



# Introduction into integrative cancer care and its evidence base

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Cochrane Complementary Medicine Switzerland



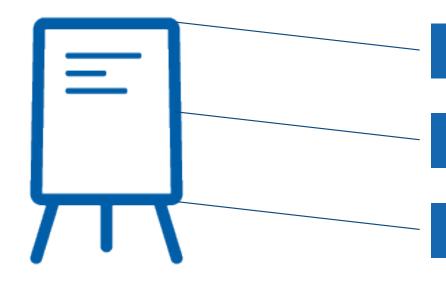
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# **Agenda**



**Citizens and patients** 

How professional is the field?

The evidence





# The CITIZEN Perspective

# **Complementary Therapies (CT) Use**

**Disclosure to Medical Providers** 

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Use of complementary and alternative medicine in Europe: Health-related and secondemographic determinants

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25.9% of the general population had used CT during the last 12 months



SCIENTIFIC REPORTS

OPEN

Disclosure of complementary medicine use to medical providers: a systematic review and meta-analysis

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33% disclosure rate

(95% CI: 24% to 43%)

for biologically-based CT



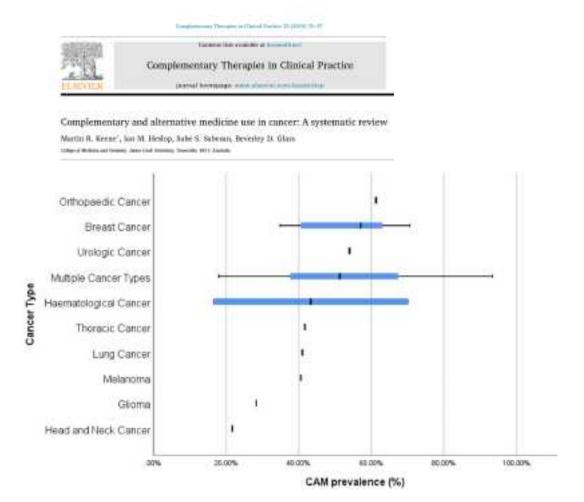


# The CANCER Patients' Perspective Complementary Therapies (CT) Use

51% of patients use CT









**Perspectives and Evidence** 



Interprofessional
Cancer Care Team with
defined roles
CT is not coordinated

### **Evidence Based Medicine**

Values and beliefs of patients

Clinical expertise

from clinical research

www.cochrane.de

# **Definition of Integrative Oncology**

"Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments.

Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum, and to empower people to prevent cancer and **become active participants** before, during, and beyond cancer treatment."

Witt et al J Natl Cancer Inst Monograph 2017



### **International Interprofessional Society**

The mission of the Society for Integrative Oncology is to advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer.

# Supportive care

**Self care and self-efficacy** 





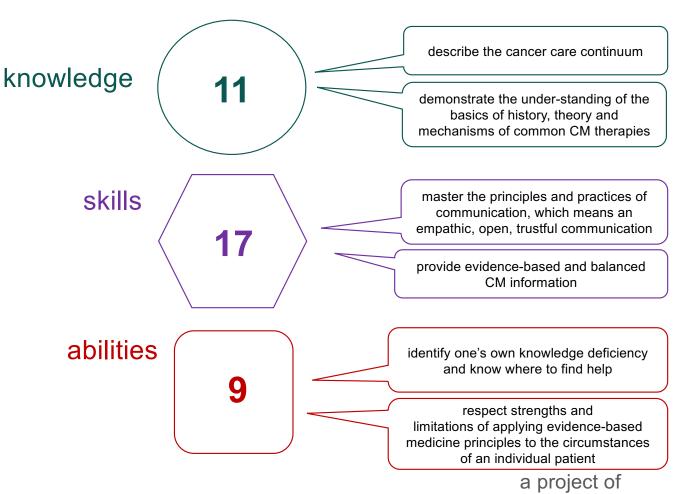
# **Defined Integrative Oncology Core Competencies of Providers**

### **Methods:**

- Literature review
- International expert consensus procedure

### **Professions**

- Medical doctors
- Psychologists
- Nurses
- Naturopathic doctors
- Chinese medicine practitioners
- Yoga teachers
- Patient navigators







Witt et al Journal of Cancer Education 2020

# **Training Oncology Physicians**

- Modern blended learning format
- Randomized study
- Postive effects on physicians' and patients' measures

48 oncology physicians providing cancer care for inpatients or outpatients

20 min CT consultation

versus

Leaflet on reputable websites





© IKI USZ





funded by the German Cancer Aid (Deutsche Krebshilfe, grants 109863 and 70112369) and the Kelm Foundation

#### Completerring

#### Bereine Artiste / Cherolebrarbeit

KOKON: A Germany-Wide Collaborative Research Project to Identify Needs, Provide Information, Foster Communication and Support Decision-Making about Complementary and Alternative Medicine in Oncology

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BMC Cancer

for future research

Outcomes and outcome measures used in evaluation of communication training in oncology - a systematic literature review, an expert workshop, and recommendations

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Evaluation of a blended-learning training concept to train oncology physicians to advise their patients about complementary and integrative medicine (KOKON-KTO): study protocol for a prospective, multi-

center, cluster-randomized trial

Training Choology Physicians to Advise Their Patients on Conglementary and Integrative Medicine. An Implementation Study for a Manual-Guided Consultation

# **Criteria for Reputable Providers**

### Methods:

- Literature review
- Expert consensus procedure
- Evaluation from 3 perspectives (patients, complementary medicine providers and oncology physicians)

#### Results

Final list of 8 criteria









Defining Criteria for Guiding Cancer Patients to Find a Reputable Complementary Medicine Provider: Results of a Literature Review and a Consensus Procedure

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Reputable providers of complementary medicine can be identified on the basis of the 8 criteria described

The provider should:

- 1. ask for your diagnosis and previous as well as ongoing treatments.
- be prepared to talk to you about possible interactions between complementary medicine therapies and your cancer treatment.
- 3. explain to you why this complementary medicine therapy in particular is recommended for you.
- present to you the possibilities and ilmitations of this complementary medicine therapy in a realistic and understandable way, be prepared to present previous experiences with this therapy and to communicate reliable data.
- discuss with you the goals, contents, duration and costs of the planned therapy and changes in the course as well as ways of possible reimbursement.
- give you a reasonable period to consider and allow you to freely choose or reject the suggested therapy.
- 7. respect your decision for or against the complementary medicine therapy.
- 8. provide you with a comprehensible invoice for the treatment.

### **Examples of Clinical Practice Guidelines**

JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

Gary H. Lyman, Haether Greenler, Kari Böhlin; Ting Bao, Angele M. Deblichele, Gary E. Deng, Isakib M. Foodsaffoolish, Brigitte Gil, Dewet L. Hershoum, Surm Mayofield, Doven M. Monallien, Keren M. Montan, Erin Price. Susan Refte, and Lorenzo Cahan.

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SIO collaboration with the American Society of Clinical Oncology (ASCO) to develop two new evidence based guidelines in 2021 and 2022









### German Guideline Program in Oncology (GGPO)

The Association of the Scientific Medical Societies in Germany, the German Cancer Society and the German Cancer Aid Juintly Jaunched the German Guideline Program in Oncology in 2008.

The program aims to foster the development, implementation and evaluation of evidence based clinical practice guidelines in ancology.

#### Leitlinie Komplementärmedizin

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#### Mateliger Historia

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Will become available 2021

# **Mind Body Therapies**

JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

Gary H. Lernat, Hoeffer Georden, Karl Robbin, Ting Rox, Angels M. Dehlichele, Gary E. Dong, Indith M. Fockelholish, Beginte Gd, Davis E. Herricsan, Same Mayofield, Down M. Missallen, Kerre M. Mantian, Eric Phir. Stars Refer. and Lernate Colors.

#### **Meditation:**

- Anxiety (Grade B)
- Depression & Mood Disturbance (Grade A)
- Quality of Life (Grade A)

### Yoga:

- Anxiety (Grade B)
- Depression & Mood Disturbance (Grade B)
- Quality of Life (Grade B)
- Improving sleep (Grade C)
- Fatigue (Grade C)



# **Acupuncture and Acupressure**

JOURNAL OF CLINICAL ONCOLOGY

ASCO SPECIAL ARTICLE

Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline

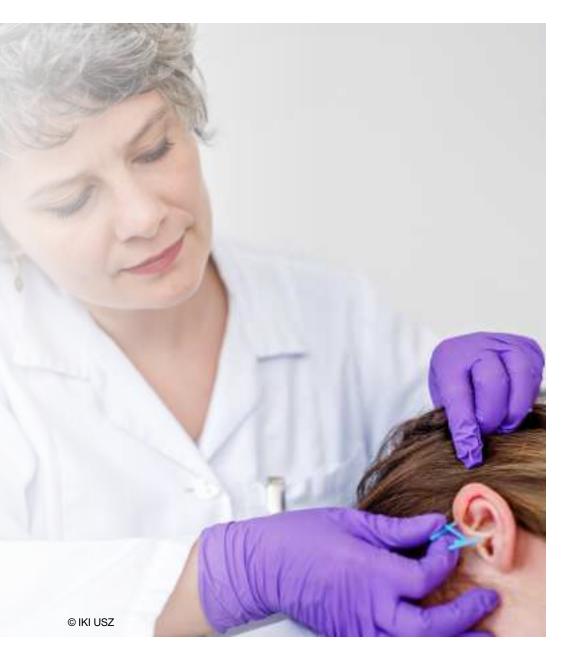
Garry H. Lyman, Harbort Growtins, Kair Sockin, Jing Son, Angoli M., Deblishun, Garry E. Jong, Joshi M., Forskalbadish, Beginte Gil, Davei E. Hiroboum, Sami Marodish, Down M. Monadlen, Karre M. Manian, Eric Prins. Societ Refut, and Lessage Calon.

### **Acupuncture**

- Anxiety (Grade C)
- Chemotherapy-Induced Nausea and Vomiting (Grade B)
- Depression & Mood Disturbance (Grade C)
- Fatigue (Grade C)
- Pain (Grade C)
- Quality of Life (Grade C)
- Hot flashes (Grade C)

### Acupressure

Chemotherapy-Induced Nausea and Vomiting (Grade B)



# Implementation in Cancer Centers – Example USA

- 45 National Cancer Institute (NCI) designated comprehensive cancer centers
- 2016 analyses of websites

89% provide information about CT60% have integrative medicine physicians

#### **Provide services:**

72% acupuncture

84% dietary supplements

67% herbs

69% meditation

69% yoga

56% exercise



3 North Conner Joseph Manager (2017) 2017(52); ligadole

And, the print for incoming region (grades)

#### ARTICLE

Growth of Integrative Medicine at Leading Cancer Centers Between 2009 and 2016: A Systematic Analysis of NCI-Designated Comprehensive Cancer Center Websites

Hyeongjun Yun, Lingyun Sun, Jun J. Mao

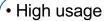
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# **Summary and Outlook**



 Potential for self care and empowerment of patients

Need

# Better defined field

- Definition
- Core competencies
- Evidence
- Ongoing research

- Transparent high quality information
- Trained providers
- Health insurance coverage
- Quality management

Access to care



