



## FOUNDATIONS OF INTEGRATIVE ONCOLOGY

### Module 1 Introduction to Integrative Cancer Care

#### Lesson 1 Introduction & Overview

##### Learning Objectives – Understand and describe:

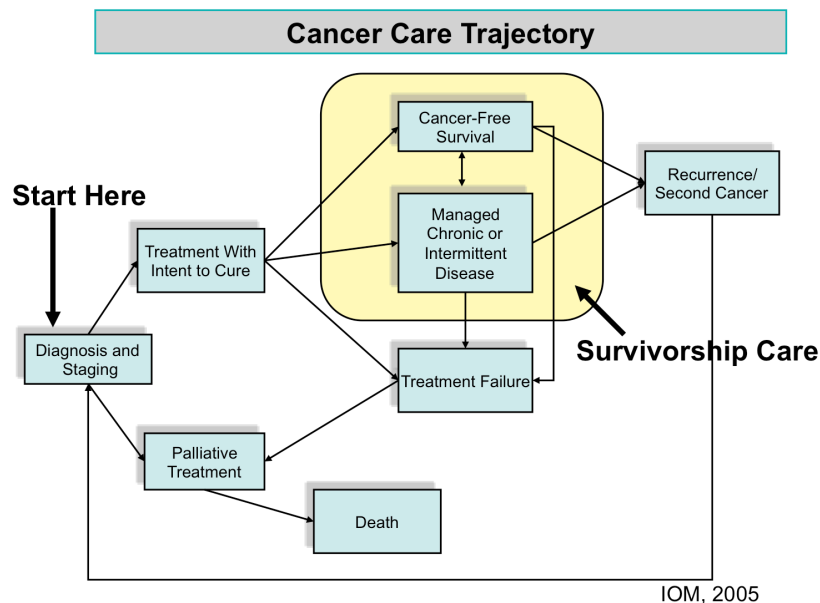
1. Phases of the cancer journey
  2. Cancer patients' motivates, needs and experience
- The Integrative Cancer Care approach is patient-centric. To be an effective practitioner, you must learn the patient's experience, perception, needs, and values.
  - The patient's mindset, thoughts and emotions play a central role in their outcomes.
  - At the point of diagnosis, allow the patient space to react and order their lives. Focus on reducing anxiety, rather than prescribing a treatment plan. Cancer is not an emergency.
  - The priorities and needs of the patient are unique at every stage. Decrease overwhelm and encourage a sense of control by focusing on the present.

##### Phases of the Cancer Journey

- Just Diagnosed
- In Treatment
- After Treatment
- Life Beyond Cancer
- Living with Cancer as a Chronic Illness

##### Our Goals as Integrative Cancer Care Providers

- Reduce and increase time to recurrence
- Improve overall survival time
- Support and protect healthy function
- Ensure good quality of life



### References

Benedetti, F. (2013). Placebo and the New Physiology of the Doctor-Patient Relationship. *Physiological Reviews*, 93(3), 1207-1246.