

Certificate in Integrative Palliative Care – 3
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Week-01
Lecture 04: Integrative Palliative Care

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INTEGRATIVE PALLIATIVE CARE



Hello everyone now we are going to talk about integrative palliative care. This whole course is on integrative palliative care where you will learn about many complementary medicine which can be integrated with the palliative care treatment and improve the quality of life of the patient. This complementary therapy they are really complementary the treatment of the patient and if they are practiced independently all alone they they may not improve the quality of life but when it is associated ah given along with the palliative care it will improve the life quality of life of the patient.

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INTEGRATIVE PALLIATIVE CARE

Health-Wellness Balance Living!



So integrative palliative care means health and wellness balance living. Here you are looking after the health of the patient as well as overall wellness of the patient and there is a good balance achieved between these two and finally patient outcome is better.

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PROLOGUE

The term Integrative Palliative Care (IPC) is a new concept within the healthcare community. At its core, it is the use of integrative therapies in palliative care settings. These fields are naturally connected as both are rooted in a holistic model of care that focuses on **caring for the person as a whole, multidimensional being (mind-body-spirit-environment-relationships).** IPC focuses on the integration of non-pharmacological approaches in the delivery of palliative care.

So the integrative palliative care is a new concept within the healthcare community.

Now you will be listening, hearing about integration in many fields you know like integrated oncology means here cancer patients are given integrated oncology care or integrated oncology treatment through chemotherapy, radiotherapy, surgery, and by

palliative care. Similarly integrating with other specialty will bring overall wellness to the patient and at its core it is used it is the use of integrative therapies in palliative care setting and the it focuses on the caring for the person as a whole by multi-dimensional being because a patient is made up of mind, body and spirit and environment and relationship. So, if we address the all aspect of the patient, patient will receive a integrated care and it will improve his quality of life. So, many of this integrative care includes non-pharmacological approaches not much medicine is given but change in lifestyle, change in eating, change in some daily habits or routine will improve the overall wellness of the patient.

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So, integrative medicine is a healing oriented rather than disease focus. The aim is to heal the patient of his symptoms, his problems, his psychological trauma and spiritual well-being.

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INTEGRATIVE HEALTH



So integrative health may contain conventional medicine by where you are treating the patient with a modern medicine or maybe homeopathy or maybe ayurvedic medicine and all along with that complementary health and alternative medicine is provided and patient is also encouraged to give self-care like improving his physical wellness by yoga or pranayama and meditation by morning walk and also think. So improving his self-care all this will improve the integrative health of the patient.

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INTEGRATIVE MEDICINE



Integrative medicine may include western medicine, allopathic medicine, osteopathic medicine, regenerative medicine, holistic medicine, naturopathy medicine, and functional medicine.

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Integrative Medicine

- Integrative medicine is a whole-person, patient-focused medical practice that relies on both evidence-based and experienced therapies. Integrative medicine integrates several disciplines, including Western and alternative medical therapies, to provide safe and effective health care.
- Integrative medicine practitioners see their patients as partners. They work closely with them to ensure that you receive the required treatment. Integrative medicine considers many factors that can affect one's health, such as spiritual, physical, and social influences.
- Integrative medicine is not only concerned with immediate health issues but also focuses on the larger concepts of health (such as living a healthy life) that can promote one's overall well-being

So, integrative medicine is a whole person, patient focus, medical practice that relies on both evidence based and experience therapy. Many of our therapies in ayurveda and yoga may not have evidence base like in modern medicine. But many of people have practiced they have experienced it's a good outcome and that can be practiced. Integrative medicine practitioners see their patient as a partner, integrative medicine is always individualized you discuss with your patient what you are fond of suppose a patient doesn't know how to do yoga and he is not fit to do yoga, some postures and all. He should be allowed to do whatever he can you know.

So close discussion with the patient to ensure that you receive the required treatment and accordingly his treatment is tailored for that particular patient. Integrative medicine is not concerned with immediate health issues but focuses on the larger concept of health and promote overall well-being of the patient like a particular diet, change in your diet may not bring immediate result, but if it is practiced for a long time over a period of 2-3 months you will see the change in the result. Like suppose if you want to lose weight you are too obese and you cut down on your calories by omitting fried food and sweets. It may not bring immediate results but over a period of 5-6 months you will definitely see the change in your weight and that is how the integrative medicine is practiced.

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Integrative Therapies Defined



Integrative therapies, there are certain therapies also in integrative medicine which are practiced like optimal health is given by its physical well-being, social well-being and psycho-spiritual well-being which may include so many things.

It can be yoga meditation, music therapy all these things social work, family and friends get together massage, acupuncture, rehabilitation, nutrition. You will learn about all these therapies in detail in this course.

Integrative Therapies Defined

Integrative therapies combined with the use of conventional treatments such as drugs and surgery offer a synergistic approach to patient care that addresses the whole person.

Integrative care primarily involves the use of non-pharmacological interventions including:

1. **Whole Medical Systems** such as **Naturopathy, Traditional Chinese Medicine and Ayurveda** and modalities that are part of these systems such as acupuncture, acupressure and tai chi.

So, integrative therapies combined with the use of conventional treatments such as drugs and surgery offer a synergistic approach to patient care. It is not like that modern

medicine goes in one direction and other complementary therapy goes in other direction. No, it should be complementary.

It should be overall treatment enhancement or enhancement in the health of the patient that is the aim. Integrative care primarily involves the use of non-pharmacological intervention including whole medical systems such as naturopathy, traditional Chinese medicine, Ayurveda, etc. and modalities that are part of these systems such as acupuncture , acupressure and tai chi.

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Integrative Therapies Defined

2. **Mind-body and Contemplative Interventions** such as **Meditation, Guided Imagery And Hypnosis.**
3. **Expressive Arts** such as **Music, Painting, Sculpture, Writing,** etc.
4. **Manipulative and Body-based Methods** such as **Massage** and **Reflexology.**
5. **Biofield or “Energy Therapies”** such as **Reiki, Therapeutic Touch and Healing Touch.**

Integrative therapies can be defined as mind, body and contemplative intervention such as meditation, guided imagery and hypnosis. It can be expressive art in form of music, painting, sculpture, writing or even dancing.

Manipulative and body methods like massage and reflexology and biofield or energy therapy like reiki and therapeutic touch and healing touch and all such things are included into the integrative therapies.

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Integrative Therapies Defined

6. **Biologically-based Treatments** such as **Aromatherapy**.
Although herbal and other supplements are usually part of integrative therapies and they are widely used within integrative oncology, herbal supplements are seldom used in palliative care environments due to the complexity of possible interactions and the lack of data about these interactions.
7. **Naturopathy** such **Air Therapy, Helio Therapy, Hydro Therapy, Fasting Therapy, Mud Therapy, Massage Therapy** etc.

Then biologically based treatment such as aromatherapy. Although herbal and other supplements are usually part of integrative therapies they are widely used within integrative oncology. Herbal supplements are seldom used in palliative care environments due to the complexity of possible interaction and the lack of data about that interaction. But if you have thorough knowledge about aromatherapy you can practice on your patient who are who are in need of palliative care Naturopathy very good way to be included or integrate with any of the treatment.

This may include air therapy, heliotherapy, hydrotherapy, fasting therapy, mud therapy, massage therapy, etc like in osteoarthritis of the knee a patient has a too much of knee pain the sometimes massage therapy does help in relieving the pain and that is one way of naturopathy integrated into the modern medicine.

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TOTAL PAIN

CICELY SAUNDERS

- Physical
- Social
- Psychological
- **Spiritual**



Because why we need all such complementary therapy to be included in palliative care. If we go back to the basic concept of palliative care which was given by Dame Cicely Saunders. She believes that in palliative care patients' needs be addressed for the total pain. Patient has not only physical pain, he has so many other problems, psychological problem, social issues and spiritual problem and you have to treat patient as a whole or this pain is described as a total pain and because this total pain cannot be addressed just by medicine or just by some injection or just by some surgery or some procedure what more required is a complementary medicine or some integrative therapy which can give him healing touch overall well-being of the patient is required.

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Palliative Care Defined

- "Palliative Care (PC) is sometimes misunderstood as being synonymous to "end of life care." In reality, PC is a much broader term that includes people facing chronic debilitating conditions and/or life-limiting illness, to people who are older and need extra care, as well as people at the end of life. The definition of "palliative" is to "alleviate, soothe, relieve" symptoms related to any diagnosis or stage of illness.
- For example, palliative care may be offered to a person undergoing cancer treatments to decrease treatment side effects or to address symptoms produced by the cancer disease process.

So sometimes palliative care is misunderstood as being the end of life care like it is provided only when the patient is dying.

No, it is not such even during a course of the disease patient is undergoing some treatment like chemotherapy radiotherapy, dialysis whatever. He can be given palliative care for his symptoms, his nursing problem, his psychosocial problem. He requires change in his physical activity, he may require some complementary medicine therapies like massage or reiki or yoga something like that So, the definition of palliative care is to alleviate, to soothe, to relieve symptoms related to any diagnosis or stage of the innate. For example, palliative care may be offered to a person undergoing cancer treatment to decrease treatment side effects. Like patient undergoing chemotherapy has got lots of nausea vomiting.

By changing his diet, talking to him about his problems with the nausea and vomiting and food you can make the change accordingly and his nausea vomiting will improve. This will can be done along with the giving all other anti-vomiting treatment.

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Palliative Care Defined

- These treatments are focused on alleviating pain and discomfort for the patient regardless of expected outcomes.
- It is currently recommended that palliative care be offered from the time of diagnosis through the end of treatment (if the person was cured) or through the end of life.

So palliative care treatments are focus on alleviating pain and discomfort it is not only symptom management but remove the discomfort of the patient that is was very important and that is why this complementary therapy is required and it is recommended that it should this type of treatment should be started from the diagnosis and should be given continuum of care till the patient dies. So, continuously this patient should be given palliative care and complementary therapy towards the end of the life, towards the death and or through the end of the life.

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Integrative Medicine Principles



So, integrative medicine principles are you are addressing client, your patient plus yourself join together as a support to each other and start treatment.

You address mind, body and spirit of the patient body own healing power is stimulated or taken care of. Few natural therapies are included. Physiologically driven it is the principle it should be physiologically driven treatment. It is for the overall wellness as well as prevention of the certain problems and individualize the need. Each patient has got their own needs and problems in which should be individualized and practitioner self care at the same time the practitioner also should self care of themselves so they, he can understand the problem of the patient and give treatment accordingly.

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How We Achieve?

Integrative Medicine



How we achieve this integrative medicine.

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Combining Integrative Therapies with Palliative Care

- Integrative therapies work well within the field of palliative care because they share a common holistic philosophy of care. Both address the human being as a multi-dimensional being – mind, body, spirit, environment and relationships.
- Someone suffering from osteoarthritis (a chronic condition that is currently not curable), may receive benefits from non-pharmacological pain management offered in the form of palliative care.
- Integrative Palliative Care is the evolution of what we have learned about the effects of integrative therapies in people with life-limiting conditions and those at the end of life during the last 50 years.

Combining integrative therapies with palliative care. Integrative therapies work well within the field of palliative care because they share a common holistic philosophy of care as overall wellness, overall healing of the patient. Someone suffering from osteoarthritis may receive benefit from non pharmacological pain management offered in form of palliative care. Integrative palliative care is the evolution of what we have learned about the effects of integrative therapies in people with life limiting conditions and those at the end of the life during the last 50 years.

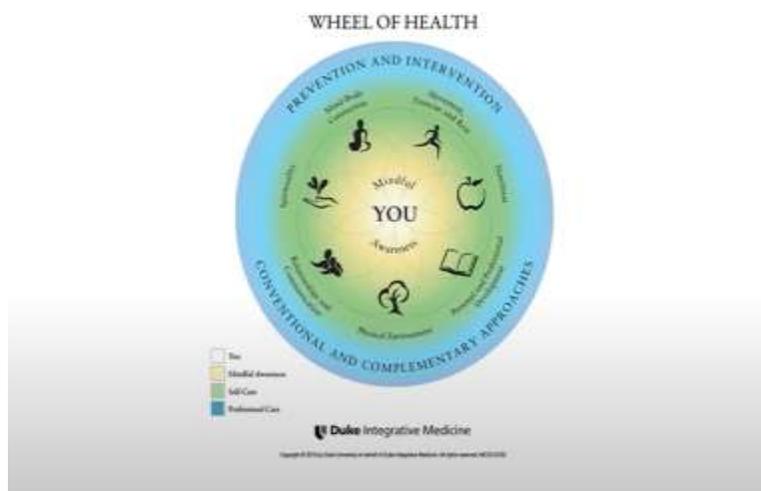
Integrative Medicine Wheel



So, here is the integrative medicine wheel. Where a person is the center focuses on the person's well-being and it is given through well-being of mind, body, and spirit. Nutrition, herbal medicine, pharmacological drugs, surgery maybe manipulated therapies, energy healing and lifestyle behavior and behavior changes.

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Integrative Medicine Wheel



So person or yourself is the, in the center and all other conventional and complementary approaches are given to the patient.

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Thanks!



So this is in short about principles of integrative medicine.

The whole course is focused on this and you will learn more about each medicine in detail in following weeks. Thank you.