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ABSTRACT:

Title: Chronic pain management in cancer patients through acupuncture therapy - Integrative Review.

Introduction: The increase of oncological diseases, has led to a significant number of patients suffering from oncological pain. Oncological chronic pain is a daily challenge for patients and their caregivers, with implications for their quality of life. For the World Health Organization (WHO), chronic cancer pain management should be a priority for health professionals. Acupuncture has proven to be the preferred choice, with hospitals already offering it to their patients.

Objectives: Explore the recent evidence on the application of acupuncture in the control of chronic cancer pain and analyse the results of acupuncture in the control of chronic cancer pain.

Methodology: An integrative review was carried out based on the research question: "What are the results of the application of acupuncture (I) in the control of chronic pain (O) in cancer patients (P)?" The following search terms were used: "acupuncture therapy" **AND** "acupuncture analgesia" **AND** "chronic pain" **AND** "cancer care facilities" **OR** "cancer". The inclusion criteria were: randomized clinical studies, published between 2010-2016 in English, Portuguese and Spanish. The search was carried out on the search engines: EBSCOhost and B-on in October / 2016 and January / 2017.

Results: Thirty studies were found, of these, 14 were excluded in a first phase, by reading the title and abstract, and 10, after reading the full text, because they were (n = 5) repeated and (n = 5) did not meet the criteria of predefined inclusion. In the end were retaining 6 articles, that constituted the documentary corpus for analysis. In these, there were used **PICO** mnemonic to analyse documents. On average, each group had 48.3 participants (min = 15; max = 67). The scales used were: Brief Pain Inventory-Short Form (**BPI-SF**) (n=2); Numeric Pain Rating Scale (**NRS of pain**) (n=2); **EORTC.QLQ-C30** (n=1) e Visual Analogic Scale (**VAS**) (n=1). In all, there was a statement that acupuncture is safe and appears to be effective in controlling oncological chronic pain, but only in one study, was found statistical significance.

Conclusions: Acupuncture seems to be a safe strategy with results in the alleviation and control of chronic cancer pain. Due to the limitations in the studies analysed, it will be pertinent to carry out corroborative studies to comprehend the effects of acupuncture in the management of chronic cancer pain, ensuring the quality and safety of this practice.

References

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