

# “Making Cases Count” Report for Therese Eriksen RSHom

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## Background

Homeopath Therese Eriksen is registered with the Society of Homeopaths and has been practising homeopathic medicine for 6 years. Most recently she has been practising in clinics once a week at a centre for Children and Women survivors of domestic violence in Brighton – RISE. Patients are referred to her via the centre (RISE - <http://www.riseuk.org.uk>)

Patients are offered consultations of up to 1 hour on first visit and up to 45 minutes on any subsequent visits which occur at 3-4 weekly intervals. A flat rate of £3.50 is charged for all ages and lengths of consultation; funding from the local trusts pays for the homeopaths. All appointments take place at the centre and in person.

Patients are prescribed their homeopathic remedy (in centesimal tablets) at the end of the consultation or posted to patients afterwards.

Ms Eriksen routinely collected data from all her new patients who consulted her between 21/3/13 and 10/7/14 using the MYMOP validated outcome measure. Therese then inputted this information into a MYMOP Excel spreadsheet.

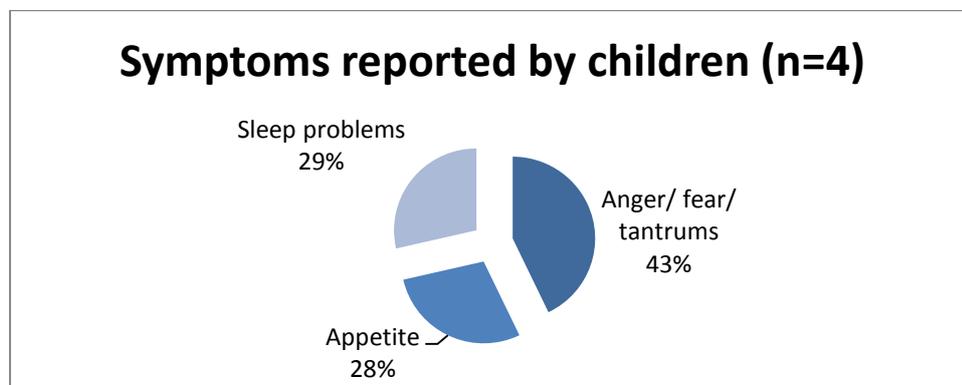
## Information collected

Between the dates of (21/3/13-10/7/14) Ms Eriksen was consulted by 24 patients, ranging from 1-68 years of age and had conducted 100 consultations in total with these 24 patients. Using a patient generated outcome measure (MYMOP) she collected initial data for all of the new patients who consulted her during this time period.

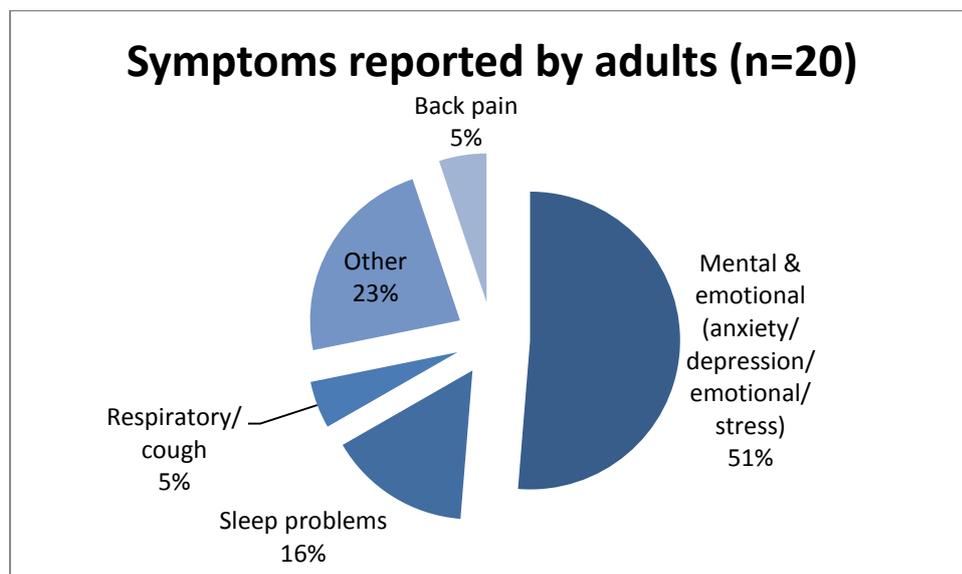
Patients were asked to write down their two ‘worst’ symptoms and to score them on a seven point Lickert scale; 0 being ‘as good as it could be’ and 6 being ‘as bad as it could be’. In addition patients scored their ‘general wellbeing’ according to the same scale. Of these 24 new patients, 17 completed an initial and a follow up outcome measure. The outcome measures were filled out by the patient at the end of the consultation.

## Analysis of Information

Homeopathic consultations were conducted for 4 children aged 1, 2, 8 and 10 yrs old. Their symptoms were: fear, anger, tantrums and problems with appetite and sleep.



Of the 20 adult patients who sought homeopathic treatment, the most commonly reported symptoms were mental and emotional (51%); these included anxiety, depression, anger, feeling emotional, and stress. Adults also reported sleep problems (16%), respiratory problems (5%) and back pain (5%). The remaining group of symptoms (other) included a wide range of symptoms (bladder symptoms, skin infections, neuralgias, blood pressure, immune system, loss of appetite). These are depicted in the pie chart below.



After a follow up consultation 10 of the 17 all patients (adult and children) reported that their primary symptom had improved, 3 reported that it was worse and 4 reported no change; hence there was an average improvement of 0.72 in primary symptom scores. In addition 5 patients reported that their general wellbeing was improved, 6 patients reported it was worse, 5 reported no change and 1 failed to comment; hence there was an average improvement of -0.14 in wellbeing scores. A Bar Graph has been created to represent this, see below.

