



## Research events

### CAMSTRAND 2014

The Christie NHS Foundation Trust, Manchester, will be hosting CAMSTRAND 2014 on Wednesday 18th June 2014, with pre-conference events on Tuesday 17th June.

The conference is aimed at individuals and research groups who are interested in the development of complementary medicine research and is designed primarily for UK doctoral and post-doctoral fellows. Practitioners interested in becoming researchers are also invited to attend.

The deadline for the submission of abstracts is Friday 11th April 2014. Accepted abstracts will be published in Elsevier's European Journal of Integrative Medicine and they have offered prizes for the best presentations

For more details please contact  
[John.Hughes@uclh.nhs.uk](mailto:John.Hughes@uclh.nhs.uk)

### Interested in Writing Case Reports? – RCCM workshop

On Friday 28th March the Research Council for Complementary Medicine (RCCM) will be holding a workshop between 1.45-4.45pm on writing case reports. This workshop will be held at London South Bank University and will focus on the importance of case reports in practice and for research. Speakers include: Dr Clare Relton, Sheffield University, Dr Marie Polley, Westminster University and Professor Nicola Robinson, London South Bank University.

Please register your interest early as this workshop is likely to be oversubscribed and places are limited. The workshop will be £50 with a 15% discount for RCCM Friends and RCCM Corporate members (reduction available for 2 places).

Please contact Mary O'Meara,  
[camrn@rccm.org.uk](mailto:camrn@rccm.org.uk) to register.  
For more information about the RCCM, visit:  
[www.rccm.org.uk](http://www.rccm.org.uk)

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**Contact CNHC:**  
Email [info@cnhc.org.uk](mailto:info@cnhc.org.uk)  
or call on 020 3178 2199.

To view CNHC's website, [click here.](#)

## PSB elections – next round begins soon!

The third round of CNHC Profession Specific Board (PSB) member elections will begin in March 2014.

The next round of elections will be for the Alexander Technique teaching, Bowen therapy and Yoga therapy PSBs. Any registrant from these three disciplines will be able to stand for election for the relevant PSB, including those who are currently members of the PSB. The electorate will be all registrants in the relevant discipline at the time of the election.

**Please note this means that only those that are CNHC registered as at Thursday 6th March 2014 will be eligible to stand for election and only those registered as at 31st March will be invited to vote.**

CNHC will publish a template 'election statement' requiring candidates to set out in a maximum of 600 words how their background and experience meet our essential criteria. These statements will then be made available to the CNHC registered practitioners of each discipline in the Resources section of [My CNHC](#). The elections will be held electronically before the end of April 2014.

We will be emailing all CNHC registered Alexander Technique teachers, Bowen therapists and Yoga therapists in early March 2014 setting out the full details and inviting registrants to stand for election.

## Funding for new reflexology technique research

Cardiff Metropolitan University has been awarded funding to carry out research into a new reflexology technique called Reflexology Lymph Drainage (RLD), which has been developed by CNHC registered reflexologist, Sally Kay. The University is offering RLD to women suffering from lymphoedema following breast cancer surgery.



Sally Kay

Sally conducted a pilot in 2011 as part of her dissertation research project for her BSc in Complementary Therapies at the University. This initial pilot demonstrated a marked reduction in fluid retention and arm lymphoedema in a group of six participants. The new trial will be conducted on 30 participants from three centres to establish if the results from the 2011 pilot can be replicated.

Sally said: *"Bridging the gap between reflexology practice and proving its worth is notoriously difficult. I hope that this initial project may form the cornerstone of future studies, which will contribute to the understanding and integration of reflexology."*

Judith Whatley, Senior Lecturer at the University, said: *"We at Cardiff Metropolitan University are keen to promote the use of reflexology and other therapies in standard healthcare. Reflexology is already used across the UK in palliative care settings. It is important that we understand the potential of therapies such as these in improving the quality of life of those living with lymphoedema. We look forward to publishing the results of the study later this year."*

## CNHC Local Champions update

As readers will know, a team of CNHC registered Local Champions are raising awareness of CNHC around the UK. They have been busy delivering leaflets and posters to a wide range of locations and some have recently gained local press coverage.



Mariette Lobo

One practitioner who has been very active is Kirkcaldy-based practitioner Mariette Lobo. Mariette is CNHC registered for six different therapies and, as well as gaining coverage in her local press, has encouraged other practitioners in her area to register with CNHC.

Mariette says: *"For me it's all about safeguarding patients and clients, and promoting regulation and good practice amongst all therapists. Professional bodies protect therapists; CNHC as a regulatory body is here to protect the client."*

*"Sadly, we're still in a situation where anyone can set up as a practitioner after a one-day or weekend course. CNHC registration ensures the public, employers and commissioners have somewhere to go to find suitably qualified and insured practitioners in their area."*