Integrative medicine approach to palliative care

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Cancer as a journey of disintegration

Bio
Psycho
Social
Spiritual
CAM

Integrating Doing and Being

Symptom-based pain, fatigue, nausea, sleep, anxiety, dyspnea

Now-ness
Shadya, a 27-year-old married woman and mother of 5, was referred to IOP consultation by her psycho-oncologist. Shadya had been receiving palliative chemotherapy with docetaxel once every two weeks following a diagnosis of left breast cancer with liver metastases.
Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.
Palliative care is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.
Belletti M et al. Complementary therapy and support services for formal and informal caregivers in Italian palliative care hospices.

*Supportive Care in Cancer* 2011

**The Hospice.** Joseph Mallord William Turner.
Great St Bernard with the Lake (I), for Rogers's 'Italy' c.1826-7

National sample 30 hospices
Alleviation of cancer symptoms and chemotherapy side effects

Fatigue  Drowsiness  Low appetite
Pain   Neuralgia  Nausea  Constipation  Diarrhea
Sleep problems  Anxiety  Depression  Dyspnea

Non-typical symptoms

“I feel my liver is burning and the doctor does not know the reason”
Needs not fully met in oncology treatment

Addressing mental, psychological, and spiritual needs

Confronting death and nowness

Why me? losses
changing outlook
faith despair
body image
Who am I?
## FACIT SP-12 Version 4

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<th>Some-what</th>
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Needs not fully met in oncology treatment

CIM vs. alternative counseling

Where can I find reliable information?
How to choose CAM treatment?
What can help? What might harm?
How can I know if the CAM provider is professional?
Questions for the hemato-oncologist to consider

*Where can I search evidence for the herb efficacy and safety?*
Wheatgrass juice  *Triticum aestivum*

Clinical study  
Bar-Sela wt al.

Wheat grass juice may improve hematological toxicity related to chemotherapy in breast cancer patients  
*Nutr Cancer  2007*
Astragalus membranaceus

Integrative oncology research
Shifting focus from
tumor response to QOL

Vinorelbine
Cisplatin

_J Clin Oncol_ 2006

CONCLUSION:
Astragalus-based Chinese herbal medicine may increase effectiveness of platinum-based chemotherapy when combined with chemotherapy.

Injection integrated with advanced non-small cell lung cancer: effects on quality of life and survival. _Med Oncol_ 2011

After 3 cycles significant differences in

QOL (P = 0.003)
physical function (P = 0.01)
fatigue (P < 0.001)
nausea/vomiting (P < 0.001)
pain (P = 0.007)
loss of appetite (P = 0.023)
Anthroposophic medicine in palliative care

**Israel Bar-sela et al.**

Phase II non-controlled study

N=23 pts. with end-stage malignancies & ascites

Tx:

- Iscador M 10 mg injected intra-peritoneally

**Results:**

- The median time-interval between injections increased from 7 to 12 days
- No toxicity was observed

Anticancer Res 2006

**Switzerland**  Heusser et al.

Observational study

N=144 in-patients with advanced cancers

Tx:

Anthroposophic medicine treatment at the Lukas Klinik

**Results:**

- Improved QOL in physical, emotional, cognitive- spiritual and social parameters

Forsch Komplementmed 2006
Rabbi Hayim Vital (17th cent.)
Suppresses tumor progression by modulating angiogenesis

al–Kindī (9th cent.)
Growth inhibition of colorectal cancer cells – Pancreatic CAA

Bedouin traditional med
Modified citrus pectin – PSA

Apoptosis induction
Anti-emesis

Middle-East Cancer Consortium workshop on Integrative Medicine in Cancer Care in the Middle East
Cyprus, 2010

MERGIO
Middle-East Research Group in Integrative Oncology

European Journal of Integrative Medicine
Annals of Oncology
Supportive Care in Cancer

JOURNAL OF CLINICAL ONCOLOGY
Official Journal of the American Society of Clinical Oncology
Acupuncture in palliative care

**USA** Dana-Farber Cancer Institute

**Sweden**

Nystrom et al. Observational Study

* N=15 pts. Tx: P-6 acupuncture
* Results:
  * Reduced nausea intensity

*Acupuncture Med* 2008

**Canada** Lim et al.

* RCT N=20
* Tx: 4 weekly acupuncture or nurse-led supportive care

*Integrative Cancer Ther* 2010

*Acupunct Med* 2011
Manual care and massage

USA Kutner et al.
Multisite RCT
N= 380 pts. w advanced cancer
experiencing moderate-to-severe pain;
90% were enrolled in hospice

Tx: Six 30-minute massage or simple-touch sessions over 2 weeks

Annals Internal Med 2008
UK Lloyd-Williams et al.

RCT N=100 pts. with advanced metastatic disease

Tx: Focused narrative interview: Reflection on patient’s sense of "meaning", suffering, psychological, physical, social & spiritual well being - allowing the patient to tell their story.

J Affect Disorder 2013
Butler LD, Spiegel D. Effects of supportive-expressive group therapy on pain in women with metastatic breast cancer. *Health Psychol* 2009

**RCT**

N = 124 pts. with metastatic breast cancer

**Tx:** Group therapy with hypnosis & education (supportive-expressive group therapy) Vs. education-only control (12 months)

**RESULTS:**
Significantly less increase in the intensity of pain and suffering over time.

No significant effects on the frequency of pain episodes or amount of constant pain.
Pamela’s main concerns: Pain & constipation

Nurse oncologist referral:
Indications: weight loss & loss of appetite

Pamela, a 58-year-old woman.
Diagnosis: Stomach CA stage IV

Nutrition
Constipation
Well-being

ESAS 19/4

Mycaw 19/4
Pamela and the integrative treatment

Spiritual counseling & guided imagery
13 sessions

Herbal medicine & dietary counseling
9 sessions

Music therapy
10 sessions

Massage
7 sessions

Acupuncture
2 sessions

Music therapy
10 sessions

Herbal medicine & dietary counseling
9 sessions

Spiritual counseling & guided imagery sessions 13
Cancer as a journey towards integration

Doing and Being

Nutrition
Constipation
Well-being

Sp-12
Meaning/Peace
Faith

Pain
Fatigue
Nausea
Depression
Anxiety
Drowsiness
Dyspnea
Appetite
Sleep
Well-B

Edmonton Symptom Assessment Scale (ESAS)

Date of completion
Time

Please circle the number that best describes:

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

0 1 2 3 4 5 6 7 8 9 10
Not tired

0 1 2 3 4 5 6 7 8 9 10
Worst possible pain

0 1 2 3 4 5 6 7 8 9 10
Worst possible tiredness

Mycaw 19/4
Mycaw 21/6

Sp-12 19/4
Sp-12 21/6

ESAS 19/4
ESAS 6/5
ESAS 21/6

Meaning/Peace
Faith

Sp-12

Mycaw