

Freedom of Information request 67-17

Request

I am writing to request information on the use of Complementary Therapies and Alternative Medicine (CAM) in the NHS in the past 5 years, and past 10 years.

This would include particularly which NHS services are using CAM - in which clinics/hospitals GP surgeries etc, in which areas, the number of patients accessing these services and who is referring these patients.

Any other relevant general information on the use of CAM in the NHS that you hold would be most beneficial

Response

NHS Borders Mental Health inpatient ward has an aromatherapist one day per week to provide a range of therapies including Indian head massage, hot stone therapy, hand and foot massage, aromatherapy blends. In the past 10 years a physiotherapist provided acupuncture but this service is no longer available.

Referrals to these services are usually organised by nursing staff or relatives.

[The Lavender Touch](#) also provide a service on a voluntary basis to patients within the NHS Borders area.

The number of patients accessing Complementary Therapies and Alternative Medicine (CAM) is not held electronically but maybe available in patient records but this would require a manual trawl of all notes and the cost of carrying out this work would exceed the limit set in the Fees Regulations of the FOI(S)A 2002 and we are not required to provide.

NHS Borders do not hold data on Complementary Therapies and Alternative Medicine for GP Surgeries, they are independent contractors therefore hold their own data.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or foi.enquiries@borders.scot.nhs.uk.

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **67-17** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.