



THE WELLNESS CORNER

Wellness and Integrative Oncology Program at UPMC Hillman Cancer Center

January 2018

4th Annual Breathing Room Fundraiser

The [UPMC Hillman Cancer Center Wellness and Integrative Oncology Program](#) is committed to treating the whole person. We're redefining the cancer journey in a powerful way that goes beyond traditional medicine. Under the direction and supervision of Dr. Lanie Francis, a medical oncologist and hematologist, Integrative Oncology focuses on managing the mind, body, and spirit in the context of conventional cancer care using movement, touch, nutrition, and mindfulness to address symptoms and quality of life.

Breathing Room is an evening focused on wellness and the Wellness and Integrative Oncology featured modalities of movement, touch nutrition and mindfulness. This event is a fundraiser, where all proceeds go directly to providing services like yoga, meditation, oncology massage for patients with cancer.

Over the past three years, Breathing Room has raised \$90,000 to provide patients, in our program, with three complimentary integrative demonstrations. These types of services are not covered by insurance. The financial burdens of cancer are unparalleled.

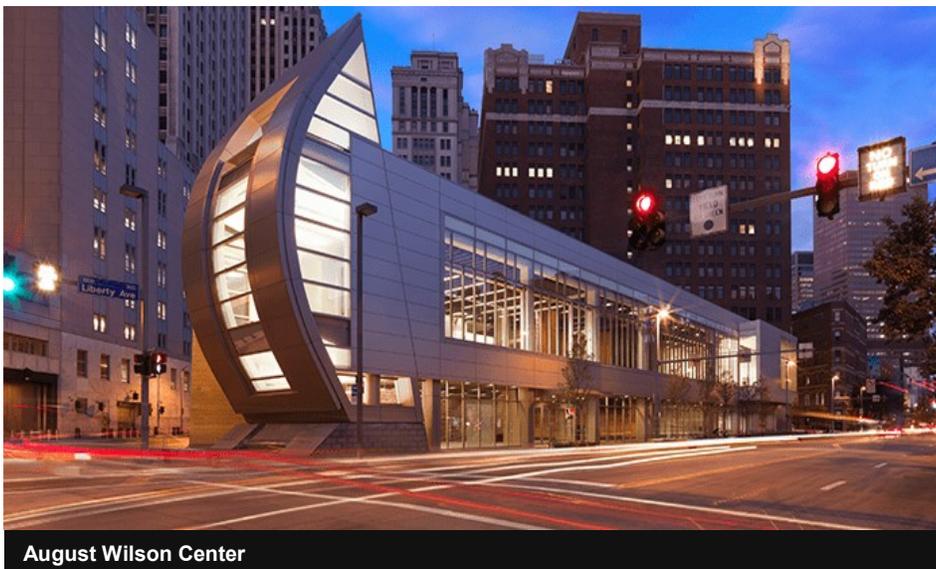
Financial toxicity, defined as adverse economic consequences resulting from medical treatment, has become an enormous burden for cancer patients. The supportive care needs of patients and caregivers are often the first to be sacrificed.

Thursday, March 1, 2018 | August Wilson Center

For more information or to purchase tickets, click [here](#).

“Hope is an orientation of the spirit, an orientation of the heart. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.”

~Vaclav Havel



August Wilson Center

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Fall 2017 Nurse Ambassador Training

Nurse Ambassador Program

The Wellness and Integrative oncology Program hosted its third Nurse Ambassador Training on Friday, November 10, 2017. A total of 20 nurses were trained including nurses from Hillman Cancer Center, Children's Hospital, Shadyside Inpatient, and Hillman Cancer Center network sites. This is the largest training to date. Nurses were trained by Integrative Oncology providers in seated yoga/stretching, aromatherapy, and hand and foot massage.

Nurses are trained in aromatherapy, meditation and breathing exercises, seated yoga, and hand/foot massages by our expert integrative providers. After training, oncology nurses can offer these techniques for additional symptom management of nausea, fatigue, pain, anxiety, neuropathy and more in the treatment areas and inpatient units. The program includes measurement and documentation of intervention effect. Regular status meetings offer support and formalized mechanisms for sharing experiences. **The next training will be held in May of 2018.**

See qualifications below:

- To attend an in-person training (1 to 2 days) to be trained on integrative therapies (aromatherapy, seated meditation, seated yoga).
- Required to complete didactic and practicum training along with an evaluation for each therapy.
- Be on-call for 3-5 hours, weekly, to utilize new integrative techniques for bedside work with patients in the treatment areas.
- To have and maintain an enthusiasm for providing innovative clinical care for patients.
- To be flexible with scheduling and responsive to the needs of our patients.
- To have a calm demeanor while being able to multi-task at high level.

For more information, contact Danielle Petrina at scottdl@upmc.edu

Watch the [Nurse Ambassador video](#).

This material was developed as part of the Nurse Ambassador Program of the UPMC Hillman Cancer Center Wellness and Integrative Oncology Program.

A note from Dr. Francis

Happy New Year from the Wellness and Integrative Oncology Program!

The New Year has me thinking about hope and how vital it is in the work we do. In the Wellness Suite, we are constantly focusing on hope; hope for a new way of looking at cancer and the symptoms or side effects that may come along.

This is not false or unrealistic hope. Rather, we bring a sense of possibility through a committed team focused on movement, touch, nutrition and mindfulness in the context of conventional cancer therapy.

I read an editorial in the British Medical Journal recently by a physician that leads the Coalition to Transform Advanced Care. (1). He talked about "focused hope", hope for a cure from disease or elimination of symptoms or side effects. This is something we all understand. What peaked my interest was his discussion of "intrinsic hope", less familiar and messier for our scientific minds. Intrinsic hope is internal and holistic, comes from within the patient, and focuses on goals such as enjoying a daily walk or to giving and receiving love from family and friends. These are hopes we can cultivate in each and every one of our patients. We just must decide to understand their values and deliver truly patient centered care.

I leave you with wishes for a mindful and hopeful new year!

Lanie

1. Stuart B, Begoun A, Berry L: *The dual nature of hope at the end of life. The BMJ Opinion. April 13, 2017.*



**Dr. Lanie Francis,
Founder & Program Director**

STAFF YOGA with SADIE

Join us every Thursday morning for 30 minutes to breath, relax, and stretch as you prepare for the day ahead.

WHEN:

7:45am - 8:15am

WHERE:

Ground Floor Atrium

Hillman Cancer Center

ABOUT:

Any staff that participates in at least 5 sessions receives \$30 credits in Take a Healthy Step rewards. Must sign in with name and employee ID number and participate in the session's entirety to receive credit.



Meet Sadie Grossman: The Wellness Suite Movement & Mindfulness Therapist

By: Sadie Grossman

Working with patients in the Wellness Suite is a true act of integration. Creating a space for mind/body connection and patient centered empowered mindfulness within the walls of UPMC Hillman Cancer Center and under the guise of Dr. Francis, directly translates into whole person care. As an on-site provider for Movement and Mindfulness Therapy, I work directly with your oncologist, developing an individualized plan of care using the modalities of yoga; meditation, breath work, and restorative physical positions. Each private session is customized, meeting the patient where they are along their healing journey. Meditations are specifically scripted to suit the needs and focus desired, breath is evaluated, creating an individualized intervention designed to increase overall capacity, and simple, yet effective yoga positions are crafted around the needs of the patients' physical body.

Each tool and technique used in session is intended to simply fold into the life of the patient, allowing their therapeutic yoga experience to be accessible anywhere and everywhere, whether that is while they are receiving treatment, returning to sleep if they wake in the night, or managing levels of stress in their everyday lives.

Working through the diagnosis of cancer leaves much out of your hands and control. Coming back to breath, mindful gentle movement, and deliberate meditations allows the patient to be an integral, active participant in their own healing.

I can be found on-site Tuesdays and Thursdays in both The Wellness Suite and rounding through treatment areas, providing bedside care and therapeutic movement to those in need.

Sadie leads staff yoga every Thursday and is the Movement and Mindfulness Trainer for the Nurse Ambassador Program.



My Cancer Story

By: David J. Grecco

A cancer diagnosis is life changing. It's inescapable. I was diagnosed, at age 49, with Stage IV lung cancer which had metastasized to my brain, liver and other areas of my body. This was a shocking and devastating diagnosis.

Cancer, and its ever evolving medical treatments, take an undeniable toll on you physically, mentally and emotionally. My journey with cancer is still unfolding. I have made remarkable

progress battling this disease. This success has come with several obstacles and challenges along the way. I have endured a blood clot; a focal seizure; considerable fatigue; diminished strength and coordination; and deep ache and discomfort in my arms and hands during the course of treatments. I have had lengthy periods of time when I needed the assistance of a wheel chair or walker, but for several months now, I have been able to walk unaided.

Early in my treatments, I was introduced to Dr. Lanie Francis in the Wellness Suite at Hillman. Dr. Francis described the non-traditional treatment methods that were being introduced at Hillman as part of their integrated cancer services. I was given the opportunity, at no initial cost, for an introductory hour long session for up to three different services. This jump started the amazing things that I have achieved, so far, in my cancer battle. It became readily apparent that Dr. Francis had done a superb job selecting highly skilled and compassionate instructors in their respective areas of expertise. I have regularly incorporated oncology massage, acupuncture, yoga/meditation and essential oils into my personal path for recovery. The benefits of these non-traditional activities have been vast – increased energy and pain/fatigue management; mental and emotional stability and support; relaxation and enjoyment; and an expansion of my “core” team beyond faith and the love of family and friends.

MOVEMENT * TOUCH * NUTRITION * MINDFULNESS

Information:

eBrochure: <http://bit.ly/2iCw9Aa>

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

Contact Us

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