

CAM/IHC and Older Adults

Breath, Movement, Touch

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What is CAM?

- The term “CAM” introduced in 1996 refers to “a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.”

NCCAM/NIH.gov/health/whatiscam

Integrative Medicine/Healthcare

- Healing-oriented care that takes account of the whole person (body, mind, spirit and community), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

NCCAM becomes NCCIH

- The National Center for Complementary and Alternative Medicine has changed their name to National Center for Complementary and Integrative Health
- Rationale: Surveys show that more of the public is using complementary methods integrating them into their usual care. More hospitals are providing complementary services are part of their standard care.

NCCAM Classification of Therapies

- Mind-Body: includes yoga, Tai Chi, meditation, imagery, art and music therapy, journaling, humor, body psychotherapy
- Alternative Medical Systems: includes Traditional Chinese Medicine (acupuncture, herbals, etc.), Ayurvedic Medicine, unconventional Western Systems (homeopathy), naturopathy

NCCAM classification continued

- Biological-based Therapies: include herbs, special diet therapies (Pritikin, Ornish, macrobiotic), pharmacological/biological/instrumental interventions (bee pollen, cartilage, iridology)

NCCAM classification continued

- Manipulative and Body-Based Systems: chiropractic, massage and body work (cranial-sacral, reflexology, polarity, Trager, Alexander technique, Feldenkrais, rolfing), physical therapies (hydrotherapy, light and color therapies, colonic)
- Energy Therapies: Therapeutic Touch, healing touch, Reiki, QiGong, magnets

CAM/IHC in Context

- Use of CAM/IHC has increased in older adults since 1993 as well as general population; seems steady since 2007.
- 34% of U.S. using adults in 1993, rose to 38.3% in 2007, with no significant change between 2007 and 2012.
- Estimated \$21.2 billion spent in 1997, \$33.9 billion on CAM/IHC in 2007
- Fifty-eight percent (58%) to eighty-eight (88%) of older adult subjects used some form of CAM/IHC

Eisenburg et al, 1993, Nahin et al, 2009, Clarke et al, 2015

- Between 55% and 69% of older CAM/IHC users do not disclose this use to their primary care providers



Cheung et al, 2007

Complementary Modalities Why do folks use them?

- Patients want to avoid side effect of meds or treatments that are worse than disease
- Patients seek provider who listens and cares
- Patients want to be treated in holistic manner, to be active participant
- Patients want “an approach to health and illness that resonates with their world view more keenly than conventional medicine.”

Dossey, 2011.

- Breath - Meditation
- Movement – Yoga, Tai Chi
- Touch – Massage, Therapeutic Touch

Meditation

- Meditation and medicine: come from the same Sanskrit root word meaning to take the measure of and to care for
- Definitions: Being in the moment
The balance of awareness, concentration, and energy
A quiet period of intentional silence



There are thousands of meditative techniques from many different traditions

Concentrative – Mantra, prayers, visualization, Qi Gong, Yoga, TM

Receptive/awareness – Vipassana, mindfulness

Reflective/analytical – disciplined thinking for insight

Expressive – dancing, chanting, whirling, fast breathing

Meditation

- The NIH recommends meditation and relaxation as one of the first interventions to use in treating hypertension



- Meditation reduces anxiety, increases self-esteem, decreases agitated behavior and increases relaxation, even in elders with advanced dementia.



Lindberg DA. 2005, Koike & Cardoso. 2014

Physiological change with meditation

- Changes in brain wave activity (in frontal cortex, limbic system, and hypothalamus, among other areas)
- Increased parasympathetic activity and increase in heart rate variability



Changes in neurotransmitter levels, eg. Increased serotonin, beta-endorphin, melatonin, and acetylcholine; decreased norepinephrin and cortisol

Movement

- WHO recognizes physical inactivity as the fourth leading global risk factor for morbidity and premature mortality.
- Older adults (defined as age 65 and older) are the least physically active of any age group and generate the highest expenditures for medical care.

Kohl, et al, 2012

Movement

- DHHS guidelines advise older adults to avoid inactivity, participate in regular aerobic activity, do muscle-strengthening activities, and do exercise that maintains or improves balance.

Movement

Yoga



Tai Chi



Yoga



- The use of yoga, tai chi, and qi gong increased linearly over three time points, beginning at 5.8% in 2002, 6.7% in 2007, and 10.1% in 2012. Yoga was the most commonly used of these three approaches

Clarke, et al, 2015

Self – reported Benefits

- “Adults who used yoga were more than five times more likely to report wellness reasons than treatment of a health condition.”
- “More than two-thirds reported they use yoga because they perceive it focuses on the whole person – mind, body, and spirit, or to improve energy.”

Stussman, et al, 2015.

Benefits of Yoga

- Improved balance, flexibility, range of motion and strength.
- Helps reduce heart rate and blood pressure.
- Used with a variety of health conditions, such as cancer, depression, pain, anxiety and insomnia, to help with sleep problems, fatigue and mood.
- Marked improvements in feelings of clear-mindedness, composure, elation, energy, and self confidence.

➤ Schmid, 2010, Mayo Clinic/yoga, Stussman, et al., 2015, Tiedemann, et al. 2013

Video on 3 aspects of yoga for wellness from NCCIH

- <https://nccih.nih.gov/video/yoga>

Precautions

- **Balance problems**
- **Uncontrolled high blood pressure**
- **Certain eye conditions, including glaucoma**
- **Severe osteoporosis**
- **Artificial joints**



The Therapeutic Yoga for Seniors Program at Duke Integrative Medicine

➤ Principles of Practice

First, do no harm

Create a safe environment

Meet people where they are

Be a guardian of safety

Teach people, not poses or conditions

Krucoff, et al. 2010

Tai Chi

- **Tai Chi** has existed as a systematic exercise and martial art in China for more than 2000 years. It consists of slow, circular movements that require muscles to remain relaxed while making a sustained, even, and continuous effort.



Tai Chi

- Significant improvements in physical functioning, bodily pain, vitality and mental health.
- More effective than brisk walking in improving balance, flexibility, and lower extremity strength
- Decreases the likelihood of falls and improves static balance – The Cochrane Review
- Increased reported feelings of relaxation, energy, and decreased fatigue.

Wang et al,2009; Irwin et al, 2008; Irwin et al, 2007; Elder Care, Arizona Center on Aging,2010

- Helps maintain bone mineral density (BMD) in postmenopausal women.
- Older adults with knee osteoarthritis - improvement in measures of pain, physical function, self-efficacy, depression, and health-related quality of life.
- Improved sleep quality, may help to prevent the onset of insomnia.
- Boosts immunity to shingles virus

Healing Power of Music

- <http://www.youtube.com/watch?v=NKDXuCE7LeQ>

Touch

- “The language of the senses, are capable of enlarging our appreciation and of deepening our understanding of each other and the world in which we live. Chief among these languages is touch. The communications we transmit through touch constitute the most powerful means of establishing human relationships.”

Ashley Montagu

Touch Therapies

- Massage – manipulating the body's soft tissues, muscles, skin, tendons, and ligaments using the fingertips, hands, and possibly forearms, elbows and even feet. Massage ranges from light stroking to deep pressure techniques.



Massage – Many Types

- Swedish
 - Deep-tissue
 - Trigger point
 - Trager
 - Rolfing
 - Cranial-sacral
- ETC.

Benefits of Massage

- **Decrease Pain**
- **Decrease Stiffness**
- **Blood pressure control, decrease heart rate**
- **Treat sports-related injuries**
- **Boosting immunity**
- **Cancer treatment**

Moyer CA, et al, 2004. and

<http://www.pacificcollege.edu/news/blog/2015/01/22/therapeutic-benefits-massage-elderly>

Mental Benefits of Massage

- Users of massage therapy report doing so for reasons other than treatment of a specific health condition:
- Stress relief
- Managing anxiety, depression, hostility, agitation
- Decreasing loneliness

Hawk et al, 2011; Stussman, et al, 2015

Precautions

Discuss massage with your PCP first in cases of:

- **Unexplained pain**
- **Burns or open wounds**
- **Cancer**
- **Blood clots**
- **Fractures**
- **Rheumatoid arthritis**
- **Severe osteoporosis**

Touch therapies

- Energy work -
Examples:
Acupuncture
Reflexology
Therapeutic Touch.



Therapeutic Touch

- A contemporary interpretation of several ancient healing practices, and is a consciously directed process of energy exchange during which the practitioner uses the hands as a focus to facilitate healing.

TT use with older adults

- Decrease pain, anxiety
- Decrease disruptive behaviors
- Improve sleep
- Relaxation response
- Comfort to the dying patient and their family

Denison, B. 2004; Gregory S. 2004; Woods, et al, 1996 & 2009

Palliative Care

In Washington State

86% hospices offer CAM services to patients

Music therapy – 74%

Energy healing – 65%

Aromatherapy – 45%

Guided Imagery – 45%

Compassionate touch – 42%

Acupuncture – 32%

Pet Therapy – 32%

Meditation – 29%

Art Therapy – 22%

Reflexology – 19%

Hypnotherapy – 16%

Kozak, et al, 2009, Bercovitz, 2010, Heneghan & Schnyer, 2015

Health and Wellness Coaching

Assist clients in making lasting lifestyle change. Utilize skills that support and motivate clients to make behavioral changes to live healthier lives.

<http://www.realbalance.com/what-is-wellness-coaching>

You Are The Most Important Piece of the Healing Environment

- When you bring a whole healed person to each encounter with a patient imagine what healing can take place

Take a Breath

Be Present

Recommendations

- Become familiar with CAM/IHC modalities that have sound evaluations of their efficacy and safety.
- Ask patients routinely about their use of CAM/IHC.
- Support health insurance coverage for effective and safe interventions.
- Be mindfully present to our older adults



Resources

- American Holistic Nursing Association
<http://ahna.org/edu/certification.html>
- Arizona Geriatric Education Center
<http://www.reynolds.med.arizona.edu/EduProducts/providerSheets/Integrative%20Medicine.pdf>
- Bastyr University <http://www.bastyr.edu/>
- National Center of Complementary and Integrative Health
<http://www.nccih.nih.gov/>
- Nurses Improving Care for Healthsystem Elders
<http://nicheprogram.org/>

Health.gov – information and guidelines on exercise for older adults
<http://health.gov/paguidelines/guidelines/chapter5.aspx>

Teaching Yoga to Seniors
<http://www.dukeintegrativemedicine.org/index.php/professional-training/therapeutic-yoga-for-seniors.html>

Video on 3 aspects of yoga for wellness from NCCIH
<https://nccih.nih.gov/video/yoga>

Therapeutic Touch Professional Associates in Seattle
www.therapeutictouchwashington.com

Touch Research Institute: <https://www6.miami.edu/touch-research/Research.html>

University of Minnesota Center for Spirituality and Healing – CAM
modules for health professionals
<http://www.csh.umn.edu/education/online-learning-modules-resources>

The Institute of Noetic Science bibliography on meditation
<http://www.noetic.org/ions-meditation-bibliography>

- Mind and Body Practices for Aging Related Conditions
<https://nccih.nih.gov/health/tips/age-mindbody?nav=govd>

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