



# Mind Body Spirit - The Whole News

RNASO-CTNIG Newsletter

Volume 18, Issue 1 Autumn 2019

**Inside this issue:**

A Few Words from the President	2
Who to Contact	3
Book Review	4
Upcoming Events	4
AGM	5
New CTNIG Executive	6
Award of Excellence Recipient	7
Intro to CT Presentation	8
Outreach from IPNIG	9
Self Care Tips	10
Did You See It?	11
Healing with the Earth	12
Educational Opportunities	13
Research	14
YouTube	17
Lighter Side	17



Photo courtesy of Sandra Milley

Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.  
*Nathaniel Hawthorne*

## A Few Words from the President

“Your feet will bring you where your heart is.” ~ Irish Proverb



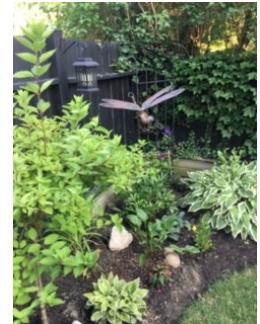
**Kim M. Watson**  
Past  
President

Hello and hope you all enjoyed the summer; and will engage fully this beautiful fall we are heading into. Some urgent news, Kelly Osborn, the current President, will be stepping down. Thankfully Kelly intends to continue her membership and hopes to participate in future activities. Let's all send Kelly wonderful energy of joy and abundance as she moves along in her journey. As Past President I get the pleasure of addressing you in this newsletter.

My summer was beautiful, though we started with a very rainy spring. The rain was a blessing as my gardens were my focus for this year. When I moved in 8 years ago there was just sparse grass under the front tree and mud piles and cement around the pool in the backyard. Now my home is in the midst of a transformation of beauty and function. Like all tasks we do, it takes time and vision. Well my vision is coming alive before my eyes. From the flagstone patio path under my big tree in the front, where no grass would grow, I now have a quiet bench for sitting, with two established ornamental trees flanking it on either side, and a garden around the large tree that helps keep my home cool. Circling the tree are 8 hostas, with a garden surrounding them enclosed with a flagstone shelving. Colour is added by some yellow daylilies, a beautiful lime hydrangea, and some small perennials in a row at the front following the flagstone edge that bloom tiny periwinkle blue flowers. I popped in some red begonias for added colour. In the center spot, I have my stone Inuksuk to welcome family and friends.

In the backyard I put some grass in favour of the mud, with a small edging of garden to counter the cement that seem to pervade the backyard.

Planting primarily perennials, with a couple of dwarf cedar trees it is coming to life and I am well on my way to have a beautiful backdrop. Like all of us, it is a work in progress. I have scattered here and there some garden items, most rusted, to further add to the ambiance. In one corner my 3½ foot rusted angel holds court and at the opposite end of the back fence my large dragonfly sculpture that suspends over plants. She embodies the name I have given my home: “Dragonfly’s Way.” I am also blessed to have several dragonflies that dance daily in my garden. For me my home is a place of full of life’s energy, and along with my gardens I feel it is transforming, growing, and being my healing space.



This work in my garden has been healing. Being on a leave for work-related PTSD I needed to do things that were healing for me. At first I thought maybe now is not the time for gardening, given my concentration and focus being off at times, along with some exhaustion (mentally and physically). There are times in all our lives when it never seems to be the right time to take time for ourselves; to do something that either takes us out of our comfort zone or into it. Our lives are so full of family, work, or friends all vying for a spot on our agenda. Even planning a vacation can seem like a task rather than the break it should feel like. And like a lot of nurses we are always in service to others. What we truly want to do, for ourselves, our careers, or just our own pleasure gets put

*(Continued on page 3)*

on the back burner. We often rationalize it by saying things like: “Well the kids are young, and in a few years they will be gone, I should focus on them and their wants” or “I really don’t believe I have the skills to do that, I need more experience or knowledge” or “It would be selfish for me to do that now, so many others have things are on my list – I will put it off till later.” Though later becomes later. Words have power, and sometimes we let them dictate what we will do. So if this resonates with you, then maybe it is time!

Let me tell you, NOW is the time for YOU! When is a better time to start, then right now! So listen to your heart, and if something tugs at it, let your feet lead the way! In our newsletter over the years we have brought to light the need for focusing on self, and self-care. Many times we think that means to go to the spa, or read a book. It might. Though it also may mean to do that course on tuning forks you wanted to do; or eat organic or do a cleanse, or it could even mean becoming an Executive member of the CTNIG, As many times as we have said to our membership no experience is needed I have been surprised in my 8 years as President the number of nurses who said or thought: “I do not feel I am that experienced, or I have no experience at all. What good would I do?” Well let me tell you we have had wonderful people in the role of Executive who have never taken a complementary therapy course ever!! Yes – not one! I promise you I am always only a phone call away and will always be willing to talk, share and counsel anyone and so are many of our current and past. We need the inexperienced to join the board so we can keep our minds and eyes open to the needs of our Ontarians in moving complementary therapies forward as a healthcare option, as well as an approach to health and wellness for all Canadians. We will teach you all you need to know moment by moment. No experience necessary – just a passion for more.

Now the best news! We have 3 new Executive Members to Welcome!! Jacquie Dover is our new President from Brampton area! Given her passion and vision aligns with ours, she is a wonderful choice as President! She held the role as our Communications Officer over the last year, so she has had a taste of being on the board. Fatima Yusuf, our new Membership Officer, is from Toronto. Our new Communications Officer, Kareena St. Hilaire, is also from Toronto.

Be sure to enjoy the fall - it is sure to be bountiful and ready yourself for the winter and holiday season. We are heading into a time of harvest, rest and renewal. Touch base with me if you are interested in being part of our November meeting – it will be done by teleconference. Oh SAVE THE DATE for the 2020 AGM – our Annual General Meeting held during the RNAO AGM; next year it will be on June 13th. If there is something you cannot find on our web site, in the newsletter, or somewhere else let us know. We want to meet our members needs and wants. Hope to hear from you soon!

Blessings, in love and in light, Namasté, Kim

## Who to Contact

### EXECUTIVE

**President:** Jacquie Dover

chair@rnao-ctnig.org; president@rnao-ctnig.org

**Past President:** Kim M Watson

kwats56@hotmail.com

**Communication Officer:** Kareena St. Hilaire

communication@rnao-ctnig.org

**Education Officer:** vacant education@rnao-ctnig.org

**Research Officer:** Katrina Graham

research@rnao-ctnig.org

**Financial Officer:** vacant financial@rnao-ctnig.org

**Policy & Political Action Officer:** Farnaz Michalski

policy@rnao-ctnig.org

**Membership Officer:** Fatima Yusuf

membership@rnao-ctnig.org

**Social Media Officer:** Sandra Milley

editor@rnao-ctnig.org

**RNAO Board of Directors Representative:** Pirooska Bata

### NEWSLETTER EDITORIAL TEAM

Sandra Milley - Executive Editor editor@rnao-ctnig.org

Darka Neill - Consulting Editor darka\_neill@sympatico.ca

### SOCIAL MEDIA/WEBSITE MANAGEMENT TEAM

Sandra Milley - Lead editor@rnao-ctnig.org or

Kim M Watson - kwats56@hotmail.com

### CTNIG LIAISONS Area, Workplace or Group

**Essex, Kent & Lambton County:** Kim M. Watson

kwats56@hotmail.com

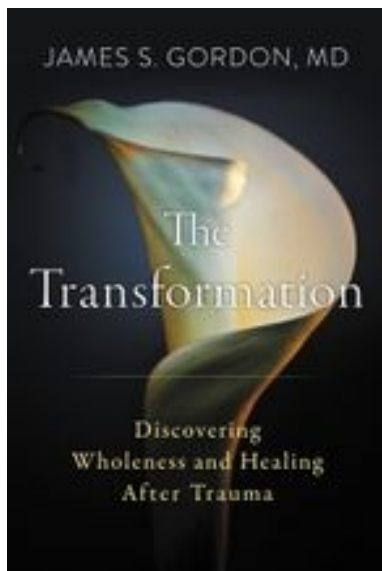
**London/Middlesex Area:** Kelly Osborn Willowgreen

kelly.willowgreen@gmail.com

**Students:** Erina Park erinapark-@hotmali.com

## Book Review

### The Transformation: Discovering Wholeness and Healing after Trauma



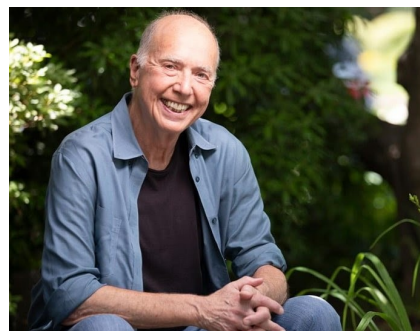
Jim Gordon's new book, *The Transformation: Discovering Wholeness and Healing after Trauma* is filled with clear, practical, doable, and universal healing tools for survivors of traumatic events. His descriptions and instructions are so simple and cogent, readers can replicate them, whether they're trauma survivors themselves or clinicians working with survivors, or, as is so often the case, both.

Jim founded the Center for Mind-Body Medicine in Washington DC, and his life's work has been developing programs and building teams that help survivors around the globe in the aftermath of some pretty hideous trauma – mass shootings, natural disasters, ethnic wars, state-sponsored torture and more.

Over the years and across many cultures, he's been able to collect and hone his methods down to what works and what people can do to heal. He pulls techniques from many healing traditions, resulting in Soft Belly, Drawing, Shaking & Dancing, Imaginal Dialogue

through Journaling, Guided Imagery & Autogenics, and much more.

So for those of you looking for active solutions for healing and transcending posttraumatic stress - or just terrible suffering that doesn't officially qualify as "PTSD", but might as well be, you will want to have this book in easy reac



## Upcoming Events

### Shamanic Journeying in the Healing Process with Michele Meehan, MA, RP, CRC

Monday, November 18 2019, 7-9:30pm

Suggested Contribution \$10.00

Friends House 60 Lowther Avenue Toronto

(2 blocks north from the Bedford exit of the St George Subway Stn.)

Michele Meehan's work as a rehabilitation counsellor has led her to seek understanding of the psycho-spiritual aspects of injury, illness, and healing. In this session, Michele will share her thoughts on the shamanic perspective on healing and how shamanism can support people in their healing process. Michele will lead participants in a shamanic journey.

[www.spiritualityinhealthcare.net/next-event](http://www.spiritualityinhealthcare.net/next-event)



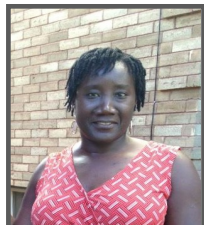


# CTNIG AGM in Pictures



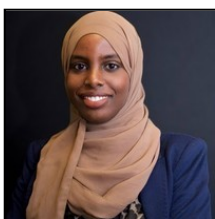
Photo courtesy of Darka Neill

## Welcome to the CTNIG Executive



**JACQUIE DOVER**  
**PRESIDENT / CHAIR**

Thank you for welcoming me as CTNIG president! My values and interests are in alignment with the vision and mission of our interest group. I am passionate about integrative approaches to health and healing that bring complementary and conventional health approaches together. I am a public health nurse, and I also facilitate mindfulness-based stress reduction and hatha yoga in community settings.  
Past CTNIG Communications Officer (2018-2019)



**FATIMIA YUSUF**  
**MEMBERSHIP OFFICER**

I am an RN for 5 years in Toronto. My experience is in community nursing. Starting last year, my interest grew natural health and complementary therapies. Currently I am in the process to become a health coach and holistic health practitioner. I found out that RNAO had a Complementary Therapies Nurses Interest Group and was interested to join! After a discussion with one of the Executive I decided to take a chance and join the



**KAREENA ST. HILAIRE**  
**COMMUNICATIONS OFFICER**

As an occupational health nurse, my duties include fostering safe work environments by implementing preventative measures, while tailoring to the unique needs of the individual. I strongly agree with the notion that taking a holistic approach to address people's health & psychological concerns is an effective form of therapy. I sought membership in the CTNIG as I believe that incorporating complementary therapies within westernized medicine renders positive health outcomes.

If you're reading this  
it's too late.

I already sent good vibes your way.  
They're coming. There's nothing you  
can do to stop them.

## RNAO-CTNIG Award of Excellence 2019 Recipient Katrina Graham

We would like to introduce you to our fourth award recipient for the CTNIG Award of Excellence, Katrina Graham. Katrina resides in Guelph, ON, with her husband John Small and their two children. Katrina is a First Nations woman and is very proud of her roots. She is presently pursuing her Holistic Life Coaching Certificate, and hopes to obtain her Masters with a focus in Indigenous Studies in the future.

Katrina's nursing career began with her graduating from the McMaster program at Conestoga College in 2012. Her first position as a RN was at the Moose Cree First Nation, Home and Community Care Division. She later worked at the Hospice Wellington in Guelph as a Community Palliative Care Nurse; and then as a Seniors Case Manager at the Wabano Centre for Aboriginal Health. In 2015 she created her own business called "Wholistic Home Health Care," primarily focusing on private nursing for the elderly. Her vision was to fully integrate complementary therapies into traditional nursing visits for senior clients who are still living in their homes. Today in her community she is involved with many committees and advisory boards. She is currently involved with the Advisory Committee for the Indigenous Health and Wellness Program in Guelph and Kitchener-Waterloo; as well she is the Indigenous/Hospice representative for the Spiritual Care Working Group, in the Waterloo-Wellington region. She continues to seek opportunities to promote wellness, complementary therapies, and self care by working with local organizations. In 2019 she plans to offer two events in Guelph area with this focus.

It was while she was in nursing school, she joined the CTNIG. In 2012 she joined the Executive Board for 4 years as the Education Officer.



Katrina was a key asset to our Interest Group at that time wearing many hats; she would jump in to assist wherever it was needed. She frequently shares her skills as practitioner of Traditional Medicine from her First Nations roots. Multiple times Katrina participated in various CTNIG activities and education. We were honoured more than once with Katrina drumming us into our meetings or workshops. In 2015 she joined the then President Kim Watson, and our founder and First President, Darka Neill at the RNAO Healthy Work Environment (HWE) Institute in King City. She drummed participants into an afternoon of experiences of various complementary therapies; the focus was on self-care. This was a perfect fit for Katrina as she sees her holistic approach as having more tools in her tool box to support her own self-care, as well as options of care for those she serves. She also shares her view through participating in Hospice events and by writing for their bimonthly newsletter on self-care.

Traditional healing arts and complementary therapies go hand in hand with Katrina's approach in her work, family and life as she continues to advocate and educate others. This is not the last time we will hear about Katrina's efforts; she truly reflects the vision and mission of RNAO-CTNIG and is another worthy recipient of this award!

### **Congratulations Katrina!**

#### **Award Recipients:**

2012 – Darka Neill, Toronto, ON, (Founder and First President)

2015 – Kymberly Gouldstone, Niagara, ON

2017 – Patricia Kennedy, London, ON

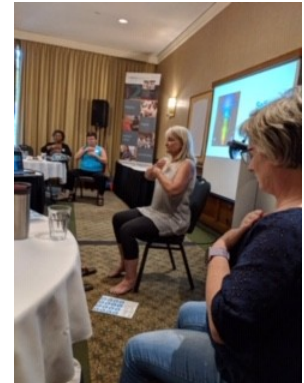
2019 – Katrina Graham, , Guelph, ON, (Past Education Officer)



## Introduction to CT in Healthcare Presentation to the RNAO Middlesex Elgin Region



On June 1<sup>st</sup> I had the pleasure of facilitating a morning workshop for nurses focusing on the “Introduction to Complementary Therapies in Healthcare.” Though we had nurses who were experienced in one modality or another, most had very little experience with them. The event this day was to introduce nurses to the possibilities of complementary therapies and included meals, education on what CT is, current research and information on CTNIG as well as a chance to experience some modalities. It was noted how nurses were being drawn to them as an option of care for their patients and themselves; ‘another tool in their toolbox’ I like to say. Even the CNO has an ‘Educational Tool’ on complementary therapies ( <http://www.cno.org/en/learn-about-standards-guidelines/educational-tools/ask-practice/complementary-therapies/>). Remember, if you would like an event in your area, or with your workplace or chapter, and are willing to work with us, we can likely make it happen – you only need to reach out to us. It does take time, though this is one of the next best things in healthcare and so wonderful to be exposed to!



Kim M Watson





## Outreach from the Independent Practice Nursing Interest Group (IPNIG)



It's Colleen from IPNIG and The Nursing Agency. I have recently been appointed Chair for IPNIG and will be making some changes going forward. If you are interested in learning more about IPNIG and what it can offer, please add your name to our newsletter list by contacting RNAO and ask to be put on our list.

You can become a part of the interest group by adding

it to your membership fees for \$35/yr by contacting RNAO. If you were interested in being, as we say, an '**entrepreneur**' you can find out if it is right for you by checking our website <https://nursematch.ca/entrepreneur/>.

Read the article "**Do you have what it takes to be an "Entrepreneur"?**" at <https://tinyurl.com/y4g2advd>. This can help you decide if running your own business as a nurse is right for you.

The complementary therapies of acupuncture were an excellent skill to add to my nursing tool box because it helped manage pain. I accidentally was introduced to Traditional Chinese acupuncture when I worked as a neurodiagnostic technologist/RN at Laurentian hospital in Sudbury working for Dr. J. Wong who was a physiatrist in the 80's and then added courses including Nogier's Auricular; laser; intramuscular stimulation and aromatherapy shiatsu massage from various learning academies. It has been a journey over the last 30 years and I get great results but it is not very sustainable from a business perspective. I would say acupuncture is my art work in my career as an RN and it has added a different dimension to my practice. I would encourage nurses to add complementary therapies to their practice as a skill but not to rely on it for income.

Colleen Scanlan RN BScN  
North Bay, ON

### Websites



## Gaia

[www.gaia.com](http://www.gaia.com)

We're dedicated to finding and creating informative and enlightening films, original shows, classes, and articles that aren't available

through mainstream media.

Fuel your expansion into the topics you love exploring with exclusive videos you won't find anywhere else, filmed with world-renowned luminaries here to support your awakening.

Answer life's deeper questions and go beyond the mainstream narrative with Gaia—a member-supported media network of truth seekers and believers empowering an evolution of consciousness. Explore over 8,000 ad-free, streaming titles that challenge modern paradigms and allow you to manifest the reality that defines your being.

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[www.youtube.com/channel/UCFVqzO9\\_qHVckKqNC95o9tw](http://www.youtube.com/channel/UCFVqzO9_qHVckKqNC95o9tw)

## Self Care Tips

### Deal with the Worry Loop

Many times we experience nagging thoughts/worries that create tension and keep us up at night or intrude throughout the day. While the capacity to respond to danger is hard-wired into our DNA as a protective measure, it can become overly active to our detriment causing anxiety when the danger is imagined (the "what if" kind). Recognizing that worry is a neurological process rather than simply a feeling, we can take measures to mitigate it.

When we experience a potential worry (not necessarily a real threat), the amygdala, responds to the danger, sending warning messages to the cortex, the rational part of our brain, which can assess whether that worry is of true concern. When the rational cortex is overwhelmed with warning signals from the amygdala, however, it cannot process them all, leading to worry loops or anxiety.

Here are a few strategies to quiet the brain and calm the body that may be helpful with practice. The more you do them the easier they will be to do and your body and mind will respond more easily and quickly.

- **Sit down for 10 - 15 minutes** a day acknowledging your worries in a concrete way. For example, by creating a list of your top 10 worries or upcoming stressful events you can strategize and deal with each problem directly, so they don't become insurmountable.
- **Deep belly breathing** is helpful in interrupting irrational thoughts. If you frequently experience

toxic worry, try carrying a balloon in your pocket. Blowing up a balloon forces you to take long, slow breaths from the diaphragm, which slows down your heart rate, lowers blood pressure, and helps your body use oxygen more efficiently, having a calming effect.

- **Coping Mantras/Affirmations** act as a reminder to yourself that you are basically safe, okay and can handle any stress that comes along. For example, say "I am well...I am safe and calm...I trust my ability to cope...I am surrounded by love and support...I can relax my mind and body...I can plan and decide later--for now I will relax. The more you practice you will learn to develop coping statements about specific situations you normally encounter that are meaningful to you. Use your coping mantra whenever the stressful thought threatens to take hold again. Repeat your mantra as often as necessary.



- **Visualization** uses a pre-rehearsed image to check unwanted thoughts. Make sure the visualization is something you can elicit easily without a struggle. Examples include: images of a fantasy, success, achievement, vacation, or special place. The object is to see yourself experiencing, through all your senses, something that feels really good, and something you can picture easily—perhaps something you already daydream about. To get better at visualization try practicing several times a day and when you are not experiencing high anxiety.

# Self Care Tips For Women Undergoing Fertility Treatments

from Health Journeys  
March, 2019

In Vitro Fertility (IVF) treatment can stress the mind, body and spirit of the women undergoing this process. It is challenging for the recipient, her partner, and their relationship. It also can strain ties to other family members and friends.

To help with the management of the stress related to IVF these are the top five most widely used, mind-body practices, recommended by integrative medicine experts and the women who used them.

- **Affirmations** - positive statements that you repeat to yourself to combat negative thinking and instill positivity, hope, resilience and balance.
- **Guided imagery, hypnosis** – imagining desired results with all your senses in the powerful altered state – this can mean imagining successful implantation, conception, pregnancy, childbirth, or simply holding a baby in your arms.
- **Massage therapy** - manipulation of the muscles and soft tissues of the body to relieve tension and pain, improve circulation, and produce relaxation
- **Yoga** – known for its ability to increase muscle tone, agility, circulation and balance, there are also specific poses to promote fertility.
- **Acupuncture** – a traditional Chinese medicine approach that improves the flow of “chi” or energy in the body, improves circulation and blood flow, and produces deep relaxation.

## Did You See It?



CTNIG’s Policy & Political Action Officer Farnaz Michalski was featured in the RNAO Journal’s RN Profile section!

You can read the full article here: <https://rnj.rnao.ca/rn-profile/revulsion-love>

Congrats Farnaz!!

Photo courtesy of Darka Neill



# Healing with the Earth: Benefits of Reconnecting the Human Body to the Earth's Electrical Activity

From ACEP

"Science has known for a long time that the surface of the planet we live on is negatively charged, due to a virtually limitless reservoir of electrons. All living things are in contact with this natural electric charge, but science has yet to appreciate that life appears to be nourished by it.

Earthing, also known as grounding, refers to the discovery that contact with the Earth's electric energy generates significant physiological changes in the body, including reduction of inflammation and pain, a shift in the autonomic nervous system from sympathetic (stress and vigilance) to parasympathetic (more relaxed and calm), a thinning of the blood, better sleep, and more energy. And when I say significant, it is an understatement."



Thanks to our friends at the Consciousness and Healing Initiative for sharing this with us. For full article go to: <https://tinyurl.com/y6tzzyhw>

**SELF-CARE BINGO**

TOOK A SHOWER	GOT DRESSED TODAY	talked to a friend	SAT WITH MY FEELINGS	gave myself a compliment
MOVED MY BODY JOYFULLY	ate food	LISTENED TO MY BODY	CHALLENGED NEGATIVE THOUGHTS	HAD FUN
WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	DID A HOBBY
used a coping skill	LET MYSELF CRY	took a break	ASKED FOR HELP	GOT SHIT DONE
BRUSHED MY TEETH	practiced self compassion	DRANK WATER	TREATED MYSELF	got 7-9 hours of sleep

@ALYSERURIANDESIGN

**Benefits of Reiki:**

- Increases functioning of the immune system
- Decreases levels of depression and anxiety
- Positive attitude toward healing
- Increased elimination of toxins
- Decreased levels of nausea and fatigue
- Decreased level of fear
- Increased relaxation
- Promotes restful sleep
- Elevates mood
- Increases appetite
- Decreases reported pain level
- Decreases reported isolation and loneliness

As reported by Western Reserve Hospital, a physician-owned hospital in Ohio

[www.MainstreamReiki.com](http://www.MainstreamReiki.com)

## Educational Opportunities



Establish and maintain a regular mindfulness practice in this challenge taught by DoYogaWithMe's founder, David Procyshyn. David's clear and simple instruction makes these meditation techniques accessible to people of all ages and experience levels, and the challenge's built-in repetition provides enough practice to let each skill really sink in. Through daily video and audio meditations, you'll work to build a solid base that will help you integrate mindfulness into your daily life.

Sign up for free: <https://tinyurl.com/y36omtqb>



**Mind-Body STREAM**  
Skills Training for  
Resilience, Effectiveness, and Mindfulness

The Mind-Body Skills Training for Resilience, Effectiveness, and Mindfulness (STREAM) program is an innovative on-line education program for health professionals. The purpose of this program is to help you learn and practice skills that will help you personally and professionally to become more resilient in the face of stress, more clinically effective in helping patients, and more mindful in your daily life as you learn the latest scientific research about mind-body skills, engage in reflective practices, and use our free online recordings of evidence-based mind-body practices. Whether you are a seasoned professional or still in training, you will find helpful information and practices to address the needs of the patients and clients for whom you care.

There are twelve 1-hour modules arranged in four clusters:

- *Relaxation Response* (stabilizing attention while decreasing stress)
- *Mindfulness* (cultivating non-judgmental, curious

attention)

- *Heart-centered practices* (cultivating positive cognitive-emotional states)
- *Guided Imagery and Hypnosis* (using focused attention and imagination to achieve goals)

**Convenience:** Modules can be completed from any computer, 24 hours-a-day, 7 days-a-week. Most modules take about one hour to complete. You can repeat any module as often as you like, and you can download the MP3 recordings to a smart phone or other device to listen to wherever you like! Please feel free to share the MP3 recordings with colleagues and patients.

Register here: <https://mind-bodyhealth.osu.edu/>

### Herbs and Dietary Supplements Across the Lifespan

Introduction to Herbs and Dietary Supplements Across the Lifespan program, a cost-effective, on-line education program suitable for a wide audience of professionals interested in continuing education and professional development in integrative health and wellness. Whether you are a seasoned professional or new to the field, you will find modules that are enlightening and helpful as you address the needs of the patients and clients for whom you care.

Herbs and Dietary Supplements Across the Lifespan modules are developed by interdisciplinary faculty from The Ohio State University. Modules are appropriate for a wide network of professionals such as physicians, nurses, dietitians, occupational and physical therapists, and more.

Complete on-line modules for continuing education credit while gaining insight into a wide variety of important issues of integrative health and wellness and strategies for responding. Modules can be completed from any computer, 24 hours-a-day, 7 days-a-week. Most modules should take approximately one hour to complete.

Register here: <https://herbs-supplements.osu.edu>

## Research

### 5 Things to Know About Alternative Therapies and Cancer

Medscape Oncology © 2019 WebMD, LLC

[https://www.medscape.com/viewarticle/909044nlid=128203\\_783&src=WNL\\_mdplfeat\\_190226\\_mscpedit\\_nurs&uac=6555DT&spon=24&implID=1895809&faf=1#vp\\_3](https://www.medscape.com/viewarticle/909044nlid=128203_783&src=WNL_mdplfeat_190226_mscpedit_nurs&uac=6555DT&spon=24&implID=1895809&faf=1#vp_3)

Complementary and alternative medicine (CAM) is associated with a wide variety of treatments and procedures. However, the use of herbs and supplements as medication is often a cause of concern when a patient is being treated by an oncologist.

According to the National Institutes of Health, approximately 40% of American adults used some form of CAM over the past decade, with use highest among women and those with higher education and income levels.<sup>[3]</sup> Use of CAM alongside conventional medicine is even more common among patients with cancer, with some studies suggesting up to 83% of patients with cancer in the United States have tried some form of alternate therapy.<sup>[4]</sup>

A recent study <<https://www.medscape.com/viewarticle/884117>> from the Yale Cancer Center found that patients with cancer who initially chose an alternative medicine treatment **without** conventional cancer treatment were more likely to die.

For patients with cancer who choose to use CAM alongside conventional treatment, oncologists must consider the impact of CAM on the narrow therapeutic window of oncolytic drugs, particularly when CAM use increases the risk for clinically relevant herb-anticancer drug interactions.

Not all data on CAM combined with cancer is negative. A large study of combined data on US and Chinese women showed that post-diagnosis soy food consumption  $\geq 10$  mg isoflavones was associated with a nonsignificant reduced risk for breast cancer-specific mortality and a statistically significant reduced risk for recurrence.<sup>[16]</sup> This study contradicts some previous studies on soy interactions, so clearly research is ongoing in this field.

Herbs with antioxidant activity in particular have drawn a great deal of media attention and are suggested for use with anticancer drugs, such as anthracyclines, platinum compounds, and alkylating agents that generate free radicals via their cytotoxic effects. In theory, antioxidants may render these drugs less effective, but a review of studies showed mixed results that suggest a potential for reducing toxicities without affecting survival times.<sup>[13]</sup>

A study by Wassertheil-Smoller and colleagues showed that women already diagnosed with invasive breast cancer who took multivitamins with minerals supplements had lower breast cancer mortality than nonusers.

Cancer survivors are more likely than the general population to be CAM users. The reasons for this are complex but include a desire to manage chemotherapy side effects and take a more holistic approach to managing health, gain a sense of control of what happens to their bodies, and address concerns that conventional medicine are not helping them manage all aspects of health.

On the other hand, numerous studies have been conducted regarding the effect of CAM on cancer survival, and according to a recent study in the Journal of the National Cancer Institute, use of alternative medicine for curable cancer without any conventional cancer treatment is associated with greater risk for death.

Patients with cancer in particular are a vulnerable population, so by increasing communication and contacting the correct medical care providers, they can be provided the safest, proven methods of holistic care.

### Best Diets for Preserving Brain Health Identified

McEvoy, CT., Hoang, T., Sidney, S., Steffen, LM., Jacobs, DR., Shikany, JM., Wilkins, JT., Yaffe, K.

The CARDIA study. *Neurology*. April 02, 2019; 92 (14)

<https://n.neurology.org/content/neurology/92/14/e1589.full-text.pdf>

(Continued on page 15)



(Continued from page 14)

High adherence to a Mediterranean or to A Priori Diet Quality Score (APDQS) diet is associated with better cognitive skills in midlife, whereas adherence to the DASH diet, which is designed to lower blood pressure, is not.

In a large longitudinal study comparing the effect of the three diets on cognition, investigators found those who closely followed the Mediterranean diet (MedDiet) were less likely to experience cognitive decline compared with their counterparts with low adherence. The same was true for those with high adherence to the APDQS diet.

In contrast, good adherence to the DASH diet appeared to have relatively small impact on the preservation of cognitive skills.

"Maintaining healthy dietary practices during adulthood could be an important way to preserve cognitive abilities at middle age," principal investigator Claire McEvoy, PhD, RD, a lecturer in nutrition and aging research at the Institute for Global Food Security, Centre for Public Health Queen's University Belfast in Northern Ireland, told Medscape Medical News.

"While we don't yet know the ideal combinations of foods for a brain-healthy diet, a heart-healthy diet rich in fruit, vegetables, legumes, and nuts; moderate in fish; low-fat dairy foods and alcohol; and low in meat and processed foods could be recommended to patients," she said.

### **An Undergraduate Course Combining Interprofessional Education and Complementary Health Approaches Learning Objectives: Successful Integrative Learning that Improves Interest and Reduces Redundancy**

Kutt, A., Mayan, M., Bienko, I., Davies, J., Bhatt, H., Vohra, S. *Explore*. February, 2019.

<https://doi.org/10.1016/j.explore.2019.02.002>

#### **Background**

Literature suggests interprofessional education (IPE) and education about complementary therapies for health sciences students may be effectively combined.

#### **Methods**

A novel 30-hour, 10-week course for interprofessional undergraduate health sciences students combining IPE and complementary therapies learning objectives was developed and offered in 2012 (N = 71), 2013 (N = 120) and 2014 (N = 140). Pre-post mixed methods measurement occurred in three groups: one taking combined IPE-complementary therapies curriculum, and two control groups (one following non-specialized IPE curriculum, and one following combined IPE-continuing care curriculum). The students' attitudinal changes towards IPE and complementary therapies, and their comfort collaborating with students in other health sciences programs were measured using scales. Qualitative evaluation was conducted via content analysis of team-based reflective essays of their opinions towards what they learned about IPE and complementary therapies, and how it changed during the course.

#### **Results**

Quantitative results exhibited ceiling effects, revealing little change or difference between groups on all measures, with the exception of the Health Professional Collaborative Competency Perception Scale which indicated the students taking the IPE-complementary therapies course reported increased comfort collaborating in comparison with control groups. Qualitative results indicated students: increased their awareness and knowledge about complementary therapies, and were inspired to learn more, appreciated the need for collaboration and communication, desired to be more patient-centered, and wove concepts related to IPE and complementary therapies together.

#### **Conclusion**

Combining IPE initiatives and basic complementary therapies education can save curricular time, and develop healthcare professionals who appear to be more ready to provide team-based, patient-centered care.

### **Physicians, Nurses Prioritize Mindfulness Differently**

(Continued on page 16)

(Continued from page 15)

More nurses and advanced practice registered nurses (APRNs) than physicians said they prescribe mindfulness interventions always or often for their patients (50% vs 40%), according to a Medscape Medical News poll <<https://www.medscape.com/viewarticle/907137>> .

The groups gave roughly the same endorsement of mindfulness' benefit to patients. Forty-four percent of nurses and APRNs who prescribe mindfulness interventions said the interventions always or often demonstrated benefit to patients, and 43% of physicians answered that way.

Both groups practiced mindfulness personally at double the rates they prescribed it for patients. Among physicians, 87% practice some form of mindfulness, and even more nurses (93%) practice mindfulness, which can include techniques such as meditation, deep breathing, yoga, pilates, and stretching.

The poll, published on January 2, was taken in response to reports of a study by Boston researchers that found benefit in an 8-week program of insurance-reimbursable mindfulness training <<https://www.medscape.com/viewarticle/906961>> in enhancing disease self-management among people with chronic illnesses such as diabetes and arthritis.

Among the various techniques of mindfulness that providers recommend, deep breathing and meditation topped the list. Physicians put meditation first, at 88%, and deep breathing at 68%. Nurses and APRNs put deep breathing first, at 89%, and meditation a close second, at 84%.

When physicians practice mindfulness personally, their favored method is meditation (64%), followed by deep breathing (53%). Nurses/APRNs responded that their methods of choice are deep breathing (75%), followed by meditation (66%).

To view full article:

[https://www.medscape.com/viewarticle/910448?nlid=128930\\_2823&src=WNL\\_mdplsnews\\_190322\\_mscpedit\\_nurs&uac=6555DT&spon=24&impID=1915209&faf=1](https://www.medscape.com/viewarticle/910448?nlid=128930_2823&src=WNL_mdplsnews_190322_mscpedit_nurs&uac=6555DT&spon=24&impID=1915209&faf=1)

SOFTEN YOUR FOREHEAD,  
UNCLENCH YOUR JAW,  
RELAX YOUR SHOULDERS.



THIS IS A REMINDER TO  
STOP HOLDING TENSION IN  
YOUR BODY.



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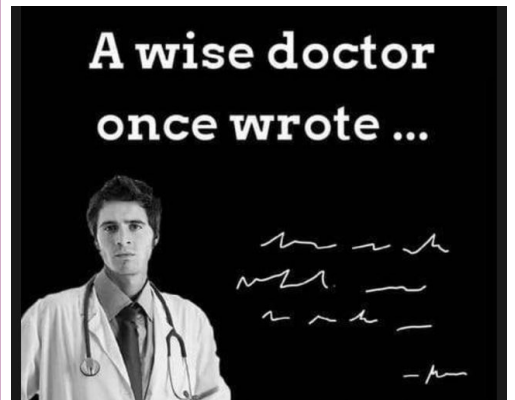
**Sleep Talk Down Guided Meditation: Fall Asleep Faster with Sleep Music & Spoken Word Hypnosis**

<https://www.youtube.com/watch?v=69o0P7s8GHE>



Unable to decide what flavour of ice cream to have, past president Darka Neill did what any wise person would do.

## On the Lighter Side



## NEVER HAVE I EVER *nurse edition*

one point for each thing you have not done

- Seen someone pass away
- Seen someone born
- Had secretions thrown at me
- Accidentally used a pen a patient used
- Sat in my car listening to music if I got to work too early
- Gone a whole shift without eating
- Gotten a BSN
- Been pooped on
- Thrown up at something I saw at work
- Had to retake an exam
- Stayed up later than 3 AM to study
- Gone into work or clinical in extreme weather
- Worked night shift
- Cried at work
- Been puked on
- Ruined a perfectly good day off thinking about work
- Given a fake name
- Drawn a picture on the white boards
- Said "Everything is fine" when everything is not fine



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