Enhancing the Supportive Care of Cancer Patients using Integrative Mind and Body Practices

Moffitt Cancer Center Grand Rounds
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**LEARNING OBJECTIVES**

<table>
<thead>
<tr>
<th>Summarize</th>
<th>Summarize mind and body therapy services offered by Moffitt's Integrative Medicine Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discuss</td>
<td>Discuss benefits of massage, meditation and yoga for our Moffitt patients</td>
</tr>
<tr>
<td>Describe</td>
<td>Describe Osteopathic Manipulation Therapy (OMT), a new Supportive Care Medicine service</td>
</tr>
</tbody>
</table>
Falls within the field of integrative oncology (or more broadly, integrative medicine)

Patient-centered, evidence-informed techniques offered in conjunction with conventional cancer treatments

Goals
- “To optimize health, quality of life and clinical outcomes”
- “To empower people to prevent cancer and become active participants in their care before, during and after cancer treatment”

Types
- acupuncture, massage, meditation, exercise, movement (e.g., pilates), relaxation techniques, guided imagery, spinal manipulation (e.g., chiropractic, osteopathic care), traditional Chinese medicine practices (e.g., Tai chi, qi gong), Yoga, others (e.g., healing touch, hypnotherapy)
Mind and Body Practices
- recommended as part of multidisciplinary care to address mood disturbance, anxiety, pain, and quality of life
- evidence insufficient but may also be considered for treatment related nausea, fatigue, sleep difficulty

Detailed summary including the strength of evidence and grade of recommendation found at https://integrativeonc.org/practice-guidelines/guidelines

Mechanisms of action
- Direct: pressure to muscle/connective tissue, circulation, range of motion, down regulation of HPA axis response and sympathetic nervous system, strength, stamina, flexibility
- Indirect: attention, distraction, adaptive coping strategy

Deng, et al, 2009; Sengupta, P. 2012; West, J et al., 2004; Kaliman et al., 2013;
### Supportive Care Medicine

**Palliative Care Providers**

- Doctor of Osteopathic Medicine: Osteopathic Manipulation Therapy (OMT)

### Behavioral Medicine

**Psychiatry**

**Psychology:**
- Guided Imagery
- Relaxation Techniques
- Clinical Hypnosis (for symptom management)

### Integrative Medicine

- Oncology Massage
- Meditation
- Yoga for Cancer
- Acupuncture (independent contractor)
Caregivers can participate with patients in outpatient or virtual services. For massage clinic, caregivers must be registered as Moffitt patient with medical record number.

<table>
<thead>
<tr>
<th>Outpatient Clinic</th>
<th>Inpatient</th>
<th>Virtual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-refer or MD/APP can order</td>
<td>MD or APP can order</td>
<td>Register online, see calendar of events</td>
</tr>
<tr>
<td>• MRC/MKC Massage ($60/60 minutes)</td>
<td>• Massage</td>
<td>• Weekly group Yoga series</td>
</tr>
<tr>
<td>• MRC Individual Yoga, Meditation</td>
<td>• Yoga</td>
<td>• Weekly group meditation</td>
</tr>
<tr>
<td></td>
<td>MD, APP, nurse, SW can order</td>
<td>Self-refer or MD/APP can order</td>
</tr>
<tr>
<td></td>
<td>• Meditation</td>
<td>• Individual Yoga, Meditation, IM consultation</td>
</tr>
<tr>
<td></td>
<td>• Guided Imagery / Relaxation Training</td>
<td></td>
</tr>
</tbody>
</table>
Search term: Integrative, massage, yoga, meditation, acupuncture

“Appointment request” = outpatient

“Consult” = inpatient MD/APP order

“IM GI/Rx or IM Meditation” = inpatient nurse, SW order
CONTRAINDICATIONS

- Massage: bleeding/bruising, blood clots, lowered immunity, open wounds, dermatitis, cellulitis, tumor sites, enlarged lymph nodes, surgical/radiation sites, medical device location, sensory changes (e.g., neuropathy), risk of fracture, increased pain

- Yoga: Bone metastases, fall risk, fracture risk, impaired lung function

- Oncology trained therapists skilled in assessment and modification of therapy (e.g., pressure adjustment, chair yoga) can treat high risk patients

“Massage gave me something to look forward to, and I felt so much better.”

Retrospective Study of Cancer Patients receiving Integrative Medicine Services

Please rate how you feel RIGHT NOW by circling one number for each item.

<table>
<thead>
<tr>
<th>Pain</th>
<th>1: No Problem</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10: As bad as it can be</th>
</tr>
</thead>
</table>

How satisfied were you with this session?

| Very Satisfied | Satisfied | Neither Satisfied Nor Dissatisfied | Dissatisfied | Very Dissatisfied |
Meditation Class – Clinically Significant (CS) Improvement

Percentage reporting > 2 point* change in symptom ratings from pre to post class

*clinically significant; Farrar JT, Young JP, LaMoreaux L, Werth JL, Poole M. Clinical importance of changes in chronic pain intensity measured on an 11-point numerical pain rating scale. Pain. 2001;94: 149e158.
I think the first time I did go to yoga, I told [provider]... I
told her uh that I don’t believe it is going to do anything
for me because I am not the meditation type. And when
she... at the end of the session you are supposed to
think of something good or wish for something good and
I thought that was nonsense. It changed me a little bit. I
saw... I started feeling wow uh the hour that I get rid of
everything in my mind and I just concentrate on me and
myself and my well-being. Uh just uh like one hour of
watching a beautiful sunset. It makes a difference. It
makes a very big difference...it makes me feel good. It
makes me feel alive.

Yoga Class (N > 2200) – CS and Any Improvement

Percentage reporting change in symptom ratings from pre to post class
Yoga Inpatient Unit (N = 60 to 62) – CS and Any Improvement

Percentage reporting change in symptom ratings from pre to post individual session
Yoga Transplant Unit (N = 178)

Percentage reporting change in symptom ratings from pre to post individual session
Percentage reporting change in symptom ratings from pre to post individual session
### Massage Transplant Unit (N > 450)

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage Reporting Change in Symptom Ratings from Pre to Post Individual Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea</td>
<td>33.64 (%)</td>
</tr>
<tr>
<td>Fatigue</td>
<td>64.86 (%)</td>
</tr>
<tr>
<td>Pain</td>
<td>42.24 (%)</td>
</tr>
<tr>
<td>Anxiety</td>
<td>32.28 (%)</td>
</tr>
<tr>
<td>Emotional Distress</td>
<td>52.24 (%)</td>
</tr>
<tr>
<td>Physical Distress</td>
<td>52.78 (%)</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>46.79 (%)</td>
</tr>
<tr>
<td>Very Satisfied</td>
<td>76.42 (%)</td>
</tr>
</tbody>
</table>

Percentage reporting change in symptom ratings from pre to post individual session.
Interview with Megan Marshall, LMT and Megan Peeler, Artist in Residence, Arts in Medicine
Osteopathic Manipulative Treatment (OMT)

• A gentle, holistic and hands-on approach to help improve function and reduce discomfort throughout the body

• Can be used together with medications, surgery and other medical treatments

• Indications: pain of muscles and joints, nausea, constipation, hiccups, sinus congestion/lymphatic drainage, headaches
BENEFITS FOR INDIVIDUAL WITH CANCER

• Muscle energy
  o Involves active use of muscles against a counterforce in a specific position and direction to improve muscle tension or strain

• Counter strain
  o An indirect technique used to treat a tender point

• Myofascial release
  o Helps to stretch and free limitations in muscle and fascia
FOR MORE INFORMATION

Integrative Medicine
“Healing and Wellness Services”

moffitt.org/healingandwellness; moffitt.org/yoga;
moffitt.org/massage; moffitt.org/meditation;
moffitt.org/acupuncture

Email: patientwellness@moffitt.org
Outpatient scheduling: 813-745-4630
Program administration: 813-745-6052

Patient education A to Z tools:
intranet.moffitt.org/display/NUR/Patient+Education

OMT

Contact Dr. Bromberg or Dr. Haas
Full presentation on OMT this Fall