

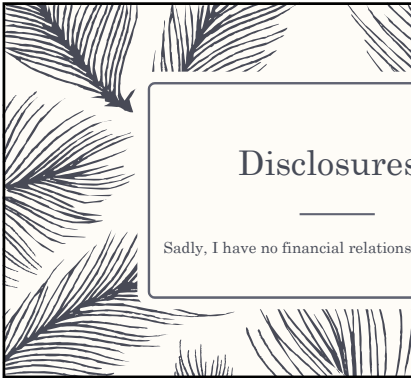


Integrative and Supportive Oncology

Allina Health
CANCER INSTITUTE

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Allina Health Cancer Institute – Coon Rapids
Breast Health: A Team Approach Conference
February 1, 2025


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Disclosures

Sadly, I have no financial relationships to disclose.


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Objectives

- Discuss comprehensive biopsychosocial assessment as a routine part of providing whole person (oncology) care
- Discuss the variety of integrative and supportive oncology options that may be considered when navigating a cancer diagnosis
- Identify areas for growth and improvement

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NCCN Distress Thermometer

NCCN Guidelines Version 2.2022
Distress Management

NCCN DISTRESS THERMOMETER
Distress is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.
Instructions: Please circle the number (0-10) that best describes how much distress you have been experiencing in the past week, including today.

Extreme distress 10
9
8
7
6
5
4
3
2
1
0
No distress

PROBLEM LIST
Have you had concerns about any of the items below in the past week, including today? (Mark all that apply)
Physical Concerns
☐ Pain
☐ Stress
☐ Fatigue
☐ Difficulty eating
☐ Difficulty sleeping
☐ Memory or concentration
☐ Sexual health
☐ Changes in eating
☐ Loss or change of physical abilities
Emotional Concerns
☐ Worry or anxiety
☐ Difficulty concentrating
☐ Loss of interest or enjoyment
☐ Guilt or shame
☐ Fear
☐ Loneliness
☐ Anger
☐ Changes in appearance
☐ Changes in personality or being a "different" person
Spiritual or Religious Concerns
☐ Finding strength, faith, or purpose
☐ Changes in faith or beliefs
☐ Death, dying, or afterlife
☐ Conflict between beliefs and what is happening
☐ Relationship with the sacred
☐ Values or lifestyle needs
Social Concerns
☐ Relationship with spouse or partner
☐ Relationship with children
☐ Relationship with family members
☐ Relationship with friends or neighbors
☐ Communication with health care team
☐ Ability to have children
Other Concerns
☐ Financial concerns
☐ Transportation issues
☐ Health insurance
☐ Meal delivery
☐ Wig room
☐ Healing Touch
☐ Legacy Planning
☐ Chaplain support
☐ Palliative Care
☐ Integrative Oncology


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Integrative / Supportive Oncology

- General Social Work assistance
- Oncology specific Mental Health Therapy
- Support Groups
- Simple Talk Session / Tour
- Wig Room
- Healing Touch
- Legacy Planning
- Chaplain support
- Palliative Care
- Integrative Oncology


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Oncology Social Work Biopsychosocial Assessment

- financial concerns
- transportation issues
- health insurance
- meal delivery
- wigs and head coverings
- short/long disability
- Family Medical Leave Act (FMLA)
- SSI / SSDI
- estate planning and living wills
- health care directives
- legal concerns
- talking with children about a cancer diagnosis
- End of Life planning
- Legacy planning
- Caregiver support
- grief and loss
- emotional processing and mental health support
- Integrative / complementary therapies

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Oncology Mental Health Therapy

- Depression and Anxiety
- Panic attacks
- Loss of interest or motivation in usual activities
- Fatigue / sleep concerns
- Tearfulness
- Muscle tension and/or restless feelings
- Irritability and/or agitation
- Worthless and/or guilty feelings
- Recurrent thoughts / trouble concentrating
- Fear of recurrence
- Grief/Loss (including Anticipatory Grief)
- Physical changes and/or body image concerns
- Communication and your support system
- Physical and emotional healing post cancer treatment
- Purpose/Mission in life
- End of life wishes, legacy project
- Quality of life
- Role and responsibility changes
- Work/personal life
- Remaining hopeful


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Support Groups

- In-Person vs Online
- Group setting vs Individual
- Facebook, Instagram, etc
- Retreats

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Simple Talk Program

- Support at initial diagnosis
- Connection to resources (ie: Angel Foundation)
- Simple Talk Session / Clinic Tour
- End of Life

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Section 1. Minnesota Statutes 2022, section 62A.28, subdivision 2, is amended to read:

Subd. 2. **Required coverage.** (a) Every policy, plan, certificate, or contract referred to in subdivision 1 issued or renewed after August 1, 1987, must provide coverage for scalp hair prostheses worn for hair loss suffered as a result of alopecia areata or treatment for cancer.

(b) The coverage required by this section is subject to the co-payment, coinsurance, deductible, and other enrollee cost-sharing requirements that apply to similar types of items under the policy, plan, certificate, or contract and may be limited to one prosthesis per benefit year.

(c) The coverage required by this section for scalp hair prostheses, worn for hair loss suffered as a result of treatment for cancer is limited to \$1,000 per benefit year.

(d) A scalp hair prosthesis must be prescribed by a doctor to be covered under this section.

(e) Scalp hair prostheses worn for hair loss suffered as a result of treatment for cancer are covered by county-based purchasing plans participating in the medical assistance program.

EFFECTIVE DATE. This section is effective January 1, 2025, and applies to all policies, plans, certificates, and contracts offered, issued, or renewed on or after that date.

Scalp Hair Prostheses


Code: A5022

Scalp hair prostheses are considered medically necessary for treatment of medical conditions that result in hair loss. Coverage is limited to \$1,000 per calendar year.

Wig Room

- Complimentary
- Emotional / psychological impact
- RX for cranial prosthesis and insurance reimbursement


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Healing Touch

- A relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental, and spiritual well-being.
- Assists in creating a coherent and balanced energy field, supporting one's inherent ability to heal.
- Potential benefits: calming anxiety and reducing symptoms of depression, decreasing pain, strengthening the immune system, enhancing recovery from surgery, complementing care for neck and spine problems, deepening spiritual connection, supporting cancer care, creating a sense of well-being, easing acute and chronic conditions, and supporting resiliency in health care providers.


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Legacy Planning

- Being intentional about evaluating a person's thoughts, values, wishes, and the essence of what makes them unique and developing something that their loved ones can treasure in the years to come.
- How can a person still be "present" even after they are gone?
- Letters, videos, books, heirlooms, gifts, etc


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Oncology Chaplain

- Pilot Program at AHCI-Coon Rapids
- Attending to the spiritual and emotional well-being of patients and their loved ones
- Referral triggers: Pt requested, new diagnosis, change in condition, traumatic event, grief/loss, lacking support, emotionally distraught, etc.

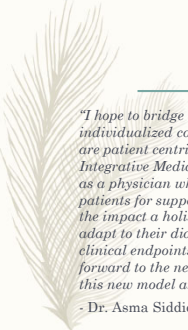
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Palliative Care

- Symptom management and goals of care discussion
- Serious Illness Conversations
- Partnership with oncology care team re: future health transitions


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Integrative Oncology

"I hope to bridge this gap by providing holistic, individualized care, and adopting healing strategies that are patient centric and evidence based. My two year Integrative Medicine fellowship, as well as my experience as a physician who has partnered with many cancer patients for supportive wellness, has made me appreciate the impact a holistic approach on not just how patients adapt to their diagnoses and therapies, but also how hard clinical endpoints can be positively affected. I am looking forward to the next steps and hoping to become a part of this new model and visionary practice."

- Dr. Asma Siddiqi




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Areas for Growth and Improvement

- Need for more social work and mental health therapy support
- Inconsistent resources across the Allina Health system
- Lack of patient / system knowledge regarding available resources
- Limited funding for supportive services


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References

- Yabroff KR, Dowling EC, Guy GP Jr, et al. *J Clin Oncol* 2016;34:259-267
- Distress Thermometer. Version 2.2022, 01/27/22 © 2022 National Comprehensive Cancer Network® (NCCN®)
- [HealingBeyondBorders.org](https://healingbeyondborders.org)
- [DHS: Equipment and Supplies - Orthotics and Prosthetics](#)
- [S4423-1](#) State of MN 93rd Senate Session


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