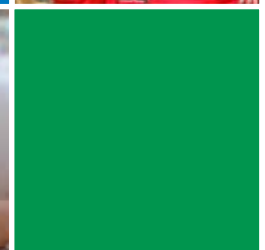
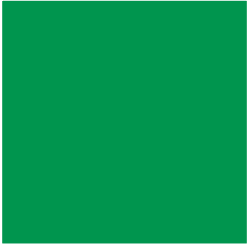




University College London Hospitals **NHS**
NHS Foundation Trust

The Royal London Hospital for Integrated Medicine





Contents

■ The Royal London Hospital for Integrated Medicine	2	■ Skin Clinic	40
Clinical Services		■ Stress and Mood Disorder	42
■ Adult Allergy Clinic	4	■ Traditional Chinese Acupuncture (TCM)	44
■ Autogenic Training	6	■ Weight Loss Clinic	46
■ Chronic Fatigue Syndrome (CFS)	8	■ Western Herbal Medicine	48
■ Complementary Cancer Care Clinic	10	■ Women's Clinic	50
■ Children's Clinic		Therapies	
■ Cognitive Behavioural Therapy (CBT)	12	■ Massage and Aromatherapy	52
■ Craniosacral Therapy (CST)	14	■ Occupational Therapy	53
■ Fibromyalgia Syndrome Service	16	■ Physiotherapy	54
■ General Medicine	18	■ Reflexology	55
■ Group Acupuncture Clinics	20	■ Voluntary Services	56
■ Group Therapy for Irritable Bowel Syndrome (IBS)	22	■ Pharmacy	58
■ Homeopathy	24	■ Referrals	60
■ Insomnia Clinic	26	■ Your Appointment	61
■ Medical and Clinical Hypnosis	28	■ How To Find Us	62
■ Musculoskeletal Medicine	30	■ Hospital Transport	63
■ Nutrition and Dietetics	32	■ NHS Evidence – Complementary and alternative medicine	64
■ Podiatry & Chiropody - Marigold Clinic	34	■ The Information service for Integrated Medicine (CAMLIS)	65
■ Rheumatology	36	■ The Education Department	66
	38		



Royal London Hospital for Integrated Medicine

Background

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS Foundation Trust and is Europe's largest public sector centre for integrated medicine.

The hospital offers a range of therapies which are fully integrated in to the NHS and with conventional medicine.

All therapies are provided by registered health professionals who have additional training in complementary medicine.

With a few exceptions clinics at RLHIM focus on conditions, or patients, rather than specific therapies. Each clinic offering a range of therapies adapted to the individual needs of the patient. The conditions treated are often complex chronic conditions.

Clinical Services at RLHIM

- Adult Allergy
- Autogenic Training
- Children's Clinic
- Complementary Cancer Care
- Fibromyalgia
- General Medicine
- Group Acupuncture
- Herbal Medicine
- Podiatry & Chiropody
- Medical Hypnosis
- Musculoskeletal
- Pharmacy
- Rheumatology
- Skin
- Stress & Mood Disorder
- Women's Clinic



All the doctors at the RLHIM are qualified in conventional medicine and therefore they are able to prescribe and advise on conventional as well as complementary treatment.

Integrated medicine brings together conventional medicine with safe and effective complimentary medicine. It emphasises the importance of the doctor-patient relationship and the use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve healing and optimal health. At RLHIM patients are active participants in their health care.

Education, research and information

In addition to its clinical services, the RLHIM has a range of academic, research and high-quality information services: NICE's NHS Evidence - complementary and alternative medicine (www.library.nhs.uk/cam) and the Complementary and Alternative Medicine Library and Information Service (CAMLIS, www.cam.nhs.uk). Our education and training programme includes the UK's only course for GPs on integrating complementary medicine into daily practice. The research department has conducted randomised controlled trials of acupuncture, herbal medicine and homeopathy, as well as Cochrane Reviews, epidemiological and ethical work.

This brochure outlines all of the services available at the RLHIM.



Adult Allergy Clinic

This clinic specialises in the diagnosis and treatment of patients with allergic conditions and other conditions in which diet or environmental factors play a part. Our team consists of two doctors, a specialist dietitian, a nurse and an occupational therapist.

Aims of management

Depending on the severity and duration of the condition, treatment may focus on:

- Diagnosis, including the use of skin prick tests and blood tests for specific IgE
- Controlling symptoms
- Improving well-being and energy levels
- Helping patients to manage their condition better

What can be managed?

‘Classical’ allergic illnesses including ‘atopic’ conditions such as:

- Hay fever (grass or tree pollen)
- Bee or wasp venom allergy
- House dust mite allergy
- Asthma
- Some cases of atopic eczema
- Urticaria (“hives”) and angioedema
- Food allergy and intolerance

Conditions where a dietary approach may be helpful, such as:

- Irritable bowel syndrome
- Migraine
- Chronic fatigue
- Poor nutrition due to restricted diet



Management may involve a number of different approaches, including:

- Helping patients to understand and manage their condition more effectively
- Allergen avoidance strategies
- Dietary modification
- Medication (such as asthma inhalers, nasal sprays, antihistamines, injectable adrenaline 'Epipen')
- Desensitisation (administration of low-dose allergy-causing substances, either as injections or by mouth, to reduce symptoms and medication use in allergic rhinitis, bee and wasp venom allergy)
- Dietary management (10 to 30% of IBS and CFS patients may respond to this approach)
- Complementary medicine.

What can't be managed?

We do **not** offer:

- Patch testing for eczema/contact dermatitis (refer to UCLH Dermatology service)
- Drug Allergy diagnosis and treatment

"Being allergic, asthmatic with lung & heart problems, I had a mass of difficulties coping with conventional treatment for thyroid & breast cancer... They helped me cope with the harsh drug side effects... I would not have coped so well without their help, and I look so well now, no one believes I have come through so much"
Patient feedback, NHS Choices – July 2010



Autogenic Training

What is Autogenic Training?

Autogenic Training (AT) is a structured meditative-style practice. It is a sequence of simple mental exercises which bring about profound mental and physical relaxation. The result is a more balanced activity of mind and body and the ability to switch into a calm state easily and at will.

Who can benefit?

Autogenic Training can benefit almost anyone to improve emotional and physical health.

AT is particularly recommended for conditions where **stress** significantly contributes to ill-health. AT can help patients to better manage the emotional difficulties often associated with chronic illnesses.

Examples of conditions where AT may be of benefit include:

- Anxiety
- Headaches
- Hypertension
- Insomnia
- Irritable Bowel Syndrome
- Muscular Pain and Tension
- Panic Attacks
- Pre-menstrual Tension
- Skin Ailments
- Urinary Problems



How it is taught

The patient will initially be assessed by an Autogenic Training Therapist. If appropriate an AT course will be recommended. AT is typically taught in groups of about 8 patients. The two-hour group sessions are held weekly for eight consecutive weeks.

The Autogenic process is designed to enable self-management of health-related problems and can be used alongside conventional treatments.

"AT is a simple but effective way of tapping into our natural self-healing processes. I know from first-hand experience that learning AT is almost like being immunised against the stresses of daily life"
Dr. Roger Neighbour, Past President of the Royal College of General Practitioners.





Chronic Fatigue Syndrome (CFS)

What is Chronic Fatigue Syndrome?

CFS, also called Myalgic Encephalomyelitis (ME), comprises a range of symptoms including fatigue, malaise, headache, sleep disturbance, difficulties with concentration and muscle pain. There is great variability in the symptoms different people experience and also they may fluctuate in severity and intensity.

The programme follows NHS guidelines for the management of CFS published by the National Institute for Health and Clinical Excellence (NICE).

The CFS Team

The team consists of conventionally trained doctors, nurses, an occupational therapist, a physiotherapist, and a dietitian.

The team has vast experience in treating people with this condition. As part of UCLH, the team also has access to a clinical psychologist.



What Treatment Is Offered?

Medical Assessment and care:

An initial assessment is carried out by a doctor. The diagnosis of CFS is made on the basis of detailed clinical assessment and tests other possible causes of fatigue.

The programme of treatment is individually tailored to help the individual manage their symptoms and improve their quality of life which will maximise the chances of recovery.

Components of the programme may include:

- Activity management
- Stress management
- Relaxation techniques
- Sleep management
- General dietetic advice
- Graded exercise therapy
- Cognitive behavioural therapy

The programme takes place over 6 sessions.

"Staff and the atmosphere at the hospital is of a high standard. I had a particularly good consultation with my doctor. This was an NHS appointment which went well and I had to travel from Lincolnshire because we have nothing like it nearby which is a great shame"

Patient feedback, NHS Choices – February 2010



Complementary Cancer Care Clinic

This clinic offers a programme of treatments to complement conventional cancer therapies such as chemotherapy, radiotherapy and surgery. It does not offer a cure for cancer, or a replacement for treatment already being received from other specialists in conventional cancer care.

Dr Sosie Kassab directs the service supported by other trained healthcare professionals, including a physician, nurses, an occupational therapist, dietitian, physiotherapist and clinical psychologist.

"I have a wonderful doctor who listens to me and has helped me hugely with the side effects of chemotherapy..."

... It is the holistic approach that has really worked for me as beating cancer is both a mental and physical battle"

Patient feedback, NHS Choices - March 2010

Aims

- To offer a patient-centred approach, integrating complementary treatments appropriately and safely to treat symptoms associated with cancer or with treatments for cancer
- To offer high quality information on the effectiveness and safety of our treatments
- To help with emotional wellbeing
- To help with physical symptoms including adverse effects of conventional cancer therapies
- To encourage self help and empowerment for patients



Treatments offered

A programme of care is tailored to each individual, on the basis of their needs and preferences, which may include the following treatments:

- Acupuncture
- Art therapy
- Autogenic training
- Dietetics
- Homeopathy
- Iscador (a mistletoe preparation)
- Physiotherapy
- Reflexology
- Relaxation and visualisation
- Reiki
- Therapeutic massage and aromatherapy

Liaison

Patients find it helpful that we maintain contact with their General Practitioner, other hospital consultants and community services as appropriate.





Children's Clinic

This child-focused clinic offers holistic, integrated care to treat a wide variety of clinical conditions.



Commonly treated childhood illnesses include:

- Recurrent infections (e.g. tonsillitis, otitis, bronchitis, herpes)
- Allergic disorders (e.g. hay fever, asthma, multiple food intolerance)
- Bowel disorders (e.g. gastro-oesophageal reflux, constipation, abdominal migraine, IBS, inflammatory bowel disease)
- Feeding difficulties
- Rheumatic conditions (e.g. juvenile arthritis)
- Skin diseases (e.g. acne, eczema, psoriasis, urticaria, vitiligo, molluscum, warts)
- Pain syndromes
- Management of anxiety and stress
- Sleep problems
- Functional developmental and learning problems (including autism spectrum disorders)
- Behavioural concerns and disorders (including hyperactivity and ADHD)



Aims and Treatments

All children are seen by conventionally trained clinicians who specialise in complementary medicine.

Based in the UCLH Children's Outpatient Department, the team is integrated with the trust's paediatric team.

All the treatments provided can be used safely alongside conventional treatments.

We also find the service is popular with parents who may be concerned about potential adverse side-effects of conventional drugs as we are able to advise on both conventional and complementary treatments.

Location of Children's Clinics

All Children's clinics are held at:

Children and Young People's Unit, Elizabeth Gareth Anderson Wing (EGA), University College Hospital, 235 Euston Road, London NW1 2BU

How to find the Children's clinic

By train - Euston and St Pancras

By underground - Euston Square (Circle, Hammersmith & City and Metropolitan lines), Warren Street (Northern & Victoria Lines) and Euston (Victoria and Northern lines) are all within walking distance.

By bus - Various buses stop within 5 minutes walk of the hospital.



Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy

What is Cognitive Behavioural Therapy?

Cognitive behavioural therapy is a structured psychological approach based on scientific principles. Research has shown CBT to be effective for a wide range of conditions.

Patients and therapists work together to identify and understand health conditions in terms of the relationship between thoughts, feelings and behaviour.

The approach relies on the therapist and client developing a shared view of the problem. This then leads to identification of personalised therapy goals and strategies which are continually monitored and evaluated.

How can Cognitive Therapy help?

CBT can help a person to change how they think (**Cognitive**) and what they do (**Behaviour**).

CBT focuses on the “here and now” problems and difficulties. Instead of focusing on the causes of distress or symptoms in the past, CBT identifies ways to improve the person’s state of mind now, which in turn can have a positive impact on physical symptoms.



The following problems have been shown to benefit from cognitive behavioural therapy:

- Gastrointestinal Disorders
 - Irritable Bowel Syndrome
 - Chronic Functional Abdominal Pain
 - Gastro-oesophageal Reflux Disease
 - Functional Dyspepsia
- Chronic Pain
 - Headaches
 - Oral & Facial Pain
 - Neuropathic Pain
 - Neuralgia
 - Fibromyalgia
 - Rheumatic Pain

- Cancer pain
- Stress and anxiety related disorders
- Depression (mild to moderate)
- Post-traumatic stress disorder
- Phobias
- Chronic Fatigue Syndrome (referral through the CFS Service)

The overall aim of this treatment is to equip the person with the tools to solve problems and manage their condition so that they can improve their overall psychological and physical well-being.

In the first session, a cognitive psychotherapy practitioner carries out an individual assessment. Following sessions are conducted on an individual or group basis.



Craniosacral Therapy (CST)

Craniosacral Therapy is a very safe and gentle 'hands-on' therapy that aims to release tensions, restrictions and misalignments in the body. It can be used safely alongside conventional treatments.

Treatments are given by qualified practitioners as part of a patient-centred, integrated approach to healthcare.

Craniosacral therapy can be offered to children and adults for a variety of conditions:

- Babies
 - Crying, restlessness
 - Colic, wind and digestive disturbances
 - Sleep problems
 - Feeding difficulties
- Children
 - Recurrent ear infections and sinus infections, glue ear
 - Asthma
 - Hyperactivity
 - Behavioural problems
 - Sleep disturbance, nightmares



- Adults

- Muscular aches and strains
- Pregnancy-related back pain and preparation for labour
- Complaints arising after child birth
- Problems arising after injuries
- Temporomandibular (jaw) joint pain and disorders
- Stress related conditions, anxiety
- Sinusitis
- Insomnia
- Exhaustion



Craniosacral Therapy



Fibromyalgia Syndrome Service

Fibromyalgia syndrome (FMS) is a musculoskeletal condition causing chronic widespread pain and increased sensitivity to touch and pressure. Associated features include tiredness, depression, anxiety, sleep disturbance, headaches, irritable bowel and bladder syndromes.

The Team

The team consists of doctors, nurses, an occupational therapist, physiotherapist, clinical psychologist and dietitian.

"Although appointments are quite short it always felt like they had time for you and the staff were helpful and caring at all times. The care is highly personalised and very effective"
Patient feedback, NHS Choices - May 2010

The Treatments

• Medical Assessment and care

Following diagnosis and assessment by an RLHIM doctor, an individualised treatment programme will be developed. This may include the following elements.

- Activity Management
- Cognitive Behavioural Therapy
- Autogenic Training
- Hypnosis
- Physiotherapy
- Dietary Advice

All elements of the treatment programmes are based on evidence-based recommendations for the management of fibromyalgia syndrome.



Fibromyalgia Syndrome Service





General Medicine Clinic

The General Medicine Clinic is led by three consultant physicians accredited in Internal Medicine. The team also includes doctors and nurses, a dietitian, a physiotherapist, an occupational therapist and a psychotherapist.

The team is trained in many areas of complementary medicine allowing them to offer a fully integrated General Medicine service. General Medicine Clinic offers a full range of diagnostic investigations as well as a variety of treatments and advice on orthodox treatment.

Aims

The Clinic offers an individualised and patient-centred service for a wide range of medical conditions, particularly chronic or complex ailments which can benefit from an highly individualised approach. The service also aims to empower patients through advice, information, and empathetic treatment.

"I am a professional musician with a doctorate in music. I am a skeptic about alternative medicines, and I am aware of current disputes about such medical techniques. I must say, however, that the treatment that I received at this Hospital has attained the required results with my particular medical complaint"
Patient feedback, NHS Choices - June 2010



What can be treated?

The General Medicine Clinic is able to review all conditions. Some of the most common conditions treated in this clinic are:

- Recurrent infections (colds, sore throats, cystitis, thrush, chest infections, bacterial infections)
- Medically unexplained physical symptoms (MUPS)
- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Fatigue illnesses
- Digestive disorders
- Hypothyroidism
- Type II diabetes (alongside orthodox medication)
- Coronary heart disease
- Benign arrhythmias
- Migraine
- Chronic headache.

Treatment

Patients are initially assessed by a physician in an in-depth consultation including a detailed discussion of their condition and potential treatments. Diagnostic investigations can be performed if necessary.

If appropriate a treatment program is suggested which may include:

- Lifestyle adjustments (diet, exercise, relaxation, pacing)
- Acupuncture
- Herbal medicine
- Homeopathy
- Mind-body techniques such as Autogenic Training, CBT and medical hypnosis.

Patients will normally be discharged for GP review after a maximum of 6 appointments.



Group Acupuncture Clinics

Acupuncture is a treatment which can relieve pain by stimulating the nerves in muscle and other deep body tissues. It is known that acupuncture increases the body's release of natural painkillers including endorphins and serotonin in the pain pathways of both the spinal cord and the brain.

The treatment

The acupuncture at RLHIM is Western Medical acupuncture. It has been proven to be effective in the treatment of pain and muscular spasm. Very fine needles are inserted through the skin into the muscles. The number of needles used in one session usually varies from 4 to 12. Each session lasts between ten and thirty minutes.

A typical course of treatment consists of 6-8 sessions initially at weekly intervals. Follow up treatments may continue at longer intervals depending on how the pain responds.

At RLHIM sessions are held with groups of patients at the same time in a group treatment room. Curtains are available around each cubicle for privacy. Patients may be treated seated or lying on a couch. Gowns are provided if necessary.



At the Royal London Hospital for Integrated Medicine, Group Acupuncture Clinics are offered for:

- Chronic Knee Pain (including knee osteoarthritis)
- Chronic Musculoskeletal pain (including back and neck pain)
- Chronic Headache and Migraine
- Menopausal complaints (including hot flushes)
- Facial Pain

Our trained staff include nurses, doctors and, for the facial pain clinic, a dentist.

Is the treatment painful?

The needles are very fine. Unlike other needles, such as those used for blood tests and injections, they do not have a cutting edge. Patients rarely experience any pain on insertion.





Group Therapy for Irritable Bowel Syndrome (IBS)

What is Irritable Bowel Syndrome?

Irritable Bowel Syndrome is a common gut disorder. The cause is not known.

Symptoms are variable and include abdominal pain, bloating, and sometimes bouts of diarrhoea and/or constipation.

Symptoms tend to 'come and go' and can often be helped by treatment.

Outline of the Programme

The group programme runs weekly for 8 weeks. It uses two interventions both recommended by the National Institute of Clinical Excellence:

- Medical and Clinical Hypnosis and
- Cognitive Behavioural Therapy (CBT).

"This Hospital offers choice to patients who wish to be actively involved in the management of their conditions. I have valued this choice and have encouraged others to use this hospital, with success"

Patient feedback, Pharmacy comments book - May 2010



Group Therapy for Irritable Bowel Syndrome (IBS)



25



Homeopathy

Homeopathy is based on the idea of treating 'like with like'. Medicines which can produce an illness matching the one from which the patient is suffering are prescribed, aiming to stimulate the body's own healing.

Other key features of homeopathy include holism, constitution, idiosyncrasy and the use of the minimum dose.

"The added bonus of course is being attended to by qualified doctors who appreciate the role that conventional medicine plays alongside Homeopathic treatment. This for me is an ideal combination"

Patient feedback, NHS Choices - April 2010

Holism: sometimes described as 'treating the person, not the disease'. Questions about your lifestyle, eating habits and preferences, sleep patterns and state of mind all help build up a complete picture.

Constitution: the type of person, including build, personality, general physical features, for instance tendency to feel the heat or the cold.

Idiosyncrasy: what is unusual or atypical about you or the health problem from which you are suffering.

Minimum dose: Homeopathic medicines range from concentrated tinctures to extremely dilute medicines, some so dilute that the original substance has been completely diluted out. It is thought that the water and alcohol mixture in which the dilutions are made retain a 'memory' of the substance.



Integration

Although it has a wide range of uses, homeopathy is not an exclusive alternative, and is not the right treatment for every complaint.

It can be used alone or to complement other treatments, for instance symptoms of, or side effects of treatments for cancer. In any case it is best integrated with other treatments so that everybody involved in the patient's care communicates and works together.

Safety

Homeopathy is generally very safe. It is non-addictive and has no dangerous side effects. Homeopathy is safe to use for babies, children, pregnant and breastfeeding women under the supervision of a qualified practitioner.





Insomnia Clinic

Insomnia Clinic

Insomnia is a common and very debilitating problem which negatively impacts on people's personal and occupational functioning, quality of life and their mental health. The Insomnia Clinic is a multi-disciplinary service treating people with insomnia and circadian rhythm disorders.

The initial consultation at the Insomnia Clinic consists of a thorough assessment of the sleep disorder and any related conditions in order to reach a diagnosis. Following diagnosis an individualised management plan will be formulated with the patient.

The Insomnia Clinic uses evidence based interventions which include Psycho-education, Cognitive Therapy, Behavioural Strategies and Relaxation to provide a comprehensive treatment package. This is delivered in either a group setting or on an individual basis depending on the patient's condition and circumstances.

The clinic also liaises with GPs to offer advice on hypnotic and other medications commonly used for sleep difficulties.

The Insomnia Clinic provides an integrated service. The team has input from Psychiatry, Psychology and Occupational Therapy and has links with other sleep services within UCLH, as well as specialist services with the Hospital for Integrated Medicine.



Insomnia Clinic

29



Medical and Clinical Hypnosis

What is Medical and Clinical Hypnosis?

Hypnosis is a psychological technique used in medicine and psychology as a tool to bring about positive changes to both the mind and the body. Medical hypnosis is the use of hypnosis to treat medical conditions and clinical hypnosis is the use of hypnosis to help in the treatment of psychological conditions.

The hypnotic state is produced either by oneself (self-hypnosis) or by responding to a therapist. It is often accompanied by deep physical relaxation, increased inner-focus and a corresponding reduction in the awareness of your surroundings.

How can Hypnosis help?

Hypnosis can benefit almost anyone to improve their physical, emotional and mental health.

Research has shown that hypnosis can help regulate various systems of the body, such as the Immune System, Nervous System and Gastro-intestinal System.

The following medical problems have been shown to benefit from the use of medical hypnosis:

- Gastrointestinal Disorders
 - Irritable Bowel Syndrome
 - Chronic Functional Abdominal Pain
 - Gastro-oesophageal Reflux Disease
 - Functional Dyspepsia



- Chronic Pain

- Headache
- Oral and Facial Pain
- Neuropathic Pain
- Neuralgia
- Fibromyalgia
- Rheumatic Pain

- Cancer Pain

- Skin Conditions

- Eczema
- Psoriasis
- Urticaria
- Itching

- Chronic Fatigue Syndrome (referral through the CFS Service)

The following psychological problems have been shown to benefit from the use of clinical hypnosis:

- Stress & Anxiety related disorders
- Depression (mild to moderate)
- Post-traumatic Stress Disorder
- Phobias e.g. needle and social

In the first session, a hypnosis practitioner carries out an assessment. Following sessions may be conducted on an individual or group basis.



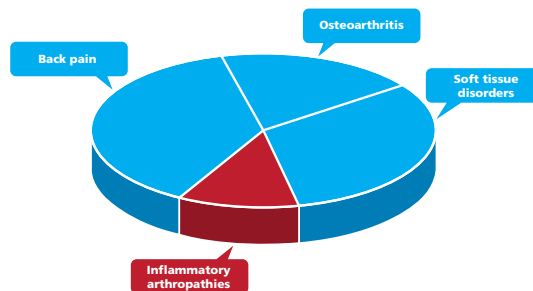
Musculoskeletal Medicine

Musculoskeletal medicine, also known as Orthopaedic medicine, provides treatment for patients with pain and dysfunction of the Musculoskeletal system.

The majority of patients with musculoskeletal symptoms have back pain, osteoarthritis or soft tissue disorders. It is these three major groups which are the particular concern of musculoskeletal medicine.

The musculoskeletal medicine service at RLHIM is directed by Dr Adam Ward, Consultant in Orthopaedic and Musculoskeletal Medicine.

Musculoskeletal medicine offers a wide range of therapeutic options, the combination of which leads to fully integrated medical care.



Relative prevalence of the four main types of rheumatic disorder (WHO classification)

What can be treated?

Some of the conditions suitable for referral include:

- Neck pain and cervical spondylosis
- Shoulder, arm and hand pain
- Back pain and lumbar spondylosis
- Sciatic pain
- Enthesopathies eg. tennis and golfer's elbow



- Referred somatic sensory symptoms to the chest or abdomen, causing unexplained pain
- Trochanteric hip pain. Adductor strains, etc.
- Periarticular pain and stiffness of both large and small joints
- Hip, knee, ankle and foot pain
- Bursitis
- Frozen shoulder
- Osteoarthritis
- Headache
- Fasciitis and tendonitis
- Repetitive use syndromes and work related disorders
- Soft tissue injury
- Overuse and sports related injuries
- Muscle, tendon and ligament pain

Treatments

The Department of Musculoskeletal Medicine offers a wide range of treatments which include:

- Specialised injection techniques for the neck and spine, joints, muscles, tendons and ligaments
- Dry needling and acupuncture
- Trigger point therapy
- Prolotherapy (injections to ligaments)
- Electrotherapies
- Medical manipulation and manual therapy
- Orthotics
- Orthodox and complementary medications
- Pain Management Programmes
- Occupational Therapy
- Musculoskeletal physiotherapy
- Nutritional & dietary assessment and advice
- Myofascial stretch
- Postural assessment
- Therapeutic exercise
- Targeted Relaxation Techniques



Nutrition and Dietetic Service

Nutrition is a vital part of the hospital's holistic approach to health. The nutrition and dietetic service is run by a registered dietitian and nutritionist providing effective, evidence-based nutritional assessment and advice tailored to the individual. Up-to-date scientific research on food, health and disease is translated into practical guidance to enable people to make appropriate lifestyle and food choices.

People with a wide range of diet related concerns can be referred to the nutrition and dietetic service. Some of the more common conditions seen at the clinic include:

- Food allergy and intolerances
- Gastrointestinal problems for example Irritable Bowel Syndrome
- Women's health issues including PCOS, PMS and menopause advice
- Weight management
- Rheumatological and bone conditions with a dietary or nutritional element

There is also a multidisciplinary weight loss programme at the hospital.

Who can be referred?

Any adult patients with nutritional and dietetic concerns related to their health

- **To refer to this service**

write to "Nutrition and Dietetic Service" at this hospital

- **To contact this service**

Dietitian contact: 020 3448 2005



Nutrition and Dietetic Service





Podiatry & Chiropody - Marigold Clinic

The Marigold Clinic specialises in the treatment of foot disorders including:

Skin

- Athlete's foot
- Corns, Callosities and Fissures
- Chilblains
- Dry eczema
- Skin ulcers
- Verrucae and Viral Warts
- Epidermolysis Bullosa
- Pachyonychia congenital

Bones and joints

- Bunion and other bone and joint conditions including gout
- Post-operative complications
- Sports injuries involving the feet

Nails

- Thickened, dry, brittle, psoriatic and eczematic nails
- Fungal infection

Treatment

Marigold Therapy is a research based medicine which provides gentle, effective treatment for foot problems.

Marigold Therapy is an integral part of homeopathic podiatry, comprising of specially formulated medication applied topically in conjunction with conventional podiatry treatment.



Quick acting and without adverse reactions, Marigold Therapy is suitable for people of all ages. Its gentle, non-invasive nature makes it attractive to patients and helps to remove even the youngest patient's fear of treatment. It is also helpful for people for whom surgery is contra-indicated.

Patients attend the Marigold Clinic once a week for 2-4 weeks, according to the condition being treated. This is followed by a simple treatment regime at home.

Extensive experience has shown that beneficial long term results are achieved for many patients.

Oral low potency homeopathic medicines, and/or biochemic tissue salts, are prescribed where indicated.

No animals are used in the manufacture of Marigold Therapy preparations, making this therapy a natural choice.





Rheumatology

The Rheumatology clinic is led by Dr Peter Fisher, a specialist in both rheumatology and homeopathy. It works closely with the musculoskeletal service. The team includes doctors, a physiotherapist, an occupational therapist, dietitian, podiatrist and nurse practitioners with specialist skills in various forms of complementary medicine.

We provide diagnostic techniques including scanning and blood tests and treatments for a wide range of arthritic and rheumatological problems at different stages.

Aims

Aims of treatment include pain control, improved function, improved energy and well being and reduction of medication.

The specific aims of treatment depend on the individual, the nature and stage of the condition. The doctor and patient discuss what might be realistically achieved and devise an individualised package of treatment integrated with conventional care.

What can be treated?

A wide range of arthritis and rheumatologic conditions, including:

- Osteoarthritis
- Rheumatoid arthritis
- Psoriatic arthritis
- Systemic Lupus Erythematosus and connective tissue disease
- Fibromyalgia
- Ankylosing spondylitis



Treatments

Treatments include:

- Acupuncture
- Aromatherapy massage
- Diet and nutrition, including exclusion diets and supplements
- Herbal medicine
- Homeopathy
- Occupational therapy
- Physiotherapy and exercise
- Podiatry

"The medicines given by Dr Fisher reduced the side-effects of the steroids my mum was taking. The homeopathic medication works well with the conventional thus reducing the side-effects. She feels a lot better thanks to this hospital"
Patient feedback, Pharmacy comments book - October 2008





Skin Clinic

The Skin Clinic is led by the hospital's Clinical Director, Dr Peter Fisher, supported by a team of doctors and other health professionals.

Aims

The improvement of skin problems and reduction of conventional medication are the aims of this service. Because the clinic is staffed by trained health professionals, our treatments are integrated with conventional methods.

What can be treated?

- Acne
- Angioedema
- Atopic eczema and other forms of dermatitis
- Hydradenitis
- Lichen planus and lichen sclerosus
- Palmo-plantar pustulosis
- Psoriasis
- Prurigo
- Rosacea
- Urticaria (hives, nettle rash)

What do we not treat?

We do not treat skin cancer including malignant melanoma and basal cell carcinomas. We do not perform skin biopsies.



Treatments

Many people do not like having to depend on drugs, especially steroid creams. In a 500-patient survey 68% of patients with skin conditions reported an improvement, and about two thirds had been able to reduce or stop conventional medication since attending the Royal London Hospital for Integrated Medicine.

Individual treatment packages are designed for each patient.

Therapies include:

- Allergy assessment and treatment
- Diet, including exclusion diets and supplements
- Stress management, including Autogenic Training
- Homeopathy
- Herbal medicine

"To treat someone as a whole in a respectful and all embracing way is so powerful in itself and essential in the overall health of an individual"
Patient feedback, Pharmacy comments book - March 2009



Stress and Mood Disorder

Stress and Mood Disorder

This service provides assessment and integrated treatment for minor psychiatric disorders, medically unexplained symptoms and psychological problems associated with chronic physical illness.

It is lead by a consultant psychiatrist with a background in psychological problems associated with chronic physical illness. All clinical staff are members of regulated health professions with appropriate additional training.

The aim is to provide a supportive environment for assessment, the acquisition of new coping and stress-management skills and personal growth in patients whose health is impaired by psychological problems including those associated with physical symptoms or chronic illness.

What can be treated?

- Medically unexplained symptoms
- Psychological problems associated with chronic physical illness
- Anxiety-related conditions
- Post-traumatic stress disorder
- Depression
- Insomnia
- Minor eating disorders



What can't be treated?

The hospital does not have the infrastructure to cater for major psychiatric conditions such as:

- Schizophrenia & psychotic states
- Dissociative disorders and Intractable obsessive-compulsive disorder
- Personality disorder
- Drug and alcohol abuse

"My visit was wonderful. It was the first time in a year that my blood pressure reading was a true reflection of itself as I didn't have white coat syndrome!! Totally love the fact that the hospital is integrated... A happy co existence. Wonderful, couldn't have been happier with the whole experience!!"

Patient feedback, NHS Choices - January 2010

Treatment

The main therapies offered are:

- Acupuncture
- Aromatherapy massage
- Autogenic Training (AT)
- Cognitive Behavioural Therapy (CBT)
- Diet and Nutritional Advice
- Herbal medicine (including St Johns Wort)
- Homeopathy
- Medical Hypnosis
- Neuro-Linguistic Programming (NLP)
- Reflexology and relaxation



Traditional Chinese Acupuncture

What is Traditional Chinese Acupuncture?

Acupuncture is a part of Traditional Chinese Medicine (TCM), a system of healing which has been practised in China and other Eastern countries for thousands of years. Although often used as a means of pain relief, it can treat people with a wide range of illnesses.

Its focus is on improving the overall well being of the patient, rather than the isolated treatment of specific symptoms.

Who can benefit from TCM acupuncture?

Some of the conditions we treat include:

- Women's health, including disturbances of the menstrual cycle, gynaecological disorders
- Men's health, including prostatitis, urinary disorders, fertility
- Emotional issues, stress, anxiety, depression, addictions
- Headaches, migraines, tinnitus, dizziness, vertigo
- Sleep disturbances
- Immune system imbalances, allergies, Herpes zoster (Shingles)
- Gastro-intestinal conditions
- Musculoskeletal problems including joint pain, back pain
- Upper respiratory disorders e.g. sinusitis, asthma
- Hypertension (High blood pressure)



What happens at my first appointment?

You will be seen individually and assessed by a doctor trained in TCM using traditional Chinese diagnosis as well as questions about your medical history and lifestyle.

Single-use, sterile, disposable needles are used.

Treatments will usually be given once a week for 6 weeks.

Is there anything your practitioner needs to know?

- If you have ever experienced a fit, faint or funny turn
- If you have a pacemaker or any other electrical implants
- If you have a bleeding disorder

- If you are taking anti-coagulants (such as warfarin) or any other medication
- If you have damaged heart valves or have any other particular risk of infection

Is the treatment painful?

The needles are very fine. Unlike other needles, such as those used for blood tests and injections, they do not have a cutting edge. Some patients feel a little sharpness during needle insertion, while others feel nothing at all.

Are there any side effects?

- A few patients feel tired after treatment - you are advised not to drive after your first appointment
- Fainting occurs rarely in some patients
- Minor bruising or bleeding can occasionally occur after acupuncture



Weight Loss Clinic

The weight loss programme has a multi-disciplinary approach to obesity which aims to help alter eating habits and physical activity over the long term. The goal is for slow change resulting in a 5 – 10% reduction of body weight over one year, which can then be maintained. There are 12 to 14 sessions held over a year on a Monday afternoon.

Each programme is individual and takes the patient's current situation and lifestyle as the starting point for change. It involves keeping a food and activity diary and setting small goals, which result in small changes which build up over time. It looks at dietary changes, cognitive behavioural changes and changes in physical activity. The programme is non-pharmacological which means that medication is not prescribed.

Team Members

The team members include a specialist doctor, a specialist dietitian and a senior physiotherapist.

Who can be referred?

Adults who are overweight or obese

- With a Body Mass Index (BMI) between 30 and 40
- Or with a BMI between 25 and 30 who have/are at increased risk of obesity related medical problems
- And who need a more intensive programme than simple dietary advice.



Exclusion Criteria

- Bulimia
- Patients with diabetes who are on insulin
- Pregnancy
- Significant depression





Western Herbal Medicine

Herbal medicine is the use of plant-based medicines to promote good health and treat illness. It combines traditional knowledge with insights from clinical and laboratory research into the active constituents of herbs.

How does Herbal Medicine work?

Herbal medicine aims to improve the function of key bodily systems to restore a balanced state of health. Herbs may share similar actions to orthodox drugs. It can be used alone or in combination with other treatments including orthodox medicine. Some herbs, such as St.John's Wort (*Hypericum perforatum*), may have potential for drug interaction. Careful prescribing avoids such problems.

Are Herbs safe?

Herbal medicine is very safe when prescribed by a competent practitioner with good medical and herbal knowledge.

The Western Herbal Clinic

The Herbal Clinic is led by a consultant physician qualified in Western Herbal Medicine.

This will usually consist of a bottle of alcohol-based tinctures, with up to five different herbs mixed together.

Patients with strict views about not taking alcohol cannot be treated using tinctures, but in some cases tablets or capsules are available.



Conditions particularly suitable for treatment by herbal medicine are:

- Digestive disorders
- Urinary disorders
- Allergies
- Women's health
- Joint problems
- Stress
- Skin conditions
- Hormonal conditions
- Fatigue syndromes
- Recurrent infections
- Migraine





Women's Clinic

The Women's Clinic at the Royal London Hospital for Integrated Medicine was started in 1993 in response to a need for a woman-centred space for dealing with gynaecological and related disorders. The clinic is staffed exclusively by women doctors.

Aims

The Women's Clinic aims to provide an empathetic space for women to discuss an integrated approach to their treatment, health and well-being.

What can be treated?

The clinic has dealt successfully with a wide range of problems including:

- Chronic Cystitis
- Endometriosis
- Fibroids and simple ovarian cysts
- Infertility of unexplained origin
- Menopausal symptoms
- Menstrual problems including PMS, Dysmenorrhea and Amenorrhea
- Polycystic Ovaries
- Pregnancy-related symptoms
- Recurrent infections, including thrush
- Psychosexual problems, including sexual abuse

Treatments

Patients are offered advice about their conventional treatment and investigations, integrated medicine and herbal treatment is also available.



Where appropriate, patients can also be referred within the hospital for specialised nutritional advice, Autogenic Training or medical hypnotherapy.

At the initial consultation we explore the presenting problem and physical and emotional responses to it.

A full medical history is also taken, including past medical history, family history and history of other concurrent problems. This approach informs the decision to prescribe the appropriate individualised medicines.

In the course of treatment we try to address both physical and mental well-being.

General examination will be carried out where appropriate, but cervical smears and routine internal examinations are not provided in clinic.

These are available through the patient's GP or Well Woman Clinic.

The initial consultation will take 45 minutes with follow-up appointments usually lasting 15 minutes.

Success Rate

The success of treatments varies with the condition being treated and its duration, but about 70% of our patients feel an improvement of their symptoms.

As we practise and promote an integrated approach to health and medicine, patients taking conventional medication are advised to continue taking these alongside the treatment offered at the clinic as appropriate.



Massage and Aromatherapy

The RLHIM offers a massage and aromatherapy service, using a variety of different approaches. Short courses (four appointments) are offered to patients in the Complementary Cancer Care service along with their doctors appointments. Our trained nurses also offer relaxation training, reiki and reflexology.

The aims of these are:

- To introduce patients to the therapies available and offer a course of high quality treatment.
- To help patients learn skills to support themselves, and teach basic skills to carers/significant others.
- If further courses of aromatherapy are desired, we encourage patients to access them locally. We can only offer a limited number of treatments due to demand for these clinics and to maintain equity of access. For this reason, we have a strict appointment policy.

Suitable conditions for treatment

- Muscular pain and low back pain
- Stress related condition
- Anxiety and depression
- Problem sleep patterns
- Digestive system problems
- Women's problems (e.g. premenstrual syndrome and menopausal symptoms)
- Headache and migraine



Occupational Therapy

Occupational therapy enables people to achieve as much as they can for themselves and get the most out of life.

Occupational therapists help people of all ages who have physical, mental or social problems as a result of accident, illness or ageing, to do the things they want to do.

At the RLHIM occupational therapy is integrated across all services, so our patients receive a service tailored to their specific needs.

Typical sessions may include:

- Helping people with limited energy levels to prioritise and manage their time effectively
- Advising on strategies to improve sleep
- Teaching relaxation as a coping strategy for stress
- Providing information about effective joint protection strategies for patients with arthritis
- Advising on the range of adaptive equipment for individuals needing help around the home
- Working with patients to devise easier ways of carrying out tasks to maintain independence
- Lifestyle management advice from specialist therapists



Physiotherapy

Patients may be referred to physiotherapist by any of the doctors working at the RLHIM, by a consultant at UCLH or a GP.

Types of patients seen:

- Chronic musculoskeletal pain – back, temporo-mandibular joint, neck, shoulder, OA knee
- Chronic fatigue syndrome (ME)
- Fibromyalgia
- Post operative

Treatment offered

- Manual Therapy
- Acupuncture
- Graded Exercise Therapy
- Pilates class
- Exercise Prescriptions

Treatment Sessions

After an assessment session to determine what treatment will be needed, each patient receives 6 sessions as a treatment block. After this the patient may be referred back to referring doctor for a review or discharged.





Reflexology

Reflexology involves applying pressure to the feet and hands with specific thumb, finger and hand techniques.

This application of pressure to parts of the feet and hands affects corresponding parts of the body through reflex zones and meridian points.

Tensions can be felt, through the application of Reflexology pressure. This is usually a pleasant sensation for the patient, though it can sometimes locate tender areas. In turn this signifies the need for further work.

The application of reflexology helps stimulate the body's own healing and self balancing.





Voluntary Services

At RLHIM we are able to offer extra services through the use of skilled volunteers. The volunteers are trained, interviewed and references are checked before they are able to work with patients. Over the years we have been able to offer additional massage, counselling, reflexology, art, dance, drama and movement therapy at no extra charge.

At present we provide Art therapy;

‘Art Therapy is, like psychotherapy, a means of becoming aware and conscious of difficulties and suffering. Through expressing feelings and thoughts a healing integration process may start.

By scribbling, painting, shaping, and using colours, paper, scissors and scraps we discover messages from our unconscious like a symbolic language.’

Art Therapy at the RLHIM takes place in small groups that typically run for 6 months

We also provide Healing through the Doctor Healer network in a drop in clinic.

‘The healing takes place with the client either seated comfortably in a chair or lying down, fully clothed. It usually takes between 30-45 minutes, the healer working silently either ‘on the body’, using gentle touch with the client’s consent, or ‘off the body’. The atmosphere is one of professionalism, respect, kindness and confidentiality.



Healing is most often experienced as restful and comforting. Patients commonly report feeling calmer and more energized afterwards. While receiving healing they may feel a change of temperature, a tingling sensation, or emotional release. Alternatively they may feel nothing in particular during the treatment but notice later that they feel better in some way.'

These services change over time as volunteers are available to offer their time.



Pharmacy

The RLHIM pharmacy is run by fully qualified pharmacists who specialise in Complementary Medicines. The pharmacy at RLHIM is both a hospital and a retail pharmacy.

Hospital Pharmacy

The pharmacy dispenses prescriptions for RLHIM and private patients. The highly trained pharmacists are able to provide advice on prescribed medicines and general information on integrated medicine.

Our team of pharmacists work closely with the RLHIM doctors and are involved in multi-disciplinary team meetings to assure the best patient care.

Retail Pharmacy

The RLHIM pharmacy is a registered retail pharmacy selling a wide range of products including homeopathic remedies, herbal medicines, nutritional supplements, books, natural and organic skin care products. The retail service is open to the general public Monday to Friday between 9am and 5.30pm.

As part of the retail service our qualified pharmacists are able to provide excellent professional advice on using complementary medicines for minor ailments.

A telephone mail order and advisory service is available to anyone on 020 3448 2600.



Products

All our products and suppliers are assessed for safety and quality by our team of pharmacists. All our suppliers are required to have appropriate manufacturing certification and we acknowledge any ethical and humanitarian values that our suppliers hold.



Pharmacy



Referrals

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals.

GP referrals are by letter or via the electronic 'Choose and Book' system.

Patients can also be referred by their NHS hospital consultant.

Please send your referral letter to

**The Royal London Hospital
for Integrated Medicine
60 Great Ormond Street
London
WC1N 3HR**

Fax: 020 3448 2004

Professional education and training

The Royal London Hospital for Integrated Medicine is part of the University College London Hospitals NHS Foundation Trust and is a teaching hospital.

With the patients consent, other healthcare professionals may sit in during outpatient clinics.



Your Appointment

Please arrive 15 minutes before your appointment time.

Your first appointment will consist of a detailed assessment of your medical condition, a physical examination and individual treatment planning. This will last between 30 and 60 minutes.

Follow-up appointments, last between 15 and 20 minutes.

Cancellation of appointment

If you cannot attend your appointment, please give at least 24 hours notice. This will allow us to offer the appointment to another patient and help avoid wasting resources.

DNA (Did Not Attend) is recorded for patients who fail to give us 24 hours notice and do not attend. We may require another GP letter before a further appointment can be offered.

Patient details

It is very important that the hospital has up to date patient information. Please let Patient Services Team know if you change address, phone number or GP. Or inform the receptionist when you attend your appointment.

Patient Services Team:

You can contact our patient services team on: 020 3448 2000/2001/2002 or email rlhimpatients@uclh.nhs.uk

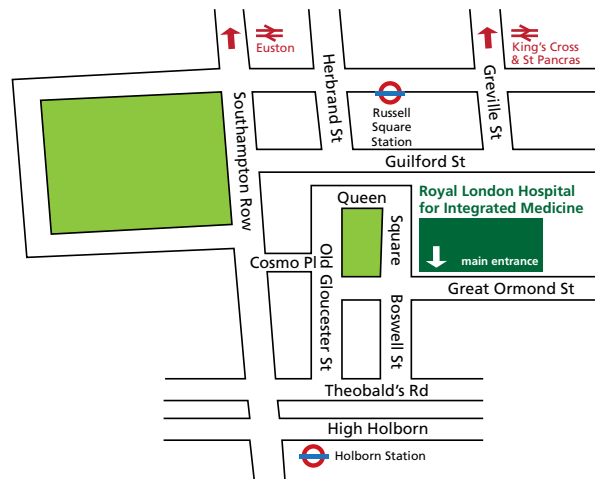


How To Find Us

By Train – Euston, King's Cross and St Pancras are all only about 15 minutes walk from the hospital.

By underground – Russell Square (Piccadilly Line) and Holborn (Central and Piccadilly Lines) are both within walking distance.

By Bus – Various buses come within 15 minutes walk of the hospital including route numbers: 8, 17, 19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242 and 243.





Hospital Transport

For your first visit, transport will be requested by your GP. For any follow up appointment you will need to contact the transport assessment team on 020 7380 9757.



Hospital Transport



NHS Evidence – complementary and alternative medicine

NHS Evidence - complementary and alternative medicine (CAM) specialist collection is one of the National Institute for Health and Clinical Excellence's (NICE) online specialist collections. It offers a unique quality assured range of information mostly systematic reviews and meta-analysis of all aspects of complementary medicine. Access is free, it is based at RLHIM and has been developed in collaboration with the University of Westminster and Research Council for Complementary Medicine under contract with NICE.

The CAM specialist collection is a unique resource which aims to provide access to good quality, up-to-date, relevant information on complementary and alternative medicine. The content of the collection is intended primarily for NHS health professionals, CAM practitioners and researchers, but the majority of the information is also accessible by patients, carers and the general public.

What does the CAM specialist collection have to offer:

- Collections of the latest research evidence by therapy and condition
- Information on use, safety and regulation
- Introductory articles on major complementary therapies
- "Keep up-to-date" section, monthly newsletter and RSS feed
- Contact details for UK and international CAM organisations
- Links to key CAM journals and online educational material
- News and Events

Tel: 020 3448 2350

www.library.nhs.uk/CAM



The Information service for Integrated Medicine (CAMLIS)

CAMLIS (Complementary and Alternative Medicine Library and Information Service) is a joint venture between the hospital and a number of academic institutions and professional associations, combining their resources and their expertise. CAMLIS is the most comprehensive specialist collection for CAM in the UK and beyond, serving healthcare professionals, researchers and patients alike.

The CAMLIS reading room holds:

- 4000+ books on open shelves (others can be fetched from the stacks)
- 60+ current journals on the shelves (back files of another 200 journals in the stacks)
- Computers for access to a broad range of medical databases, e-journals, e-books
- Information professionals who will help you with literature searches

Patients new to Complementary Medicine will find evidence based introductory literature, and expert patients will receive help with more complex literature searches. CAMLIS also runs Information Skills Training sessions regularly to enable participants to make use of complex medical databases.

CAMLIS is working on an exciting new collaboration to provide high quality patient-friendly information.

On www.cam.nhs.uk CAMLIS provides overview information for patients, news for medical professionals and access to extensive on-line resources for its members.

Opening hours: Mon, Thurs, Fri 8.45 - 17.00
Tues and Wed 8.45 - 19.00

Contact: info@camlis.eu

Tel: 020 3448 2300

The Information service
for Integrated Medicine



Education Department

The education department of the Royal London Hospital for Integrated Medicine runs full and part-time courses for all statutory registered healthcare professionals. Courses are open to: Doctors, Dentists, Pharmacists, Nurses, Dental Therapists, Dental Hygienists, Dental Nurses, Podiatrists, Chiropractors, Osteopaths and Physiotherapists.

Our Education Department, the largest of its kind in the country, offers full and part-time courses in integrated complementary medicine for registered health professionals.

In line with our commitment to evidence and excellence in complementary medicine, our academic programme includes the UK's only course in integrated medicine for GPs: Integrating Complementary Medicine in Daily Practice.

Courses in Medical Homeopathy

Introductory Courses

This is a multi-disciplinary course of six days teaching (three blocks of two days spread over a period of three months). It provides an understanding of homeopathic principles and teaches the use of simple acute remedies in daily practice. The course leads to a basic qualification from the Faculty of Homeopathy.

Advanced Training

More advanced training is available for doctors, dentists, pharmacists and nurses.



Education Department

Fast Track course in Medical Homeopathy

The Fast Track course is for qualified medical doctors only, and comprises a three month correspondence course followed by a three month full-time clinical attachment. The course runs once a year, with the clinical component between September and November. The course is suitable for those who wish to study for the LFHom and MFHom examinations, and also for doctors who simply want to learn more about Homeopathy.

Homeopathy Teaching Clinics

Teaching clinics are held every Tuesday morning at the Royal London Hospital for Integrated Medicine. These are suitable for doctors who wish to develop their clinical experience whilst they are studying Homeopathy.

Brand new short course for healthcare professionals

Integrating Complementary Medicine in Everyday Practice is an exciting and innovative course, which will teach you basic practical skills in 6 therapies – Acupuncture, Herbal Medicine, Homeopathy, Nutrition, Manual Medicine and Autogenics - as well as introducing discussions around Integrated Medicine, holism and ways of maintaining your own health and well-being.

Elective and Special Study module students

Medical students are welcome to attend the hospital for SSM placements or individual visits.



Education Department

Open days for healthcare professionals

The Education Department runs 'Introductory Days' twice yearly for statutory registered healthcare professionals, giving an opportunity to sample the teaching, tour the hospital and meet the teachers, hospital staff and current students. On the Open Day you will have a brief introduction to the ideas of Complementary Medicine and Homeopathy.

For further information please contact

Mrs Amy Bowrin MBE or Ms Janet Joseph
Education Department
Royal London Hospital for Integrated Medicine
60 Great Ormond Street, London WC1N 3HR

Tel: 020 3448 2310/2311

Fax: 020 3448 2312

Email: amy.bowrin@uclh.nhs.uk
or janet.joseph@uclh.nhs.uk

The British Medical Acupuncture Society

The British Medical Acupuncture Society (BMAS) has its London office located in the RLHIM. Mike Cummings, medical director of the BMAS, runs a teaching clinic for BMAS members. As well as observing at the clinic, some members gain honorary contracts with UCLH and volunteer to run acupuncture clinics under supervision for NHS patients with pain conditions as an additional service in the hospital.

For further information please contact

Allyson Brown
British Medical Acupuncture Society (BMAS)
Royal London Hospital for Integrated Medicine
60 Great Ormond Street, London WC1N 3HR

Tel: 020 7713 9437 Fax: 020 7713 6286

Email: BMASlondon@aol.com





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