

A randomised trial of healing therapy in a gastroenterology outpatient setting

Dissemination event

23rd January 2013 at the Good Hope Hospital

In January 2013 Freshwinds in collaboration with the University of Birmingham and the Heart of England NHS Foundation Trust completed a study on the benefits of Healing Therapy in patients diagnosed with IBS (irritable bowel syndrome) and IBD (inflammatory bowel disease) within an outpatient setting. The trial was funded by the Big Lottery Fund.

A dissemination event was organised in the Education Centre of Good Hope Hospital on 23rd January 2013 to present a summary of the results to the patient participants and stakeholders of the study.



The event helped patient participants and their carers to find out about the experiences of others in the same situation as them. They were very grateful for the opportunity to be informed about the study outcomes.

Patient participants attending the event positively commented on the impact the trial has had on them and benefits perceived. They found the overall experience worthwhile.

"I have Colitis and am not tolerant of any of the 5 ASA drugs normally used to help with this problem. I entered into this study with a completely open mind and without any preconceived ideas. I would normally research anything I get involved in, holidays, hobbies etc but not this time. I wanted to see that if my condition did change it was not due to any prompts or expectations".

"I also believe that it is important to explore all avenues of alternative healing that may be considered different from the norm if carried out within a study of this kind."



The study evaluated the effectiveness of healing therapy (alongside usual management) in symptom control and measures of the quality of life of patients. Results from this study will help to contribute to the existing evidence base on complementary therapies. The study is currently being written up for publication.

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