Complementary Practices in Cancer Care

Rose Wolfe RN, BSN, OCN, HTCP
Oncology Nurse Navigator
Healing Touch Certified Practitioner
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
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](https://nccih.nih.gov)

- University of Maryland Center for Integrative Medicine [http://www.cim.umaryland.edu](http://www.cim.umaryland.edu)

- Memorial Sloan Kettering Integrative Medicine [https://www.mskcc.org/cancer-care/integrative-medicine](https://www.mskcc.org/cancer-care/integrative-medicine)