



# THE WELLNESS CORNER

Wellness and Integrative Oncology Program at UPMC Hillman Cancer Center

September 2017

## 5th Annual Cancer Wellness Fair

Tuesday, October 24th marks the 5th annual Integrative Cancer Wellness Fair. Patients, caregivers, and staff can experience and discuss integrative care with local community experts. Providers of services such as yoga, holistic nutrition, health coaching, massage, acupuncture, aromatherapy, music therapy and more will be onsite for discussion and demonstration.

The integrative therapies showcased at the fair, are suggested to decrease symptoms and improve quality of life for cancer patients. The Wellness and Integrative Oncology program does not endorse these therapies to treat or cure cancer and this is an important distinction. Patients may experience relief from common symptoms like nausea, anxiety, pain, and neuropathy. The fair provides opportunities for caregivers and staff to learn about these therapies for their loved ones and for their own self-care. Please come by to experience the fair for yourselves and remind patients of this wonderful event.

*The fair will be held from 10:00am—3:00pm in the Herberman Conference Center located in Shadyside Hospital.*

**Staff that attend can earn \$25 Take a Healthy Step credits.**

We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all qualified members of this plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-395-8762, and we will work with you and your doctor to find a wellness program with the same reward that is right for you in light of your health status.

*"Rejoice in ordinary life. We can learn to rejoice in even the smallest blessings our life holds. It is easy to miss our own good fortune; often happiness comes in ways we don't even notice. The key is to be here, fully connected with the moment, paying attention to the details of ordinary life."*

**- Pema Chodron**  
*(Mindfulness Philosopher)*



The Integrative Cancer Wellness Fair

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**Lead Nurse Ambassador—Regina Solano**

## Become a Nurse Ambassador

Hillman Cancer Center leadership and the Wellness and Integrative Oncology Program are hosting the third Nurse Ambassador training, which kicks off on Friday, November 10. The Nurse Ambassador Program launched in 2016 and has trained 8 nurses from medical oncology, radiation oncology, Shadyside Hospital and Children's Hospital of Pittsburgh to date.

Nurses are trained in aromatherapy, meditation and breathing exercises, seated yoga, and hand/foot massages by our expert integrative providers. After training, oncology nurses can offer these techniques for additional symptom management of nausea, fatigue, pain, anxiety, neuropathy and more in the treatment areas and inpatient units. The program includes measurement and documentation of intervention effect. Regular status meetings offer support and formalized mechanisms for sharing experiences.

Those selected are held to a high standard for training and continued education. Selected nurses will be announced in mid-October.

**For those interested, please follow the steps below:**

1. Obtain approval from your Unit Director (UD) and Clinician Supervisor (CS) to apply
2. Submit a personal statement of 200 words or less in addition to a character reference from a colleague to your UD or CS by October 2, 2017.

**For more information, contact Danielle Petrina at [scottdl@upmc.edu](mailto:scottdl@upmc.edu)**

*This material was developed as part of the Nurse Ambassador Program of the UPMC Hillman Cancer Center Wellness and Integrative Oncology Program.*

## A note from Dr. Francis

The Fall is an important and productive time for us. Our Wellness and Integrative Oncology program continues to grow and innovate, always with patients front and center.

October 24, 2017 marks our fifth Integrative Cancer Wellness Fair. Our fair is a time for integrative providers to offer demonstrations and answer questions. It highlights the commitment of UPMC Hillman Cancer Center to mind, body and spirit of patients, caregivers, and staff. This is a free event and open to the public. Please come and join us for this special day and help spread the word.

Our Nurse Ambassador Program is hosting its third training this fall, quickly becoming a model of innovation and collaboration and spreading our vision across UPMC. We're grateful for the enormous support of our leadership to grow this initiative.

Our fourth Breathing Room fundraiser is coming this March. As always, our fundraiser focuses on self-care and the modalities of movement, touch, nutrition and mindfulness. Importantly, it allows us to raise money for important patient centered programming.

Thanks for taking the time to read our newsletter. We know how much information is bombarding all of us, all of the time!

Happy Fall!

With gratitude ,

Lanie



**Dr. Lanie Francis,  
Founder & Program Director**

## Upcoming Events!

**Mark your calendars!**  
4th annual fundraiser,  
*Breathing Room*

**WHEN:**

Thursday, March 1, 2018

6:00pm - 9:30pm

**WHERE:**

August Wilson Center

**ABOUT:**

Join us for an evening focused on self-care and the featured modalities movement, touch, nutrition, and mindfulness.



Karen Donoughe, L.Ac

## Meet Karen Donoughe: Our Wellness Suite Acupuncturist

Karen Donoughe serves as the Wellness Suite's onsite acupuncturist. She has been with the Wellness and Integrative Oncology program since 2014 and worked with hundreds of patients with cancer or a history of cancer. Karen is in the Wellness Suite every Wednesday.

For centuries, acupuncture has been used to relieve various and acute conditions. Common symptoms that Karen focuses on in the Wellness Suite include:

|              |            |
|--------------|------------|
| Allergies    | Anxiety    |
| Constipation | Depression |
| Diarrhea     | Fatigue    |
| Insomnia     | Pain       |
| Neuropathy   | Reflux     |

*"Working at the Wellness Suite provides the opportunity to show patients that we are not just about treating their cancer, we care about treating the whole person. So many patients come to us feeling broken. Acupuncture gives them a way to feel better without fear of more side effects. Whether acupuncture is helping patients sleep better, ease pain, or decrease anxiety, patients leave the Wellness Suite with a renewed spirit, mindset and a sense of hope."*

Karen Donoughe, Wellness Suite Acupuncturist

Check out this issue's Patient Story to hear more about Karen

# Patient Story

*"I was skeptical when Dr. Brufsky suggested that I may find healing at the Wellness Suite because I had never used any of the integrative treatment methods before. I was so pleasantly surprised when I entered the Wellness Suite at Hillman. The sense of wellness and feeling of tranquility was immediate from the moment I entered. It is far from what one may expect as part of cancer treatment.*

*When we met, Dr. Lanie Francis gave me several options to select for my treatment plan. I chose acupuncture and was able to meet the wonderful Karen. After taking oral medication for a decade, Karen's treatment eliminated acid reflex in one day. Over several others treatments, my leg cramping and neuropathy were also gone. My numbness and pain in my hands disappeared soon after. Having this integrative treatment was refreshing and rejuvenating after months of traditional cancer treatment."*

*~ J. Grazi, patient*

MOVEMENT \* TOUCH \* NUTRITION \* MINDFULNESS

## For more Information

eBrochure: <http://bit.ly/2iCw9Aa>

Website: <http://bit.ly/2rleWMw>

## Contact Us

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