

Integrative Oncology UK 21

15 May 2021

Whole person cancer care. Better patient outcomes.

The new online conference for healthcare professionals. Advancing our knowledge of an evidence based integrative approach to cancer care for better clinical outcomes. Join us online for **Integrative Oncology UK** on **15 May 2021**.

Organised in association with the British Society for Integrative Oncology (BSIO).

The conference will highlight the benefits of integrating conventional cancer treatments alongside evidence-informed psychological, nutritional, lifestyle and complementary strategies.

Evidence-based information

Providing delegates with practical advice to help patients reduce side effects from treatments; offer better functional outcomes after cancer surgery and other oncological treatments; minimise emotional stress and optimise physical and mental wellbeing across the cancer care pathway. Empower your patient to become active participants in managing their health and wellbeing.



Find out more and register online
IntegrativeOncologyUK.com

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INTEGRATIVE ONCOLOGY

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Saturday 15 May 2021

🕒 09:00 – 09:05

Welcome from Conference Chair and introduction about BSIO

Chair:

Dr Catherine Zollman



🕒 09:05 – 10:00

Should lifestyle and nutrition be included in all cancer treatment plans? A research update

Chair:

Dr Catherine Zollman

Speaker:

Prof Robert Thomas

A healthy lifestyle can reduce the risk of cancer, reduce side effects of treatments and improve outcomes. There still remains some lack of clarity about what factors are most important, so this talk will review evidence in clinical studies from across the World. It will highlight both what is known and the areas where further research is needed.

More than 60% of people with a cancer diagnosis use some form of lifestyle or complementary therapy. This session will highlight the risks that patients can incur if trying to self-manage, as well as providing some safe, practical self-help tips that can be applied within a standard cancer treatment setting.

🕒 10:15 – 11:15

Optimising patient resilience to get the best out of treatment

Chair:

Dr Penny Kechagioglou

Speakers:

Prof Sandy Jack

Dr Carol Granger

Cancer prehabilitation is the combination of multi-professional interventions such as nutrition, exercise and wellbeing support. It is aimed at achieving better functional outcomes and reducing physical and mental morbidity after cancer surgery and other oncological treatments.

This session will discuss the research that demonstrates that pre-existing chronic stress, physical inactivity and poor nutritional status can impair immune, digestive and endocrine function and worsen mental health, leaving the body less able to tolerate and benefit from cancer treatment.

We will explore how simple yet powerful interventions and tools can be used in the in-patient, outpatient and community settings. Such as providing structured exercise programmes, optimising nutritional status and the intestinal microbiome and addressing psychological distress proactively. All these can improve functional status, thereby reducing the risks of cancer treatments and helping to maintain and improve overall health and wellbeing.



Dr Catherine Zollman
Conference Chairman;
GP; Medical Lead, Penny
Brohn UK Cancer Charity;
Fellow in Integrative
Medicine, University of
Arizona, UK



Prof Robert Thomas
Consultant Oncologist,
Addenbrooke's and
Bedford Hospitals; Visiting
Professor, Cranfield
University; Clinical
Teacher, Cambridge
University, UK



Dr Penny Kechagioglou
Consultant Clinical
Oncologist and Group
Clinical Director for
Surgery and Emergency
Medicine, University
Hospitals Coventry and
Warwickshire, UK



Prof Sandy Jack
Professor of
Prehabilitation Medicine
and Consultant Clinician
Scientist, University
of Southampton and
University Hospital
Southampton NHS
Foundation Trust, UK



Dr Carol Granger
Registered Nutrition
Practitioner with an
interest in the human
microbiome, UK

🕒 11:30 – 12:30

Building mental and emotional resilience while living with cancer

Chair:

Dr Caroline Hoffman

Speakers:

Emeritus Prof Leslie G Walker
Sophie Sabbage
Dr Lauren Macdonald

Living with a cancer diagnosis can stretch a person's mental and emotional resources to their limits. These challenging times present opportunities to actively cultivate practices, which meet these mental and emotional challenges in ways that enhance resilience and enable post-traumatic growth.

People can be helped to meet emotions like fear, anxiety and uncertainty without being constantly overwhelmed by them. They can learn that it is possible to live well in the midst of the crisis that cancer presents. This session will explore approaches including cognitive reframing, counselling, courage, thriving rather than surviving, embodiment, mindfulness, self-compassion, hypnosis and visualisation that can be invaluable to enable people to live well.

12:30 Break for lunch

🕒 13:30 – 14:30

Integrative cancer care during radiotherapy and chemotherapy – optimising outcomes while minimising side effects

Chair:

Dr Nina Fuller-Shavel

Speakers:

Dr Stephen Kennedy
Susie Budd
Aga Kehinde

Going through an intensive treatment regime is challenging for both the patients and the clinicians who are managing therapy side effects. This session will explore components of integrative cancer care that may be safely and effectively incorporated during chemotherapy and radiotherapy treatment, including reviewing the evidence and controversies around nutrition, supplementation and fasting and how to provide practical guidance on physical activity, sleep and psycho-emotional support. The importance and benefits of having a properly integrated approach for patient safety and better outcomes will be highlighted.

We will also discuss integrative management options for common side effects of chemotherapy and radiotherapy, including GI effects (mucositis, diarrhoea, N&V), cancer and chemotherapy-related fatigue (CRF) and cognitive dysfunction, chemotherapy-induced peripheral neuropathy (CIPN) and radiation dermatitis.



Dr Caroline Hoffman
 Clinical and Research Director, Breast Cancer Haven, UK



Emeritus Professor Leslie G Walker
 Emeritus Professor of Cancer Rehabilitation, University of Hull, UK



Sophie Sabbage
 Expert in the field of human psychology, authority on exploding creativity in crises; Sunday Times bestselling author, UK



Dr Lauren Macdonald
 Medical Doctor and Integrative Practitioner with a special interest in trauma and the mind-body connection, UK



Dr Nina Fuller-Shavel
 Integrative Medicine Doctor, Scientist and Educator; Vice Chair of BSIO; Director of Synthesis Clinic; Fellow of the College of Medicine, UK



Dr Stephen Kennedy
 Consultant Clinical Oncologist, The Christie NHS Foundation Trust, UK



Susie Budd
 Chemotherapy Senior Staff Nurse, Bristol Haematology and Oncology Centre; Treatment Support Nurse, Penny Brohn UK



Aga Kehinde
 Clinical Nurse Specialist, Cancer Educator and Health & Wellbeing Lead, Oncology Division, Royal Surrey Hospital & Performance Coach, UK

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 14:45 – 15:45

Living with advanced cancer – what can Integrative Oncology offer?

Chair:

Dr Elizabeth Thompson

Speakers:

Dr Jacquie Stringer

Kristin Hallenga

Dr Duncan Still

Based on clinical experience and research evidence, this session will explore the potential of integrative approaches to help people living with advanced cancer to manage troublesome symptoms, tolerate ongoing treatment, build resilience and regain a sense of control and realistic hopefulness.

By expanding the therapeutic toolbox, people's psychological, physical, emotional and spiritual needs can be addressed in a way which helps them live as well as possible for as long as possible, avoiding the harmful effects of both false hope and false hopelessness.

 16:00 – 16:30

The future of Integrative Oncology – looking forward

Chair:

Dr Catherine Zollman

Speaker:

Dr Santosh Rao

This session, from the chair-elect of the international Society for Integrative Oncology, will describe his own journey from sceptical to integrative oncologist. Drawing from global examples of best practice in Integrative Oncology, it offers a future vision of how the UK oncology community might be supported to incorporate more Integrative approaches. This vision achieves the best patient experience and outcomes possible, while also enhancing staff resilience and wellbeing.

 16:30 – 17:00

Panel discussion and Q&A

Chair:

Dr Catherine Zollman

Speaker:

Dr Santosh Rao

Dr Nina Fuller-Shavel

Dr Caroline Hoffman

Dr Penny Kechagioglou

Dr Carol Granger

Dr Elizabeth Thompson

Dr Catherine Zollman, conference chair, will summarise the highlights from the day and moderate a panel discussion and Q&A.

For more information contact: versha.carter@progressivecom.co.uk



Dr Elizabeth Thompson
CEO and Holistic Doctor,
National Centre for
Integrative Medicine
(NCIM), UK



Dr Jacquie Stringer
Clinical & Research Lead
for the Complementary
Health & Wellbeing
Services, The Christie NHS
Foundation Trust, UK



Kristin Hallenga
Founder, CoppaFeel!
Breast cancer awareness
charity, UK



Dr Duncan Still
Integrative Doctor,
Penny Brohn UK,
National Centre for
Integrative Medicine and
University of Bristol, UK



Dr Santosh Rao
MD, ABIHM, Medical
Oncologist and Medical
Director, James M Cox
Foundation Center for
Cancer Prevention and
Integrative Oncology,
Banner MD Anderson
Cancer Center, USA

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