Auricular 'Ear' Acupuncture

At Teesside Hospice, we offer Auricular (Ear) Acupuncture to patients who may be experiencing symptoms related to illness or ongoing treatment.

Referral and assessment

Once Teesside Hospice has received a referral, a member of the Wellbeing Nursing Team will contact you by phone to arrange an assessment appointment. During this call, the nurse will ask a series of questions to determine whether Auricular Acupuncture is suitable for you at this time. Once all medical questions have been reviewed and cleared with the Auricular (Ear) Acupuncturist, a start date for treatment will be arranged.

Treatment Options

1:1 Treatment Sessions

One-to-one sessions are suitable for specific symptoms such as:

- Hot sweats
- Peripheral neuropathy
- Back pain
- Other individual symptoms

During your first session, your therapist will discuss the symptom you would like to focus on. You will be offered five consecutive weekly 1:1 treatment sessions.

Group Treatment Sessions

Group sessions are offered only for stress and anxiety.

- Maximum of 5 patients per group
- You will receive 10 consecutive weekly treatments

Your response to auricular acupuncture will be reviewed weekly to assess how well you are responding to treatment.

Review and Ongoing Care

We would expect to see some improvement in your symptoms over the course of your weekly sessions. If there is no positive improvement, unfortunately auricular acupuncture may not be suitable for you, and no further sessions will be offered. Your therapist will review your symptoms with the Multidisciplinary Team (MDT) to explore alternative support options.

If you respond well and complete the full treatment programme, a break of two months is recommended. If your symptoms return after this rest period, you may be re-referred to the service. This will require a new assessment by a wellbeing nurse and therapist to reassess suitability.

www.teessidehospice.org

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