interested in non-pharmacological therapies to symptoms (O’Regan & Filshie, 2010). Acupuncture offers relief from both physical and psychological symptoms often experienced in this patient group. Acupuncture was introduced to the hospice as a non-pharmacological option for both in-patients and outpatients in 2018.

**Aims** To monitor the effects of acupuncture on a range of palliative symptoms using visual analogue scales (VAS), patient satisfaction surveys and verbal feedback.

**Methods** Patients who may benefit from acupuncture for a variety of symptoms were identified by the multidisciplinary team. Acupuncture points were selected by an AACP trained physiotherapist following full assessment, health screen and written informed consent. Symptoms were monitored using VAS and feedback forms prior to each session of acupuncture with each patient.

**Results** 87% of patients who were identified by the MDT for acupuncture consented to trying this therapy in conjunction with other medical treatment. Positive results in reducing symptoms using VAS were shown in patients presenting with pain (mean VAS pre-treatment 8.7, mean VAS post-treatment 6.7) nausea (mean pre-treatment VAS 7.6, mean VAS post-treatment 2.3) breathlessness (mean pre-treatment VAS 7.3, mean VAS post-treatment 6.3) fatigue (mean pre-treatment VAS 8.6, mean VAS post-treatment 6.3) and anxiety (mean pre-treatment VAS 7.6, mean VAS post-treatment 3.6). Subjectively 70% of patients reported that acupuncture was a positive experience regardless of whether the primary symptom had improved. Patients reported feeling calmer and more relaxed during and after sessions.

**Conclusion** Acupuncture has proved to be a popular, safe and enjoyable adjunct to therapy intervention for patients with no adverse reactions or side effects of treatment. Early results have shown quantitative improvements in VAS as well as qualitative positive results for the use of acupuncture in patients’ emotional and psychological wellbeing.

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**Abstract P-167 Table 1**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>MSD</th>
<th>PR</th>
<th>PAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>0.74</td>
<td>24%</td>
<td>&lt;0</td>
</tr>
<tr>
<td>Constipation</td>
<td>1.5</td>
<td>80%</td>
<td>40</td>
</tr>
<tr>
<td>Insomnia</td>
<td>0.8</td>
<td>40%</td>
<td>0</td>
</tr>
<tr>
<td>Distress</td>
<td>0.8</td>
<td>47%</td>
<td>7</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>0.8</td>
<td>47%</td>
<td>7</td>
</tr>
<tr>
<td>Fatigue</td>
<td>1.6</td>
<td>80%</td>
<td>40</td>
</tr>
<tr>
<td>Dyspnoea</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Poor appetite</td>
<td>0.25</td>
<td>17%</td>
<td>&lt;0</td>
</tr>
</tbody>
</table>

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**Abstract P-167**

**REFLEXOLOGY IN PALLIATIVE CARE: REMOVE THE RELAXATION EFFECT AND WHAT’S LEFT?**

1Simone Noble, 2Alana Douglas-Jones, 3Alice Dawson. 1Marie Curie Palliative Care Research Centre, Cardiff, UK; 2Hospice of the Valleys, Ebbw Vale, UK

**Background** The placebo effect may result in a 40% clinical improvement following administration of a non-active treatment. Complementary therapies such as reflexology are commonplace in palliative care services yet their evidence base is supported by poorly constructed research and subjective clinical outcomes. Cynics have attributed patient-reported responses to the placebo effect.

**Method** Retrospective data analysis of hospice patients’ pre and post symptom-targeted reflexology using the palliative care outcome scale (POS-S) evaluation tool. Mean symptom difference (MSD) and percentage response (PR) were calculated for each symptom. Placebo adjusted response (PAR) was calculated (PR-40%) with PAR of 20% or above being considered significant.

**Results** 100 hospice patients received a total of 360 treatment sessions for eight symptoms. (See Abstract 167, Table 1). Adjusting patient-reported response for placebo effect suggests reflexology may have a positive effect on constipation and fatigue. Constipation has long been reported to respond to reflexology and can be objectively evaluated with validated outcome tools. A feasibility study to conduct a randomised controlled trial to compare reflexology with placebo for constipation is in development.

**Abstract P-168**

**THE RELAXATION REVOLUTION – A HOSPICE BASED RELAXATION GROUP TO SUPPORT PATIENTS WITH SOME 'R AND R’**

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**Background** There has been increased use of non-pharmacological treatments to support patients with life-limiting illness. Relaxation is now seen as a core component of interventions in hospice and palliative care (Miller & Hopkinson, 2008). The benefits have been well documented. A weekly hospice complementary therapist-led relaxation group was introduced and its impact evaluated.

**Aim** To evaluate the relaxation group and assess whether relaxation techniques help patients’ symptoms and improve their sense of wellbeing.

**Method** Patients attended a six-week relaxation programme where they learnt techniques including breath-work, mindfulness meditations, guided visualisations and progressive muscle relaxation techniques. Referrals were received from within the hospice.

Using an adapted Visual Analogue Scale, each week patients were asked to identify their main symptom with a score from 0 (no symptom) to 10 (the worst it could be) pre- and post-intervention. Patients were also asked to rate their wellbeing on a scale from 0% (no sense of wellbeing) to 100% (the best they could feel) pre- and post-session. Results were further analysed to see which symptoms reported were related to an improvement in wellbeing.

**Results** Out of 121 patient contacts over 27 weeks, 113 (93%) reported an improvement in their symptoms. Overall mean before was 6.3 and post 3.5 (improvement of 2.8). Stress improved by a mean of 4.1; pain by 3.3; anxiety by 2.9 and Shortness of Breath (SOB) by 2.8.

A total of 98 (81%) reported an improvement in sense of wellbeing. Results were further analysed to see which symptoms reported had a correlated improvement in wellbeing. One example: patients citing SOB as main symptom felt their wellbeing improved by 20%.

**Conclusion** The relaxation group showed benefit to hospice patients and empowered them to use a holistic tool to manage their symptoms.