

Effect of CAM Therapy in Chemo Therapy Patients in Comparison to Western Medicine

Significance Statement

In chemotherapy patients, CAM therapies minimize the side effects of chemotherapy compared to western medicine.

Patient/Problem: Chemotherapy patients

Intervention: CAM therapies

Comparison: Western medicine

Outcome: Side effects of chemotherapy

Key Methodology

- Multi-center, single-blind, randomized, sham-controlled clinical research to determine the efficacy of acupuncture on chemotherapy-induced nausea and vomiting ⁴
- Randomized controlled trial to evaluate the effect of relaxation with guided imagery on patients with breast cancer ¹
- Randomized controlled clinical trial to evaluate the efficacy of Swedish massage on alleviating cancer-related fatigue ²
- Prospective randomized trial to determine the efficacy of yoga paired with traditional antiemetic therapy ³
- Randomized controlled clinical trial to evaluate the efficacy of acupuncture in the management of chemo-related peripheral neuropathy ⁵
- Randomized control trial to evaluate the impact of music therapy on anxiety and distress during simulation in patients with newly diagnosed head and neck or breast cancer ⁶

Key Findings

- Massage therapy greatly decreased cancer-related fatigue. ²
- Massage therapy increased quality of life in chemotherapy patients. ²
- Music therapy can be used to decrease anxiety and distress levels in cancer patients. ⁶
- Guided imagery can be used to decrease anxiety, and has some effect on insomnia, depression, and physical symptoms. ¹
- Acupuncture can greatly decrease pain and improve sensation in chemotherapy related neuropathy. ⁵
- Acupuncture can improve physical/emotional well being in cancer-related neuropathy. ⁵
- Yoga partnered with standard antiemetic therapy was beneficial in treating and reducing chemotherapy-induced vomiting. ³
- True acupuncture reduced the severity of the chemotherapy-induced nausea, while helping to maintain the nutritional status of the patients. ⁴



Figure 1

Recommended Key Practices

- CAM therapy is useful in treatment of chemotherapy side effects.
- CAM should be more accessible to patients.
- Provide education on available CAM therapies and their benefits.
- If a patient understands the potential benefits, it may make them more likely to participate in the CAM therapies.

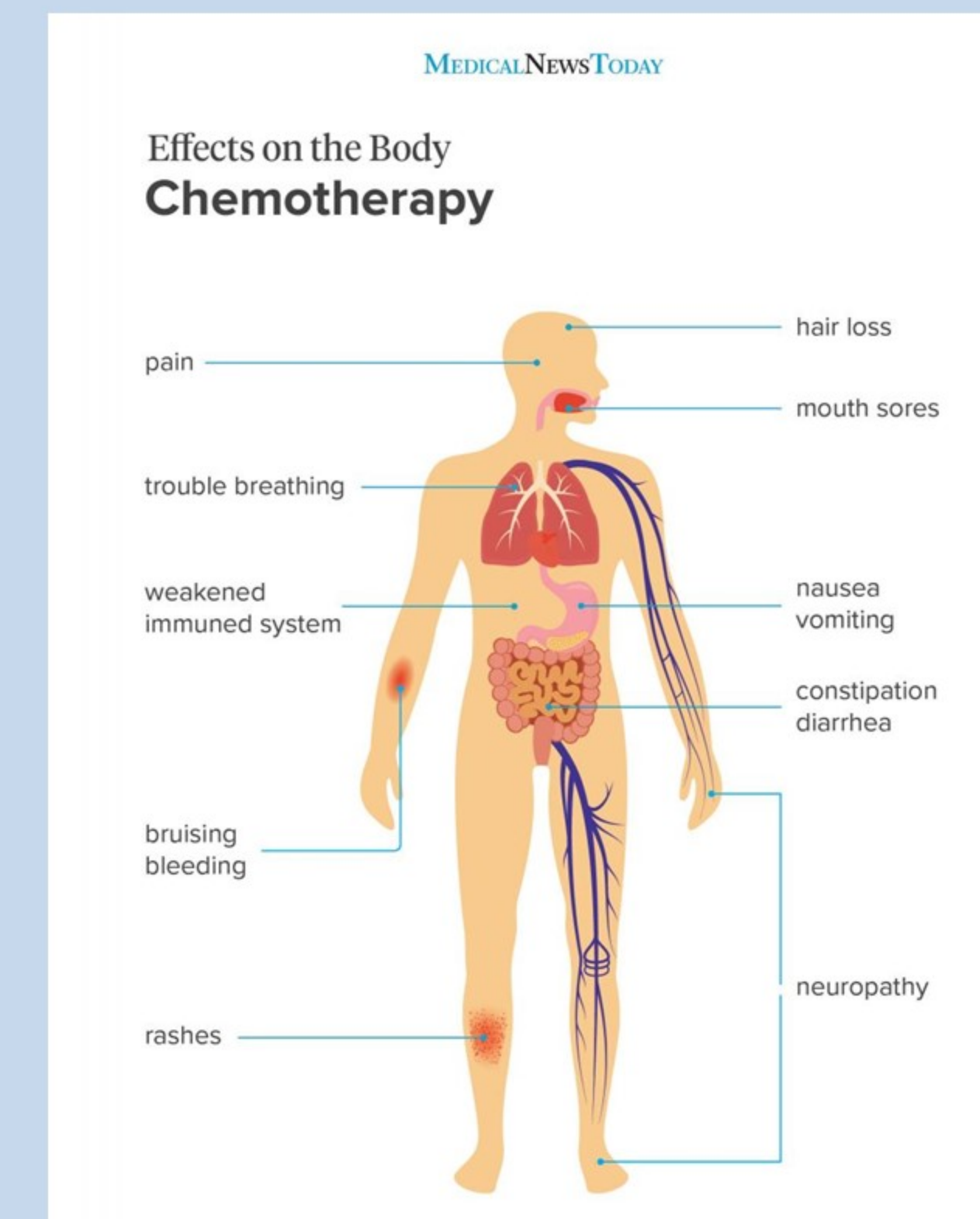


Figure 2

Figure List

Figure 1. *Complementary and Alternative Therapy Types* [online image]. (n.d.) Retrieved September 15, 2020 from <https://healthblog.uofmhealth.org/brain-health/exploring-alternative-therapies-for-parkinsons-disease>.

Figure 2. *What are the side effects of chemotherapy?* [online image]. (2018) Retrieved from <https://www.medicalnewstoday.com/article/s/323485>

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