

AN INTRODUCTION TO

INTEGRATIVE PALLIATIVE CARE

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June 14 2022



OUTLINE

- What is integrative medicine and how does it relate to palliative care?
- Symptom clusters
- Lifestyle
- Supplements and Botanicals
- Mind Body Therapies
- Biomechanical Therapies
- Bioenergetic Therapies
- Acupuncture and TCM
- Key Resources

INTEGRATIVE MEDICINE

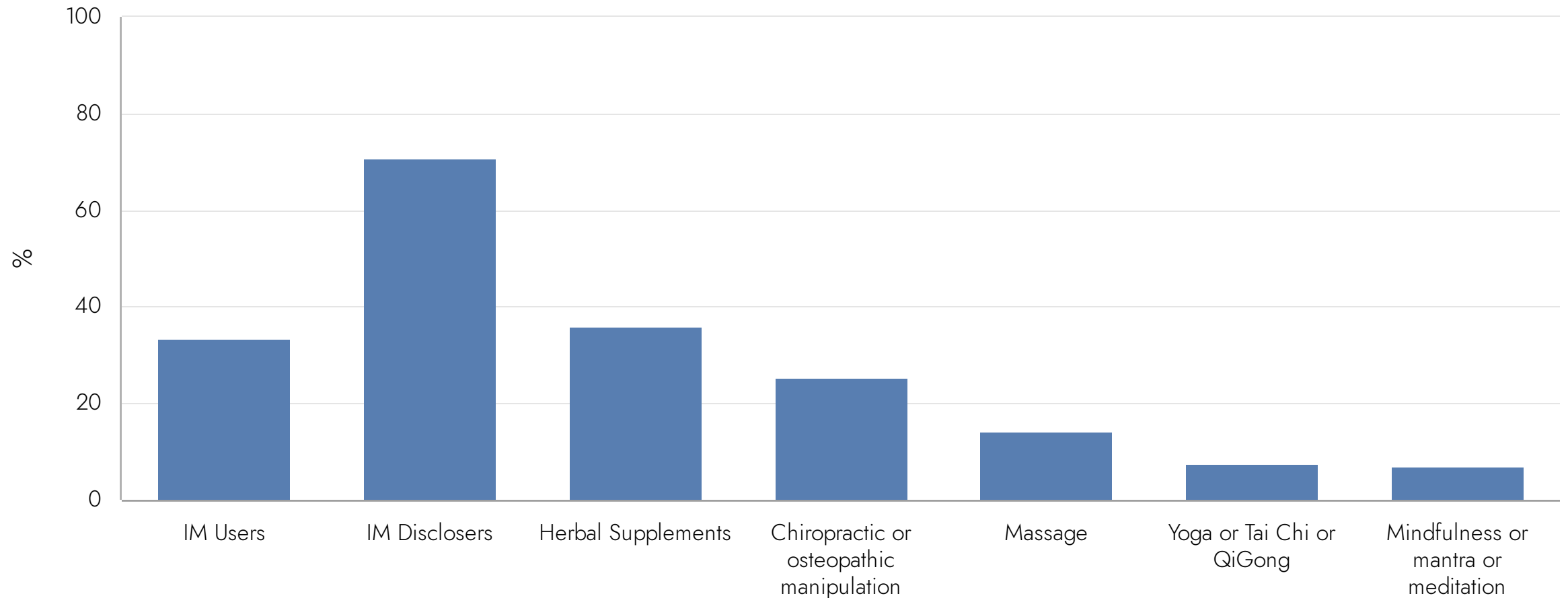
Integrative Medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

- Patient and practitioner are partners in the healing process.
- All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
- Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
- Effective interventions that are natural and less invasive should be used whenever possible.
- Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
- Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
- Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount. Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.

A NOTE ON TERMINOLOGY

- alternative medicine
- complementary and alternative medicine (CAM)
- **complementary and integrative health (CIH)**
- **integrative medicine (IM)**
- holistic medicine
- naturopathy
- functional medicine
- Traditional Chinese Medicine
- Ayurveda

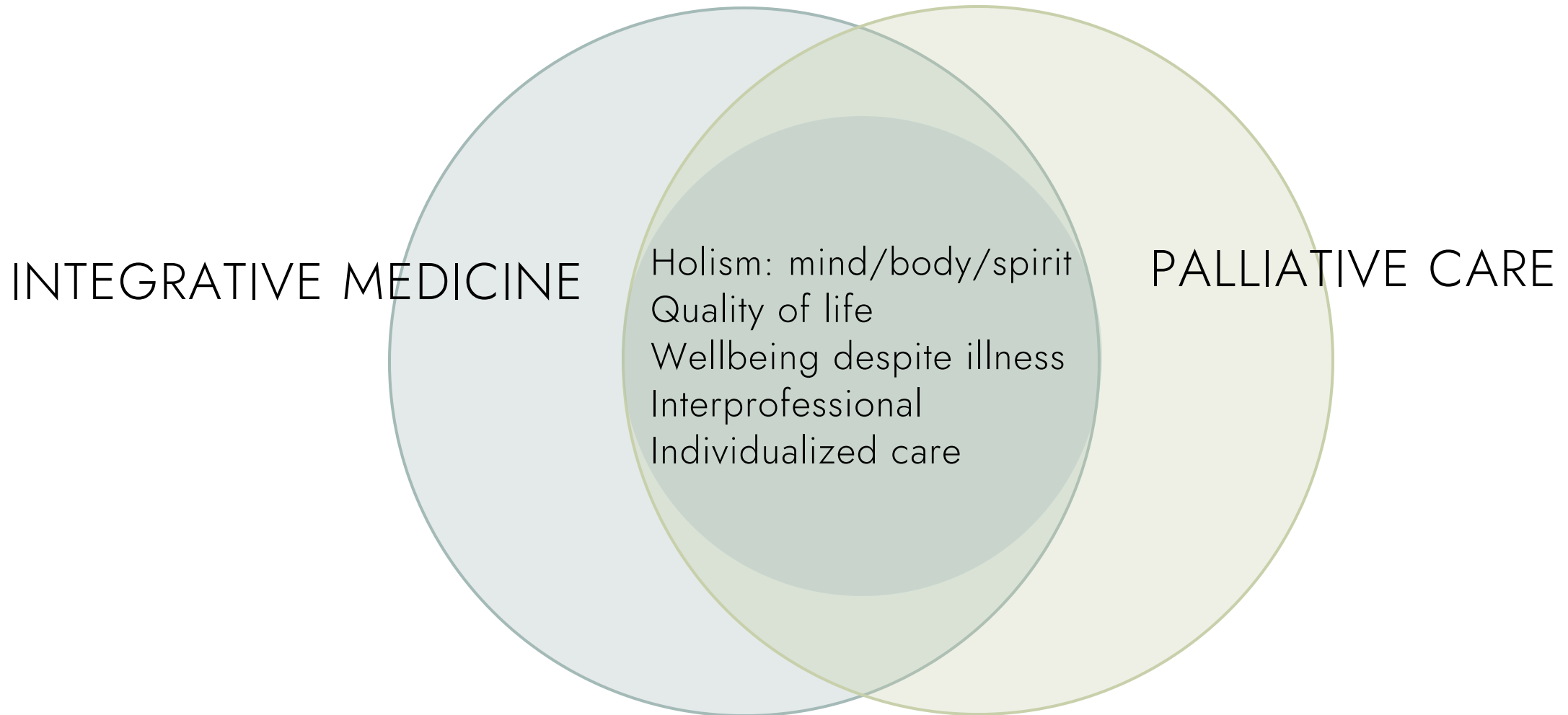
PREVALENCE AND NON-DISCLOSURE OF IM USE AMONG CANCER PATIENTS (N=3118)



INTEGRATIVE MEDICINE AND PALLIATIVE CARE



INTEGRATIVE MEDICINE AND PALLIATIVE CARE



INTEGRATIVE MEDICINE AND PALLIATIVE CARE

Integrative Medicine

- Nonpharmacologic symptom management strategies. Fewer drug interactions and fewer side effects.
- Mind body techniques that improve not only patient wellbeing but also provider resilience



Palliative Care

- Model for meaningful engagement at end of life
- Integration of spirituality into care
- Integrated team based care

INTEGRATIVE PALLIATIVE CARE

Integrative palliative care combines the best of both approaches in relieving the distressing symptoms of serious illness and its treatment by combining evidence informed, pharmacological and nonpharmacological modalities that are aligned with the person's goals, values and preferences.



Marchand, Lucille, Donna Lewin, and Leila Kozak. "Addressing Symptom Clusters with Complementary and Integrative Health Therapies in Palliative Care Populations: A Narrative Review." *OBM Integrative and Complementary Medicine* 6.1 (2021): 1-1.

APA

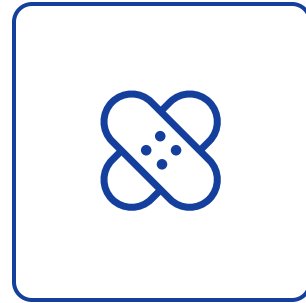
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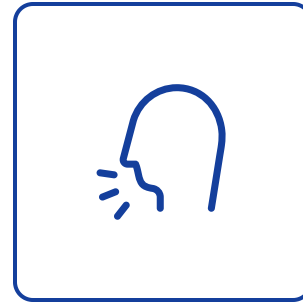
FROM SYMPTOMS TO SYMPTOM CLUSTERS



ANXIETY



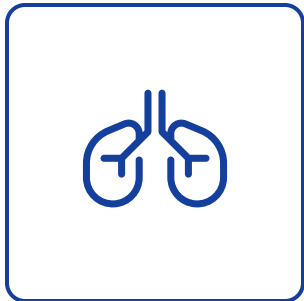
PAIN



NAUSEA



FATIGUE



DYSPNEA



DEPRESSION



CONSTIPATION



DELIRIUM

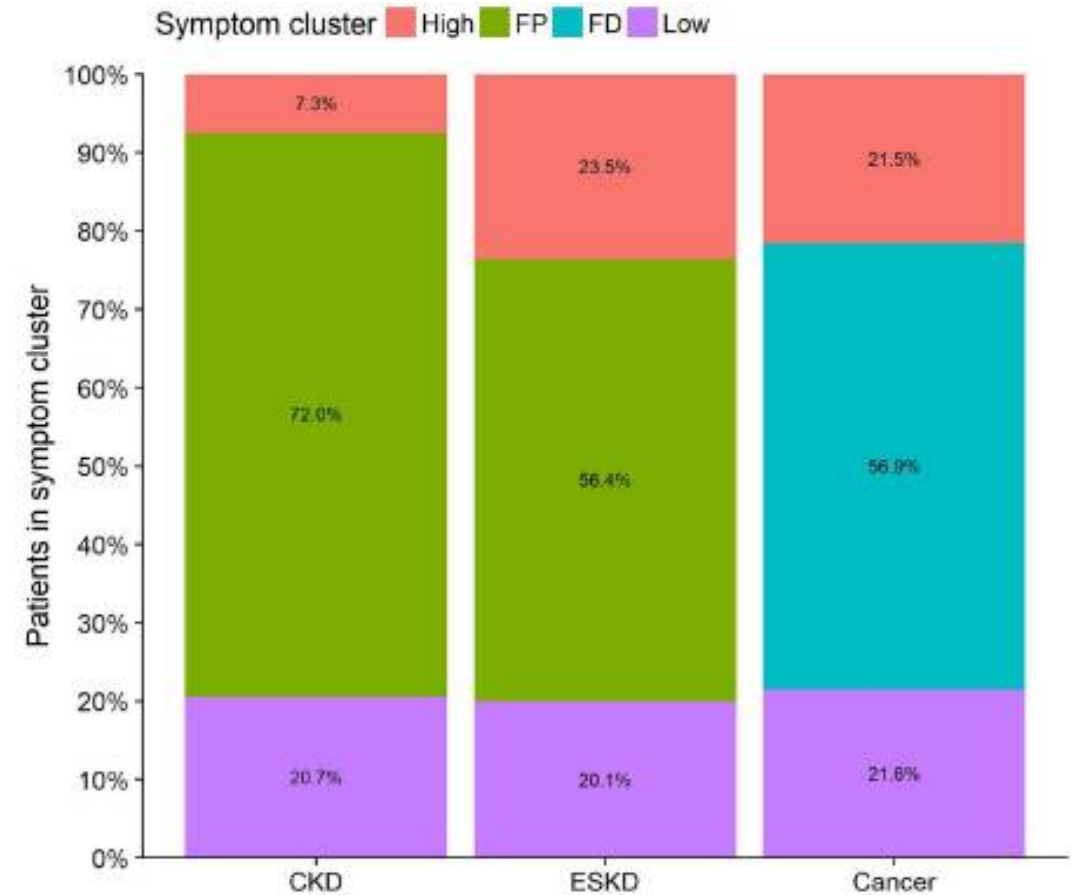
SYMPTOM CLUSTERS

- 16K patients on 38 palliative care teams - PCQN
- Over 40% of patients referred for other reasons reported moderate-severe pain
- Patients with pain had higher rates of nausea, anxiety, dyspnea
- Patients who reported improvements in anxiety and dyspnea were more likely to report improvement in pain

SYMPTOM CLUSTERS

- Pain, depression, and fatigue in GI cancer and CKD
- No differences in average fatigue or pain between groups, but distinct symptom cluster profiles

Jhamb M, Abdel-Kader K, Yabes J, Wang Y, Weisbord SD, Unruh M, Steel JL. Comparison of Fatigue, Pain, and Depression in Patients With Advanced Kidney Disease and Cancer-Symptom Burden and Clusters. *J Pain Symptom Manage*. 2019 Mar;57(3):566-575.e3. doi: 10.1016/j.jpainsymman.2018.12.006. Epub 2018 Dec 13. PMID: 30552961; PMCID: PMC6382584.



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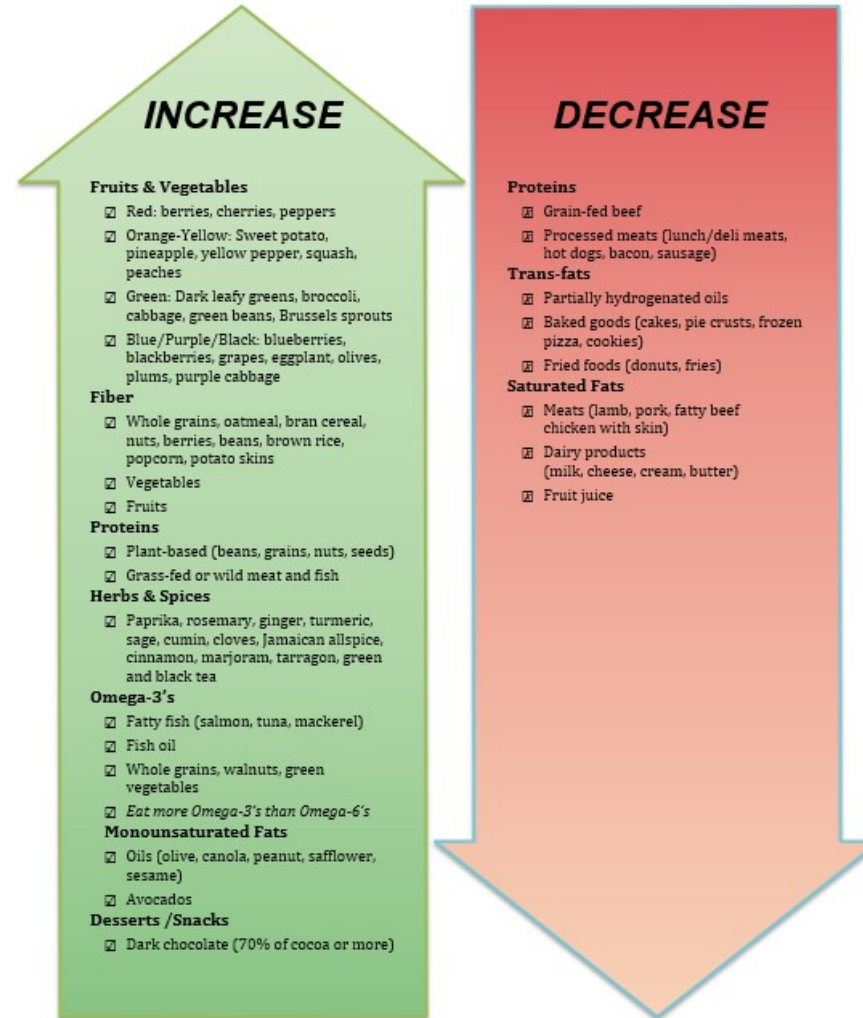
LIFESTYLE

Nutrition

- earlier in illness trajectory: nutritious foods can improve QOL, symptoms, and impact disease progression
 - consider anti-inflammatory diet
 - advanced illness:
 - avoid dietary restrictions
 - small portions of food patient prefers
 - cool foods
- cancer and its treatments change taste



ANTI-INFLAMMATORY DIET



LIFESTYLE

Movement

- Appropriate exercise in advanced cancer improves pain, fatigue, mood, function, and QoL
- Consider mindful movement
 - Yoga
 - Tai Chi
 - QiGong

Nadler MB, Desnoyers A, Langelier DM, Amir E. The Effect of Exercise on Quality of Life, Fatigue, Physical Function, and Safety in Advanced Solid Tumor Cancers: A Meta-analysis of Randomized Control Trials. *J Pain Symptom Manage.* 2019 Nov;58(5):899-908.e7. doi: 10.1016/j.jpainsymman.2019.07.005. Epub 2019 Jul 15. PMID: 31319105.



YOGA

Cochrane Review

Moderate-quality evidence supports the recommendation of yoga as a supportive intervention for improving health-related quality of life and reducing fatigue and sleep disturbances when compared with no therapy, as well as for reducing depression, anxiety and fatigue, when compared with psychosocial/educational interventions.



Cramer H, Lauche R, Klose P, Lange S, Langhorst J, Dobos GJ. Yoga for Cochrane . 2017;1(1):CD010802. Published 2017 improving health-related quality of life, mental health and cancer-related Database Jan 3. symptoms in women diagnosed with breast cancer. Syst Rev doi:10.1002/14651858.CD010802.pub2

LIFESTYLE

Cancer Helpline

800.227.2345

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Treatment & Survivorship

Programs & Services

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Nutrition and Physical Activity Guideline for Cancer Survivors

Cancer survivors are often highly motivated to seek information about food choices, physical activity, and dietary supplements to improve their treatment outcomes, quality of life, and overall survival. This report summarizes the evaluation of the scientific evidence and best clinical practices by a group of experts in nutrition, physical activity, and cancer survivorship.

SUPPLEMENTS AND BOTANICALS

- 3/4 of American adults take supplements and botanicals
- Polypharmacy with supplements is just as bad as polypharmacy with pharmaceuticals
- Financial burden
- Discontinue through shared decision making



VITAMIN D

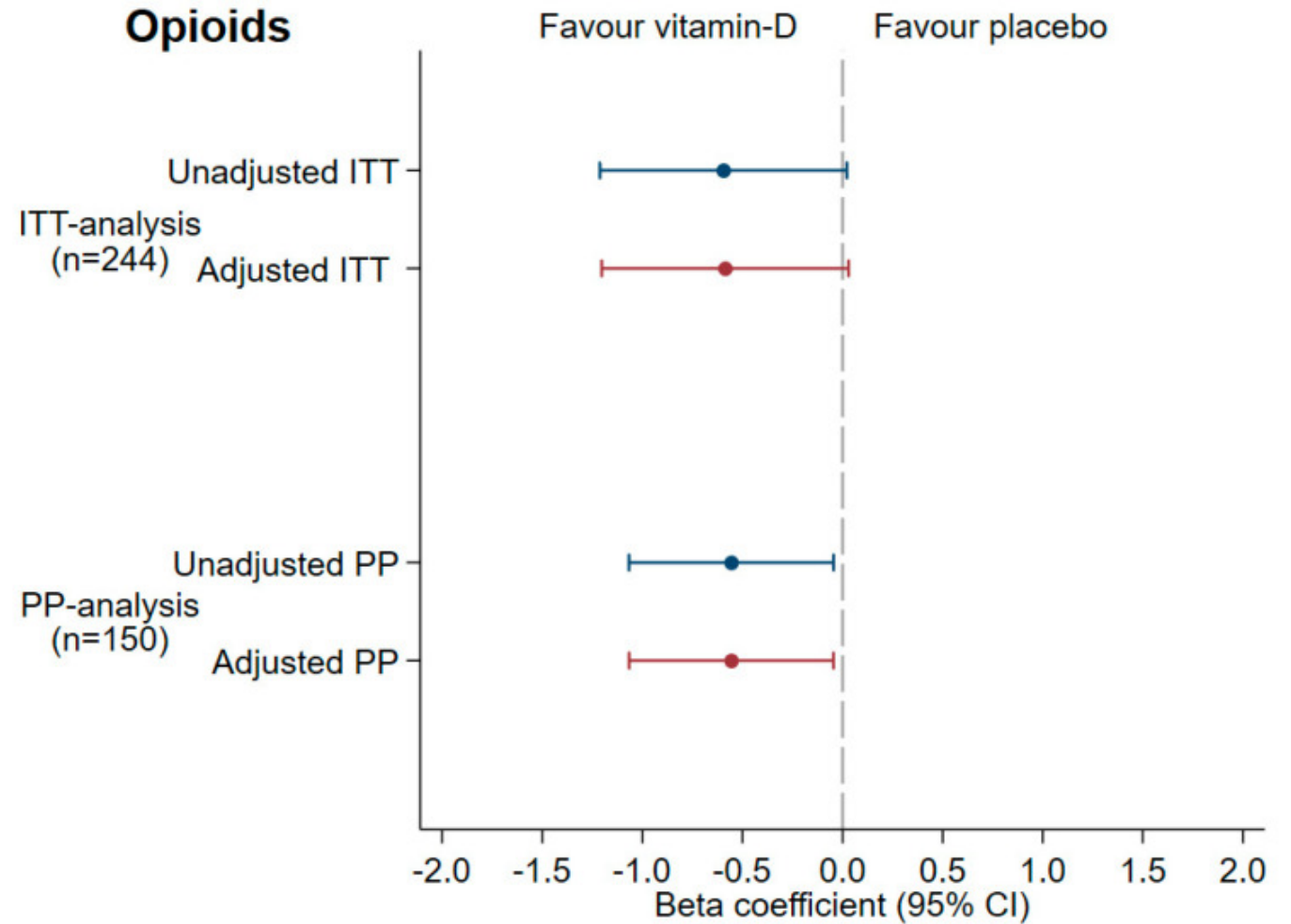
- palliative patients are more likely to be vitamin D deficient than the general population
- low vitamin D is associated with cancer mortality
- also linked to pain, depression, fatigue, and QoL



VITAMIN D

Multicenter RCT of "Palliative D"

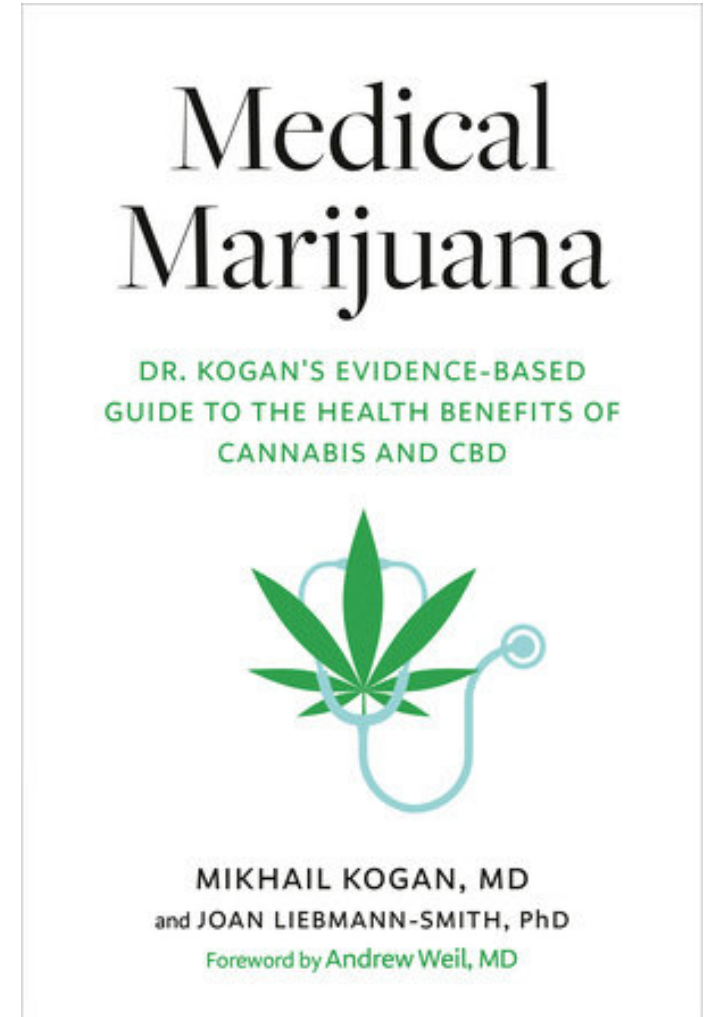
- 4000 IU of D3/day x 12w
- pain assessed as change in opioid dose
- treatment arm had significantly lower fentanyl use and self reported fatigue
- NNT=12 for clinically relevant reduction



SUPPLEMENTS AND BOTANICALS

Cannabis

- RCT evidence for
 - breakthrough cancer pain in patients on a long acting opioid
 - CINV
 - MS
 - AIDS Wasting Syndrome
 - Neuropathic Pain



MIND BODY THERAPIES

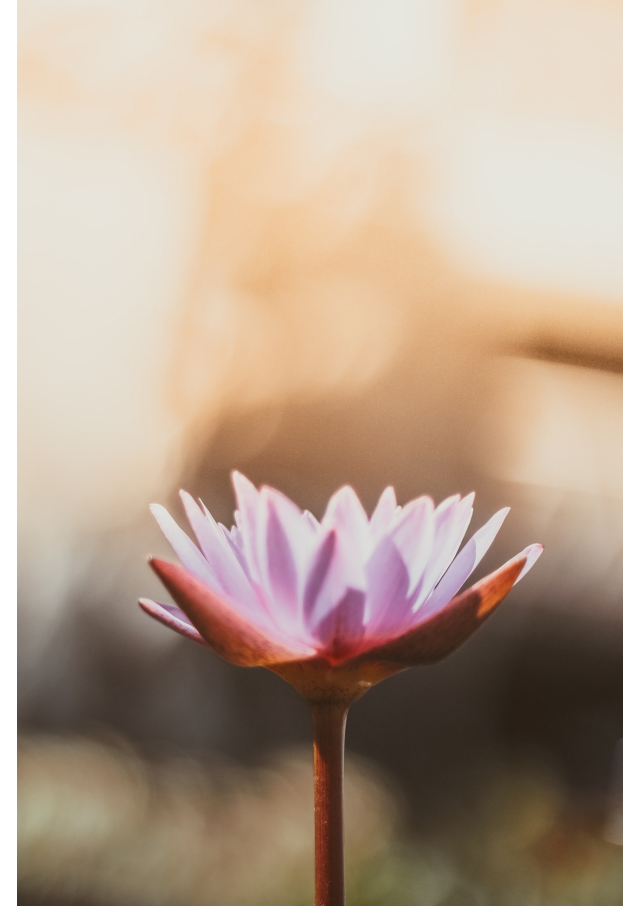
- MBSR: secular 8 week intensive training in mindfulness designed for chronic illness
 - reduces chronic pain, depression, anxiety, stress
 - improves peace, wellbeing, and quality of life
- Hypnosis
- Guided Imagery
- Music Therapy



MIND BODY THERAPIES

Effects of a Single Meditation Class on Symptoms

- clinically significant improvements for caregivers and patients in global distress scores as well as ESAS in domains of:
 - wellbeing
 - fatigue
 - anxiety
 - SOB



BIOMECHANICAL

- Massage may be beneficial for pain, depression, anxiety, insomnia
- Aromatherapy most studied in combination with massage
 - lavender to reduce anxiety
 - rosemary for alertness and anxiety reduction
 - spearmint/peppermint for CINV
- Evidence is limited by small studies and risk of bias





Touch, Caring and Cancer: Simple Instruction for Family and Friends

\$0.00

CE/CME Credit Available: None

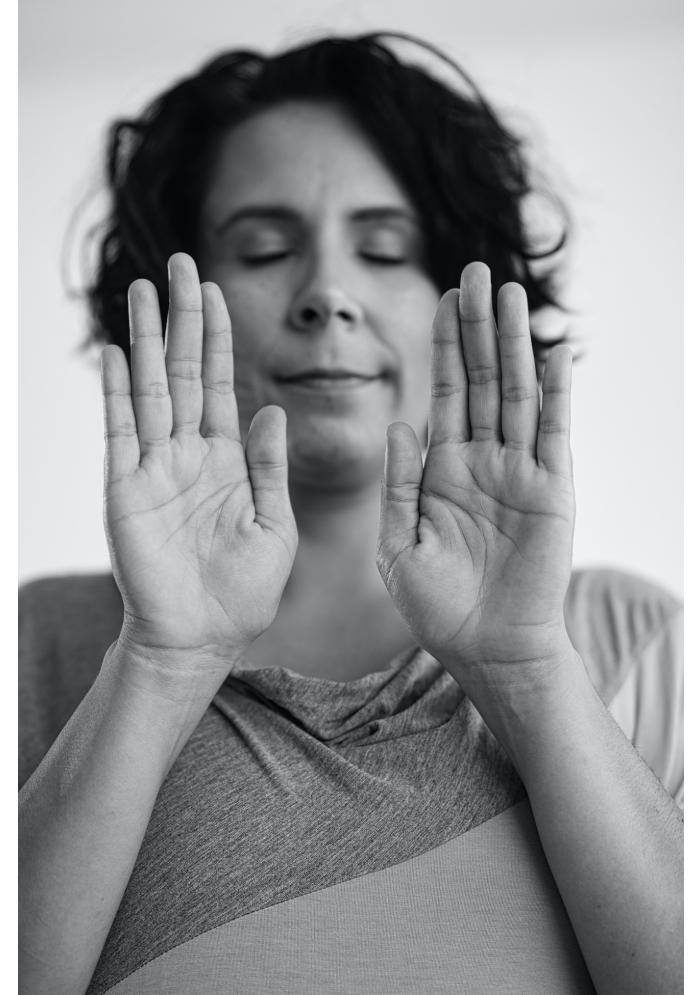
Cost: Free

Course description:

One of the most comforting forms of support you can offer a loved one with cancer is the use of touch. This inspiring and authoritative course provides detailed instruction by leading experts in the field of oncology massage in safe and simple

ENERGY MEDICINE

- Reiki
- Healing Touch
- Therapeutic Touch
- Evidence that in elderly, cancer, or chronic pain patients, these modalities
 - improve pain
 - improve QoL and wellbeing
 - reduce psychological stress



ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

- one of the most broadly researched CIH interventions
- NHS recommends acupuncture for:
 - fatigue
 - cancer related pain AND neuropathic pain
 - nausea and vomiting (including CINV)
 - loss of appetite
 - dyspnea
 - anxiety and depression
- NCI cautions use in neutropenia or leukopenia



<https://vimeo.com/247707680>

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ACCESSIBILITY OF IPC

- CIH services available primarily in the outpatient setting, and often out of pocket
- Most common modalities offered by hospice in the US: massage, group therapy, pet therapy, guided imagery or relaxation
- Know your context

KEY RESOURCES

To learn more about IPC:

- Society for Integrative Oncology
- Integrative Palliative Care Institute
- UW Integrative Health - Breast Cancer Care and Prevention
- NCI: Complementary and Alternative Medicine for Health Professionals

KEY RESOURCES

Supplements

- MSK About Herbs
- Natural Medicines Comprehensive Database (supplements)
- NIH Dietary Supplement Label Database

KEY RESOURCES

Patient Handouts

- Santa Rosa Family Medicine Residency
- University of Wisconsin
- VA Whole Health Library
- ACA Nutrition and Physical Activity Guideline for Cancer Survivors

QUESTIONS?