

# 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](https://IntegrativeOncologyUK.com)

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# Whole person cancer care. Better patient outcomes

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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.



**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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