



# Integrative Cancer Care: Bringing Innovative Approaches into the Clinic

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1. Integrative Oncology Program Overview
2. Mindfulness Practices to Promote Health During Cancer Treatment Group Medical Visits

Osher Mini Medical School, June 8, 2022



# Integrative Oncology Program Overview

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Co-Directors:

**Chloe E. Atreya**, MD, PhD - Assoc. Prof. of Medicine,  
Heme-Onc; HDFCCC; Osher-affiliated faculty

**Maria T. Chao**, DrPH, MPA – Assoc. Prof. of Medicine,  
DGIM; Assoc. Director of Research Osher

**Anand Dhruva**, MD – Prof. of Medicine, Heme-Onc;  
HDFCCC; Director of Education Osher

# Integrative Oncology Program Overview



## Research

- 20 clinical research pilots funded
- 20 Principal Investigators

## Education

- Integrative Oncology Symposium
- Works in Progress Workshops
- Faculty Scholars Program

## Clinical Services

- Group medical visits
- Coordinated visits
- Inpatient services

## Biomedical Oncology

- Precision Medicine
- Anti-cancer



Targeted

-Efficacy

-Toxicity

-Overcoming

Resistance

(cellular level)

## Integrative Oncology

- *Personalized Care*
- Pro-health



Flexible &  
Responsive

-Self-efficacy

-Engagement

-Adherence

(patient level)



# Integrative Oncology Program Updates

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## Research

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- 20 Principal Investigators

# Integrative Oncology Research Hub-Supported Pilots



## Mind-Body

Being Present ([Atreya](#))<sup>1,2</sup>  
Yoga During Chemo ([Dhruva](#))<sup>1</sup>  
[Hlth Behav in Survivors](#) ([Siwik](#))  
Being Present MPN  
([Schoenbeck](#))<sup>1,2</sup>



## Nutrition/Lifestyle

Prostate ([Borno](#))<sup>3</sup>  
Digital ([Chan](#))<sup>2,3</sup>  
Colorectal ([Piawah](#))<sup>3</sup>  
Smart Pace ([Van Blarigan](#))<sup>2</sup>



## Multi-modal

Nature Rx ([Lown](#))<sup>3</sup>  
Prehab Pal ([Finlayson](#))<sup>1,2</sup>  
Barriers to IO + ([Piawah](#))<sup>3</sup>  
Life Coaching ([Banerjee](#))<sup>1,2</sup>



## Practice-based

Co-Clinics ([Porten/Reddy](#))  
IO Groups ([Dixit](#))<sup>3</sup> [Abrams](#)  
Inpatient [acu/couns](#) ([Chao](#))<sup>1,3</sup>

<sup>1</sup> Active treatment; <sup>2</sup> Digital intervention; <sup>3</sup> Disparities focus; [Career Development Award](#)

# Evidence-Based Integrative Oncology



## Lifestyle Changes Can Lower Cancer Risk

### Weekly Physical Activity



150-300 minutes moderate-intensity or 75-150 minutes vigorous-intensity

### A Healthy Eating Pattern



Includes foods that are high in nutrients in amounts that help achieve and maintain a healthy body weight

### Best Not to Drink Alcohol



People who do choose to drink alcohol should limit consumption to no more than 1 drink / day for women and 2 drinks /day for men.

### Community Action

Policy and environmental changes that increase access to affordable, nutritious foods; provide safe, enjoyable, and accessible opportunities for physical activity; and limit alcohol for all individuals.



National Comprehensive Cancer Network®

NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)

## Adult Cancer Pain

NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)

## Cancer-Related Fatigue

NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)

## Distress Management

# UCSF Leadership in Guideline Development

2021-2022 Expert Panel for Society for Integrative Oncology (SIO)-  
American Society for Clinical Oncology (ASCO) joint:

**“Integrative oncology care of anxiety and depressive symptoms  
in adults with cancer clinical practice guideline”**

**Donald Abrams**, MD

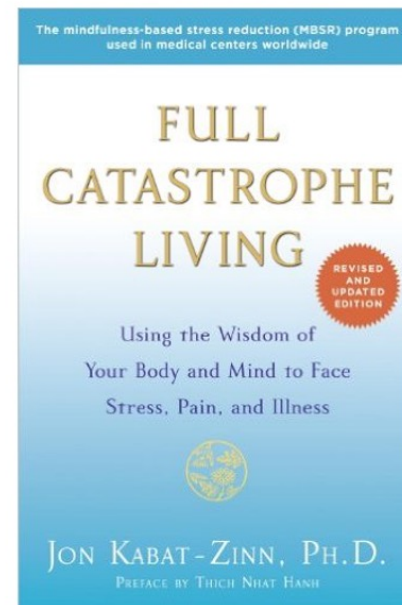
**Chloe E. Atreya**, MD, PhD

**Chelsea Siwik**, PhD (UCSF Osher Center)



# Mindfulness-Based Stress Reduction (MBSR)

- Developed by Jon Kabat-Zinn (U. Mass) in the 1970s
- Efficacy well-established for a wide range of physical and psychological symptoms and disorders.
- 8-week group program
- Intensive: weekly 2.5-hour class; 1 day-long class; 45 min daily homework
- Combines meditation, mindfulness exercises and yoga.



## Why Being Present 2.0?



- Metastatic cancer associated with high level of distress in patients and caregivers
  
- MBSR-understudied populations:
  - Patients with non-breast cancer diagnoses
  - Patients with metastatic disease receiving chemotherapy
  - Men with cancer
  - Non-white/Latinx
  - Caregivers
  
- Opportunity:  
*Patients with metastatic cancer are living longer than ever*
  
- Research on scalable, tailored mindfulness training programs, not reliant on in-person classes, is needed

Atreya et al., PLoS One, 2018

Dragomanovich et al. Global Advances in Health and Medicine, 2021



# Integrative Oncology Program Updates

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## Education

- Integrative Oncology Symposium
- Works in Progress Workshops
- Faculty Scholars Program

# Integrative Medicine Faculty Scholars Program

Program Leadership: Anand Dhruva & Shelley Adler

- **Chloe Atreya**, MD, PhD; Med Onc – PCMB
- **Brieze Bell**, MD; SMS
- **Niharika Dixit**, MD; Med Onc- ZSFGH
- **Shannon Fogh**, MD; Rad Onc
- **Carla Kuon**, MD; Osher – former Heme-BMT hospitalist
- **Natalie Marshall**, MD; Med Onc- UCSF Berkeley
- **Kavita Mishra**, MD, MPH; Rad Onc
  
- **Stephanie Cheng**, MD; SMS - external Integrative Medicine training



# Integrative Oncology Program Updates

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## Clinical Services

- Group medical visits
- Coordinated visits
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# Patient Care Vision

Embedded  
Services at  
Mission Bay

## Accessible

- **Group Visits** with integrative medicine providers
- **Coordinated visits** with individual biomedicine & integrative medicine providers
- **Tailored interventions** for infusion center, waiting rooms & inpatient settings (e.g. acupuncture, acupressure, guided imagery)
- **Digital health technology** (e.g. meditation, diet & exercise programs on websites or apps)

## Sustainable

- **Revenue generating or neutral**

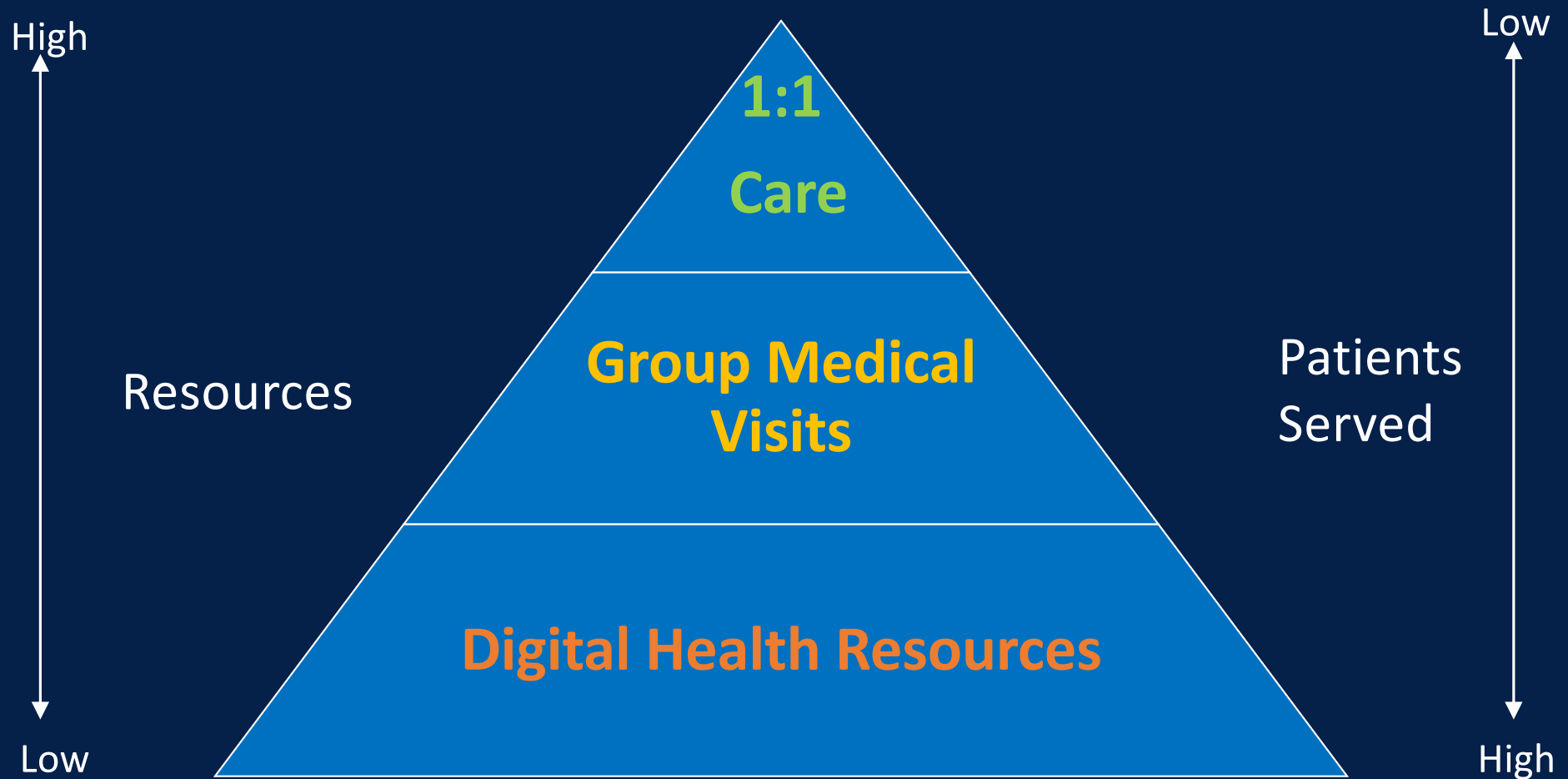
## Inclusive

- (e.g. options for patients with limited English proficiency & patients with limited insurance)

Applying New Models of Care to Meet Patient Needs in Integrative Oncology.

Dhruva A, Atreya CE, Chao MT. J Altern Complement Med. 2018. PMID: 30247958

# A Stepped Care Model for Integrative Oncology Clinical Services



# Integrative Oncology GMV Rationale

The most challenging and critical time to access high quality integrative oncology care is while patients are receiving conventional cancer therapy.

## Access:

- 6+ month **wait time** for new patient visit with Dr. Donald Abrams
- Reduce **geographic** + **scheduling** barriers: offered at PCMB (now virtual)

## Sustainability:

- Billable to insurance





# NEW GMV SERIES- Atreya & Mishra

## Mindfulness Practices to Promote Health During Cancer Treatment

1. Mindfulness Practices for Emotional Regulation
2. Mindful Eating
3. Meditative Movement
4. Mind-Body Practices for Fatigue and Sleep



## Inspirations for this series

- Evidence-based guidelines
- *How* to implement behavioral changes is the hard part
- Mindfulness practices can help; resources are available
- Intention: select & commit to a few simple *practices*





## Session Components

- Evidence base for the session topic
- Challenges posed by cancer-related symptoms
- How mindfulness/ mind-body practices can help
- Experiential practices
- Individual Consultations
- Sharing of group wisdom
- Prescriptions & curated resources

# Cultivating Emotional Balance

**Anger**  
**Fear**  
**Sadness**  
**Disappointment**



**Joy**  
**Gratitude**  
**Self-compassion**  
**Loving kindness**

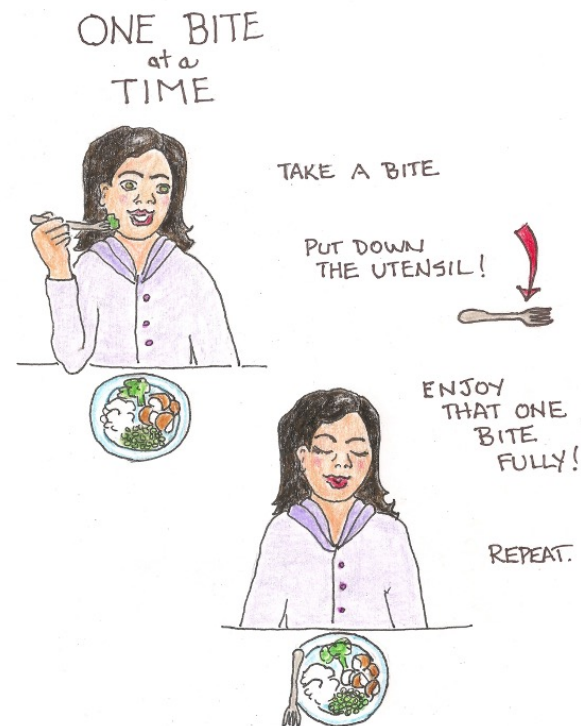




## Slow it Down

- Overeating / weight gain
- Loss of appetite
- Nausea
- Diarrhea
- Mouth sores, chewing or swallowing difficulties

MOOD ↔ FOOD



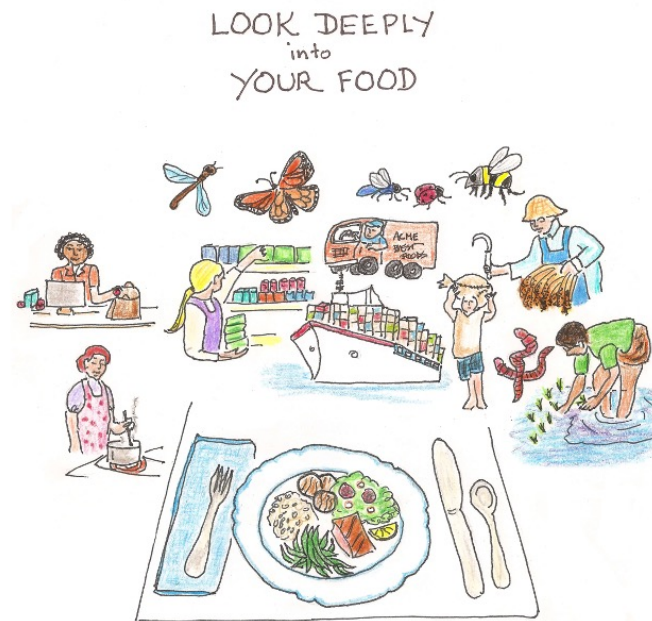
Jan Chozen Bays, MD

UCSF

## Give Thanks

*"I regard this food as good medicine to sustain my life."*

- Healthier food choices
- Appetite loss
- Taste or smell changes
- Constipation
- Diarrhea
- Nausea/vomiting
- Sore mouth/ throat



Jan Chozen Bays, MD

UCSF



## Movement Challenges

- Fatigue
- Weakness
- Pain
- Neuropathy
- Other physical symptoms
- Depression
- Busy lives



# Meditative Movement Practices

About *how*, not how much

- Walking meditation
- Tai Chi & Qigong
- Yoga





National  
Comprehensive  
Cancer  
Network®

## NCCN Guidelines Version 1.2021 Cancer-Related Fatigue

### INTERVENTIONS FOR PATIENTS ON ACTIVE TREATMENT

- Physical Activity \*
- Yoga \*
- Massage Therapy \*
- Cognitive Behavioral Therapy \*  
for Insomnia (CBTi)
- Supportive expressive therapies  
(e.g., journal writing)
- Optimize nutrition
- Sleep Hygiene

\* Category 1

Exhale → CAT pose



Inhale → COW pose



## Ways to Improve Your Sleep

### Morning



- Stick to a sleep schedule so you wake up around the same time every day.
- Limit caffeine intake to mornings and four cups per day.

### Daytime



- Avoid naps longer than one hour and naps close to bedtime. If possible, nap somewhere other than your bed.
- Move your body or exercise throughout the day. Exercise more than three hours before bed to allow time for your body to wind down.

### Anytime



- Relaxation techniques like yoga and meditation can help you relax.
- Other soothing activities can include reading or listening to music.
- Cognitive behavioral therapy can help you develop better sleep habits.

### Evening

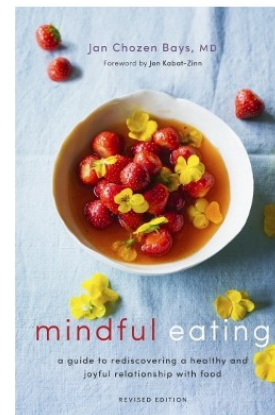


- Create a bedtime routine that helps you decompress from your day.
- Use your bed for sleeping and intimacy only.
- Avoid heavy meals and fluids near bedtime.
- Eat a high-protein meal 2 hours before bedtime.

### Nighttime



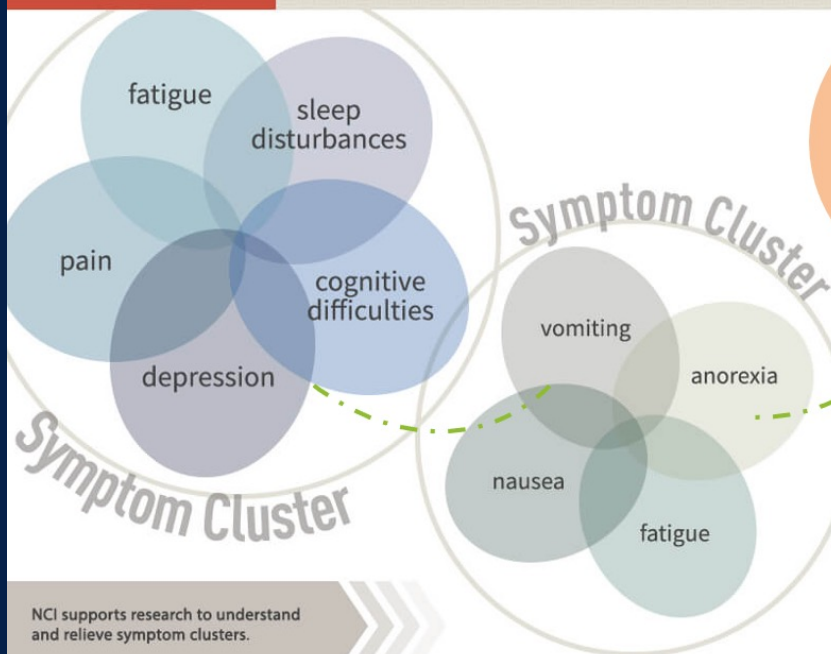
- Stick to a sleep schedule so you go to bed around the same time every night.
- Do not use electronic devices 20 to 30 minutes before bed.
- Practice relaxation techniques before bed like meditation, breathing exercises, and/or massage.
- Go to bed when you feel sleepy.
- Have a dark and quiet sleep environment with a comfortable temperature.
- If you don't fall asleep within 20 minutes, try a relaxing activity or getting out of bed and returning when you feel sleepy.



Get it down. Keep a piece of paper/pen next to you. If thoughts keep you up at night, you can jot them down and **let it go** until the morning. -- *Neha Goyal, PhD*

# Cancer Treatment-Related Symptoms Co-Exist

Cancer patients don't usually have just one symptom related to cancer treatment, often they have several that cluster together.



NCI supports research to understand and relieve symptom clusters.

[prevention.cancer.gov/supportive-care](http://prevention.cancer.gov/supportive-care)  
NCI Division of Cancer Prevention



# Group Visit Take-Aways

- Being present to fully experience this life
- Gratitude; simple pleasures
- Discovery of what one can do
- Accepting what is
- Unexpected commonalities
- Feeling of connection
- Group wisdom
- Different things work for different people



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**Integrative Oncology: advancing health through excellence  
in research, education, and patient care.**



Thank you for your attention!

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