



NADA in Neo-care unit

AN OFFER TO PARENTS WHOSE CHILDREN ARE HOSPITALIZED

We are aware that many parents might endure stress, insomnia, anxiety etc. during the time their child is hospitalized.

NADA is stress reducing ear acupuncture, through which we would like to offer you a mental break.

THIS IS HOW THE TREATMENT TAKES PLACE

During a NADA-treatment there will be 5 small needles placed in each of your ears, which are supposed to stay in there for 45 minutes.

To achieve the best possible effect, you have to remain silent and relaxed, while the needles are in your ears. It is recommended that you don't use your cellphone, talk or listen to music while the treatment takes place.

Placing the needles, you will feel a sting. The pain will disappear immediately after, and the treatment will be painless hereafter.

You can receive NADA without having a conversation beforehand. NADA is kind of a safe-space, for you to recharge. To many, the immediate feeling after having NADA is calmness. Inside the body as well as the mind. There are no side effects.



NADA – a quiet conversation with yourself

PRACTICAL INFORMATION

We give NADA in individual agreement. You can have NADA a single time or several times during the hospitalization.

You will receive NADA from certified nurses only. For the time being, there are four of us.

Since NADA is a new initiative in the Neonatal care unit, we would like you to fill out the questionnaire you will be given.

What is NADA?

NADA stands for National Acupuncture Detoxification Association.

The NADA method is known all over the world and is used, among other things, in hospitals, at treatment institutions and as part of the treatment for post-traumatic stress syndrome (PTSD).

NADA has been used in Denmark since 1997

CONTACT AND FURTHER KNOWLEDGE

If you have questions, please feel free to contact us.



Contact

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