



COMPLEMENTARY THERAPIES FOR PAIN MANAGEMENT

MOVING TOWARD INTEGRATIVE HEALTHCARE

Presenter

Judi Fouladbakhsh, PhD, RN, AHN-BC, PHCNS-BC

- Associate Professor, Oakland University School of Nursing
- NIH Funded Researcher
- Founder & former Director, Complementary Therapies in Healthcare Graduate Program
- Advanced Practice Holistic Nurse
- Public Health Clinical Nurse Specialist
- Certified Healing Touch Practitioner, CHTP
- Reiki Master
- Certified Reflexologist

Acknowledgements

Beaumont Hospital, Integrative Medicine Center,
Royal Oak, Michigan

Healing Touch Center, Farmington Hills, Michigan

Tracy Flynn, Certified Viniyoga Therapist
Viniyoga Protocol Developer
Updog Yoga Studio, Rochester, Michigan

Lisa Fouladbash, MS, Ecologist

Our Plan for Today

- Define complementary & alternative medicine (CAM) and integrative healthcare & effect on clinical practice.
- Discuss the prevalence of CAM therapies and who's using what and why.
- Describe CAM therapies used for pain management & relevance to older adults.
- Identify how cultural whole systems of care influence use.



The Best of all Worlds of Care...
Health & Healing from a Global Perspective

UNDERSTANDING COMPLEMENTARY, ALTERNATIVE, INTEGRATIVE & HOLISTIC CARE

Thousands of Options & Culturally-based Care



Moringa
Tea

CBD
on
cannabis
is frequent
has calming
effect



- Complementary therapies - used in combination with a conventional medical treatment.
- Alternative therapies - used instead of regular medical treatment.
- Integrative medicine & therapies – CAM therapies included with conventional treatment, at health systems.

Holistic Practice



Practice "concerned with interrelationships of the body, mind & spirit in an ever-changing environment."

Aims "to enhance the healing of the whole person from birth to death".

Includes focus on self-care & self-responsibility.

Often includes therapies based in alternative systems of care.

Dossey, B.M. & Keegan, L. (2013). Holistic Nursing: A Handbook for Practice.

Therapy/Treatment Categories

Alternative Medical Systems	Complete systems of theory & practice outside of western, conventional biomedicine-TCM, Ayurveda
Mind-body	Behavioral, social, psychological & spiritual therapies - yoga, tai chi, qigong, meditation, hypnosis
Biological-based	Natural & biologically-based products, practices & interventions - herbs, diets & supplements
Manipulative & body-based	Systems that are based on manipulation and/or movement of the body - massage, Feldenkrais, chiropractic, rolfing
Energy therapies	Systems that use subtle energy fields in and around the body to promote healing - Reiki, Healing Touch, Therapeutic Touch, acupuncture

CAM Healthcare Model

©JM Fouladbaksh, 2008

- CAM practices
- CAM providers
- CAM products
- CAM Combinations

for... Illness treatment
Symptom management
Health promotion & wellness
Self-care

Prevalence of CAM Use

- Prevalence of overall CAM use was higher than previous 5 years & continues to increase worldwide.
- CAM use remains significantly higher ($p < 0.0001$) among cancer survivors in the U.S.
- Percent using at least one CAM therapy in year preceding NHIS interview; excludes vitamins & prayer.
Cancer population: 43.8%
Noncancer population: 37.1%

More than 53% used vitamins in both populations; Prayer use excluded from this analysis for conceptual reasons. Fouladbaksh, JM (2010).

CAM USE (past 12 mo)	CANCER POP %	CANCER POP 95% CI	NONCANCER POP %	NONCANCER POP 95% CI	p VALUE*
At least 1 therapy excl. prayer	76.4	74-78.7	62.7	61-63.7	.0001*
At least 1 therapy excl. prayer, vitamins	43.8	41-46.6	37.1	36-38.2	.001*
Providers only	18	15-20	16.1	15-17	.09
Practices only	22.2	20-24.6	20.1	19-21	.09
Products only	69.7	67-72.3	56.1	55-57.1	.001*
CAM combinations	27.4	24-30	23.6	22-24.5	.005*
Prayer	62	59-64.8	46.9	45-48	.001*

*Pearson Chi² $p < .05$

Based on NHIS 2007 analysis

Prevalence of CAM Use

- Prevalence estimates remain approximately the same; data on cohort effects not available.
- Use among older adults
 - Cancer patients have highest use
 - Chronic illness & symptoms predict use
 - Increasing age results in decreasing use
 - Further study needed to determine cohort effects.
 - Question: does access to Medicare influence use?

Predictors* of CAM Use

Variable	Odds Ratio	P-value	95% Confidence Int.
Gender - Male **			
Female	1.38	0.0001	1.293-1.478
Age - 18-29**			
30-44	1.17	0.009	1.040-1.315
45-59	1.23	0.001	1.091-1.396
60-74			
75+	0.52	0.0001	0.434-0.631
Marital Stat - Married**			
Widowed	0.86	0.05	0.738-0.1.0
Sep/divorced			
Never married			
Living together			

* Significant P<0.05 ** Reference category

Variable	Odds Ratio	P-value	95% Confidence Int.
Race - White **			
AA	0.50	0.0001	0.445-0.562
AIAN			
Asian			
Hispanic - No**			
Yes	0.45	0.0001	0.401-0.497
Insomnia - No**			
Yes	1.38	0.0001	1.248-1.531
Anxiety - No**			
Yes	1.44	0.0001	1.250-1.651
Pain - No**			
Yes	2.02	0.0001	1.847-2.205

* Significant P<0.05 ** Reference category

Differences: Cancer Population

- Depression was predictive of ↓ likelihood of CAM use among cancer survivors.
Odds ratio = 0.77 p<0.02 95% CI 0.745-1.035
- Contact with Nurse Practitioner or Physician Assistant was predictive of ↑ likelihood of CAM use among cancer survivors.
Odds ratio = 1.9 p<0.03 95% CI 1.712-2.123

Model statistics

No. of observations = 22,380 Design df=300
Population size=224,455,618 F(22, 279)=64.30 Prob>F=0.000



SO WHO'S USING
WHAT THERAPIES?

PROVIDERS	AA & Hispanics less likely to use CAM providers Likelihood of use ↑ as income, pain & provider contact ↑ No significant differences among cancer survivors
PRACTICES	Being female & middle-aged ↑ odds of use (age curvilinear relationship) Asians odds of use are >200% whereas Hispanics have ↓ odds Being single or widowed, living in West U.S. & having income over \$75,000 ↑ odds of use Pain, insomnia, anxiety & provider contact (NP & MH) ↑ odds of use Female cancer survivors - odds of use are ↑ 230% Cancer survivors with pain - odds are ↑ 260% Cancer survivors who were in contact with NP were more likely to use *
PRODUCTS	Females, & individuals with pain & insomnia have ↑ odds of use AA & Hispanics, individuals with depression have ↓ odds As income ↑ odds of use almost double Cancer survivors who were in contact with NP were more likely to use *



SO WHY DO WE USE CAM THERAPIES, AND HOW DOES THIS AFFECT OUR HEALTH?

Reasons for CAM Use

- Quality of life
- Desire for control
- Seeking hope
- Prior use of CAM
- Health beliefs
- Natural treatment option
- Culture
- Availability of CAM
- Dissatisfaction with conventional care



Shirodhara

On the plus side....

- Potential for positive health benefits
- Improved health and healing, health promotion, and wellness
- Enhanced quality of life
- Management of symptoms such as pain, insomnia, depression, and anxiety, which are more prevalent among cancer survivors
- *What's needed... Strong research to establish the evidence that varies by therapy*



Lotus flower

Foschino Barbaro, J. M., et al. (2008). J Comp for Med, 19: 1-21. Foschino Barbaro, J. M. (2008). Comparative analysis of CAM among the U.S. cancer and noncancer populations. 29 International Congress on Complementary Medicine/Research

IMPLICATIONS: Health, Self-care & Policy Initiatives

- Prevalence of CAM use remains high
- Prevalence of pain remains high
- CAM offers many choices for pain self-treatment
- Potential benefits exist with integrating care
- Potential hazards exist - interactions
- Potential liability issues exist for uninformed practitioners

→ No matter what, you will encounter patients & clients who are using CAM therapies.

Therefore....knowledge & assessment are crucial



CAM THERAPIES FOR PAIN & CULTURAL SYSTEMS OF CARE

Alternative Medicine

- Systems of healthcare that originate & exist outside of conventional western medicine.
- Often have been developed within a cultural framework.
- Have philosophical premise & beliefs that form the basis for conceptualizing health & illness.
- Therapies & treatments founded on the philosophical & cultural perspectives.

Whole Systems of Care

- Conventional biomedicine is also a whole system of care.
- And so is Integrative medicine.
- And why is this important?



Shirodhara
Ayurvedic Medicine

CAM Therapies for Pain Management & Stress Reduction

- Herbs & Supplements
- Aromatherapy
- Yoga, Meditation & Breathing
- Massage & Roling
- Acupuncture
- Energy Healing



Traditional Chinese Medicine

- TCM practiced for 5000 years
- Currently used by 25% of the world population
- Selected by WHO for worldwide use to "meet healthcare needs of the 21st century".
- Based on a complete system of thought & philosophical beliefs regarding the body, health and illness.

TCM: Philosophical Premise

- Determines reasons (causes) of body imbalance.
- Examines patterns of disharmony .
- Specific to each individual (vs. disease focus of western medicine).
- Preventative in nature
- Lifestyle education; pt is active participant.
- TCM Practitioner educates pt on diet, exercise, stress management, rest & relaxation (Goldberg, B 2002)

TCM Concepts & Components

- Interdependence & relationship of opposites in the body.
Yin & Yang
- Qi - life force; includes many types of energy within the body; is considered essential for life.
- Qi flows along energy channels (meridians).



Functions of Qi

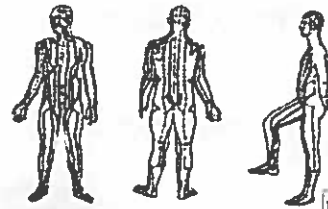
- Physical and mental activities are manifestation of qi: sensing, cogitating, feeling, digesting, stirring, propagating.
- Qi is the source of all movement in the body.
- Qi protects the body.
- Qi is the source of harmonious transformation in the body.
- Qi deficiency: lack of strength shortness of breath, fatigue, poor digestion of food.

Life force

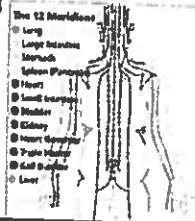
Understanding Yin & Yang

- With respect to the human body...

"yin refers to the tissue of the organ, while yang refers to its activity. In yin deficiency, the organ does not have enough raw materials to function. In yang deficiency, the organ does not react adequately when needed." Jahnke, R. as cited in Goldberg (2002)

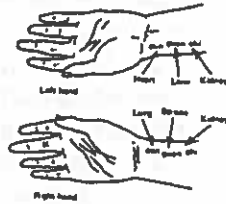


Qi & the Meridians



Pulse Diagnosis

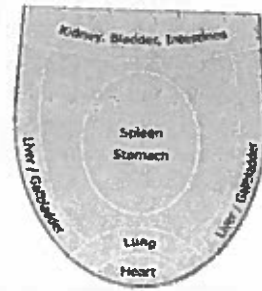
- Pulse:
 - Rate
 - Strength
 - Width
 - Texture/quality
 - Organ positions



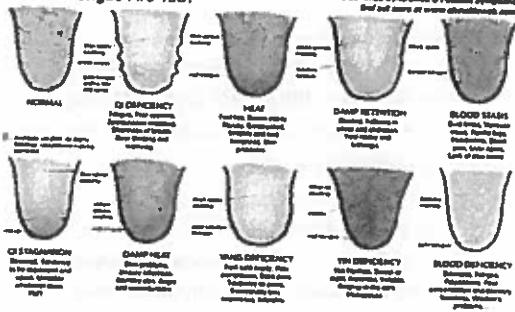
Compliments of Julie Silver, MSW, Dipl. Ac.
Acupuncture Healthcare Associates of Michigan
www.acupunctureinmichigan.com 248-737-7126

Tongue Diagnosis

- Tongue
 - Color
 - shape
 - size
 - length
 - coating



Which Tongue Are You?



Ayurveda

- 5000 year history
- Traditional, natural system of health in India
- Artharva-veda, 1500 BC – earliest Indian text
- Integrated approach to health & wellness
- Focuses on:
 - Prevention of disease
 - Rejuvenation of body systems
 - Extension of lifespan



- "In Ayurveda, the mind and the body influence each other.
- The universal consciousness is an intelligent, aware ocean of energy that gives rise to the physical world we perceive through our five senses.
- Ayurvedic philosophy & practices link us to every aspect of ourselves and remind us that we are in union with every aspect of nature, each other, and the entire universe."

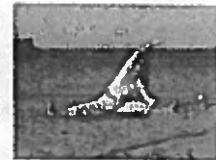
<http://www.sukhayu.in/ayurveda.htm>

Philosophical Premise

- Critical 1st step: Determining the individual's constitution (i.e. how one is constituted)
- Constitution is the foundation for all clinical decisions
- Determine individual's metabolic type
- Guide the person back to harmony with environment.
- Focus is not on treating specific diseases
- Goal – maintain balance in the body-mind-spirit.

Philosophical Premise

- 5 Basic elements compose everything
 - ether/space
 - Air
 - Fire
 - Water
 - earth
- Elements form metabolic types = *doshas*, *vata*, *pitta* & *kapha*



TCM & AYURVEDIC THERAPIES FOR PAIN MANAGEMENT

Yoga for Pain Management

- Health is due to balanced flow of energy (prana) throughout the body.
- Yoga poses & breath work open & rebalance the flow of energy.
- Meditation calms the mind.
- Breath work, meditation & gentle postures can be used to assist with pain management.



Benefits of Yoga

- Decreased back & muscle pain
- Improved quality of sleep
- Improved efficiency – heart & lungs
- Relief from carpal tunnel syndrome
- Increased flexibility
- Stress reduction
- Decreased fatigue
- Increased energy



Warrior Pose

Types of Yoga

Aspects of yoga practice

- Asanas (postures)
- Pranayama (breathing)
- Meditation
- Sanskrit names
- shavasana: corpse pose

Select class by type & teacher's credentials. Registered (RYT) through Yoga Alliance.
www.yogaalliance.org

Yoga Schools (lineage)

- Hatha
 - Viniyoga (gentle)
 - Iyengar
- Ashtanga (power yoga)
- Jivamukti (spiritual)
- Bikram
- Yoga Nidra (meditation)
- Kundalini

Yoga Pose - Relaxation

- Child Pose – Forward bend



Beaumont Hospital, Integrative Medicine Center

Yoga Pose - Relaxation

Legs Up the Wall Pose – Forward bend



Knee Tuck



Tracy Flynn, Certified Viniyoga Teacher – Updog Yoga Studio

Yoga Pose - Energizing

Cobra Pose – Back bend



Warrior Pose



Yoga Pose - Balance

Tree Pose



PAUSE →

Let's Make Yoga Work for you → Everyone please stand

Pranayama - The Breath

- Many breathing practices in yogic tradition
- Breath is powerful -> flow of chi
- Deep Abdominal Breathing – relaxation
- Alternate Nostril Breathing – relaxation & balance
- Meditative

PAUSE →

Let's Make Breathing Work for you → Alternate Nostril Breathing: In for 4, out for 8

Yoga Research

- Low back pain
- Rheumatoid arthritis
- Cardiovascular diseases
- Fatigue & sleep in cancer
- Insomnia
- Carpal tunnel syndrome
- Joint pain
- HIV & AIDS
- Asthma
- PTSD
- Obesity
- Smoking
- Metabolic syndrome
- Depression
- Anxiety
- Epilepsy

TCM Meditation & Movement: Tai Chi & Qigong



UNDERSTANDING TAI CHI (TAIJI) & QIGONG

Taiji Principles

"The balance of yin & yang, the central theory of the art, explains the linking of spiritual (yin & internal) and martial (yang & external)." Yang 2005

Hence taiji is an internal martial art.

Training exercises are meant to build "gong"

Gong: The secret of the art The internal power of Qi

- "To build *gong*.....is to build internal power & realize the physical & mental benefits of bountiful *qi*. Internal power is the foundation of all martial arts."
- "Every taiji exercise, if performed correctly is a *qigong* – or energy gathering/transforming exercise."

Why Practice?



Why Practice?

(Yang, Yang 2011)

- Holistic mind-body-spirit approach
- Low cost therapeutic modality
- Prevention of illness
- Social interaction
- Martial art benefits
- Peace & youthfulness
- Quality longevity
- the stronger & happier older adult

35

Beneficial Outcomes of the Martial Arts

(Yang, Yang 2011)

- Strength
- Balance
- Reaction time
- Flexibility
- Coordination
- Agility
- Vitality
- Posture
- Bone Density
- Sleep
- Confidence
- Tranquility
- Positive outlook
- Awareness

36

Taiji Literature Review (1990-2011)

Yang, 2011; Fouladkhosh, 2012

Strong Evidence: balance/falls/fear of falling, cardiopulmonary function, quality of life, stress management, bone and joint health, osteoarthritis, and deleterious effects of aging.

Moderate Evidence: immune response, pain management, sleep quality, stress reduction, minimization of functional disability associated with cancer and arthritis

Conflicting Evidence: diabetes and parkinsons

37

Meditation

- Active process
- Focus on one thought
- Clear the mind of thoughts
- Quieting the mind

Mindfulness Based Stress Reduction (MBSR)
Transcendental Meditation (TM)
Insight Meditation
Religious practices - prayer

Walking Meditation

- Find a safe place outdoors or in your home
- Same place each time
- 15-20 minutes
- Walk 20-30 steps forward back
- Concentrate on your steps, not environment



Aromatherapy



Essential oils that have been extracted from plants (leaves, flowers, seeds, roots, bark) are used to promote healing of the body & mind.

Usually mixed with water or oil; some applied directly
Use in a bath, spritzer, massage oil, vaporizer, compresses, hot/cold packs
(e.g MotherEarthPillows)

Benefits

Pain relief (analgesic) effects
Healing of wounds & burns
Prevention of scar tissue
General skin problems
Shows natural anti-viral properties
Helps reduce anxiety & depression



Topical use of essential oils generally safe. Potential allergic reaction from the essential oil or the carrier base (nut oils). Research needed.

Essential oils:Pain management

- lemongrass
- rosemary
- frankincense
- Juniper
- rose
- ylang ylang
- true lavender
- Ginger
- verbena
- Peppermint
- myrrh
- clove bud
- sweet marjoram
- black pepper

Buckle, J. (1997). Clinical Aromatherapy in Nursing. London: Arnold Pub.

Essential oils used for pain relief may work in different ways....

Analgesic effect
Antispasmodic effect
Rubefacient effect
Anti-infective effect
Anti-inflammatory effect

No suggestion that aromatherapy should be used instead of conventional analgesia.

Research is ongoing.

Evidence suggests that essential oils may have a role in augmenting conventional analgesia.

Education, training & certification are essential for safe & appropriate use. Further info: American Holistic Nurses Assoc. www.ahna.org

Herbs & Supplements

Can be any part of the plant *
Can be combinations of parts

Forms: whole herbs, teas, capsules, tablets, extracts & tinctures, essential oils, salves, balms, ointments & lotions

Ginkgo Biloba



*Important to know the effective & safe parts to use

Use of Herbs

Ancient form of health care – Used for thousands of years throughout the world.
Important place in pain management plan.

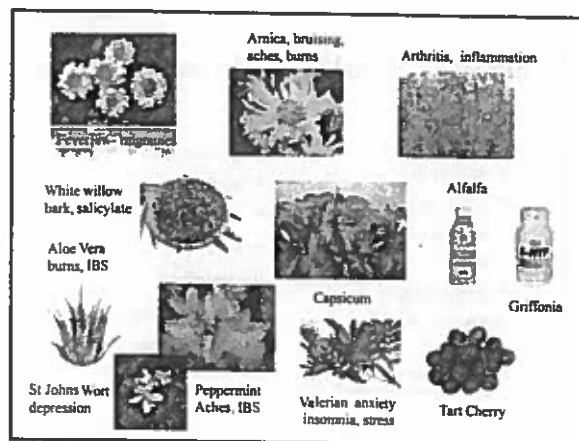
25% of all prescription drugs come from trees, shrubs or herbs.

Drug-herb interactions are possible.



Echinacea

*Be informed about use & tell your doctor.



Pain Meds & Herb Interactions

NSAIDS
(aspirin, aleve, ibuprofen)

- White willow
- Ginseng
- Garlic
- Ginkgo
- Can increase bleeding

OPIOIDS
(vicodin, oxycontin etc)

- St. John's Wort
- Valerian
- Hops
- Kava Kava
- Passion Flower
- Increases sedative effect

Interactions

Product	Interaction
Vitamin E, ginkgo, garlic, ginseng, ginger, white willow	Anticoagulant effect Avoid with coumadin, NSAIDS
St. John's Wort	SSRIs - ↑ risk serotonin syndrome MAO inhibitors - ↑ effect Opioids - ↑ sedation BC pills, antiretrovirals - ↓ bld conc.
Valerian, hops, passionflower	Opioids & sedatives - ↑ sedation
Echinacea	Caution with autoimmune disease
Glucosamine	Blood sugar meds
Chondroitin	NSAIDS & salicylates - ↑ bleeding
Melatonin	Opioids & sedatives - ↑ sedation
Kava Kava	Liver burdening drugs

Body-based Therapies

- Massage
- Chiropractic
- Roling
- Feldenkreis



- **Massage**
Benefits strongly supported by research
Many different types (gentle to deep tissue).



- **Structural Integration**
Roling realigns the body structure;
connective tissue stretched. www.rolf.org
- **Myofascial release** (connective tissue) – for chronic nonmalignant pain syndromes

Energy Therapies



- Meridians are energy pathways
- Chakras are energy centers in the body

- Approach to working with the body's system of energies for promoting health
- Energy body is a subtle part of the physical body

Philosophy & Theory

Concepts:

- Biofield
- Electromagnetic field, biophotons*
- Chakras, meridians, universal consciousness
- Energy grids and interconnectedness

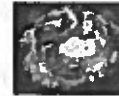
- Do these explain effects of energy therapies, intercessory and distant healing, and prayer?

* photons/second—intensity level of human emission of electromagnetic radiation. Human tissue radiate in ultraviolet region of light spectrum.

Energetic Images



Energy Grids



Interconnectedness



Alex Grey



Kundalini



Energy Therapies

Practitioner assists in energy balancing

- Healing Touch
- Therapeutic touch
- Reiki
- Acupuncture
- Acupressure
- Qigong
- Tai Chi/yoga
- Open the chakras
- Balance energy flow
- Smooth energy field
- Open energy blockages at meridian points
- Moving meditation

Energy Therapies

Use light touch on & above the body.
Techniques direct healing energy to specific sites.
Can be used for self-care: relaxation & pain relief.

Healing Touch 6 levels, Certification takes 2-3 yrs
Reiki 3 levels & Reiki Master (teacher)
Karuna Reiki
Different types: Usui, Shamballa
Therapeutic Touch Beginning, Intermediate, Advanced

www.healingbeyondborders.org

www.reiki.org

Pain & Energy

Pain is related to a blockage in energy flow

Energy therapies are used for pain

Healing Touch Study: *Pain Management*

Outcomes of Healing Touch Interventions

Pain after treatment was significantly reduced as measured by pain report scores. Fouladbakhsh, 2005

Benefits: Energy Therapies*

- Reduce pain
- Wound healing
- Decrease anxiety
- Ease transition during dying process
- Alleviate depression
- Reduce fatigue
- Assist with grieving
- Decrease stress
- Promote comfort

▪ Risks - Limited information

*Potential benefits; research inconclusive

Images of Healing Touch

Healing Touch Center, Farmington Hills, MI



RELAXATION



Pain Drain



Pain Management: Healing Touch

Purpose: Identify outcomes of HT for chronic & acute pain in non-hospitalized clients.

Research questions:

What percentage of patients seek HT for pain management?

Is there a significant difference in self-reported pain pre & post HT?

Results:

- N=342 clients N= 839 treatments completed
- 79% (258) female
- 53% (173) married
- 37% (120) single
- Age range: 3-87 Mean age: 48 SD: 15.75
- Referral: Another person 98% Hospital/MD 2%
- 72% of clients (247) complained of pain
- 64% of HT treatments (541) for pain management

Results - Pain Relief

Pain Intensity Scores

Pre treatment: Mean 4.68 SD 2.41

Post treatment: Mean 1.81 SD 1.94

GEE Model analysis: significant pain improvement following HT intervention

Understanding Reiki



Reiki Hands



International Center for
Reiki Training

Reiki

- REI – Universal Spiritual Wisdom
- KI – Life Force Energy
Non-physical energy that animates
all living things
- Based on the teachings by Mikao Usui of Japan in the 1800's - brought to the west by one of his students, Mrs. Takata.
- Reiki levels: I & II, ART & Master, Karuna Reiki

International Center for Reiki Training (ICRT)

ICRT Website (info & slide presentation)

<http://www.reiki.org/>

Reiki Free Newsletter

<http://www.reiki.org/NewsletterPage/Newsletter.html>

Reiki Research Summary

<http://www.centerforreikiresearch.org/>

Reiki Research Reiki in Hospitals Program

"Overall, based on the summaries of those studies that were rated as Very Good or Excellent by at least one reviewer and were not rated as weak by any reviewer, 83% show moderate to strong evidence in support of Reiki as a therapeutic modality in conditions relating to pain, stress, anxiety and mood."

<http://www.centerforreikiresearch.org/RRConclusion.aspx>

Acupuncture

Used for:

- Neuropathic pain
- Myofascial pain
- Nonmalignant pain
- Musculo-skeletal injuries
- Headaches
- Back, neck & shoulder pain
- Arthritis
- Many other uses
- Further research is needed
- Practitioners should be certified
- Many different schools
- Eastern tradition used in Traditional Chinese Medicine (TCM) for thousands of years
- Ancient texts show acupuncture meridians

Needling

Acupuncture may include

- Needling
- Pressure
- Moxibustion
Burning of herb called mugwort at needle site.
- Series of treatments (10)
- Covered by some insurances



Image of Acupuncture



Beaumont Integrative Medicine Center, Royal Oak, MI

Children & Acupuncture



Columbia-Presbyterian, NYC



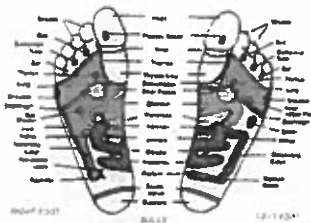
PEDsCAM



Early Image of Acupuncture



Acupressure & Reflexology



Reflexology research: Teens with recurrent headaches



Controversial Therapies



- Homeopathic remedies - form of alternative medicine created in 1796 by Samuel Hahnemann based on his doctrine of like cures like
e.g. Arnica for pain
- Bach Flower Essences - For emotional states
- Opening our minds to new paradigms of thought

http://www.youtube.com/watch?v=ILSyt_Hhb1g



RESEARCH OUTCOMES & ROLE OF NURSES & SOCIAL WORKERS

Practice Implications

Complementary therapies:

- Offer more choices for patients, clients & providers.
- May enhance pain relief, perceived pain control & self-care practices.
- May reduce concurrent anxiety, depression & insomnia, thereby enhancing mood & QOL.
- Are often gentle & safe with a holistic, mind-body-spirit effects.
- Often exist within whole systems of care.

- Can be readily incorporated into the plan of care for older adults.
- Are cost-effective ways to improve/enhance pain management outcomes.
- Require continued research to identify outcomes.

Thus...Integrating complementary therapies into conventional healthcare offers the best of all worlds for maximum relief & improved quality of life.

What Do We Mean by Evidence?



Energy Therapies

Recommended

- Reiki and therapeutic touch are safe and may reduce stress and enhance quality of life

Caution

- Limited evidence as to efficacy for symptom management, including reducing pain and fatigue

Not Recommended

- Bio-electromagnetically based therapies, due to concern over toxicity and increased cancer risk; no controlled trials showing effectiveness for cancer treatment or symptom control

Deng, G. et al (2009) *J Soc Integr Oncol*, 7(3), 85-120

© Baisheng/CAMEO

Acupuncture

Recommended

- Poorly controlled pain, nausea with chemo or surgery
- Acupressure wristbands on day of chemo for nausea and vomiting
- Hot flashes not amenable to drugs; radiation-induced dry mouth

Caution (More clinical studies needed)

- Shortness of breath or fatigue or neuropathy

Not Recommended

- Pregnancy, low platelets or white blood cells, severe thrombocytopenia, bleeding problems, or neutropenia
- AVOID acupuncture at tumor and metastasis site, limbs with lymphedema, and surgery sites

Deng, G. et al (2009) *J Soc Integr Oncol*, 7(3), 85-120

© Baisheng/CAMEO

Biologically Based Diet

Recommended

- Learn about proper nutrition to promote basic health
- Select a wide variety of foods including vegetables, fruits, whole grains, and beans
- See a nutritionist for evaluation of deficits. For older cancer survivors, nutritional supplementation may be required.
- Be as lean as possible without becoming underweight

Caution: Limit using the following foods:

- High sugar, high salt, low fiber, high fat foods; red meat
- Alcohol to 2 (men) or 1 (women) drinks/day, if consumed at all
- Salty foods

Not Recommended

- Processed meats and foods

AICR/WCRF (2007). Food, nutrition, physical activity, and the prevention of cancer
http://www.aicr.org/research/research_science_expert_report.html © Batres/CAMEO

Natural Health Products (NHPs)

Recommended

- Evaluate use of NHPs prior to the start of cancer treatment
- Canadian Cancer Society recommends Canadians use 1,000 IU of vitamin D during winter months for cancer prevention
- Ginger supplements for nausea and vomiting (but consult health professional)

Caution

- Consult a trained health-care provider if using NHP for anti-tumor effects
- Use only NHPs within the context of clinical trials, recognized nutritional guidelines, and under close evaluation and monitoring of risks and benefits, by trained health-care providers

Not Recommended

- Dietary supplements usually unnecessary

Deng, G., et al. (2009). *J Soc Integr Oncol* 7(1): 85-120

© Batres/CAMEO

YES!!

- Support access to evidence-based knowledge to ensure informed decisions
- Provide select CAM therapies IF trained/certified (e.g., acupuncture)
- Communicate and consult with team re: patient's CAM use to ensure safe care
- Monitor and evaluate outcomes/side effects
- Document care provided

© Batres/CAMEO



Practice Recommendations

Always Assess

- Provider, practice and product
- Type & dose
- Form
- Source
- Reason for use
- Practitioner preparation

Promote effective & wise use

Encourage patients to Follow the FIRST Approach →

Use the CAM First Approach

Familiarity	Learn about different CAM therapies
Information	Be informed about effects, safety & evidence
Right Providers	Locate trained & certified practitioners
Self-care	Enhance your regular care; Be involved
Tell your doctor	Prevent interactions Promote benefits

When CAM Is Not Addressed...

- **Safety Issues**
 - Concurrent use of CAM with conventional tx
 - Harmful CAM therapies
 - Financial harm
- **Communication Issues**
 - Shuts the door to future dialogue about CAM
 - Impacts communication re: other sensitive issues
- **Potential Benefits**
 - Supportive care and symptom management
 - Preservation of hope
 - Placebo effect

© Batres/CAMEO

The Bottom Line

- CAM research is at a beginning stage and is always changing...patients and survivors need to stay current!
- You and your organizations have a role in helping patients make safe and informed CAM decisions
- Patients have the right to make what others may consider to be the wrong decision!
- Respectful communication is key



Be Informed

- Research on effectiveness of therapies is ongoing.
- National Center for Complementary & Integrative Health (NCCIH) formerly the National Center for Complementary & Alternative Medicine (NCCAM)
- Funds research, develops guidelines & promotes education websites: <http://nccih.nih.gov> <http://nccih.nih.gov/health/>
- Natural Standard Database



Remember Ethics & Treatment Decisions

▪ Principles

- Autonomy/self-determination
- Beneficence
- Do no harm



Patients have a right to make what we may see as the "wrong" decision!

© Rembert CAMI



Nurses & Social Workers are uniquely positioned to open the dialogue about CAM with patients & families.

We should use this opportunity wisely to promote well-being for older adults

©FouadBakshi, 2013

100

