Acupuncture is a very safe intervention and adverse events are rare – particularly where it is provided by competent practitioners. The British Acupuncture Council membership is a mark of assurance of high standards of professionalism, training and safety to ensure all patients receive the highest standard of professional care during their acupuncture treatment. Our Code of Professional Conduct governs ethical and professional behaviour, while the Code of Safe Practice sets benchmark standards for best practice in acupuncture. All BAcC members are bound by these codes.

Appropriate care

BAcC members will always explain to their patients – through appropriate methods – what a course of acupuncture will entail. Where appropriate they will also communicate with a patient’s carers, their families and other health professionals. They will seek consent at every stage of a treatment to ensure the patient is happy to proceed with treatment.

It isn’t always appropriate to administer invasive treatment to care home residents. However, the treatment principles of traditional acupuncture underpin less invasive forms of care such as acupressure. Acupressure and massage can provide a number of benefits to care home residents.

What is the British Acupuncture Council?

The British Acupuncture Council (BAcC) is the leading self regulatory body for the practice of traditional acupuncture in the UK. BAcC members practise a traditional, holistic style of acupuncture diagnosis and treatment based on a system developed and refined over 2,000 years. They have completed three years full time training at degree level – amounting to over 3,500 hours of study. The traditional acupuncturist’s extensive training in the diagnostic systems and treatment principles of eastern medicine is supplemented by a thorough training in western health, including anatomy, physiology, biomedical sciences and “red flag” recognition.

www.acupuncture.org.uk/carehomes

Want to know more?

Individual needs, potential benefits and the suitability of acupuncture treatment will vary widely between care homes and care home residents. If you would like to know more about how traditional acupuncture could help improve quality of life for your care home residents please get in touch with us at info@acupuncture.org.uk.

For more information on traditional acupuncture, please visit www.acupuncture.org.uk

