



# INTEGRATIVE ONCOLOGY SOLUTION GUIDE



## DIRECTIONS TO USE THIS RESOURCE MAPPING TOOL

### Part 1: Personalize it for your clinic

1. Save the file to your computer
2. Open the file in PowerPoint
3. Make changes to the content, especially by adding local community resources
4. Save the file

**Part 2: Put it in a usable format depending on your workflow** (Ideas- PDF to pull down, work with EMR team to put within EMR)

To create a PDF:

1. If the file is open, click Save as PDF (Some systems call it Export to PDF)
2. Save the PDF to your computer (all links should be saved and be clickable)

**Part 3: Share and use** - You may find printing it out and having paper copies is best, or perhaps it's better to send it as a PDF, or having the content within the EMR, or other electronic tool/database)



During an integrative oncology visit using the HOPE Note, you will uncover areas in which your patients are ready to work on to improve their health. Many of these require reaching outside the traditional tool bag of the current medical model.

**Recommended action items typically fall into a few categories including:**

- Educational handouts for self-care
- Referral to technology tool or app
- Referral to internal resource or specialist (ex. Health coach, other provider, group course)
- Referral to outside community resource

*Note that there may be some pre-work involved in setting up relationships with other providers and local community resources.*



## HOW TO USE THESE RESOURCES WITH THE HOPE TOOLS IN AN INTEGRATIVE HEALTH VISIT

### Steps:

1. Let your patient know that you offer an integrative health visit, during which you set aside time to talk about what matters to them most in their healing and how your cancer care team can work with them to help them be well.
2. Ask them to fill out the Personal Health Inventory (PHI) before the visit.
3. Review the PHI together during the HOPE visit; use HOPE Note questions to guide discussion.
4. Identify up to three items they want to focus on now.
5. Link to resources related to their top three areas of interest.
6. Print out the resources from the links or share them electronically.
7. Go over the specific steps they will do to begin (SMART Goals).
8. Have a care team member reach out within two weeks to check-in and provide support.

# CONTENTS OF THE SOLUTIONS GUIDE



NUTRITION



ACTIVITY



SLEEP



SOCIAL  
SUPPORT



STRESS  
MANAGEMENT

# NUTRITION ACTION ITEMS



**HOPE Questions:** *How is your diet? What did you have for breakfast, lunch, and dinner yesterday?*

## EDUCATIONAL HANDOUTS

- [Integrative Health Self-Care Guide](#) (basic intro)
- Mediterranean diet [Pocket Guide](#)
- [Cancer Prevention Diet Tips](#) – from AICR
- [Nutrition for pain guide](#)
- Free 8 wk course: [Coping with Cancer in the Kitchen](#)
- Free for download: [Kris Carr's Cancer Kitchen Recipes](#)
- Low cost recipes: [Eatright.org for money saving tips](#); [FoodHero](#)

## TECHNOLOGY

- Food and water consumption trackers

## INTERNAL RESOURCES OR SPECIALIST

- Referral to [nutritionist](#)
- Condition-specific [group visits](#)

## COMMUNITY RESOURCES

- [Explore cultural food traditions \(Mediterranean, African, Asian, Latin Amer, Vegetarian/Vegan\)](#)
- Highlight and fill in your own resources

# SLEEP ACTION ITEMS



**HOPE Questions:** *How is your sleep? Do you wake refreshed?*



## EDUCATIONAL HANDOUTS

- [NIH Sleep Handout](#)



## TECHNOLOGY

- Guided Imagery: Website [HealthJourneys Sleep](#) and Mobile app [HealthJourneys Guided Imagery](#); (Providers can set up personalized [Guided Imagery page](#) with Health Journeys like [DrWayneJonas.com/meditate](#))
- [CBTi Coach app](#)
- VA Site on [Insomnia](#)



## INTERNAL RESOURCES OR SPECIALIST

- Behavioral health therapist for sleep hygiene instruction
- Guided Imagery Practitioner
- Sleep study



## COMMUNITY RESOURCES

- Highlight and fill in your own resources
- Highlight and fill in your own resources

# STRESS MANAGEMENT ACTION ITEMS



**HOPE Questions:** *How is your stress? How do you relax?*



## EDUCATIONAL HANDOUTS

- Guided Imagery [Pocket Guide](#)
- Breathwork [Pocket Guide](#)
- Moving Meditation [Pocket Guide](#)
- Music Therapy [Pocket Guide](#)
- Journaling [Pain and Trauma worksheet](#)



## TECHNOLOGY

- Mobile phone apps ([CALM](#); [Curable](#) (for pain); Headspace; Insight Timer)
- Biofeedback (HeartMath) – [Healing tool summary](#)
- [15-minute YouTube Meditation from Dr. Jonas](#)
- Recommend integrative health therapist or course
- Guided imagery—Refer to main site or set up an organizationally branded streaming site available through [Health Journeys](#)
- For kids: [guided imagery from CHOC](#)



# STRESS MANAGEMENT ACTION ITEMS



**HOPE Questions:** *How is your stress? How do you relax?*



## REFERRAL TO SPECIALIST

- Behavioral health therapist
- Mindfulness Based Stress Reduction (MBSR)
- Mental health professional
- Massage Therapy [Pocket Guide](#)
- Art Therapy [Pocket Guide](#)
- Exercise oncology (free sessions): [Maple Tree Cancer Alliance](#) online and in-person options



## COMMUNITY RESOURCES

- Highlight and fill in your own resources
- Highlight and fill in your own resources

# ACTIVITY ACTION ITEMS



**HOPE Questions:** *How is your activity level? What do you do for recreation?*

## EDUCATIONAL HANDOUTS

- Moving Meditation [Pocket Guide](#)
- Therapeutic yoga [Pocket Guide](#)
- Cancer and Physical Activity? [An Exercise Program for You: 5 Tips for People with Cancer](#)

## TECHNOLOGY

- Activity monitor [Free App: My Wellness Coach](#)
- Set activity reminders (e.g. on phone)
- Online activities specific to cancer: [MSK Cancer Center exercise videos](#) and [MSK Cancer Center Tai Chi Videos](#)

## REFERRAL TO INTEGRATIVE HEALTH THERAPIST OR COURSE

- Exercise oncology (free sessions): [Maple Tree Cancer Alliance](#) online and in-person options
- Yoga4Cancer (free online classes): [yoga classes for survivors](#)
- Therapeutic yoga-cancer specific (free live/recorded events): [Healing Yoga Foundation](#)

## COMMUNITY RESOURCES

- [Help patient find a local resource near them Ex. Find a YMCA](#)
- Highlight and fill in your own resources
- Highlight and fill in your own resources

# SOCIAL SUPPORT ACTION ITEMS



**HOPE Questions:** *How is your social support? Are you alone?*



## EDUCATIONAL HANDOUTS

- [ACS Patient Support Programs and Services](#)
- [For Parents: Fighting Isolation as a Cancer Parent](#)



## TECHNOLOGY

- [CaringBridge](#) – online tool to share health updates
- Online Support Groups – [Cancer Support Community](#)
- Schedule a video chat: [24/7 ACS Cancer Helpline](#)
- Cancer-specific online and live support groups: [cancer.org support groups](#)



## REFERRAL TO INTEGRATIVE HEALTH THERAPIST OR COURSE

- Mental health resource
- CBT/Reframing
- Virtual group visits



## COMMUNITY RESOURCES

- Refer to resources such as clubs, churches, sports groups; group class within system or in community
- [For Elders: Online resource search \(by zip code\)](#)
- [National LGBT Cancer Network](#)
- Highlight and fill in your own resources