

Welcome Treatment Centre

Reiki

Information for patients



Reiki is a Japanese word. “Re” means universal and “Ki” means life-force energy. This energy is believed to be all around us in everyday living.

Reiki involves the therapists channelling this energy through their hands into your body to restore balances in mind, body and spirit. Reiki is not a religion, belief or cult.

Reiki is given alongside, but never in place of, your current medical treatment.

Reiki can be undertaken while you lie on a couch or sit on a comfortable chair. You remain fully clothed. Therapists will place their hands on or above parts of the body. You may feel a warmth, coolness or tingling sensation in that area.

Reiki cannot be undertaken if you have any fractures to any bones.

Reiki can help to:

- Make you feel less stressed and more able to cope.
- Promote physical mental and spiritual feeling of wellbeing.
- Achieve a better sleep pattern.

Care advice:

- Avoid a heavy meal before treatment.

Following treatment:

- If you feel a little light-headed, we advise you rest for five to ten minutes.
- It is essential you drink plenty of the drinks provided.
- You may feel the need to pass urine more often.
- You may experience emotions such as tearfulness, sadness or elation. If so, tell your therapist who will offer appropriate support.
- Listen to your own body. Rest if you are tired. Have a gentle walk if you feel energised.

All patients who attend the Welcome Treatment Centre can be referred by their medical team or specialist nurse.

You will be offered a maximum of four treatments, subject to the availability of the fully qualified therapist.

The treatments are free and can be suitably adapted for your individual needs.

Each patient will have a consultation by the therapist, who will always undertake a holistic assessment, gain your consent, and discuss and adapt the appropriate therapy as required. The consultation and each therapy session last approximately 50 minutes.

Appointments for complementary therapies are limited. If you are unable to keep your appointment, please contact the Welcome Treatment Centre on telephone 01623 622515, extension 3079.

Contact details

Welcome Treatment Centre, King's Mill Hospital. **Telephone:** 01623 622515, extension 3079.

Other useful contact

Macmillan Cancer Information and Support Centre, King's Treatment Centre, King's Mill Hospital. **Telephone:** 01623 622515.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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