

Shared Medical Appointments to Promote Healthy Lifestyles in an Integrative Oncology Clinic: A Novel Program in Collaboration with the Anticancer Lifestyle Program®

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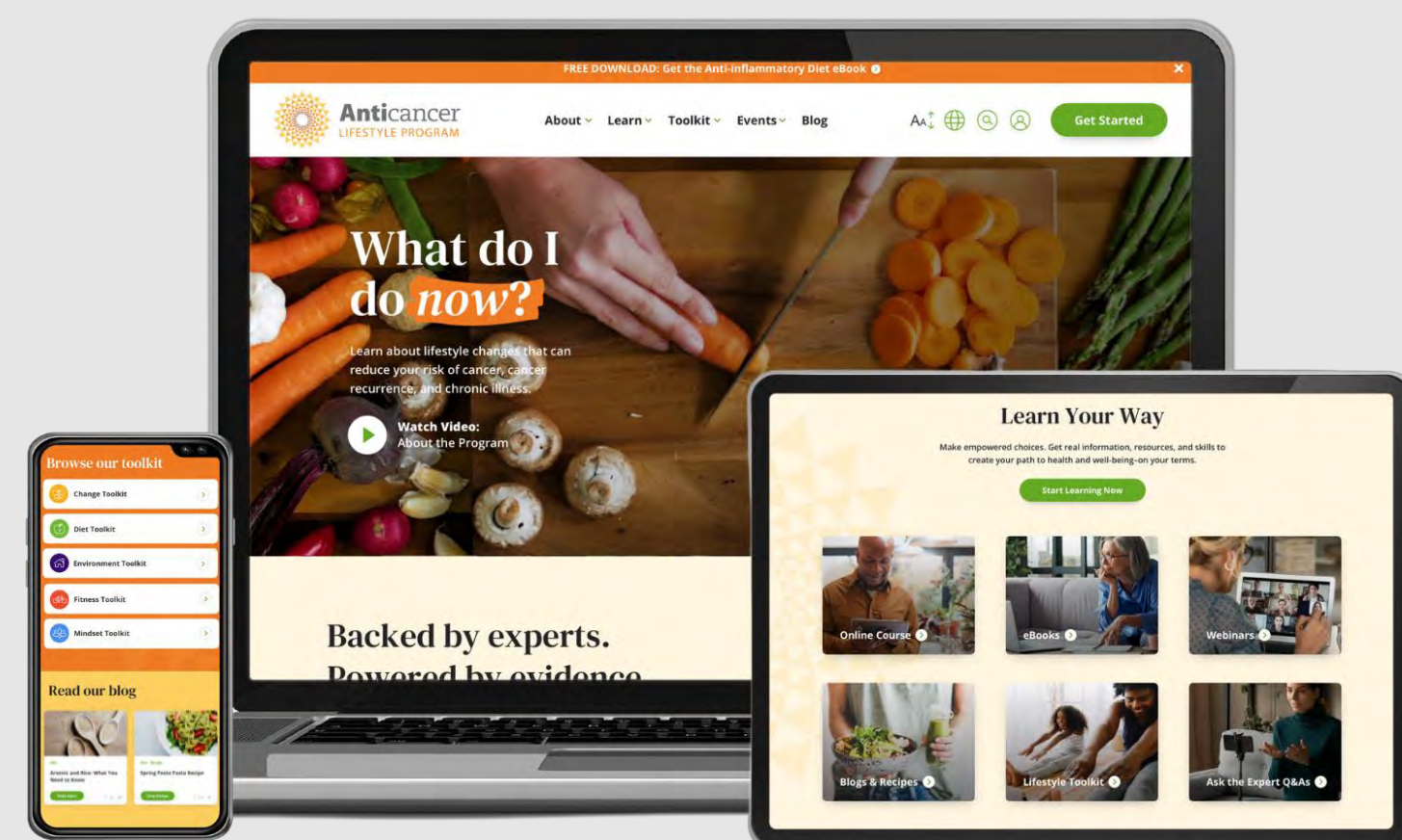
Introduction

- Integrative oncology (IO)** is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. IO therapies improve symptoms, clinical outcomes & quality of life & are included in NCCN & ASCO guidelines.
- Atrium Health's Levine Cancer Institute's Department of Supportive Oncology, houses the IO section & provides:
 - Physician consults
 - Integrative modalities (Acupuncture, Massage, Healing Touch)
 - Groups & Classes (Yoga, Tai Chi, Meditation)
 - Healing Arts modalities (Music Therapy, Art)
- Shared medical appointments (SMAs)** are healthcare provider-patient encounters in which groups of patients are seen by one or more providers in a concurrent session. SMAs may:
 - Improve healthcare quality
 - Reduce health disparities
 - Increase self-management
 - Reduce costs
- We developed a novel program within our IO clinic by coupling an SMA with the Anticancer Lifestyle Program (ACLP)**

The Anticancer Lifestyle Program®

The Anticancer Lifestyle Program offers free, evidence-based, healthy lifestyle resources that may reduce the risk of cancer, cancer recurrence & chronic illness. The tools, tips & information are provider-recommended & help participants improve their diet, increase their fitness, lower stress & reduce exposure to harmful chemicals in the home environment. More than 30,000 people from 70 countries have benefitted from our:

- Online course
- eBooks
- Webinars
- Blogs
- Recipes
- And more!



Our program is useful for people living with cancer and those interested in learning how to adopt healthy lifestyle behaviors.

"I am getting a lot of benefits from the content on the modules, the nurse health coach call & the shared medical appointment & feel I have new tools & information to give me confidence on my path into survivorship! Has been 100% worth my time & I would encourage all cancer patients to participate if available to them!!"- Laura, Breast Cancer Survivor & Program Participant



Photo used with permission

Shared Medical Appt Structure



- Virtual SMA once per month, for 6 months
- "Orientation" visit, then one ACLP module each month
- Individual Health Coaching call in between group visits
- Option for 1:1 provider visit if needed
- Follow up at 3 months & 6 months, post completion
- Chair Yoga class (optional)
- Topic specific lectures, i.e., culinary medicine, stress (optional)

Results

"I am just SO THANKFUL and HAPPY to be part of this special group!!! I've been floundering around trying to figure out on my own...just that first module "change" and that first group meeting and hearing other women and seeing those comments in the chat box, made me feel validated and so not alone in my quest for answers, the feeling of wanting to do the right thing but not sure how to get started." SMA Participant



- Cancer type (fig. 1)
- Treatment type (fig 2)
- Responses to questionnaire (fig 3)
- 100% of participants reported feeling confident continuing making healthy changes (fig 3)**

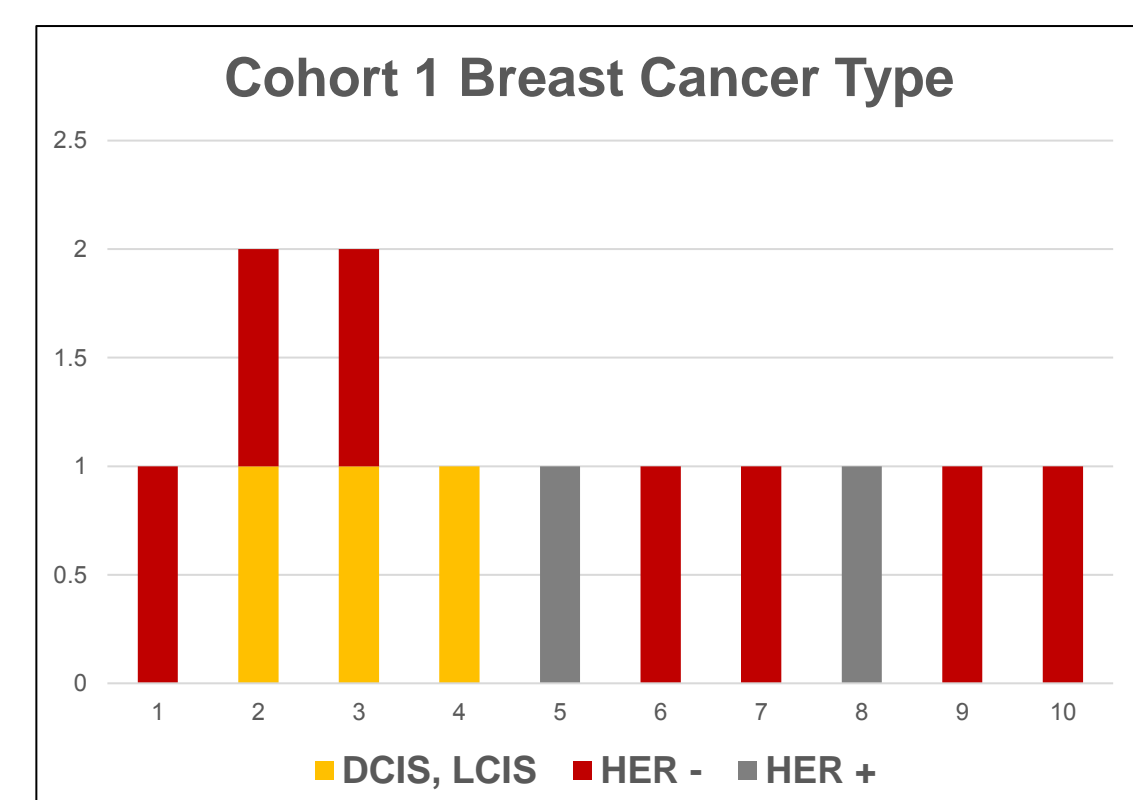


Fig. 1

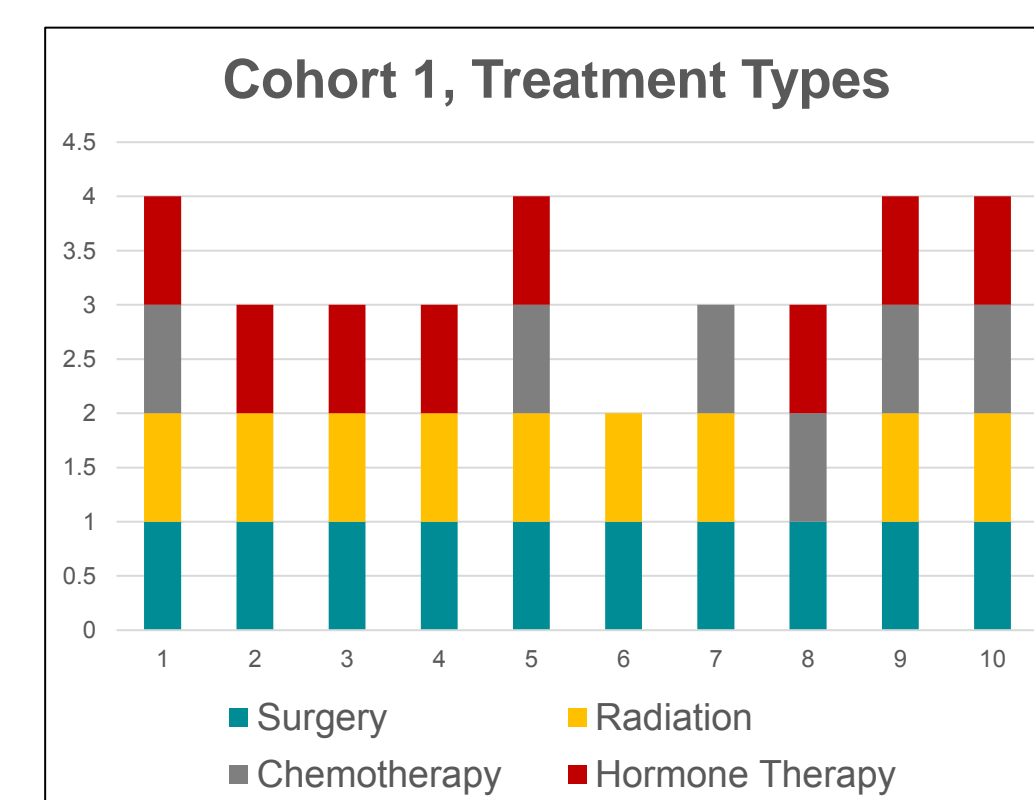


Fig. 2

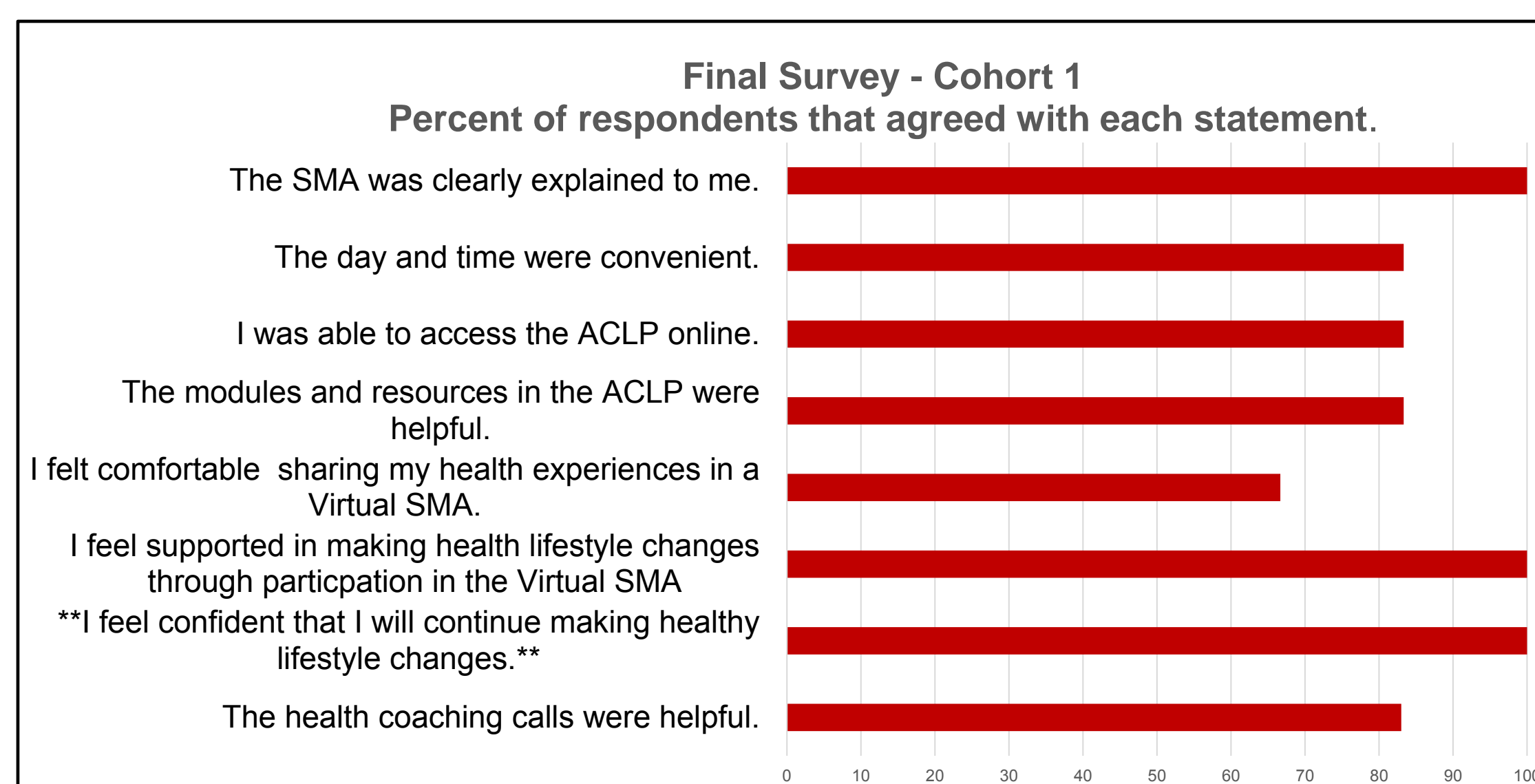


Fig. 3

Discussion

Benefits of an SMA coupled with the ACLP:

- Patients connect with others for education, inspiration & support
- A more equitable patient-provider relationship
- Increased provider-patient time
- ACLP modules provide a framework for education & connection to resources to help meet individual goals

When planning a virtual SMA, consider:

- Corporate Healthcare Compliance
- Legal- Privacy
- Coding & Billing
- Virtual platform that is HIPAA compliant
- Staffing needs for preparation, the visit & follow up
- Provider preparation time (visit not billable by time)
- Cancer diagnosis when establishing cohorts

Preparation & Communication:

- Educate about privacy, confidentiality & time commitment to improve success.
- Use phone reminders to improve engagement
- Encourage active participation during SMA

Conclusions

- Coupling an SMA with the ACLP within our IO clinic was successful**
- Patients reported high satisfaction with the program
- Cohorts were diverse socio-economically and racially
- Virtual platform provided connection & support during pandemic
- Patients reported improved efficacy
- Consider hybrid & in-person due to technology issues and to allow for biometric measurements, in-person exams and patient preference

Next Steps

Anticancer Lifestyle Program:

- Spanish translation of material
- Mobile device application
- Create more Learning Communities

Levine Cancer Institute:

- Expanding to other populations with different cancer types
- Evaluating patient reported outcomes
- Body composition analysis
- Long-term follow-up

Additional Resources

- The Society for Integrative Oncology Clinical Practice Guidelines: www.integrativeonc.org
- The Integrated Center for Group Medical Visits: www.icgmv.org



[Anticancer Lifestyle Program](http://AnticancerLifestyleProgram.com)



[Cancer Care](http://CancerCare.org) | [Levine Cancer Institute](http://LevineCancerInstitute.org) | [Atrium Health](http://AtriumHealth.org)

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