



# THE WELLNESS CORNER

Wellness and Integrative Oncology Program at UPMC CancerCenter

June 2017

## The Wellness Suite

The Wellness Suite opened in September 2016 offering a space for whole person care. Located on the third floor of the Hillman Cancer Center, the design focuses on welcoming patients and caregivers to an serene environment, described by one patient as "the calm in the storm."

Since its opening, Dr. Francis has seen over 125 patients in consult. During consults, patients discuss symptoms and quality of life. A collaborative care plan is created to address symptoms like nausea, fatigue, anxiety and pain or to make effective and safe lifestyle changes along the cancer journey.

In addition to the consult service, integrative providers offering individual yoga, meditation, oncology massage and acupuncture see patients in the suite. As a part of the consult care plan, up to 3 complimentary services can be sampled to address symptoms and quality of life, and importantly to understand experience and efficacy. Complimentary services are funded by grateful patients, grants and other fundraising efforts. To date over 150 complimentary services have occurred in the suite.

After experience of complimentary services, patients may receive services onsite at a lower market rate with the safety and supervision of the Hillman Cancer Center staff and integrative providers.

*"Rejoice in ordinary life. We can learn to rejoice in even the smallest blessings our life holds. It is easy to miss our own good fortune; often happiness comes in ways we don't even notice. The key is to be here, fully connected with the moment, paying attention to the details of ordinary life."*

*- Pema Chodron*



The Wellness Suite (located on the 3rd floor of Hillman Cancer Center)

## In This Issue

- The Wellness Suite
- Journal Club
- Hello from Dr. Francis
- Upcoming Events
- Nurse Ambassador
- Patient Story



## A note from Dr. Francis

It has been an incredible year for the Wellness and Integrative Oncology Program. We are grateful to our leadership and staff for their support as we expanded our program with opening the Wellness Suite.

Our community of integrative providers have continued to serve our patients with kindness, dignity and respect. We continue to advocate for whole person care of our patients and families.

This quarterly newsletter is intended to update our many audiences about our program. We look forward to continuing our partnership with you and welcome your ideas.

With gratitude,

Lanie



**Dr. Lanie Francis, Program Director**

## Education for Advanced Practice Providers

The Wellness and Integrative Oncology Advanced Practice Provider Journal Club is an opportunity to dig into the evidence base behind integrative medicine and integrative oncology. Our Advanced Practice Providers are on the frontline of patient care and poised to use well researched information to promote best practices.

Articles from peer-reviewed journals will approach topics with a broad perspective and a patient centered approach. This first chosen article is about investigating symptom clusters in patients with cancer. It demonstrates the overlapping nature of common symptoms. It serves as a foundation to understand how integrative practices, also overlapping and often synergistic, can add to our tool box.

In addition to circulating the article to a group of interested APPs, further thought and discussion questions are circulated. Journal club articles and discussion questions will be circulated quarterly. Our next article will feature Cannabis and cancer.

## Upcoming Events!

Mark your calendars for the 5th annual Integrative Cancer Wellness Fair held on:

Tuesday, October 24th, 10am to 3pm

Patients, care givers, and staff are encouraged to attend to learn more about the integrative services offered in the community and within Hillman Cancer Center.



Solano during a video shoot for the Nurse Ambassador Program

## Nurse Ambassador: Regina Solano

The Nurse Ambassador program launched in 2016 to combine education, clinical care, and integrative services at the patient's bedside. Since its inception, nurses from Hillman Cancer Center, Shadyside Hospital and Children's Hospital have been trained in breathing techniques, aromatherapy, seated yoga, and hand/foot massage. Nurse Ambassadors focus on patients in treatment and clinic areas to potentially improve the patient experience along with symptoms such as anxiety, pain, nausea, fatigue and quality of life. The program's flagship site is Hillman Cancer Center. A total of six nurses have received training with a growing interest amongst the nurses.

Our lead Nurse Ambassador, Regina Solano, has been with the program from the beginning. Regina is a natural fit for this program and her enthusiasm has enabled the program to expand.

Regina decided to become an oncology nurse because she wanted to play a part in the journey of cancer patients. She joined the Hillman team in 2015 and finds working as an oncology nurse has its ups and downs. To be the one that is there for someone during the worst times of their lives, to hold their hand, to cheer them on, to educate them, prepare them, comfort them, are the reasons why she finds joy in her profession.

"I am always thinking about what more I can do for my patients, nurses like to have a solution or be able to provide something helpful when a patient is in need. When the Nurse Ambassador program came about, it certainly peaked my curiosity." Regina states. Regina has always been interested in essential oils, yoga, meditation and practices these in her daily life.

Regina concludes, "I can see the program's value to our patients looking for whole person care. One of my favorite things about this program is being able to offer an option that in some cases is free, or low cost, easily accessible and doesn't come with a side effect to any patient at Hillman."

*The Nurse Ambassador program continues to empower oncology nurses through ongoing education and training. Training is funded through the generosity of the William F. and Lynn D. Gauss Foundation. Funds pay for the supplies and nurse training, which is both didactic and hands-on, delivered by our integrative providers and under the direction and supervision of Dr. Francis.*

# Patient Story

“I was the treating room nurse for this patient, while reviewing his symptoms, he expressed the was having severe anxiety and insomnia. He was only getting 0-2 hours of sleep per evening and was extremely anxious on days he was having treatment. Joni Sturgill, Onsite Yoga Therapist, had a cancellation and saw this patient in the treatment room, I provided him with samples of lavender and educated him on the use of essential oils and meditation for sleep and relaxation. I treated this patient again 2 weeks later and he seemed like an entirely different person. He bought lavender and has been using it at bedtime. He stated that he is now getting about 5 hours of sleep per night! “

*~Regina Solano, Nurse Ambassador, second floor Hillman Cancer Center*



Visit the Aromatherapy Corner in The Wellness Suite

## For more Information

eBrochure: <http://bit.ly/2rbZiV8>

Website: <http://bit.ly/2rleWMw>

## Contact Us

Lanie Francis, MD  
Program Director  
[kasdanl@upmc.edu](mailto:kasdanl@upmc.edu)

Fallon De Grange, RN, BSN, OCN  
Collaborative Nurse  
[degrangefa@upmc.edu](mailto:degrangefa@upmc.edu)

Nikki Kjanica  
Administrative Coordinator  
[espeync@upmc.edu](mailto:espeync@upmc.edu)

Danielle Petrina, MEd  
Project Manager  
[scottdl@upmc.edu](mailto:scottdl@upmc.edu)