Caring for the Caregivers

November is National Family Caregivers Month

Nurses, MD Anderson’s largest group of professional caregivers, spend most of their time responding to the physical, emotional and spiritual needs of patients and their families. Unfortunately, nurses often struggle to prioritize, learn, and follow healthy self-care practices. Our research reveals caregivers - nurses included - experience symptoms such as psychological distress, fatigue, and sleep disturbances just as much as patients.

The Division of Nursing at MD Anderson utilizes a professional practice model that identifies a mindful and integrated relationship with oneself as the foundation of effective relationship-based caring for others. Leaders in the Integrative Medicine Program and Nursing collaborated to design a course specifically for nurses using a mind-body approach.

The didactic and experiential program is delivered during a daylong retreat. Following a presentation by Integrative Medicine faculty on the evidence supporting mind-body intelligence to achieve positive health outcomes, nurses spend the day with 20 to 30 colleagues in challenging, yet nurturing interactions. A select group of Integrative Medicine faculty and practitioners lead the group through exercises that involve music therapy, meditation, yoga, and expressive writing. The Integrative Medicine Center (IMC) dietitian offers information about healthy nutrition and practical tips on establishing sustainable routines. Throughout the day, nurses are building relationships and learning from each other. At the end of the day, the IMC health psychologist uses Motivational Interviewing to help participants develop insights that will support positive intentions and realistic plans to attain better self-care.

Based on feedback from participants, the course was expanded from 5 hours to a full day. To date, there have been five sessions with approximately 90 participants, including two for nursing leaders. There are four scheduled courses per year, with ongoing initiatives to seek opportunities to support participants on an ongoing basis.

In addition to serving nurses, the IMC provides a number of programs for all types of caregivers, which can include family members, friends, and anyone touched by cancer. Patients and caregivers are encouraged to take advantage of the many free classes in the Integrative Medicine Center to address physical, mind-body, and social needs. These classes include similar offerings to those provided in the nurse’s retreat.

In addition, caregivers may self-refer for oncology massage at the IMC Main Building location (R1.2000). These sessions are fee-for-service and involve an assessment and treatment from an oncology-trained massage therapist. Caregivers may also opt to have a brief relaxation massage at the IMC Mays building location (ACB2.1005), which is a complimentary chair massage funded by Angie’s Spa. For more information on these services, please refer to pages 2 to 4 of this newsletter. Make time to care for yourself, so you are able to optimally care for others. Visit our website for additional resources: www.mdanderson.org/integrativemed.

The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.
# Group Clinical Services

All Classes are free. Please call 713-794-4700 to sign up.

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<th>Physical</th>
<th>Mind-Body</th>
<th>Social</th>
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| **Nutrition Lecture**  
Learn about the special nutritional needs for cancer patients, information on organic foods, and more.  |
| **Cooking Classes**  
Participants will observe as a dietitian makes dishes in our demo kitchen, then have the chance to enjoy some delicious samples.  |
| - **Cooking for Optimal Health**  
The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Recipes will emphasize a different theme each month.  |
| - **At the Table**  
Learn to prepare recipes from MD Anderson’s “At the Table” online cookbook, emphasizing quality recipes that can be enjoyed by the entire family.  |
| **Brief Relaxation Massages**  
Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie’s Spa.  |
| **Tai Chi**  
Find balance and strength through continuous flowing movements that link mind to body.  |
| **Get Moving**  
Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.  |
| **Pilates**  
Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment overall and flexibility.  |
| **Yoga (Hatha)**  
Develop strength and flexibility during a sequence of postures while focusing on the breath as well as cultivate relaxation and mindfulness through meditation and breathing exercises.  |
| **Music for Health**  
Discover new ways to reduce stress, improve mood, and decrease fatigue! Each week learn a different skill and how to utilize your favorite music to improve your health.  |
| **Tibetan Bon Meditation**  
Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).  |
| - **Power of Breath**  
Through breath, learn various contemplative stress-relieving methods to use in everyday life.  |
| - **Sacred Sounds**  
Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.  |
| - **Movement & Breath**  
Experience meditation through simple movements & breathing techniques, supportive of better sleep.  |
| **Therapeutic Group Drumming**  
Learn drumming techniques from around the world. Express yourself in a safe creative music making environment. No experience required!  |
| **Qigong**  
Experience this ancient Chinese system of self-care using meditation, breath, and movement to balance the body’s energy flow.  |
| **Yoga for Health**  
Learn ancient Indian Patanjali-based yoga practices of gentle stretching, breathing, and meditation to experience relaxation through the balance of Mind-Body-Breath.  |
| **The Celebration Singers**  
Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you!  |
| **Laughter for Health**  
A blend of deep breathing, stretching, and simulated laughter exercises that may help reduce stress, depression and more. Please bring a water bottle to class.  |
| **Expressive Arts**  
Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Underwritten by COLLAGE: The Art of Cancer Network  |
| **Look Good, Feel Better**  
Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (713) 792-6039.  |
| **Support Groups**  
Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195.  |
| **P.I.K.N.I.C.**  
An educational forum for patients, caregivers, and staff who want to learn more about issues relevant to cancer. PIKNIC topics may change, please call 800-345-6324 for the latest schedule.  |

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## Mind-Body activities for pediatric inpatients and outpatients ages 3-12 years and their caregivers.

- **Little Yogi**  
Experience a fun and unique combination of simple yoga postures with breathing, relaxation, guided imagery, and yoga games. Yoga brings confidence, strength, and balance while helping children to relax and improve sleep. Held in G9.3329 Activity Room.

- **Making Music**  
Express thoughts and feelings by playing instruments, learning new songs and creating musical stories. Held in G9.3329A Playroom.

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View audio and video resources online: www.mdanderson.org/integrativemedcenter
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**How to schedule an appointment:**
- Call Integrative Medicine Center at 713-794-4700 or send a message from myMDA to schedule an appointment.
- Arrive 15 minutes early to check in for group classes.
- Following classes do not require pre-registration: Expressive Art and Support Groups.
- All Integrative Medicine Center classes will stop accepting participants 10 minutes after the start of the class. This will allow the facilitators the maximum amount of time to work with the participants. This does not apply to PKNIC, Look Good, Feel Better and the support groups.
- Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.

**All classes in blue are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005**

**All classes in green are offered in the Activity Room – G9.3329**

**All classes in orange are in the G9.3329A Playroom**
Individual Clinical Services

An MD Anderson physician’s order is required before scheduling any of the services listed below.
For additional details, please call 713-794-4700 or visit our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

Integrative Oncology Physician Consultation
Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care.

Health Psychology Consultation
A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression.

Nutrition Consultation
A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole foods, plant-based diet for optimal health.

Exercise/Physical Activity Consultation
Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Acupuncture
Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Initial visit fee will range from $85 to $100. Follow-up visits range from $45 to $100.

Oncology Massage Treatment
Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of $70.

Music Therapy
Benefits of music therapy include, encouraging self-expression, reducing stress, improving coping skills and implementing protocols to improve cognitive, motor, communications and socialization skills. Initial visit fee is $50. Follow-up visits range from $25 to $50.

Meditation Consultation
Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is $50. Follow-up visits range from $25 to $50.

Friends of Integrative Medicine proudly presents

Does Acupuncture Really Reduce Pain?

Tuesday, November 18, 2014
Registration: 6–6:30 p.m. • Talk: 6:30–7:30 p.m.

Featuring
Andrew Vickers, DPhil
Department of Epidemiology and Biostatistics
Memorial Sloan-Kettering Cancer Center

Please join us to learn more about what the Acupuncture Trialists’ Collaboration tells us about acupuncture and the future of research on integrative therapies.

Location:
South Campus Research Building 2,
Conference Rooms 5–6, 7455 Fannin Street

Free Parking:
Enter parking lot from OST, between Fannin and Bertner.
Go straight and the surface parking lot will be on your left.
The event will be held in the building on your right

Free, with suggested donation
RSVP Required
Email: KMTaniguchi@mdanderson.org
or call 713-794-4700