Integration of CAM and Conventional Therapies into the Palliative Care of Patients with Advanced Cancer (FR455)

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Objectives
- Identify common, challenging symptoms in cancer patients for which conventional medicine has limited effectiveness.
- Discuss selected evidence-based complementary therapies that can be readily incorporated into palliative care practice with cancer patients.
- Create therapeutic care plans for challenging cancer-related symptoms that incorporate safe, effective, and often cost-efficient CAM therapies that, when combined with conventional therapies, empower and improve the quality of life of patients with advanced cancer.

Many clinical issues in the care of advanced cancer patients do not have optimal conventional solutions. Integrative palliative medicine, which incorporates CAM and conventional therapies, serves to use the best evidence-based research in the creative pursuit of symptom control and improved quality of life, upstream from end-of-life care. Almost all patients with advanced cancer can benefit from the broader therapeutic repertoire of integrative palliative care, and many of our patients sustain hope and empowerment using CAM therapies with conventional therapies. This session will review the latest research findings of CAM therapies that palliative care clinicians can incorporate effectively into plans of care, especially for those symptoms that are most difficult to relieve with conventional approaches alone, such as mucositis, fatigue, and anxiety. Recent evidence-based guidelines from the American Cancer Society, the Society for Integrative Oncology, and Cochrane reviews will be highlighted.

Therapies specifically addressed will include nutrition and supplements, movement and exercise, acupuncture, and mindfulness-based therapies. During the presentation, the audience will be asked to comment on CAM modalities and resources they have found most useful in their palliative care practices for these difficult cancer-related clinical issues. A case presentation will be incorporated to lead discussion on the challenging symptoms that arise in the palliative care of cancer patients.