



FHT



## INFORMATION SHEET 2018

The awards are open to all complementary therapists working as individuals, or in teams where complementary therapists play a leading role. You may enter as many award categories as you like with different projects.

You can enter free of charge **before 17.00 2 July 2018**.

After that until the closing date of **17.00 3 September an entry fee of £45 is payable**. It's never too soon to start preparing your entry. On the [website](#) you can find out more about what the judges are looking for and the information we need about your work or project.

The categories are:

- Prevention and self-care
- Cancer care
- Palliative care
- The FHT award for complementary therapy research
- Mental health and well-being
- Pain management, injury prevention and rehabilitation
- Furthering integrated healthcare

### 1. The award for prevention and self-care

This is for those helping people to manage their own health conditions and symptoms, and encouraging them to make positive lifestyle changes. This includes people living with long-term health challenges.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words

- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)
- What are the key messages for others wanting to do something similar? (100 words)

## **2. The award for cancer care**

Are you involved in are helping people manage stress and symptoms resulting from cancer diagnosis and treatment? Relieving anxiety can help patients cope with their course of treatment and rehabilitation, and we would like you to tell us about your achievements in this area.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words
- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)
- What are the key messages for others wanting to do something similar? (100 words)

## **3. The award for palliative care**

This is about showing how therapies can improve quality of life, sleep and pain management in those receiving palliative and end of life care, when conventional medicine is often no longer appropriate. The judges will be looking for outstanding examples of how therapists have made a difference to people and their families.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words
- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)

- What are the key messages for others wanting to do something similar? (100 words)

#### **4. The FHT award for complementary therapy research**

##### **Sponsored by the Federation of Holistic Therapists**

This is for those involved in academic research in complementary therapy who are ready to share their results with a wider audience with the aim of promoting evidence-based practice, and demonstrating effectiveness to commissioners and others.

Criteria: the judges will be looking for evidence of:

- A recently completed research project which significantly enhances the body of knowledge currently known about the topic
- A cohort large enough to be statistically significant
- Methodology which is sound, clear and able to be replicated
- Direct impact within current clinical practice

Your entry: please tell us about your work by completing the following sections

- Describe your research project in 50 words
- Tell us more about the methodology, research context and your aims and objectives (200 words)
- Summarise your results (100 words)
- What are the potential benefits for patients or clients? (100 words)
- What are the key messages for others seeking to build on this research? (100 words).

#### **5. The award for mental health and well-being**

Are you working with people with mental health problems or perhaps those seeking to build up their resilience and wellbeing? Tell about how you are helping, for example, those suffering from dementia, anxiety, mild depression, loneliness, burn-out or work-related stress.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words
- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)
- What are the key messages for others wanting to do something similar? (100 words)

## **6. The award for pain management, injury prevention and rehabilitation**

Have you a case study of how you have helped with improving pain perception and pain management, perhaps where orthodox medicine has run its course? This could include soft tissue injuries and non-specific lower back pain, a common condition that doctors struggle to treat.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words
- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)
- What are the key messages for others wanting to do something similar? (100 words)

## **7. The award for furthering integrated healthcare**

Are you helping to bridge the gap? The judges here are looking for a training initiative for statutory regulated health professionals, which promotes complementary therapies and supports the integrated healthcare agenda.

Criteria: the judges will be looking for evidence of:

- Clearly thought out project plan or service initiative
- Background research and use of evidence, patient stories and case studies
- Partnership working
- Outcomes beneficial to patients or clients
- Relevance and transferability to other settings or services.

Your entry – please tell us about your work by completing the following sections

- Describe your work or project in 50 words
- Tell us more about the background, your aims and objectives and any evidence that shaped your plans (200 words)
- Tell us about how you worked with others, for example NHS, local government or charity colleagues (100 words)
- What were the benefits for your patients or clients? (100 words)
- What are the key messages for others wanting to do something similar? (100 words)

## **8. Overall winner – complementary therapist or team of the year.**

The overall winner is chosen by the judges from among the category winners and cannot be entered directly.

[www.complementarytherapyawards.co.uk](http://www.complementarytherapyawards.co.uk)  
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