

## Initial Equality Impact Assessment

1. Name of the service, strategy, project or policy	The use of relaxation techniques for clients within the Stockport Lifestyles Service.
---	---

2. Directorate, Department/ Service	Tameside and Glossop Business Unit
-------------------------------------	------------------------------------

3. Details of the person responsible for the Equality Impact Assessment	
Name	
Job Title	Community Stop Smoking Nurse Advisor
Telephone Number	0161 426 5166

### For Office Use Only

Date of Equality Impact Assessment submission	August 2012
Approval	Yes...√..... No.....
Comments by Approver: Equality & Diversity Manager	
As a result of this assessment is a Full Impact Assessment Required?	Yes..... No.....√.....

## Step 1: Aims and objectives of the Policy/Service

4. Type of Service or Policy	<b>New:</b> Standard Operating Procedure
5. Describe the main aims, objectives and activities of the service or policy	<ul style="list-style-type: none"> <li>❖ To enable the use of relaxation techniques for clients within the Stockport Lifestyle Service as a means of creating a supportive environment for behaviour change.</li> <li>❖ To provide a framework for best practice.</li> <li>❖ To set a benchmark for training.</li> </ul>
6. Are there any other services or policies that are linked to this one.	<ul style="list-style-type: none"> <li>❖ Chronic Fatigue Syndrome/Myalgic Encephalomyelitis Full NICE Guideline 2007 sec 1.4.2.6</li> <li>❖ NICE COPD Clinical Guideline – taking into account the different needs of patients at different stages of disease.</li> <li>❖ NICE Clinical Guideline 113 Guide to Self Help Resources for Generalised Anxiety Disorder.</li> <li>❖ <a href="http://www.nhs.uk/conditions/back-pain">www.nhs.uk/conditions/back-pain</a></li> </ul>
7. Who are the key stakeholders?	<p>Clients within the Stockport Lifestyles Service.</p> <p>Lifestyle Service Manager.</p> <p>Lifestyles Service Management Team.</p>

## Step 2: Considering Existing Research, Data & Engagement

8. What data is available about each of the following protected characteristics and what does it say in relation to this service/policy	<p>Points you should consider:</p> <ul style="list-style-type: none"> <li>❖ <b>Supporting evidence</b> <ol style="list-style-type: none"> <li>1. Chronic Fatigue Syndrome/Myalgic Encephalomyelitis Full NICE Guideline 2007 section 1.4.2.6</li> <li>2. NICE COPD Clinical Guideline 101 section 1.2.12.2</li> <li>3. NICE Clinical Guideline 113 Guide to Self Help Resources for Generalised</li> </ol> </li> </ul>
---	--

## Anxiety Disorder

4. [www.nhs.uk/conditions/back-pain](http://www.nhs.uk/conditions/back-pain)
5. **Payne, R. (2005)** *'Relaxation Techniques – A Practical Handbook for the Health Care Professional'*. 3<sup>rd</sup> Edition, Churchill Livingstone, London.
6. **Varvogli L (2005)** 'Brain Activity and the Relaxation Response'.
7. [www.annals-general-psychiatry.com](http://www.annals-general-psychiatry.com)
8. **Manzoni MG et al (2008)** *'Relaxation Training for Anxiety: a ten year systematic review with meta-analysis'*; BMC Psychiatry; Vol 8; June.
9. **National Institute of Health and Clinical Excellence (2007)** *'Behaviour change at population, community and individual levels'*.
10. **Ernst E (2001)** *'Relaxation Therapy'* Mosby, London
11. **Hough A (1991)** *'Physiotherapy in Respiratory Care: a problem-solving approach to respiratory and cardiac management'* 2<sup>nd</sup> Edition, Chapman and Hall, London.
12. **Zahourek RP (1985)** *'Clinical Hypnosis and Therapeutic Suggestion in Nursing.'*
13. Grune and Stratton, Orlando, Florida.
14. **Demarco-Sinatra J (2000)** *'Relaxation training as a holistic nursing intervention'*. Holistic Nursing Practice 14; (3) : 30-39
15. **Pawlow, LA and Jones GE (2002)** *'The impact of progressive muscle relaxation on salivary cortisol.'* Biological Psychology 60; 1-16
16. **Mackereth P, Booth K, Hillier V., Caress A (2009)** *'Reflexology and progressive muscle relaxation for people with multiple sclerosis: A crossover trial'*. Complementary Therapies in Clinical Practice; (15) pages 14-21

	<ul style="list-style-type: none"> <li>❖ Positive support gained from the Lifestyles Service Management Team.</li> <li>❖ This document will be used by the advisors within Stockport Lifestyles.</li> </ul>
--	---

Age	It's recognised that presently this document will mainly benefit clients aged 18+.
Disability	This document will add to the support for people who are unable to access public support via Self Help networks such as in Public Library Services.
Sex	This document should have a positive impact for people regardless of sex.
Race	This document should have a positive impact for people regardless of race. For people whose first language is not English it is recognised that the interpreting service may be used to assist in the learning of relaxation techniques. The in-house relaxation CD is available in English and not available in other languages. For people whose first language is not English, instrumental CDs would be most appropriate.
Religion or Belief	This document should have a positive impact for people regardless of their religion although it is recognised that some religions may have issue with altered conscious states.
Sexual Orientation	This service will have a positive impact for people regardless of their sexual orientation.
Gender Reassignment	This service will have a positive impact for people regardless of gender reassignment.
Marriage & Civil Partnership	This service will have a positive impact for people regardless of marriage/civil partnership.
Pregnancy & Maternity	It is recognised that women in pregnancy may find it challenging to follow the instructions on the Relaxation CD as it discusses breathing techniques. In these circumstances women should be encouraged to adopt a pattern comfortable for them

	and to discuss relaxation techniques with their midwife.
General comments across all equality strands.	This document will positively reinforce the benefits that can be gained through performing relaxation techniques. It is noted that relaxation techniques are not a 'cure all' and are sometimes inappropriate. The main document discusses this in more detail.

### Step 3: Assessing the likely impact on Protected Characteristics

9. From the information you have gathered, please assess whether the service/policy would have a negative, positive or differential impact on each protected characteristic.	<p>Points you should consider:</p> <ul style="list-style-type: none"> <li>❖ <b>What positive things are you undertaking to ensure inclusion by all?</b></li> <li>❖ <b>Are there any barriers which could impact any of the different protected characteristics?</b></li> <li>❖ <b>Does the function/policy promote the same choices for all protected characteristics?</b></li> <li>❖ <b>Can the function/policy be accessed by all?</b></li> <li>❖ <b>Is there enough data?</b></li> <li>❖ <b>Could to service/policy have any impact on Human Rights? (see guidance)</b></li> </ul>
--	---

Protected Characteristic	Positive Impact	Negative Impact	Actions
Age		Time constraints to give young people advice on relaxation techniques. Also, issues may be more complex/challenging coupled with adolescence.	Discuss referral to Young People's Counselling Services at Central Youth or referral to one of the Youth Workers should there be stress and anxiety within a young person.
Disability	People who have low levels of confidence and self esteem and issues with group work will be able to receive information and a CD on relaxation techniques.		

Sex			
Race		May be an issue if first language not English.	Interpreting service available.
Religion or Belief		Some religions hold issue with altered conscious states.	Following usual client consent will highlight.
Sexual Orientation			
Gender Reassignment			
Marriage & Civil Partnership			
Pregnancy & Maternity		It is recognised that women in pregnancy may find it challenging to follow the instructions on the Relaxation CD as some breathing techniques may be difficult.	In these circumstances women should be encouraged to adopt a pattern comfortable for them and to discuss relaxation techniques with their midwife
General comments across all equality strands.	This document will positively reinforce the benefits that can be gained through performing relaxation techniques. It is noted that relaxation techniques are not a 'cure all' and are sometimes inappropriate. The main document discusses this		

	in more detail.		
--	-----------------	--	--

## Step 4: Action Plan for Negative Impacts

Protected Characteristic	Impact Description	Action required	How would you measure & monitor impact	Timescale	Responsible Lead
Age	Young people would not have access to relaxation CD through Lifestyles Service	Recognise that if a young person is experiencing stress and anxiety/depression it is usually more appropriate for them to access other support at Central Youth such as the Young People's Counselling Service or one of the Youth Workers.	Monitor complaints/incidents.	1 year	Helen Jackson
Race	The relaxation CD and instructions are in English.	Engage the interpreting services.	Monitor complaints/incidents.	1 year	Helen Jackson.
Religion/Belief	Some religions hold issue with altered conscious states	Usual client consultation/consent would highlight.	Monitor complaints/incidents	1 year	Helen Jackson



Pregnancy and Maternity	It is recognised that women in pregnancy may find it challenging to follow the instructions on the Relaxation CD as it discusses breathing techniques which may be difficult in pregnancy.	In these circumstances women should be encouraged to adopt a pattern comfortable for them and to discuss relaxation techniques with their midwife.	Monitor complaints/incidents	1 year	Helen Jackson