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Request for Information Reference: 12.18.07

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Email only

3rd January 2019

Freedom of Information Act 2000 – Request for Information

Thank you for your request for information received on 10 December 2018 in relation to the County Durham and Darlington NHS Foundation Trust (Trust). We are dealing with your request under the provisions of the Freedom of Information Act 2000.

You requested information regarding complimentary therapies in labour. Specifically you requested information as follows:

We are currently planning to undertake a study to identify the effectiveness of the use of ‘complementary therapies’ (CTs) including aromatherapy and reflexology to promote spontaneous labour and reduce postdates induction of labour in low risk women.

The information you provide will be used in part to help support an NIHR grant application for multi-centre research to evaluate the role of complementary therapies within maternity services with a view to improving the experience of women during pregnancy and childbirth.

Please provide the name and city of the unit that you work in

NHS Trust name: County Durham & Darlington NHS Foundation Trust
City: University Hospital North Durham and Darlington Memorial Hospital sites.

Complementary Therapies

1. How many births are there per annum at the unit where you work?

- ***Less than 1000***
- ***1001-2000***
- ***2001-3000***
- ***3001-4000***

- **4001-5000**
- **5001-6000**
- **6001-7000**
- **7001-8000**
- **8001-9000**
- **9001-10000**
- **10000+**

Answer: 4001-5000.

2. What is your annual % of women undergoing induction of labour for postdates pregnancy rate?

- **Less than 2%**
- **2-5%**
- **5-7%**
- **7-10%**
- **>10%**

Answer: >10%.

3. Does your Trust have a Clinical Lead or Service Lead for the use of complementary therapies?

- **Yes**
- **No**
- **Don't know**

If Yes, Name of clinical lead or service lead, Job Title

Answer: No.

4. What care pathway does your Trust use for women with postdates pregnancy?

- **Local Trust guideline**
- **No specific Trust guideline, but follow the RCOG green-top guidance**
- **None**
- **Don't know**

Answer: Local Trust guideline, in line with NICE recommendations.

5. If your trust has a complementary therapy service or clinic what provision is made for women with postdates pregnancy?

- **Reflexology treatment**
- **Aromatherapy treatment**
- **Acupuncture treatment**
- **Osteopathy**
- **Homeopathy**
- **Massage**
- **Healing**
- **Bowen Technique**
- **Emmett Technique**
- **Combination treatment (if so please state combination)**
- **No complementary therapy service**
- **Other**

Answer: No complementary therapy service.

6. If your Trust offers a complementary therapy treatment for women with postdates pregnancy, on average how many weeks gestation is the treatment offered?

- **<40 weeks**
- **40+1 weeks- 41 weeks**
- **41+1 weeks- 42 weeks**
- **Open appointment/woman's choice**
- **Whenever the service is available**
- **Not applicable (no complementary therapy service)**

Answer: Not applicable (no complementary therapy service).

7. Please select from the list below those professionals who are qualified as complementary therapists and routinely involved in the provision of complementary therapy services in the unit where you work (please select all that apply)

- **Gynaecologist**
- **Midwife**
- **Obstetrician**
- **Nurse**
- **Doula**
- **Complementary therapy volunteers**
- **Other (please specify)**
- **Don't know**

Answer: N/A.

8. Who refers women to this complementary therapy service (please select all that apply)?

- ***A midwife on the antenatal clinic***
- ***A midwife on the antenatal ward***
- ***A community midwife***
- ***An obstetrician***
- ***A doula***
- ***Complementary therapy volunteers***
- ***Other (please specify below)***

Answer: N/A.

9. *Is routine membrane sweeping offered to women during a complementary therapy treatment?*

- ***Yes***
- ***No***

Answer: N/A.

10. *Following a complementary therapy treatment for postdates pregnancy, on estimate how many women still require an induction of labour?*

- ***Less than 10%***
- ***11%-20%***
- ***21%-30%***
- ***31%-40%***
- ***41%-50%***
- ***51%+***
- ***Don't know***

Answer: N/A.

11. *If complementary therapies are used to support induction of labour, do you collect data about the effectiveness of the treatments or service?*

- ***Yes***
- ***No***
- ***Don't know***

Answer: N/A.

12. *If a multi-centre research study is funded regarding interventions to improve service provision and reduce postdates induction of labour using complementary therapies, might you be interested in participating or contributing?*

- ***Yes***
- ***No***

Answer: Yes,
Name Louise de Luen
Contact details Louise.deluen@nhs.net
Institution: County Durham & Darlington NHS Foundation Trust

In line with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the County Durham and Darlington NHS Foundation Trust website.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the way your request for information has been handled, you can request a review by writing to:

The Chief Executive
County Durham & Darlington NHS Foundation Trust
Darlington Memorial Hospital
Hollyhurst Road
Darlington
DL3 6HX

If, you remain dissatisfied with the handling of your request or complaint, you have a right to appeal to the Information Commissioner at:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Telephone: 0303 123 1113
Website: www.ico.gov.uk.

There is no charge for making an appeal.

Yours sincerely

Joanna Tyrrell
Freedom of Information Officer