

Disclosure

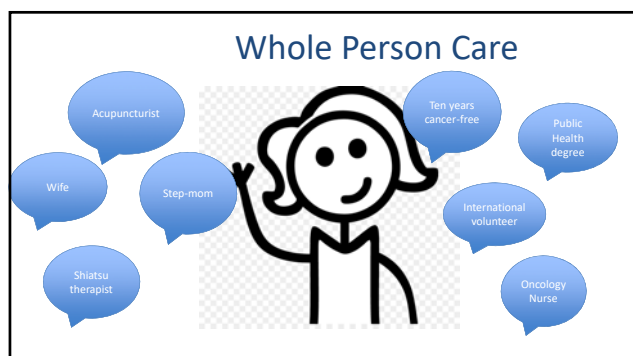
There are no conflicts of interest regarding relevant financial interests in making this presentation and I have indicated that my presentation does not include discussion of an unlabeled use of a commercial product or an investigational use not yet approved for any purpose.

Objectives

- Participants will verbalize 3 principles of integrative health care
- Participants will describe the benefits of activating the relaxation response
- Participants will identify resources for making referrals to integrative providers

Principles of Integrative Healthcare

- Engages the whole person-body, mind, spirit and emotions
- Values healthy lifestyle, prevention of illness
- Promotes patient empowerment and self care
- Blends conventional medicine with safe and effective therapies from other healing traditions



What does Integrative Medicine have to do with Oncology?



OUR MISSION:

TO ADVANCE EVIDENCE BASED, COMPREHENSIVE, INTEGRATIVE HEALTHCARE TO IMPROVE THE LIVES OF PEOPLE AFFECTED BY CANCER.

SIO Definition of Integrative Oncology

"Integrative oncology is a **patient-centered**, **evidence-informed** field of cancer care that **utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions** alongside conventional cancer treatments. "

(Witt, et al., 2017)

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Integrative Cancer Care

At San Francisco General Hospital,
I treat cancer.
At the Osher Center for Integrative Medicine,
I treat people living with cancer.

Donald Abrams, M.D.

Chief Hematology-Oncology, San Francisco General Hospital &
Integrative Oncology, UCSF Osher Center for Integrative Medicine

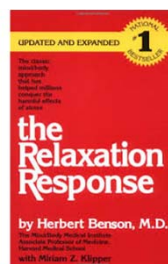
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What gets in the way?



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What can we do?



"The physiological opposite of the 'fight or flight', or stress, response."

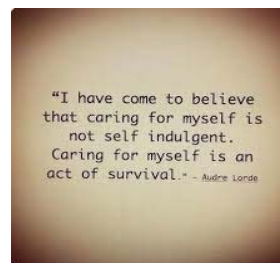
Can be induced using two simple steps.

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Potential Benefits/Outcomes

- Supports the body's innate healing process
- Patient empowerment
- Increased sense of wellbeing
- Relaxation, anxiety/stress reduction
- Management of pain, nausea, fatigue
- Improved sleep
- Improved strength/stamina

Self-Care



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Different Lenses



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Chinese Medicine

Chinese Medicine is a comprehensive system of medicine that has been in continuous practice for more than 2000 years.

It is a system that acknowledges the interconnection between mind, body, spirit and emotions

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When is Integrative Medicine relevant?

A Continuum of Care

Diagnosis

Treatment

Survivorship

End Stage

Pain

- Relaxation techniques – breathing
- Guided imagery
- Massage (with or without essential oils)
- Acupuncture, acupressure (LI4)
- Aromatherapy (Lavender, Sweet Marjoram, Ginger, Roman Chamomile, Frankincense, Spearmint, “Calming” patch)



Pain – LI 4



Nausea

- Acupuncture, acupressure, nausea relief bands, P6 point inner wrist
- Aromatherapy
 - Inhalers (Ginger, Mandarin and Spearmint)
 - 2% dilution in lotion
 - Patches (Q-Easy)



Nausea - P 6

Pericardium 6 Acupressure Point



Acupressure Wrist Bands



Anxiety

- Relaxation techniques
- Guided imagery
- Acupressure (CV17 and GV24.5)
- Music
- Energy work (Healing Touch, Reiki)
- Aromatherapy (Mandarin, Lavender, Sweet Marjoram, Roman Chamomile, Frankincense, Spearmint, "Calming" patch)

Anxiety – CV 17 and GV 24.5



Fatigue

- Physical movement
 - T'ai chi, qi gong, yoga, gentle stretching
- Music
- Nutrition
- Energy work (Healing Touch, Reiki)
- Aromatherapy (Mandarin, Spearmint, Frankincense)
- Acupressure
 - Clinical trial showed positive benefit from self-acupressure for cancer-related fatigue

Allina Resources:

Penny George Institute for Health & Healing

Locations

Abbott Northwestern
Buffalo
United Hospital - VPCI
Mercy Hospital – VPCI
Hastings
Highland Park Allina Clinic
Isanti
New Ulm Medical Center
Northfield
Owatonna
River Falls
Saint Frances Regional Medical Ctr.
West Health
Woodbury

Services

- Acupuncture/Traditional Chinese Medicine
- Biofeedback
- Consultation with an Integrative Physician/NP
- Consultation with an Integrative Nutritionist
- Massage therapy
- Classes open to the community

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Final Thoughts

- Wholeness is honoring the body, mind, spirit and emotions
- Introduce integrative therapies during assessment and ongoing care
- Explore available resources to increase your awareness and understanding of integrative care
- Take the Transformative Nurse Training (TNT) program!

Resources

- Benson-Henry Institute for Mind Body Medicine
 - <https://www.bensonhenryinstitute.org/>
- Society for Integrative Oncology
 - <https://integrativeonc.org/>
- National Certification Commission for Acupuncture and Oriental Medicine
 - <http://www.nccaom.org/>
- National Center for Complementary and Integrative Health
 - <https://nccih.nih.gov/>

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Thank You!



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