



# THE WELLNESS CORNER

Wellness and Integrative Oncology Program at UPMC Hillman Cancer Center

July 2018

## Yoga is for a certain body type: People with bodies

By: Sadie Grossman | *Movement and Mindfulness Therapist* | *Wellness and Integrative Oncology Program*

When people learn I teach yoga for a living, the most common response is, "I can't do yoga." My counter over the years has changed from cheerleader encouragement to steady and simple support. Can you breathe? Do you have desire to live a deliberate life? If the answer is YES, then you my friend CAN in fact, do yoga.

Yoga is not about bending yourself into the most Instagram worthy poses, buying \$100 pants, looking a certain way or, most importantly, having already done yoga. It's about creating space in your life, even for 5 minutes at a time. To be specific with your body, whether that is a downward facing dog, or laying on your back, to pay real honest attention to your breath, and to set purposeful thoughts in your mind.

Let's embrace where we are with our bodies and where we are with our lives. No matter if you can touch your toes, or have yet to try, yoga is in fact, for you. Creating a PAUSE in your day between work life and home life, allows you to be a stronger partner, mother, father, doctor, and friend. Here at Hillman we come together to create whole body health, and that begins with you. Join us for approachable, nonjudgmental, and totally accessible yoga. Designed for you. Your body, as it is, today.

First time to the mat? No problem. No better day than today. Remember that your health is not only for you, it's for everyone who loves you. All bodies are welcome. **Two NEW opportunities to practice with us each week, starting the week of July 23rd:**

Day	Time	Location
Wednesday*	4:30pm – 5:00pm	Ground floor Atrium by the fountain**
Thursday	7:45am – 8:15am	4 <sup>th</sup> Floor Terrace—Rain or other weather conditions - Ground floor Atrium by the fountain
Friday*	12:00pm – 12:30pm	Ground floor Atrium by the fountain**

\*Starts July 25th

\*\*LOCATION: Most sessions will be held on the ground floor atrium. Please pay attention to your email for location changes due to other event reservations.

### STAFF QUOTES:

"I've found the weekly yoga a wonderful way to start the day before work. It complements other exercises nicely and has helped improve my flexibility. Many of the other participants have much more experience with yoga, but the instructors Sadie and Nikki are great for beginners like myself." -John Rhee, MD, Medical Oncology

"The free staff yoga at Hillman every Thursday morning gives me the extra energy to push me through the rest of the work week. Sadie is a gifted instructor who adapts to the needs of the class but takes us to new levels within our practice." Susanna Gjurich, Admin Coordinator, Adult Neuro Brain Specialty Care Center

"There is no better way to start a work day than staff yoga! Sadie is a wonderful instructor. I leave there feeling a sense of clarity and renewed energy. I am more efficient during the day after 30 minutes of movement in the morning." - Ashley Pritchard, PA, Neuro-Oncology

### Staff Yoga

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Upcoming Nurse Ambassador Training

## Nurse Ambassador Program

The Nurse Ambassador Program of the UPMC Hillman Cancer Center Wellness and Integrative Oncology Program is the first of its kind in the nation. Since 2016, 28 nurses have been trained from UPMC Hillman Cancer Center in Shadyside, Mary Hillman Jennings Radiation Oncology Center, Children's Hospital of Pittsburgh of UPMC, UPMC Shadyside, and UPMC Hillman Cancer Center network sites. After training, nurses offer symptom management predominantly for fatigue, nausea, pain, and anxiety at the chair or bedside in the chemotherapy infusion area and radiation oncology treatment area. The program operations also included measurement and documentation of intervention effect, regular status meetings for nurse support, and group sharing of experiences.

**Training:** Training fee is \$750 per nurse (UPMC Hillman Cancer Center nurses are funded through the Wellness and Integrative Oncology Program). Fees pay for the supplies and nurse training, which are both didactic and hands-on, delivered by integrative providers and under the direction and supervision of Dr. Francis. Techniques that will be learned include yoga stretches, breathing techniques, aromatherapy, massage, and an option to learn Reiki. Training will also include education in integrative nutrition, acupuncture, overview of the Wellness and Integrative Oncology Program, and a "how to" incorporate these techniques into your daily practice.

The next training will be held **Thursday, August 23 and Friday, August 24, 2018. It is mandatory to attend both days in their entirety.** Training is held onsite at UPMC Hillman Cancer Center. Nurses will be required to prepare for training by studying educational materials sent prior to training. Nurses who attend training are able to receive 8 to 16 hours of CEUs.

**Application Process:** Each nurse will complete an application, two references (one from the Unit Director/Supervisor), and site operations form (*Hillman Cancer Center nurses do not need to complete this form*). Once submitted, our selection committee will meet to review all applications. Each applicant will be notified of the committee's decision in July. **To receive an application packet, please email Danielle Petrina at [scottdl@upmc.edu](mailto:scottdl@upmc.edu).**

**Questions:** Our team is happy to discuss best practices with you. Kayla Miller ([neffke2@upmc.edu](mailto:neffke2@upmc.edu)), Senior Professional Nurse Ambassador, will work with nurses after training on operationalizing the new skills and perform follow-up evaluations. Danielle Petrina ([scottdl@upmc.edu](mailto:scottdl@upmc.edu)), Project Manager, oversees all operational aspects of the program.

*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

Integrative Oncology is growing with purpose and integrity. In addition to adding to our excellent team with Kayla Miller, we've brought in another \$200,000 in grants and donations since the start of 2018.

We have surveyed the landscape of integrative oncology and are proud to say that our program is the only one of its kind - truly integrating a model that addresses mind, body and spirit into cancer medicine at a rigorous academic medical center.

With that in mind, we continue to push forward. We are updating our technology so we are on the forefront of value based care and patient reported outcomes. We are battling to provide clarity and ultimately transparency when it comes to limited insurance coverage for preventative and integrative cancer care.

Thank you for your support and belief in this mission.

Have a great summer!

Lanie



Dr. Lanie Francis,  
Founder & Program Director



## 6th Annual Integrative Cancer Wellness Fair

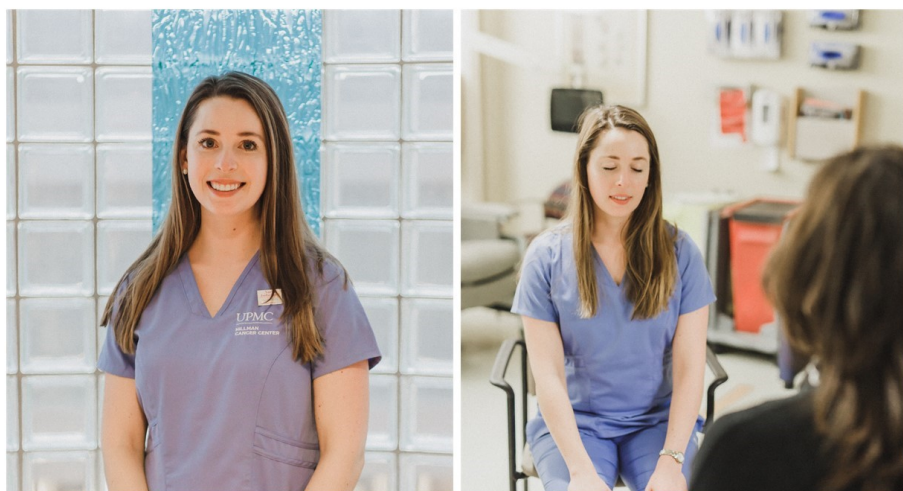
**Tuesday, September 25th** marks the 6th annual Integrative Cancer Wellness Fair. Patients, caregivers, and staff can experience and discuss integrative care with local community experts. Providers of services such as yoga, holistic nutrition, health coaching, massage, acupuncture, aromatherapy, music 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.*

If you are provider and interested in having a table at the fair, please contact Danielle Petrina at [scottdl@upmc.edu](mailto:scottdl@upmc.edu).



**Kayla Miller - Nurse Ambassador Clinical Liaison**

### Meet our newest addition: Kayla Miller

On June 4, 2018, Kayla Miller, joined the Wellness and Integrative Oncology team as the Nurse Ambassador Clinical Liaison. Formerly a collaborative nurse for Neuro-Oncology, Kayla brings her experience with complicated oncology patients, her sensitivity and empathy, and her commitment to an integrative approach to care.

The Nurse Ambassador Program (see article on page 2) has expanded rapidly since its inception in 2016. In Kayla's new role, she will oversee and expand the Nurse Ambassador program. Specifically, she will assist with training and continuing education, implementation and oversight. Importantly, she will help to ensure the highest quality and consistency of the program as it expands across the UPMC system- to Children's, Magee, the Hillman Cancer Center network, Pinnacle and internationally. Additionally, Kayla will have a role in the Integrative Oncology consult service line by triaging more time sensitive patients and physician questions and concerns.

Read more from Kayla:

*I am very happy to join the Wellness and Integrative Oncology team! I have a degree in Nutritional Sciences from Penn State and earned my Nursing degree from the University of Pittsburgh. I have been a Collaborative Practice Nurse with the Neuro-Oncology Program at Hillman for 4 years. Helping patients reduce symptom burden in a holistic way has always been a passion of mine. Teaching integrative techniques like massage, meditation, and aromatherapy empowers patients to engage in therapeutic self-care practices during treatments and at home. I am looking forward to training more nurses at Hillman, inpatient oncology units, and Hillman Cancer Center network sites to interact with patients in this way.*

**If you would like to learn more about the Nurse Ambassador Program, please email Kayla at [neffke2@upmc.edu](mailto:neffke2@upmc.edu) to schedule a time to meet.**

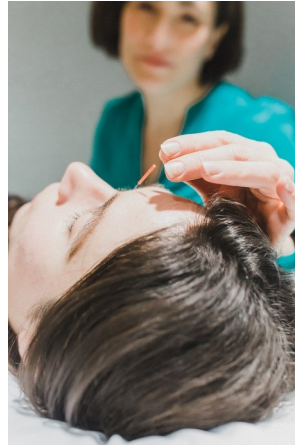
# A Grateful Patient

"Three years ago, it was a gorgeous spring day in Pittsburgh. I was looking forward to enjoying a beautiful afternoon following a routine colonoscopy appointment that morning. The detection of a softball-sized tumor dramatically altered the course of that day and the course of my life. The initial diagnosis of colon cancer was eventually retracted and replaced with a diagnosis of stage IIIC ovarian cancer that had already spread. The first days and weeks were surreal as we struggled to process the devastating news and navigate critical health care decisions. Moving into survival mode, we adopted an attitude of positive determination.

Every cancer patient has a story, generally one filled with fear, hope, and courage. Things would have been very different for me without the love and support of a wonderful spouse, family, friends, and caregivers. These past three years have brought multiple surgeries, ongoing chemotherapy, and symptom

management. My wonderful oncologist Dr. Joe Kelley, my fabulous PCP Dr. Dennis Stull, and their excellent care teams have been extremely supportive through all of this. They were supportive of my pursuit of integrative medical care woven into conventional medical care. And they encouraged my participation in the Wellness and Integrative Oncology Program founded by and directed by Dr. Lanie Francis

Dr. Francis and her team provide healing, peace, and comfort through a holistic approach to treating the body, mind, and spirit. Specific practices I have tried, such as massage and acupuncture, have yielded positive effects for managing symptoms like pain, fatigue, neuropathy, and insomnia. In addition, these modalities have afforded me a sense of improved well-being and quality of life for which I am extremely grateful. " - Cynthia M



## Information:

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

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

## Contact Us

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