

# Integrative Cancer Care at the Evang. Kliniken Essen-Mitte

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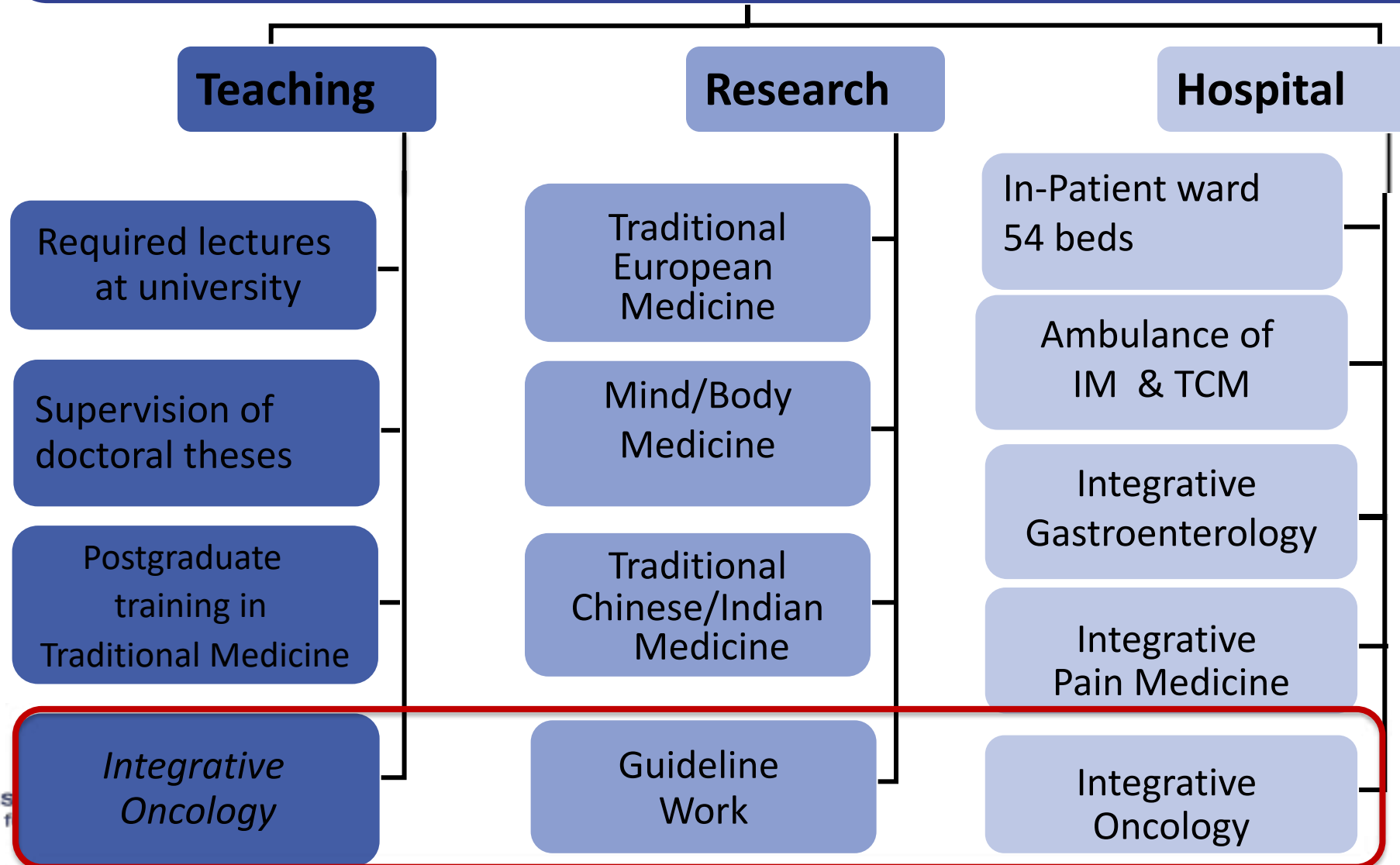
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# Chair of Complementary and Integrative Medicine

University of Duisburg – Essen

*Prof. Gustav Dobos M.D. (Chair and Founding Director)*



# Integrative Oncology: “best of both worlds”

## Breast Unit at the Evang. Kliniken Essen-Mitte



## Department for Internal and Integrative Medicine at the Evang. Kliniken Essen-Mitte



Mittring et al. 2013 Corporate Culture Assessments in Integrative Oncology: A Qualitative Case Study of Two Integrative Oncology Centers

**First contact** during in-patient hospital stay

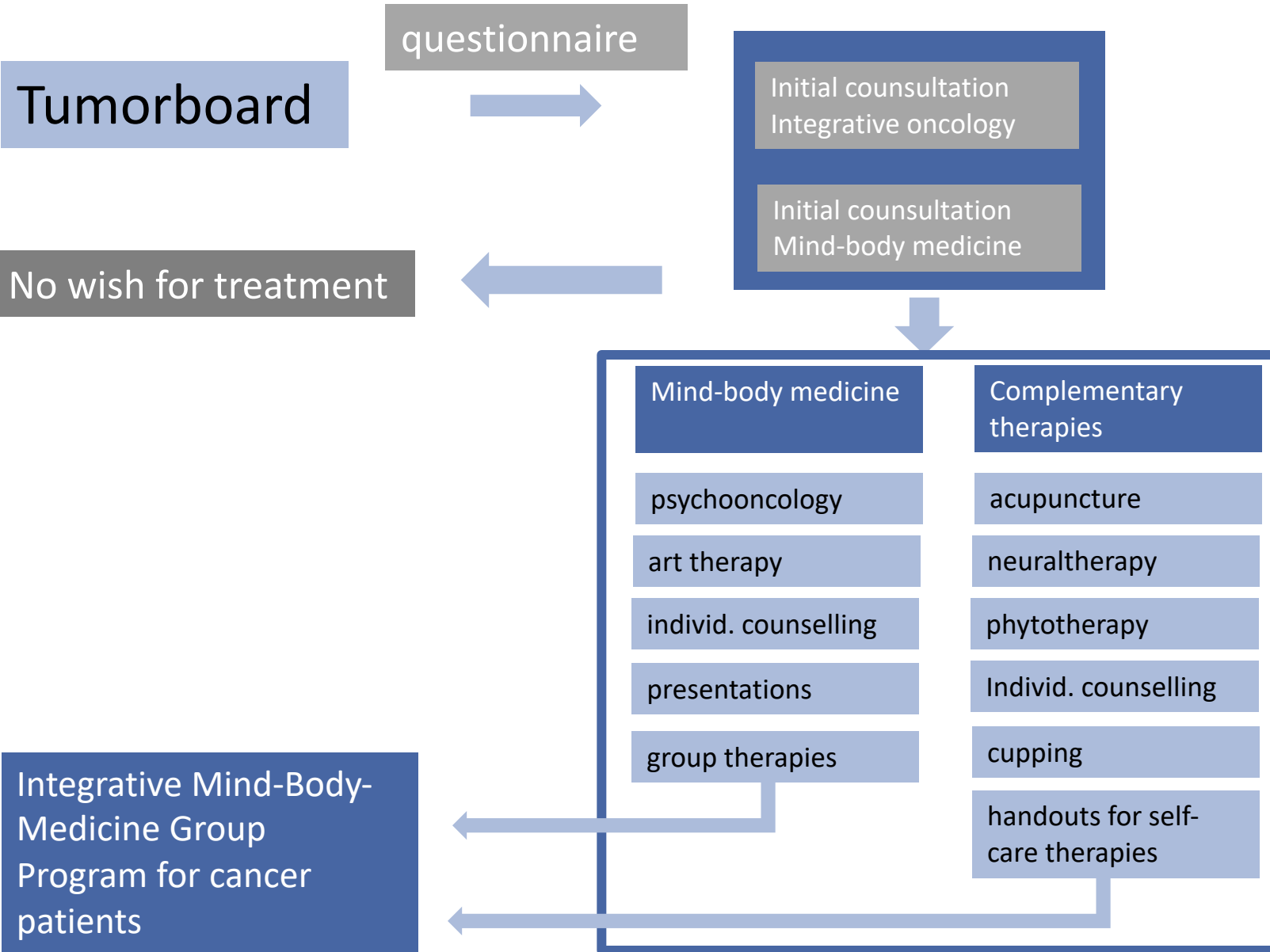
rounds 2 times / week with the psycho-oncologist and the breast care nurse

## possible treatments

- acupuncture
- phytotherapy
- mind-body medicine (relaxation techniques, nutrition counseling)
- nursing care (compresses, poultices)
- foot massage



# Out-patient Care







## Integrative Mind-Body-Medicine Group Program for Cancer Patients

- during systemic therapy
- during antihormonal therapy
- for patients with metastasis
- after cancer treatment

Nutrition, exercise, relaxation, weekly review							
Psycho-neuro-immunology	Relaxation techniques	Stress management	Cognitive restructuring	Yoga	Nutrition	Social support	Coping with cancer
Complementary medicine self care strategies							
Physician group consultations							

# Effects of an Integrative Mind-Body-Medicine Group Program on Breast Cancer Patients During Chemotherapy: An Observational Study

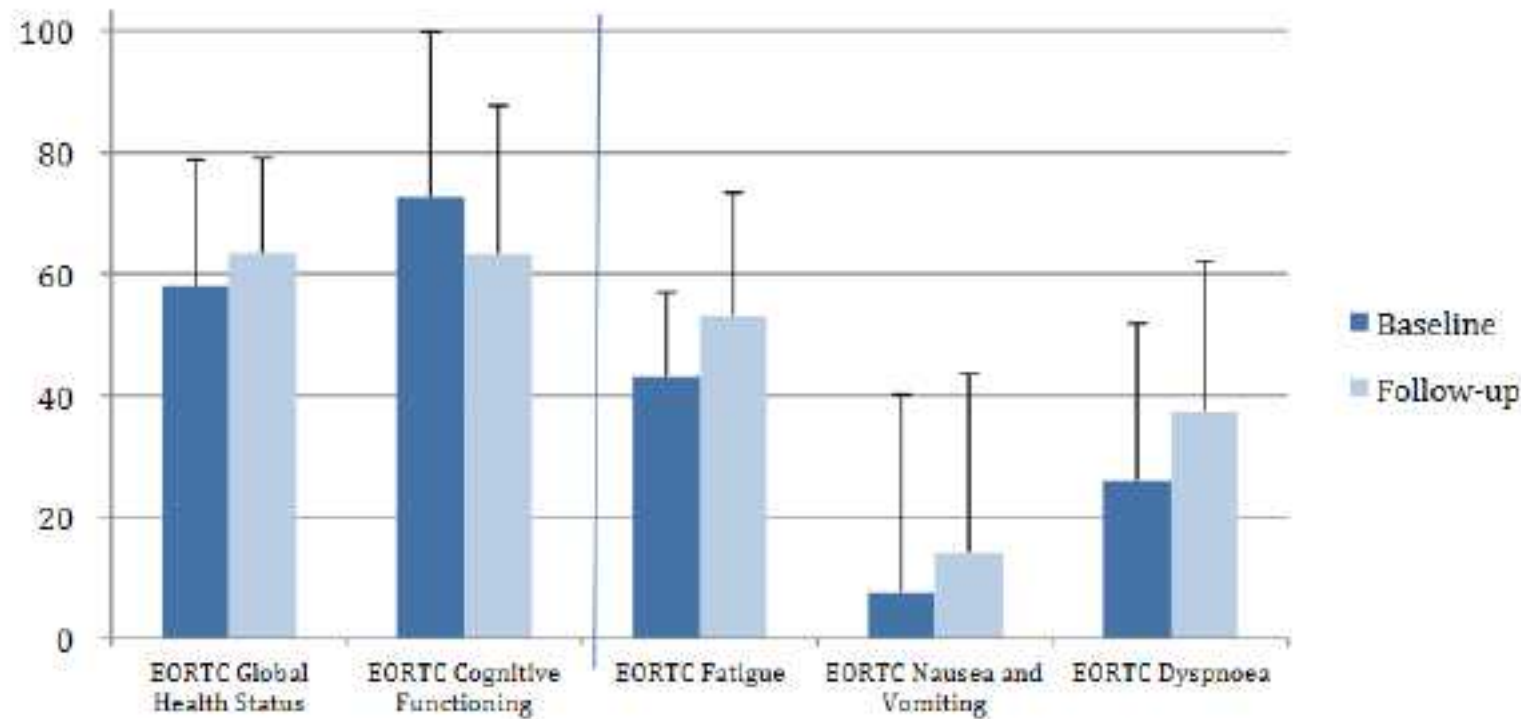
Schedule	Module										
	1	2	3	4	5	6	7	8	9	10	11
9:00-9:30	Arrival, Meet, Course of The Program, Retrospection										
9:30-10:45	management of side effects with CM	exercise during and after treatment	stress-management	nutrition during chemotherapy	CM self-care strategies	coping with cancer, self-care	social support	relaxation techniques	management of side effects with CM	mindfulness	cognitive restructuring
10:45-11:45	Yoga										
11:45-13:45	Lunch (Mediterranean Wholefood Diet) / Physician Group Consultations with Acupuncture										
13:45-14:30	Exercise										
14:30-15:00	PME	body scan	breathing-meditation	body scan	PME	imagination	body scan	breathing-meditation	PME	breathing-meditation	imagination

Progressive muscle relaxation (PME); complementary medicine (CM)

Fig. (1). Timetable of the integrative mind-body-medicine group program.



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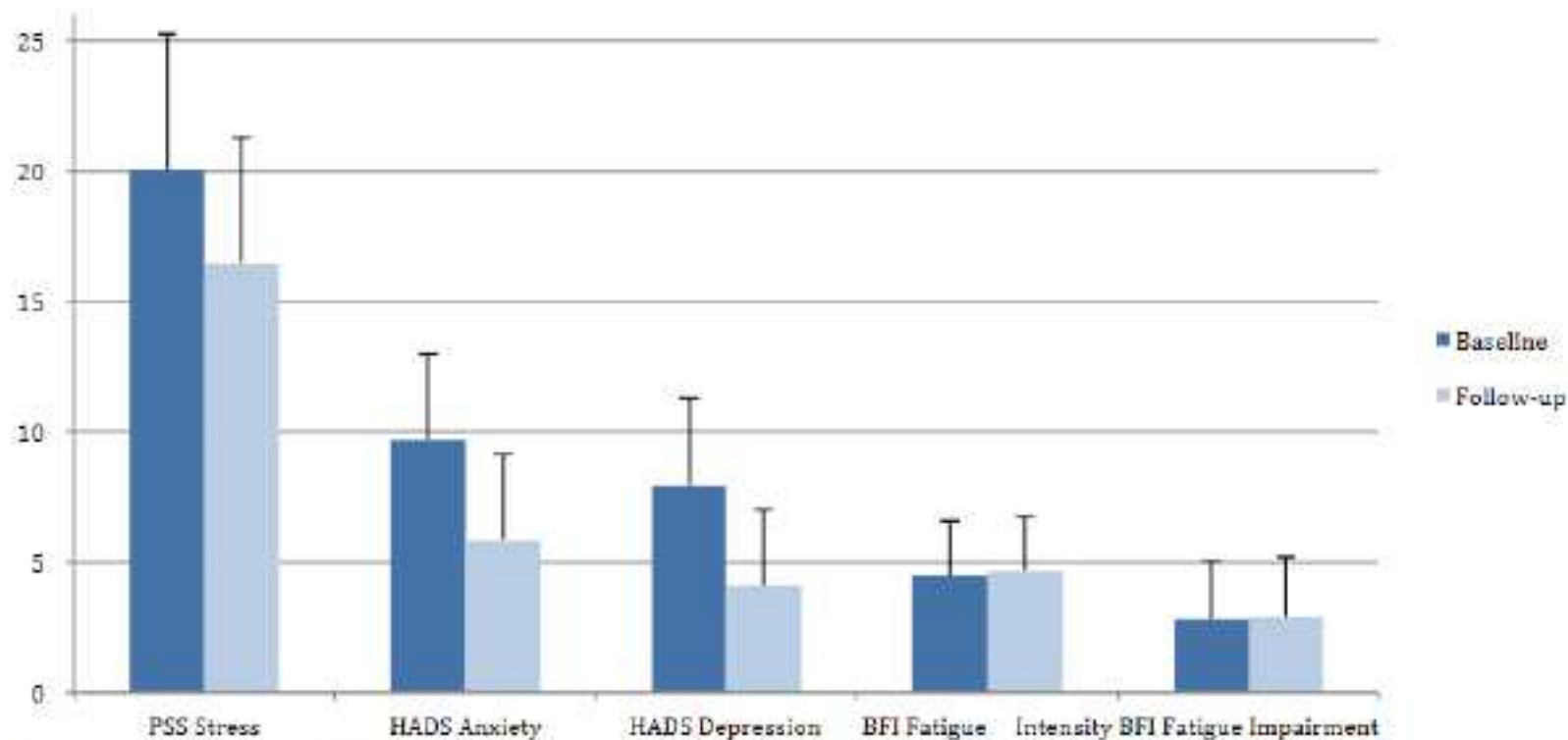
57 breast cancer patients during chemotherapy

European Organization for Research and Treatment of Cancer (EORTC): Higher scores represent a better level of functioning in Global Health Status and Cognitive Functioning and a worse amount of symptoms in Fatigue, Nausea and Vomiting, and Dyspnoea.

Fig. (2). Significant effects measured with the EORTC quality of life questionnaire (QLQ-C30). (A higher resolution/colour version of this figure is available in the electronic copy of the article).



# Effects of an Integrative Mind-Body-Medicine Group Program on Breast Cancer Patients During Chemotherapy: An Observational Study



57 breast cancer patients during chemotherapy

Perceived Stress Scale (PSS)\*; Hospital Anxiety and Depression Scale (HADS)\*; Brief Fatigue Inventory (BFI).

Higher values indicate higher stress, anxiety and depression; higher scores on the BFI correspond to greater intensity of fatigue / impairment due to fatigue. \* means "significant effect".

Fig. (3). Effects on the PSS, HADS, and BFI. (A higher resolution/colour version of this figure is available in the electronic copy of the article).

**At the last visit of the program:**

**„The program has helped me to get out of the hole.”**

**“I feel more confident about nutrition and exercise.”**

**5 years after program participation:**

**“Through the diagnosis, one experiences a loss of control. The program helps to regain some control. It is great and sustainable. You are not only accompanying a disease but a life.”**

## Key messages from 22 included studies (Qualitative analysis: 22; Quantitative analysis: 15)

- Resilience refers to the ability to maintain or quickly recover to a healthy mental state during or after exposure to stressful life circumstances
- Resilience is defined as the result of adaptation to stressors and is determined, at least partially, by multiple factors, such as self-esteem, realistic optimism, and cognitive flexibility
- In this review, resilience-enhancing interventions that were provided in the period **immediately after the diagnosis** and **in parallel with somatic treatment** had the greatest effect on resilience or post-traumatic growth in adult cancer patients
- The enhancement of resilience or post-traumatic growth remained stable for up to 1 year after the end of the intervention or continued to increase even further
- The largest effect sizes were achieved with longer interventions of more than 12 sessions and a cumulative duration of at least 24 h

Ludolph P, Kunzler AM, Stoffers-Winterling J, Helmreich I, Lieb K: Interventions to promote resilience in cancer patients. Dtsch Arztebl Int 2019; 116: 865–72. DOI: 10.3238/arztebl.2019.0865



## Initial diagnosis 06/19

- Invasive breast cancer right side NST, lobulär, DCIS  
cT2 (sonographic 25 mm), cN + (punching bioptic), G2, M0  
ER: 100% = positiv, PR: 10% = positiv, Her2neu: 0 = negativ  
Ki67: 25% proliferative activity
- 01/20 breast surgery right side after neoadjuvant chemotherapy

## Consultation Integrative Oncology 17th of June 2020:

Current symptoms: pain in her legs since chemotherapy, morning stiffness and tarnishing pain, movement improves the pain

Medication : Letrozole, Zoladex, Novalgine (Metamizol 500 mg) twice daily

## Ms. B., A. 36 years, 2 children (2 and 4 years)

**Sleep:** sleep disturbance, degree of impairment NAS 4 -5

**Fatigue:** intensity NAS 6 - 7

**Hot flashes:** degree of impairment NAS 6 - 7

**Pain:** intensity NAS 8

### Which complementary medicine therapies are recommendable?

- **Yoga** to improve fatigue, sleep and probably also hot flashes and pain
- **Aerobic and resistance exercise** to improve fatigue and sleep
- **Acupuncture / acupressure** to improve fatigue, sleep, pain and hot flashes
- **Cognitive Behavioral Therapy insomnia** most effective therapy for insomnia
- **Mindfulness based Stress Reduction (MBSR)** to improve sleep and fatigue



# Ms. B., A. 36 years, 2 children (2 and 4 years)

## Recommendation:

- Equinovo 1 – 2 daily for at least 4 to 6 weeks
- Mistletoe therapy, Abnobaviscum mali 0,02 mg 2 to 3 times per week s.c., Patient Information and P recipe included

(Equinovo: Bromelain-containing pineapple extract 200 mg; papa-containing papaya extract 200 mg; lectin-containing lentil extract 10 mg; selenium 150 µg plus biotin 25 µg)

## Control appointment 12th of august 2020:

Patient has increased dose of mistletoe to 0.2 mg, now local redness (2 cm in diameter), 2 times weekly Wednesday and Sunday s.c.

No joint pain anymore, sleep improved significantly, Fatigue NAS 2 – 3, Patient is clearly more efficient



- Integrative oncological therapies have the potential to improve quality of life, fatigue, pain and insomnia
  - resilience-enhancing interventions should be provided parallel with somatic treatment
  - The patient has the security of being treated with evidence-based medicine and the opportunity to benefit from the best of both worlds
- Trust and unbiasedness are an important basis for a collaboration



KEM. Kompetenz.  
Exzellenz.  
Menschlichkeit.

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DUISBURG  
ESSEN

*Open-Minded*

**Thank you for your attention!**