



FOUNDATIONS OF INTEGRATIVE ONCOLOGY

Bonus Module

Helping Patients Navigate the Cancer Journey

How to communicate and create collaborative relationships with your patients and their care providers

- **Provide a map of the territory**
- **Keep the patient focused on the present**
- **Attune to the patient's core values, priorities, spiritual and religious beliefs**

Clarify Expectations & Create Space

- A cancer diagnosis is NOT an emergency
- An urgent, short-term care model is NOT congruent with a cancer diagnosis
- There are distinct phases of the cancer journey with unique needs and priorities
- Focus on the current phase: Decrease overwhelm, anticipation and anxiety
- Most patients will have time to consider options, do research, get 2nd and 3rd opinions

Help Your Patient Consider Their Options

- Clarify risks and benefits of all choices
- Help patients understand how to use all of the tools and methods available to them
- Communicate the value of an Integrative Collaborative Care Plan

Help Your Patient Build Their Team Collaborative Cancer Care Teams – Disease Care + Health Care:

- Oncologist
- Surgeon
- Radiologist
- Nurse
- Nutritionist
- Acupuncturist
- Herbalist
- Homeopath
- Internist/ND/FM
- Physical Therapist
- Massage Therapist
- Psychotherapist
- Spiritual Support
- Social Worker
- Family & Friends
- Advocate
- Cook/Chef
- **Patient**

Help Your Patient Find Their Voice

- Encourage the patient to slow down, take ownership, and interview potential providers

Model & Cultivate Collaborative Relationships with your Patient's Care Providers

What if your patient's provider objects to the use of supplements?

- Do not create an adversarial relationship
- Allow your patient to make their own, informed decisions – and respect them
- You can still contribute dietary and lifestyle guidelines until oncology treatment is complete