II. Nourishment

What to Eat?

“Eat food. Not too much. Mostly plants.”
- Michael Pollen

Whole Foods, Plant-Based Diet

Nutrition references

Evidence base for Nutritional Supplements

Sentinel Article

Bringing Nourishment to Life Through Culinary Translation

Eight Principles of Food Selection
- Whole
- Fresh
- Natural
- Seasonal
- Local
- In harmony with tradition
- Balanced
- Delicious

Steps to Delicious
- Start with good quality ingredients—choose from whole foods
- Build the Flavor with the right amount of:
  - Fat
  - Acid
  - Salt
  - Sweet
- Add herbs and spices to give a “personality” and flavor signature (i.e. Mediterranean, Mexican, Asian)

III. Psychosocial Support
Psychosocial Support: The Rationale and The Evidence

Cancer Care for the Whole Patient: Meeting Psychosocial Health Needs
Committee on Psychosocial Services to Cancer Patients/Families in a Community Setting, Institute of Medicine

Management of Distress in Cancer Patients

IV. Physical Activity

Data Physical Activity and Survival

Physical Activity, Nutrition and Obesity

Source: The Journal of Supportive Oncology. 8(1), 4-12


WHEL: Survival in Obese and Non-obese Role of Activity and Vegetable/Fruit Intake
V. Spiritual Care

- Religion and spirituality is important to 78% of cancer patients. (Alcom et al., 2010)
- Spiritual needs and spiritual seeking found in majority of patients with advanced cancer. (Winkelman et al., 2010; Pearce et al., 2012)
- Spirituality/spiritual wellbeing associated with improved QoL and psychosocial functioning. (Petit and Balboni, 2013)
- Health care providers supporting patients' spiritual needs correlated with better satisfaction with care, improved QoL and psychological/spiritual adjustment and less aggressive care at end of life. (Petit and Balboni, 2013)

Spiritual Assessment Tool

F: Faith or Beliefs
I: Importance and Influence
C: Community
A: Address

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Listen
Reflect
Respond
Rest

Spiritual Exploration

• Readings
• Journaling
• Guidance
• Faith Traditions
• Retreats
• Chanting/Meditative practice

Case study: Revisited

Case presentation

• 46 year old mother of 2 grade school aged boys diagnosed with stage IV triple negative breast cancer metastatic to a single bone site.

– Conventional Interventions
  • Screening mammogram, ultrasound biopsy, MRI breasts, PET CT scan. Bone biopsy, MRI brain.
  • IV chemotherapy for close to 6 months. Bilateral mastectomy. Radiation to bone met. Continued IV Zometa therapy.
  • Continued monitoring of blood work and physical examinations in long term follow up.
  • Took high dose antioxidants and herbs during chemo and RT and did not tell MD. Missed multiple appointments due to social, family concerns. Did not complete all therapy. Continued Standard American Diet.
  • When fatigue set in, slept more often. Developed arm lymphedema. Lost his following. Went to faith healer who prescribed home made herbal supplements.
What Integrative Care Would you Add?

Guidelines

SOCIETY FOR INTEGRATIVE ONCOLOGY
Evidence-Based Clinical Practice Guidelines for Integrative Oncology: Complementary Therapies and Botanicals

Available at:

Navigating Responsibly

Practical Matters

Guiding patients through options to make safe, effective choices.
Navigating Responsibly

• STOP: Define Priorities, Boundaries

• LOOK: Investigate Your Options

Navigating Responsibly

- Accessing Information
- Assessing Information
  - Who
  - What
  - When
  - Why
  - How

Evidence based recommendations

How Does Integrative Oncology Function?

Relationship Centered

in addition to being

Provider and Procedure Centered

Navigating Responsibly

Who, When, Where?

• Concept of a “Match”
  – Vital to find credible providers
  – Even when credible, may not be a “Match” between provider and patient. Especially important in supportive care intent approaches.

Choosing Healers

- Credentials
- Communication
- Expectations
- Commitment
Navigating Responsibly

• STOP: Define Priorities, Boundaries
• LOOK: Investigate Your Options
• LISTEN: Share selections with your team and trusted individuals

Getting Started
Envisioning Integration Into Your Navigation Practice

How?

• “I naively believed that if we created the best integrative medicine center within our five hospital centers, that integrative medicine would move laterally through the system. I learned that creating an isolated system is not the way to go. It needs to be a whole cultural transformation. It needs to come from the top, and be propagated through the whole system through education on all fronts.”
  — Dr. Erminia Guarneri, Founding Director of the Scripps Center for Integrative Medicine

Vision and Reality

Challenges
• Identity Issues
• Resistance
• Work Setting
• Funding
• Burnout

Solutions
• Raise Visibility
• Be Reliable Source for CAM
• Cultivate Relationships
  - Referral Sources
  - Healers
  - Other Navigators
• Live Your Work
  - Setting Intention
  - Self care

Becoming a Model for Your Patients

Integrating wellness practices into your self-care.

How?

Do you have 10 seconds? Stop. Calm. Rest. Heal.

Begin a daily health practice yourself, with cultivating awareness as the foundation.

Embrace a transformational approach with the support of a group with similar experience (Navigator with Navigator, RN with RN, etc.) led by a facilitator creating safe space.

Develop your practice as a part of a diverse community with similar goals and focus.

Define success as a group and measure it on all levels.
Sculpting A Vision of Integrative Navigation

A PRAYER FOR HEALTH
Rabbi Menachem Creditor

God, may my work feel redemptive even when an ocean of need feels like it will pull me down. May I feel supported when I feel alone in my work.

O God, remind me when I fail that I can learn, and that my life is more than my work.

O God, remind me when I succeed that I can learn, and that deep success requires the efforts of many.

May I remember that going home is a crucial part of the dream.

God, help me to remember that I am one of the people I am called by you to serve.

May I feel undivided as I transition from sphere to sphere, a whole person within Your world.

THANKS

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Access the Handouts

www.smithcenter.org/pnt

Click on link to Patient Navigation Training

Handouts on far right side bar