
Example Assignment

Unit 8: Complementary Therapies

The portfolio work you produce for this assignment will be assessed to decide your mark for this unit.

You need to produce a report which will include:

- a description of the types of complementary therapies, including their development and purpose;
- the suitability of two complementary therapies for a service user;
- the role of practitioners;
- views of the public and healthcare professionals on the value of a complementary therapy;
- conclusions of how well the service user's needs have been met by complementary therapy and orthodox medicine.

Activity 1 (AO1)

Research the development and purpose of complementary therapies, at least **one** must be the complementary therapy your chosen service user is receiving.

You could do this using primary (service users and practitioners) or secondary sources (books and internet).

Present your findings to include:

- historical and development of each complementary therapy;
- global use;
- how they work alongside orthodox medicine;
- how they are used;
- settings where they are used;
- cost;
- training and qualifications of practitioners;
- health and safety.

Activity 2 (AO1)

Compare the similarities and differences in the complementary therapies.

Activity 3 (AO2)

Design a questionnaire to use with the service user to assess the suitability of **two** complementary therapies for your chosen service user.

The questionnaire must find out about:

- condition(s) of the service user;
- physical needs of the service user;
- emotional needs of the service user;
- social needs of the service user;
- lifestyle of the service user;
- beliefs of the service user;
- service user's attitude to life;
- amount the service user is willing to pay;
- concerns regarding use of complementary therapies.

Ask the service user to complete the questionnaire.

Activity 4 (AO2)

Use the information gathered from the questionnaire to show your understanding of the suitability of the complementary therapies to meet the needs of the service user.

Explain how the role of the practitioners would meet the needs of the service user.

Describe the beliefs and lifestyle of the service user and explain how these influence the choice and suitability of the complementary therapies.

Activity 5 (AO3)

Conduct a survey or use a questionnaire to find the views of the public and health care professionals towards complementary therapies.

Your research should:

- use a suitable sample;
- give reasons for the sample used;
- use a range of information sources;
- present the information gathered using tables or graphs;
- analyse the results;
- compare similarities and differences between the views of the public and health care professionals;
- analyse different views between members of the public;
- compare the views of different health care professionals;
- compare your findings with stereotypes about complementary therapies;
- analyse how valid, reliable or biased the research is.

Activity 6 (AO3)

Explain how the research could be improved if it was repeated.

Suggest further areas for research that could be carried out.

Activity 7 (AO4)

Use information collected from the service user, healthcare professionals, books and the Internet to compare how well the service user's physical and emotional needs have been met by using:

- complementary therapies;
- orthodox medicine.

Analyse the impact of the service user's approach to life, lifestyle and beliefs on the impact of the complementary therapies and orthodox medicine.

Compare how well the service user's needs were met with other people's experiences of using complementary therapies and orthodox medicine.

Activity 8 (AO4)

Draw conclusions about how well complementary therapy could work with or replace orthodox medicine.

Clearly state the views of the service user and healthcare professionals

ACTIVITY 9

Include a bibliography of all sources of information and reference those sources within the text.