CAM and Cancer Care: An Overview
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achs.edu
ACHS Capstone Project

Overview of Project:
Results of Nursing CAM Knowledge and Attitude Survey

Goal of Presentation:
Provide an overview of CAM

Relax / Renew with Yogic breath and essential oils
Objectives:

List common terms used when defining CAM

Discuss the history of CAM

Discuss use of CAM among cancer patients

Identify those most likely to use CAM

Describe advantages / disadvantages of CAM

Discuss how assessment skills can be improved when identifying the use of CAM in patients

Identify reliable resources
“Complementary” generally refers to using a non-mainstream approach together with conventional medicine.

“Alternative” refers to using a non-mainstream approach in place of conventional medicine. (Not common)

Is the term “Complementary AND Alternative Medicine” a problem?
“Integrative Medicine” combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.

“Integrative Oncology”
CAM Past to Present

• Much of what is now considered CAM was once mainstream.
  – Herbal preparations
  – Energy Therapy
  – Ayurvedic Medicine (India) / Traditional Chinese Medicine

• Evolution of Western Medicine
  – Non-holistic approach / linear thinking
  – Antibiotics / technological advancements
  – Evidence based treatments

• Renewed interest in CAM and increased usage
Why the increased interest and usage, specifically among cancer patients?

- Decreased faith in traditional medicine
- To Improve QOL (anxiety, pain, nausea, etc.)
- Desire for control of own care /autonomy
- Belief that CAM modalities are safe / nontoxic
- Accessibility (lower cost, no Rx)
- Vulnerability
CAM: Advantages / Disadvantages

• Advantages
  – Access
  – Cost
  – Safety / Efficacy

• Disadvantage
  – Stigma
  – Insurance
  – Safety / Efficacy
  – Regulations / Quality Control / Certifications
What is Considered CAM?

- CAM modalities are classified by category
  - NCCAM
  - OCCAM
The National Center of Complementary and Alternative Medicine

“The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government’s lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.”

http://nccam.nih.gov
NCCAM’s 2 Main Categories

• Natural Products (Biologically based):
  – Herbs
  – Vitamins / Minerals
  – Probiotics

• Mind Body Practices:
  – Acupuncture
  – Massage Therapy
  – Hypnotherapy
  – Spinal Manipulation
  – Tai Chi
  – Qi Gong
  – *Healing Touch
  – *Meditation
  – *Relaxation Techniques
  – **YOGA
NCCAM’s Additional Category:

• Alternative Medical Systems:
  – Ayurvedic Medicine
  – Traditional Chinese Medicine
  – Homeopathic Medicine
  – Naturopathic Medicine
The Office of Cancer Complementary and Alternative Medicine (OCCAM) is an office of the National Cancer Institute (NCI) in the Division of Cancer Treatment and Diagnosis. OCCAM is responsible for NCI’s research agenda in complementary and alternative medicine (CAM) as it relates to cancer prevention, diagnosis, treatment, and symptom management.

http://cam.cancer.gov
### OCCAM’s Categories

<table>
<thead>
<tr>
<th>Domain</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Alternative Medical Systems</td>
<td>Ayurveda, Traditional Chinese Medicine, Acupuncture, Homeopathy,</td>
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<td>Naturopathy, Tibetan Medicine</td>
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<td>Energy Therapies</td>
<td>Qigong, Reiki, therapeutic touch</td>
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<td>Exercise Therapy</td>
<td>Tai Chi, Hatha Yoga, Dance Therapy</td>
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<td>Manipulative and Body based methods</td>
<td>Chiropractic, massage, reflexology</td>
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<td>Mind-Body Interventions</td>
<td>Meditation, Art therapy, imagery, relaxation techniques,</td>
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<td></td>
<td>aromatherapy, pet therapy</td>
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<tr>
<td>Nutritional Therapeutics</td>
<td>Macrobiotics, veganism, Vitamins, antioxidants</td>
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<tr>
<td>Pharmacologic / biologic</td>
<td>Mistletoe, high dose Vitamin C, products from honey bees</td>
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<tr>
<td>Complex natural products (subcategory of</td>
<td>Botanicals, herbs, herbal extracts, tea polyphenols, shark cartilage</td>
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<td>above)</td>
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<tr>
<td>Spiritual Therapies</td>
<td>Prayer, Spiritual Healing</td>
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CAM Use in Oncology

• Current estimates of use vary widely (20-80%)
  – Why the wide range?
    • Definition of CAM?
    • Is prayer CAM?
    • Fear / Shame

• Most frequently reported CAM modalities in Oncology
  – Spiritual Healing / Prayer
  – Herbal* and Vitamin Supplements
CAM Use in Oncology

• Who is most likely to use a CAM modality?
  – Younger age
  – Female; particularly African American females
  – Higher educations
  – Higher income
  – Breast Cancer
Nurses need the knowledge to do a health assessment that includes questioning about CAM, identifying potential or real drug interactions related to CAM use, and informing physicians and other healthcare providers of the potential for dangerous consequences as a result of CAM use. (Cuellar, Cahill, Ford & Aycock 2003)
The Role of the Oncology Nurse

- Nurses need the knowledge to do a health assessment that includes questioning about CAM.......

- Intake forms and verbal assessments should include an integrative assessment
  - Conduct a comprehensive medication summary
  - All previous and current CAM therapies (with examples)
  - Any anticipated CAM use (with examples)
  - Desire for CAM information
  - Nutrition
  - Physical Activity / Exercise
  - Stress management
  - Spirituality
The Role of the Oncology Nurse

......nurses need the knowledge to identify potential or real drug interactions related to CAM use...

Example: Of the top 20 herbal supplements sold in the United States, 7 have potentially relevant known or suspected herb-chemotherapy reactions:

1. Garlic
2. Echinacea
3. Gingko
4. Soy
5. Ginseng
6. St. John’s Wort
7. Grape Seed
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<td>OCCAM</td>
<td><a href="http://cam.cancer.gov/about_us.html">http://cam.cancer.gov/about_us.html</a></td>
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<td><a href="http://nccam.nih.gov/">http://nccam.nih.gov/</a></td>
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<td>Society for Integrative Oncology</td>
<td><a href="http://www.integrativeonc.org/index.php/docguide">http://www.integrativeonc.org/index.php/docguide</a></td>
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<tr>
<td>ONS</td>
<td><a href="https://www.ons.org">https://www.ons.org</a></td>
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<tr>
<td>MD Anderson Cancer Center: Integrative Medicine Department</td>
<td><a href="http://www.mdanderson.org">http://www.mdanderson.org</a></td>
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<tr>
<td>Arizona Ctr. for Integrative Medicine</td>
<td><a href="http://integrativemedicine.arizona.edu">http://integrativemedicine.arizona.edu</a></td>
</tr>
<tr>
<td>Duke Integrative Medicine</td>
<td><a href="http://www.dukeintegrativemedicine.org">http://www.dukeintegrativemedicine.org</a></td>
</tr>
<tr>
<td>Memorial Sloan Kettering Cancer Center – Integrative medicine</td>
<td><a href="http://www.mskcc.org/cancer-care/integrative-medicine">http://www.mskcc.org/cancer-care/integrative-medicine</a></td>
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<tr>
<td>Natural Medicines Comprehensive Database</td>
<td><a href="http://naturaldatabase.therapeuticresearch.com">http://naturaldatabase.therapeuticresearch.com</a></td>
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Where to go for Guidance

• Guidelines
  – Society of Integrative Oncology’s *Evidenced Based clinical Practice Guidelines for Integrative Oncology*
  – American Cancer Society’s *Guidelines for Using Complementary and Alternative Methods*
Where to go for Guidance

- **Position Statements**

  - Oncology Nursing Society: *The Use of Complementary and Alternative Therapies in Cancer Care*:
    - [http://www2.ons.org/Publications/Positions/media/ons/docs/positions/alternativetherapies.pdf](http://www2.ons.org/Publications/Positions/media/ons/docs/positions/alternativetherapies.pdf)

  - American Holistic Nurses Association: *Position on the Role of Nurses in the Practice of Complementary and Alternative Medicine*
    - [http://www.ahna.org/Resources/Publications/Position-Statements](http://www.ahna.org/Resources/Publications/Position-Statements)

  - North Carolina State Board Of Nursing: Complementary Therapies Position Statement for RN and LPN Practice
Conclusion

Summary

Questions

Evaluation Form

Energize with Breath of Fire and essential oils
References


References

References


