

Identification

It is a legal requirement for staff to check your name and details against your therapy record every time you attend.

Other help and support

The LJMC offers information and support to patients and their families and is located next to Chemotherapy Suite by Gate 3. The staff at the LJMC work as part of the overall team caring for you.

Other leaflets in our complementary therapy series include:

A patient's guide to complementary therapies at LJMC (PI 16)

A patient's guide to relaxation & breathing techniques (PI 83)

Donations

There is no charge for our complementary therapy sessions, so any donations, however small, are gratefully received. They go towards our costs as the complementary therapy service is totally funded by voluntary donations.



Lynda Jackson Macmillan Centre

for cancer support & information

... supporting people affected by cancer...

This leaflet forms part of a series of publications produced by the Lynda Jackson Macmillan Centre (LJMC).

If you would like further information about any aspect of cancer and its treatments, please drop in to the centre or call the Helpline.

The LJMC is staffed by healthcare professionals and trained volunteers and is part of the Mount Vernon Cancer Centre.

- Drop-in centre for support and information
- Telephone Helpline
- Benefits Advice *
- Pre-treatment visits
- Complementary therapies *
- Relaxation classes
- Counselling *
- Support groups
- Look Good... Feel Better™ beauty workshops

* These services are available to patients under the care of an NHS oncologist based at Mount Vernon Cancer Centre.

Opening hours: Mon–Fri: 9.30am–4.30pm

Lynda Jackson Macmillan Centre
situated between the Cancer Centre and Gate 3 (White Hill)
Mount Vernon Hospital, Northwood, Middlesex HA6 2RN
Telephone Helpline: 020 3826 2555
www.ljmc.org



Lynda Jackson Macmillan Centre

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Ear acupuncture (NADA) for wellbeing



Introduction

This leaflet briefly explains the ear acupuncture wellbeing service at the Lynda Jackson Macmillan Centre (LJMC) at Mount Vernon Cancer Centre.

What is ear acupuncture?

This is a particular type of acupuncture using very small, fine needles inserted into acupuncture points on the surface of the outer ear. The LJMC uses a very specific form of ear acupuncture. This is known as the NADA protocol.

What does NADA mean?

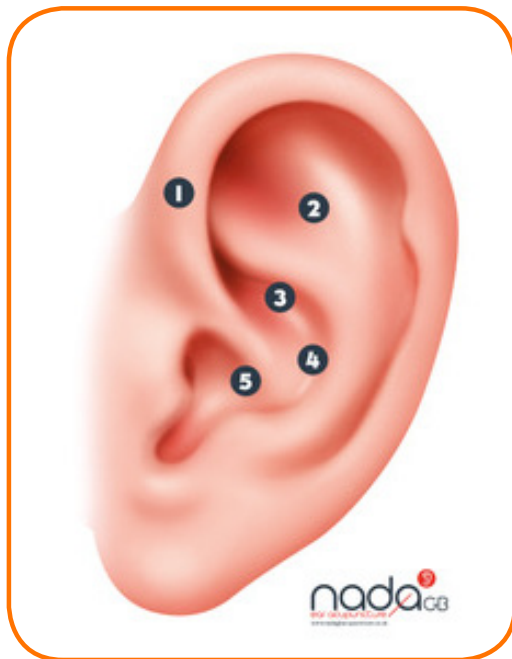
National Acupuncture Detoxification Association

What is the NADA protocol?

The NADA protocol was developed during the 1970s. It is now in use across the world to treat a range of conditions. This simple procedure uses up to five acupuncture points on the surface of each ear.

Points 1 and 2 on the diagram below, are intended to calm the central nervous system. Points 3, 4 and 5 are for supporting the kidney, liver and lung function.

Single use needles are inserted just beneath the skin and remain in place for up to 40 minutes, during which time the patient relaxes.



The treatment is given by practitioners who are specifically trained in the NADA protocol and are members of NADA GB. They also undertake yearly assessment and update training to maintain high standards.

Background

Patients often have side-effects following treatments for their cancer. These can include

- fatigue
- sleep disturbances
- digestive problems
- hot flushes
- urinary problems
- mood changes

Research undertaken at the LJMC and in other centres has shown that people with cancer may find this treatment helpful in improving their well-being.

There is a high demand for ear acupuncture and by carrying it out in a group setting, we can treat more patients thus make it more widely available.

Our ear acupuncture courses are delivered in a group setting for up to 8 people on a weekly basis for 6 consecutive weeks. We run two mixed groups for women and men.

What does ear acupuncture feel like?

Many people find ear acupuncture a relaxing treatment. Some people are more sensitive to the insertion of needles than others and may feel a slight stinging feeling. Any discomfort usually goes away quickly. Most patients enjoy the overall relaxing sensation.

Who can join a course?

This service is offered free to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre. Unfortunately, this service may not be suitable for you if you have cancer of the head and neck.

Who can I contact for more information?

If you would like more information or to be referred, please drop in to the LJMC or phone the centre helpline on 020 3826 2555 and ask about the ear acupuncture service.

What happens next?

The NADA practitioner will contact you to discuss the service and arrange your appointment. You will be sent information and a medical questionnaire which you will be asked to complete and bring to your first session.

What will happen when you come for this treatment?

You will meet the NADA practitioner in the LJMC. They will talk with you for a few minutes privately then insert needles into your ears in the group setting. Our experience is that patients have found it supportive to be in a group. We would ask that you sit quietly and relax as much as possible during this time.

If you cannot attend an appointment

Ideally we ask that you attend the whole 6 week course in order to experience the maximum benefit. If you unexpectedly find you cannot do this please let us know by telephoning the LJMC Helpline on 020 3826 2555.