

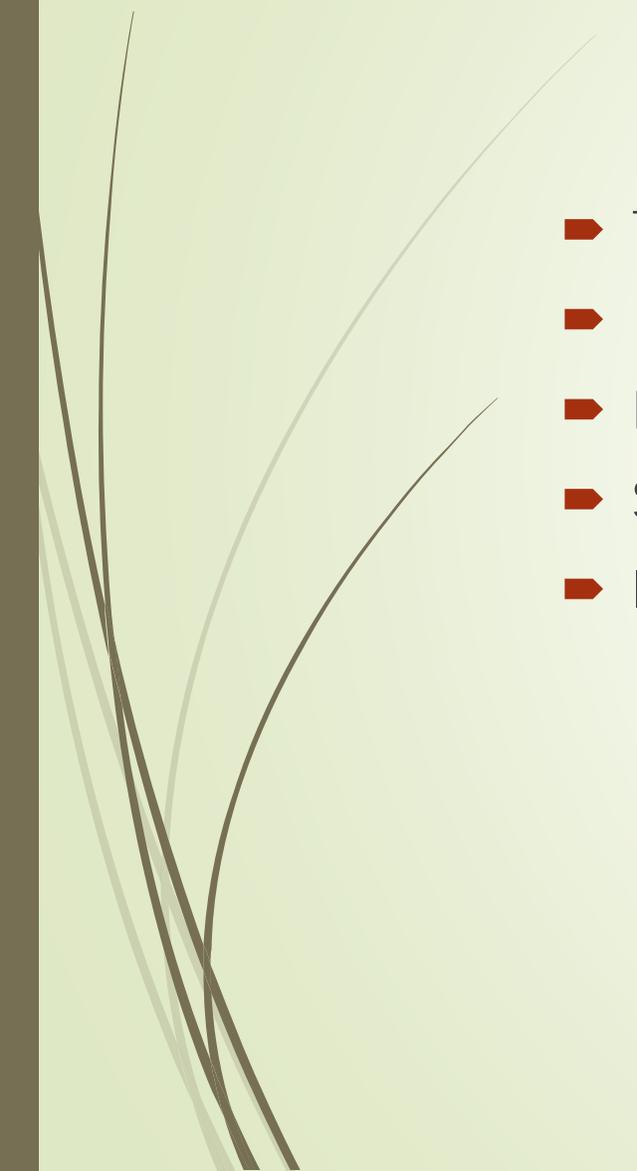


Complementary Practices in Cancer Care

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Learning Objectives

- Teach a relaxation technique to patient
 - Define complementary practices
 - How to incorporate complementary practices into cancer care
 - State specific uses for Healing Touch
 - Identify resources
- 



Definitions from National Institute of Health National Center for Complementary and Integrative Health

- ▶ Complementary - A non-mainstream practice used together with conventional medicine
 - ▶ Alternative – A non-mainstream practice used in place of conventional medicine
 - ▶ Integrative Medicine – bringing conventional and complementary approaches together in a coordinated way
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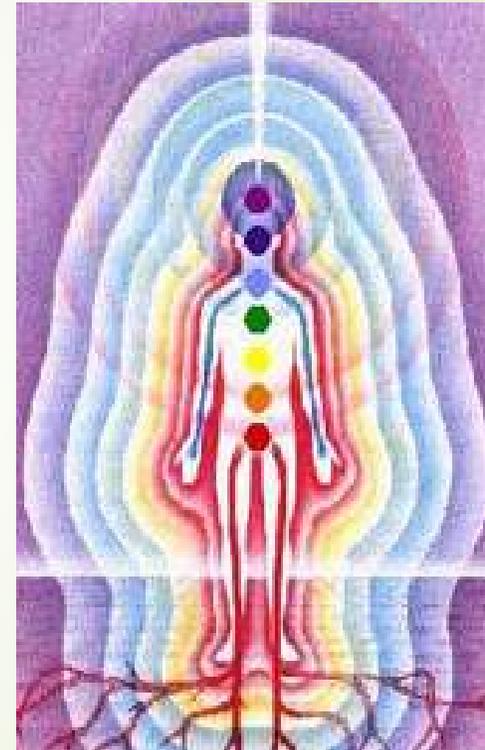
Topics of Discussion

- ▶ Energy Therapies
- ▶ Massage
- ▶ Yoga
- ▶ Nutrition
- ▶ Exercise
- ▶ Meditation
- ▶ Acupuncture
- ▶ Gratitude
- ▶ Essential Oils



Types of Energy Healing Practices

- Healing Touch
- Therapeutic Touch
- Acupuncture/Acupressure
- Reiki
- Emotional Freedom Technique
- Polarity Therapy
- Quantum Touch
- Pranic Healing
- QiGong



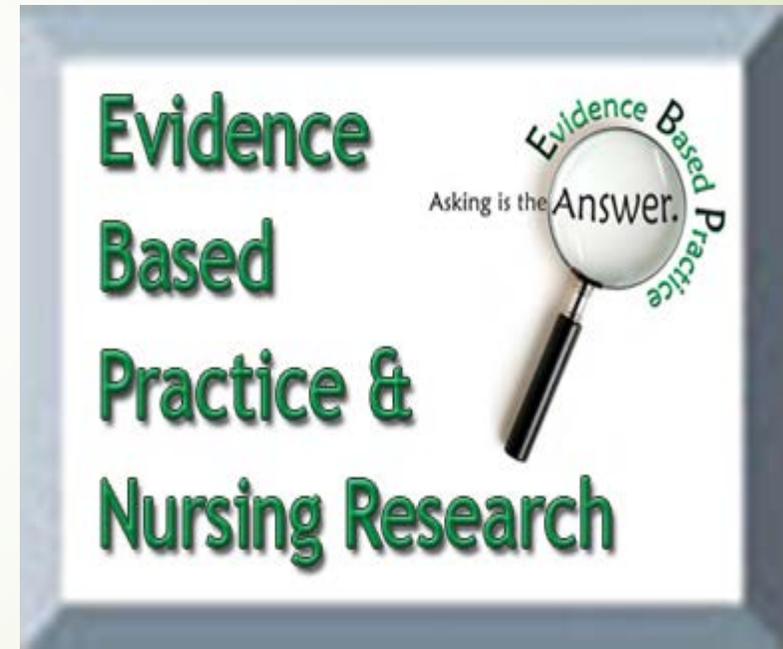


Healing Touch

- Founder – Janet Mentgen BSN, RN, HNC, HTCP
- Definition – an energy therapy in which practitioners **consciously** use their hands in a **heart-centered** and **intentional** way to enhance, support and facilitate the physical, emotional, mental and spiritual health and self-healing
- HT utilizes light or near-body touch to clear, balance and energize the human energy system to promote healing for mind body, and spirit
- Goal of HT is to restore harmony and balance in the energy system, placing the client in a position to self-heal
- HT complements conventional health care

Areas of Healing Touch Research

- ▶ Cancer
- ▶ Cardio-vascular disease
- ▶ Death and Dying
- ▶ Endocrine Immune Function
- ▶ Pain
- ▶ Patient satisfaction and experience
- ▶ Psychotherapy/Psychology
- ▶ Post operative recovery
- ▶ Stress
- ▶ Quality of life





Nursing Research



- ▶ University of Maryland St. Joseph Medical Center Randomized Pilot Study Evaluating the Effects of Healing Touch on the Quality of Life of Breast Cancer Patients Undergoing Radiation
- ▶ Cardiovascular Critical Care Unit at Christiana Hospital A Study Using Peppermint Essential Oil Inhaler For Post-op Nausea

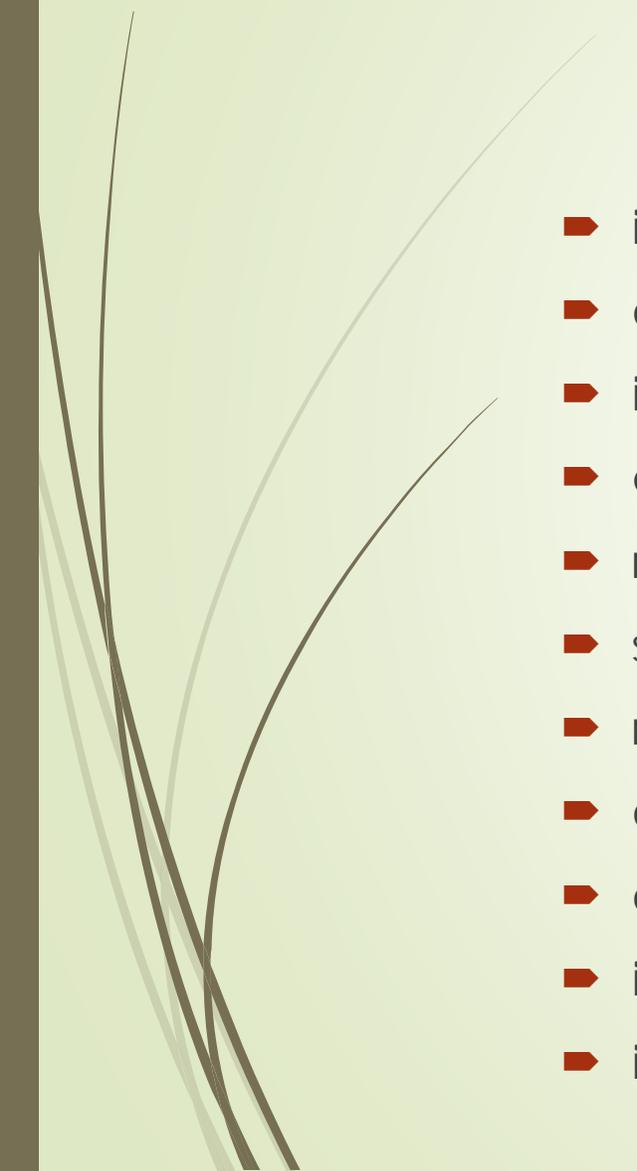
Indications for Healing Touch

- Reduction in pain, anxiety and stress
- Decrease in nausea
- Preparation for medical treatment and procedures and to manage side effects
- Support during chemotherapy and radiation therapy
- Supports the body's natural healing process and well-being
- Facilitation of wound healing
- Fatigue



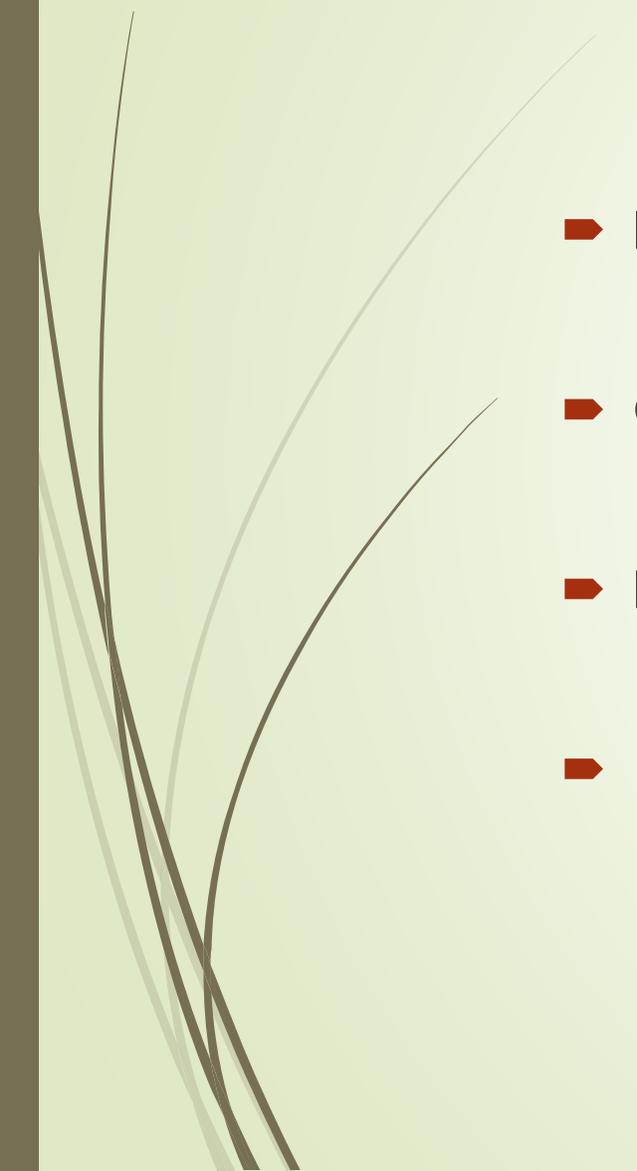


Client reported benefits of Healing Touch in the Oncology Setting

- ▶ increased vitality and energy
 - ▶ decreased headaches and body aches
 - ▶ increase in mental clarity
 - ▶ emotional well-being
 - ▶ reduction in symptoms associated with traditional treatments
 - ▶ sense of peace and wholeness
 - ▶ reduced anxiety and nervousness
 - ▶ decreased nausea
 - ▶ decreased pain
 - ▶ increased fortitude and strength of spirit
 - ▶ increased spiritual connection
- 



Awareness of contraindications

- Interactions with chemotherapy
 - Claims of instant cure
 - Lack of research/evidence
 - Natural/herbal not always safe
- 



Reliable Resources for Information Regarding Complementary Practices

- ▶ NIH National Center for Complementary and Integrative Health <https://nccih.nih.gov>
- ▶ University of Maryland Center for Integrative Medicine <http://www.cim.umaryland.edu>
- ▶ Memorial Sloan Kettering Integrative Medicine <https://www.mskcc.org/cancer-care/integrative-medicine>