



New blog from Ruth Farrow



Our latest blog is from CNHC registered Hypnotherapist, Ruth Farrow. Ruth decided to get involved in a research project with Bristol University after reading an article in the CNHC monthly newsletter back in 2015.

Read all about her involvement in this study on our blog [here](#).

PSB bi-annual meeting update



The meeting of the Profession Specific Boards (PSBs) took place on Tuesday 19 March. CNHC provided an update to the group and also led a group discussion about the ways in which the CNHC Code of Conduct, Ethics and Performance is used. Thank you to all PSB members who attended, we'll see you at the next meeting.

Random Sampling 2019

As part of our duty as a voluntary regulator, CNHC carries out a random sampling on an annual basis to check Professional Indemnity Insurance (PII) certificates and Continuing Professional Development (CPD) logs of registrants. This involves CNHC asking 5% of registrants to send us copies of their PII certificate and CPD log for their last full year of registration.

This year's sampling will begin on Tuesday 7th May 2019 and the deadline to return documents will be Tuesday 4th June 2019. If you are selected, you will be contacted by email and post to send us your completed CPD log and insurance certificate. Please note that you are not required to send these documents unless you are notified that you have been selected as part of the random sample.

The full details of the policy and process for the sampling is available on our website [here](#).

If you are included in the sample, failure to comply could affect your registration.

For further details about CNHC's CPD policy, visit our website [here](#).

CAMSTRAND 2019 abstract deadline



The Research Council for Complementary Medicine (RCCM) have announced the details for CAMSTRAND 2019 Conference: 'Working with others and Collaboration in Research'. The conference will be taking place on Monday 1st & Tuesday 2nd July at the University of Worcester Arena. If you are interested in submitting an abstract, the deadline for submissions is 30 April 2019.

To see the programme and for more details about the conference, click [here](#). For guidance and to download an abstract form, click [here](#).

PSB elections reminder

The election process for the Massage Therapy and Nutritional Therapy Profession Specific Boards (PSBs) will begin on Thursday 11 April 2019. Any registrant from Massage Therapy and Nutritional Therapy is able to stand for election for the relevant PSB, including those who are currently members of the PSB.

To view the timetable and for more information, click [here](#).

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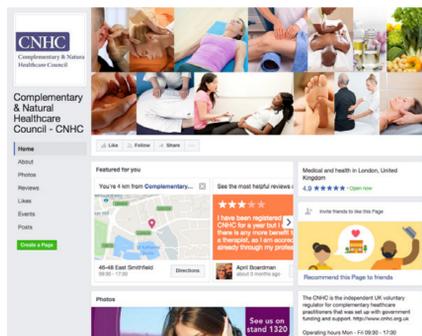
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Welcome to the April 2019 edition of newsupdate

CNHC Chair, Michael Watson

With the first day of spring behind us and planted bulbs starting to sprout, we know that the summer months are just around the corner.

Last month CNHC attended several meetings showing positive steps forward for research and Patient Reported Outcome Measures (PROMs) within complementary therapies. At the latest meeting of the All-Party Parliamentary Group for Integrated Healthcare, the Research Council for Complementary Medicine (RCCM) announced that they will be developing the capacity systematic analysis of MYMOP and MYCAW data on behalf of RCCM corporate members.

CNHC is a long-standing corporate member of RCCM and this is a very exciting step forward for research in the industry and we'll keep you in touch with progress.

Back in January, CNHC employed Evette Roberts as Head of Quality Assurance. This new role in the organisation will free up time for the Chief Executive to focus on pushing forward CNHC's strategic agenda and efforts to drive the acceptance of PROMs within the hierarchy of evidence. Evette will be taking over the latest batch of core curricula, assessing quality assurance evidence from potential new Verifying Organisations, dealing with complaints against registrants and checking CPD logs and insurance certificates for the random sampling each year. Please join us in welcoming Evette to the CNHC team.

This month's newsletter features a tribute to Keith Hunt, MBE. Those of you who have had the pleasure of hearing about Keith or working with him, will know that he has had an incredible impact on the acceptance of complementary therapies among patients and medical practitioners at the Royal Free NHS Foundation Trust. Please read on to find out more about the Complementary Therapy Service that Keith built from the ground up.

Wishing you all a prosperous month ahead.

Best Wishes,

Michael Watson



Michael Watson

Keith Hunt MBE retires from the Royal Free

Long time CNHC supporter and CNHC registered Massage Therapist, Keith Hunt MBE, has retired from his longstanding post as the Complementary Therapy Co-ordinator at the Royal Free NHS Foundation Trust. Over the course of his career, Keith has dedicated much of his life's work to setting up and running the Complementary massage therapy service at the Royal Free.

Keith started planting the seeds for the service nearly 30 years ago. It all started in 1992 when he started a voluntary massage service while he was the manager of the staff sports centre at the Royal Free hospital. He was the sole volunteer for several years, but as the word spread, the demand for the service began to grow. By the year 2000, Keith was seeing over 2500 patients a year voluntarily, alongside his full-time role.

Thanks to the success and popularity of the service, the hospital employed Keith as a Massage Therapist in 2001. As a full-fledged member of staff, he was able to take on volunteers to expand the service. Over the next four years the service continued to build. By 2005 Keith was able to hire 4 paid staff and nearly double the number of patients seen. Fast forward to 2018 and the service is now fully funded by the Royal Free Charity, run by 11 paid staff and 14 volunteers, seeing nearly 35,000 patients a year.

Keith's grit and perseverance shines through in his years of dedication to building this service at the Royal Free. While there were some who were sceptical at first, he was determined to change people's minds and did this by letting the positive patient feedback speak for itself. His hard work certainly didn't go unnoticed by his colleagues. Following nominations from several consultants at the hospital, Keith was awarded an MBE in 2013.



Keith Hunt MBE outside the complementary therapy service department at the Royal Free

The success of the Complementary massage therapy service is really down to Keith's passion to make it work – not only for patients, but also the consultants and others who refer into the service. He streamlined the referral process and ensured that his staff and volunteers were appropriately trained for the type of patients they were seeing. Keith also relied on the consultants to direct the pathway for the patient's treatment, only saw patients that had been referred to the service and acknowledged that massage therapy worked alongside their conventional medical treatment.

In terms of putting patients first, Keith says "we are guided by the patient from the moment they are referred to the service. First and foremost, we treat them with compassion and understanding. For many patients, this is one aspect of their care that they can take control of. While our individual daily sessions are only 15 minutes long, they can have a profound impact on the patient's overall wellbeing."

The Complementary therapy massage service is so popular that there isn't an area of the hospital that doesn't refer their patients to it. The staff and volunteers not only cover the cancer wards, but nearly every other area of the hospital including: cardiology, care of the elderly, orthopaedics, gastroenterology, haematology, infectious diseases, liver, maternity, neurology, plastic surgery, renal, respiratory, rheumatology and vascular departments.

The team works in many different settings and they adapt to their environment as needed. Patients could receive a massage while lying down, in a chair, on the wards or receiving treatment such as chemotherapy. Each massage uses specially blended oils appropriate for each patient. The therapy is very gentle and does not use any pressure points, unless directed by a consultant or medical professional.

Dr Jackie Newby, Consultant Medical Oncologist comments about the service: "cancer and its treatment presents a massive physical, psychological and emotional challenge to patients. The complementary therapy team here makes a huge difference to people's abilities to cope through these difficult periods. With their help, working as a team, we can provide a more holistic service, focusing not just on the disease and its medical treatment, but on the person as a whole."

Keith has built a remarkable service in his time at the Royal Free, and we know he will be missed. We wish him the best in his retirement and know we know that his legacy will live on and benefit patients for years to come.

CNHC Local Champion receives award



Sue Smith, CNHC registered Hypnotherapist and Local Champion, recently won an award from [Three Best Rated](#) for Hypnotherapy services in Gateshead. The award was based on a variety of criteria, including professionalism, testimonials, reviews, price, business image, etc.

Sue says "I was surprised and delighted to receive this award, and it is so nice to have this public and independent recognition."

Stress Awareness Month



April is Stress Awareness Month and CNHC have put together campaign materials for registrants to utilise. Stress Awareness Month aims to educate people about stress, with the ultimate goal of having a positive impact on the public health of the nation. There is a press release and social media content available to promote the campaign, simply login to [MyCNHC](#) to access them.

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