Integrative therapies at the bedside

Leila Kozak PhD

Clinical Champion, OPCC&CT – IHCC/VACO https://www.va.gov/patientcenteredcare
Co-Director, Center for Integrative Palliative Care
Co-PI, Integrative Therapies in Palliative Care Project, R41 NCI
Affiliate Assistant Professor, Dept. of Family Medicine, UW School of Medicine, Seattle, WA

leila.kozak@va.gov - leilak@uw.edu - paliativos.integrativos@gmail.com

Cambia PCCE
Palliative Care Conference
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1. Background and bias
2. Most common applications of IT in different settings
   • Hospital/Cancer Centers
   • Hospice
   • Long Term Care
3. Integrative Therapies in Bedside PC
   • Acupuncture
   • Needless acupuncture-related therapies (Joyce Greenberg LAc)
   • Aromatherapy
   • Biofield Therapies (“energy healing”)
   • Mind-Body/ Contemplative Practices (Rev. Shakur, Presence/breathing)
   • Music
   • Touch Therapies and Massage Therapy (Hand Massage experience)
Phase 2: partnering with NHPCO 2017-2020
- 9 modules to be offered via NHPCO site by 2020
- Recruited more than 400 providers
- Ongoing research activities and participation opportunities paliativos.integrativos@gmail.com or william@Collinge.org

Center for Integrative Palliative Care
- Education, research and organizational program design and implementation support paliativos.integrativos@gmail.com or william@Collinge.org
Phase I completed 2012: multidisciplinary 51 PC providers

- Pilot tested 3 modules: acupuncture, massage and music
- 158 applications within 2 weeks, 22 Nursing, 11 physicians, 13 social work, others

Key attitudinal outcomes showed changes in:

- confidence re ability to function in EB-informed manner, understanding safety considerations, making EB recommendations and explaining CIM to pts/family/colleagues
- Large gains in confidence, high satisfaction, high relevance
Implementation in HOSPITAL Settings

Increasing number of hospitals & cancer centers offer integrative care

- As part of Patient-Centered Care and focus on patient experience
- Growing number of Integrative Oncology (IO) services
- Inpatient and outpatient models
- Mixed funding and delivery models

Common IO services:
- acupuncture, massage, aromatherapy, music, yoga, tai chi, expressive arts, meditation, hypnosis, guided imagery, Healing Touch, Reiki, animal-assisted therapies
Hospital PC
PC-focused programs or hospital-wide programs

- Some organizations roll out hospital-wide programs (cost-effective?)
  - [https://www.wdhospital.com/wdh/staying-well/integrative-therapies](https://www.wdhospital.com/wdh/staying-well/integrative-therapies)
- Others have system-wide programs (UCLA)
- Others focus on PC programs
  - Mostly cancer-focused (but many would make services available to others)
- Frequently donor-led
- Funded: jumpstarted or ongoing donor involvement
Integrative Medicine clinical consultations provide guidance for safe use of IM

https://www.yalecancercenter.org/patient/specialty/complementary.aspx

Art Expression - classes and workshops, taught by visiting artists
Essential Oils EO oils for relaxation, stress, anxiety, insomnia, nausea, and pain.
Massage - Experienced LMT trained in oncology massage
Reiki - to promote relaxation and stress-reduction
Bedside Yoga - individual bedside yoga, adapted to individual needs and limitations.

GROUP SESSIONS
Community Choir - Patients, caregivers, staff & volunteers join and experience benefits of singing together.
Gentle Yoga - Group classes adapted to patient needs and limitations.
Qi gong - movements adapted or practiced while walking, standing, or sitting for pain, anxiety, QOL
Labyrinth Walks - provide a quiet walking meditation and take 5-10 minutes to complete.
Meditation - can receive instruction from trained practitioner or recorded guided meditation
Personal Story Writing - Patients are invited to work with experienced mentor on a writing essay of their choice
Example – UCLA Health System (system-wide)

- [https://www.youtube.com/watch?v=l1yjqzO-Mc&list=PLp2unjw6823XmpGdgIrlUPwQF-OFKXNb&t=0s&index=1](https://www.youtube.com/watch?v=l1yjqzO-Mc&list=PLp2unjw6823XmpGdgIrlUPwQF-OFKXNb&t=0s&index=1)

- Health providers trained in gentle healing modalities to address **pain, anxiety, nausea, insomnia, constipation, and exhaustion**
  - Yoga - breath awareness, in-bed movement, guided meditation and restorative poses
  - Reiki - a Japanese biofield therapy facilitated by light touch (on/off the body)
  - Essential Oils - aromatherapy
  - Contemplative Care - mindful awareness, emotional balance and compassion

- Services offered at Ronald Reagan UCLA Medical Center, Mattel Children's Hospital UCLA, Jules Stein Eye Institute, Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA and Santa Monica UCLA Medical Center

- Started 2007

- Funded by fashion designer and humanitarian Donna Karan
### Most common integrative therapies in HOSPICE

- **Touch Therapies & Massage**
  - Benevolent Touch, Massage Therapy, Namaste Care, Reflexology, etc.
- **Mind-Body & Contemplative Practices**: Guided Imagery, Hypnosis, Meditation
- **Biofield Therapies**: Healing Touch & Reiki
- **Aromatherapy**
- **Animal-Assisted Therapy**
- **Expressive arts**: visual arts, writing, legacy interventions, music, thanatology.
- **Tai Chi/Qi Gong, Yoga/Seated Yoga**
- **Acupuncture**
Implementation in LTC Settings

• Increasingly offered in nursing homes

• At the VA: **Whole Health**
  • Touch Therapies & Massage Therapy: caring touch by CNAs or volunteers (hand/foot, scalp, “touch with presence”)  
  • Aromatherapy, Music, Healing Touch and Reiki  
  • Tai chi, seated yoga, dance  
  • Animal-assisted therapies and animal residents

• EXAMPLE: VA Community Living Center, DC Creative arts program: https://www.youtube.com/watch?v=LcPcle1CIpw&list=PLp2unjw6823VkWUcgICuhGbAOj2BiSByh&index=11
Integrative Care as Cross-Cultural Phenomenon

• Retirement village in Australia: Tai Chi taught by a 90 y.o. instructor
• Inner-city hospital in Buenos Aires: yoga, massage & art therapy program
• PC wards in Japan: hand & foot massage, acupuncture, art, music
• UK day hospice: day-long menu of integrative therapies
• Multi-million facilities with state of the art buildings and full menu of integrative therapies
  • Dana-Farber, MD Anderson, etc.
• Systems training staff to deliver integrative therapies across all services
  • UCLA network of hospitals and medical centers
Acupuncture

Uses in Palliative Care

- Pain (including neuropathic pain)
- Chemo-induced nausea and vomiting
- Fatigue
- Dry mouth (xerostomia)
- Breathlessness (dyspnea)
Acupuncture - Mechanisms of Action

TCM
• Body is infused by “vital energy” – Qi or chi

• Qi’s flow may be influenced
  • Acupuncture needles, moxibustion, micro-currents, etc.
  • Movement exercises (tai chi),
  • Massage (tui na)
  • Breathing/visualization/”energy healing” (qi gong)

Western research (including fMRI studies)
• Acupuncture affects pain centers in the brain
• Releases endorphins & other neurotransmitters
Acupuncture

- More than 1300 RCTs published on acupuncture and pain
- Most suggest decrease pain, including neuropathic pain
- Good evidence for chemo-induced nausea and vomiting
- Smaller number of studies: positive effect on stress-related symptoms, depression, fatigue & QOL
- Few studies: decrease dyspnea and xerostomia
- Methodological issues: what constitutes good control group (sham acupuncture or sham needles)
- Dose issues
  - Lic Acupuncturists: well organized profession, highly trained
  - Training in oncology expanding, oncology clinical guidelines available
Aromatherapy
Use of essential oils derived from plants with therapeutic goals (herbal medicine)

Aromatherapy Mechanisms of Action

**pharmacological effects**

- **Odor effects**: binding of chemical components in EO to receptors in olfactory bulb
- Effects on limbic system and parasympathetic response

- Topical application may have antibacterial, anti-inflammatory and analgesic effects
  - effect on cell membranes
Main Applications in Oncology and Palliative Care

- Anxiety
- Mood
- Sleep
- Nausea and vomiting
- Pain (mostly indirect effects via relaxation response)
Common oils in research

• Widely researched by European and Asian pharmacopeia
• Increasing research in US and other countries

• Lavender, Chamomile, Rose, Bergamot: relaxing, anxiolytic
• Eucalyptus, Tea tree oil, Thyme, Oregano: antiseptic, antifungal, antimicrobial
• Orange, Lemon, Yuzu: uplifting (mood enhancing)
• Peppermint: digestive, anti-emetic
Aromatherapy delivery

*ambient*

- **Nebulizer**
- **Spray**
- **Electrical water-based diffusers**
Aromatherapy delivery

personal

Pillows

Personal inhalers

Jewelry

Massage
Large evidence for active ingredients and complete oils

- Animal studies
- In vitro
- Human studies

Frequently published in non-medical journals:
  • Chemistry
  • Food chemistry
  • Phytotherapy journals

*These journal are not always searched by clinicians*
Aromatherapy - general evidence

• **Animal Studies**
  • Sedative and stimulant effects of specific essential oils
  • Positive effects on behavior and immune system
  • Effect on muscle relaxation

• **Functional imaging studies in humans**
  • influence on limbic system and emotional pathways

• **Clinical trials**
  • effect on stress & anxiety in patients w/critical illnesses or other hospitalized patients
Toxicity and FDA

• Studies show relatively low toxicity profile when administered by inhalation or diluted topical application.

• Aromatherapy products are not subject to approval by the FDA unless there is a claim for treatment of specific diseases.
Aromatherapy effect on muscle relaxation
Aromatherapy and Essential Oils (PDQ®)—
Health Professional Version

This cancer information summary provides an overview of the use of aromatherapy and essential oils primarily to improve the quality of life of cancer patients. This summary includes a brief history of aromatherapy, a review of laboratory studies and clinical trials, and possible adverse effects associated with aromatherapy use.

Overview
General Information
History
Laboratory/Animal/Preclinical Studies
Human/Clinical Studies
Adverse Effects
Summary of the Evidence for Aromatherapy and Essential Oils
Changes to This Summary (04/21/2016)
Biofield Therapies

Applications in Palliative Care

- Pain
- Anxiety
- Agitation
- Sleep
“Energy Healing” – biofield therapies

“Biofield”
  • “subtle energies,” chi, prana, vital energy, vital force, life force, spiritual energy, bio-electromagnetic fields, radiation biology

  • Therapeutic Touch (Krieger and Kunz, 1970s) & Healing Touch (Mentgen, 1970s)
    • Western esoteric spiritual tradition, “life energy”

  • Reiki (Japanese origins 500 BC)
    • Spiritual “energy”

  • External QiGong
    • TCM
Biofield Evidence

• Most studies suggest positive impacts for stress-related symptoms & QOL
• Most studies observational
• Few RCTs, sometimes poorly controlled (Anderson et al., 2011)
• Wide variation in study methods: length of sessions, # and frequency of sessions
• Blinding and sham is difficult
Music Therapy Applications in PC

* Pain
* Anxiety (general)
* Mood
* Sleep
* Loneliness

- Most RCT report on music therapy
- Shown effectiveness for PC-related sx including notably pain, anxiety and depression
- Recorded therapeutic music, music-thanatology, and bedside singing: primarily observational, QOL benefits
Music therapy research examples

* Cancer pain in hospitalized patients (Huang et al., 2010)
* Pain, stress, oxytocin, cortisol in open heart surgery (Nilsson, 2009)
* Decreased pain & opiate use (Engwalls and Duppils, 2009)
* Pain and guided relaxation with music (Gutgsell et al., 2013)
* Dyspnea and music therapy (Gallagher et al., 2006)
* Pain after mastectomy (Li et al., 2011; Binns-Turner et al., 2011)
PC Music Therapy Services - Example

http://www.montefiore.org/healingarts-music-therapy
http://www.montefiore.org/healingarts
https://www.youtube.com/watch?time_continue=14&v=Miynkm7pfbw

Palliative Care Service, Montefiore Medical Center, Bronx NY
Music therapy is an established way to enhance comfort, promote relaxation, relieve physical symptoms, and improve QOL among people with serious illness.

Music and Relaxation for Unit Staff
Individual Music and Relaxation sessions offered twice a month to unit staff
The Healing Arts Program at Montefiore: A collaboration that heals patients and nurses

**Music therapy for cancer patients and staff**

- Founded in 2012 through collaboration between hospital's departments of Family and Social Medicine and Human Resources
- Integrates music, creative arts, relaxation techniques, and other healing approaches into programs, clinical services, and education across the medical center.
- 6 licensed board-certified music therapists offer psychotherapeutic perspective
  - Instruments, voice, and different musical modalities to enhance person-to-person interaction.

**Environmental music therapy**: Gentle music playing in open clinical spaces provides positive distraction
- dialysis, ambulatory surgery, surgical recovery, others.

**Music therapy at bedside**: Charge nurse or nurse manager selects patients to be seen.
- Therapist talks to patients to learn their favorite music and asks about memories of favorite songs
- Writing songs together - about their lives or their thoughts (as legacy work) and record for family
- Sing together - enjoyable and humanizing experience
References – CIM in Palliative / Hospice Care


References - Acupuncture


References Biofield Therapies – Healing Touch, Reiki, Therapeutic Touch


