

A MODEL OF INTEGRATIVE THERAPIES IN ONCOLOGY/HEMATOLOGY CARE AT A TERTIARY HOSPITAL: BRAZILIAN CASE

Denise Tiemi Noguchi (Hospital Israelita Albert Einstein, Brazil), Fabio R. Romano (Hospital Israelita Albert Einstein, Brazil), Paulo de Tarso Ricieri de Lima (Hospital Israelita Albert Einstein, Brazil), Janaina Rosa Fonseca (Hospital Israelita Albert Einstein, Brazil) Nelson Hammerschlack (Hospital Israelita Albert Einstein, Brazil)

BACKGROUND: A large percentage of patients with cancer use Integrative Medicine (IM) in the course of their treatment. Studies show that sessions of some Integrative Therapies (IT) in hospital, during treatment, resulted in a reduction in pain and anxiety. The purpose of our work is to present the Integrative Therapy model offered to oncology/hematology inpatients.

HYPOTHESIS: Integrative Medicine reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare and disciplines to achieve optimal health and healing. Mindfulness is defined as non-judgmental awareness of the present moment. The relaxation response is the counterpart of the stress response.

METHODS: The IT sessions are conducted individually in patient's room and include four modalities: body awareness, touch, breathing exercises and gentle movements (based in yoga exercises). The choice is made jointly (therapist – patient) considering the needs of patients. These modalities have two bases: elicit the relaxation response and bring a state of mindfulness. The sessions average 25 minutes in duration. The HIAE employs a total of 4 IT practitioners board certified in a Post-Graduation course of Integrative Medicine. They are trained in IM principles, all the modalities, the provision of services based on individual patient needs and effective collaborating with other medical professionals.

RESULTS: During the years 2013, 2014 and 2015 more than 7000 IT sessions were made with an average of 2400 per year.