

INTEGRATED CHINESE MEDICINE

Integrating East and West:
How to Engage Your Medical Team in Your Total Care

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Misha Ruth Cohen, OMD, L.Ac.
Clinic Director, Chicken Soup Chinese Medicine

AGENDA

- Integrated Medicine
- Integrated Medicine Partners
- Integrated Chinese Medicine Consultation
- Case Management/Care Monitoring
- Comprehensive Treatment Plans
- Drug Herb Interactions
- Questions
- Contact Information

Integrated Medicine in Cancer

Integration of Eastern and Western cancer care and support can help sustain a person faced with cancer and associated symptoms.

At times, in this talk I will use my clinic as an example.

These concepts can be universally applied.



Integrated Medicine

- People living with complex health conditions such as NET often require careful monitoring, and often ongoing treatment, which will include the Western diagnostics and treatment, can include Chinese medical diagnosis and treatment, as well as other types of mind/body/spirit support.
- These can be woven together to provide an integrated medicine care plan.

Integrated Medicine Partners

- In an integrated East/West medical approach, not only should the Chinese medicine practitioner ask how your western treatments are going.
- He or she should make sure that treatment plans support and facilitate the healthcare decisions a client is making with other providers.

Integrated Medicine Partners

- It is best that frequent contact is made by the Chinese medicine practitioner with the Western oncology team to ensure that everyone is working together optimally for the patient's best health outcomes.
- Appropriate referrals should be made.

Integrated Medicine/Partners

What does this mean to patients?

- Chinese medicine practitioners should be able to work in conjunction with Western care, so the different puzzle pieces can be put together for the best effect.
- Practitioners should be well versed in issues such as drug-herb interaction, so that patients can feel secure in their healthcare when they combine western and eastern remedies.

Here are examples of integrating Chinese medicine with western care in cancer support.

For clients who...	Our focus is to...	Co-management means we...
<p>Have cancer and are undergoing chemotherapy or other western care options</p>	<p>Minimize adverse effects of chemotherapy such as fatigue, nausea, aches and pains, low blood counts</p> <p>Prepare your body for surgery and manage pain, support proper recovery afterward</p>	<p>Schedule acupuncture at optimal times around your western therapies for best impact on your symptoms</p> <p>Recommend herbal strategies that will be supportive and safe in conjunction with your western therapies</p>
<p>Have cancer or had cancer and are not undergoing western care options</p>	<p>Support the proper function of the body's immune system from a Chinese medical perspective</p> <p>Maximize your overall physiological balance from a Chinese medical perspective</p> <p>Support your Spirit (called "Shen" in Chinese medicine)</p>	<p>Work with your western providers to monitor your stage of health/disease</p> <p>Make referrals for second opinions or support resources where appropriate</p>

Who are our partners?

What we say to patients with cancer or who have had cancer treatment now seeking integrative care:

- First of all, our partner is you – the client. We're not here to “fix” you – we're here to support you on your journey to better health. If you're up for it, so are we.

Who are our partners?

What we say to patients with cancer or who have had cancer treatment now seeking integrative care

- Second, we also partner with your western providers where appropriate.
- For patients diagnosed with cancer, we work with oncologists and other providers at California Pacific Medical Center, UCSF, Stanford, Kaiser, and other centers.

Who are our partners?

What we say to patients with cancer or who have had cancer treatment now seeking integrative care

- We will collaborate with your western and other healthcare providers as appropriate.
- We stress the importance of sharing lab work and treatment plans with our partners so that everyone is on the same page, working for the best support of our patients.

Optimum Integrated Chinese Medicine Consultation

- It is best that prior to a face-to-face meeting, the practitioner previews relevant health history, including western lab work and reports and treatment plans from other practitioners.
- Also, a health narrative from the patient can help give focused on the client's specific needs

Optimum Integrated Chinese Medicine Consultation

- At the consultation, the practitioner will discuss health history with the patient.
- She or he will also ask questions, take pulses, and look at the tongue in order to determine a **Chinese medical diagnosis.**



Optimum Integrated Chinese Medicine Consultation

- At the end of a consultation visit the practitioner and patient should agree upon a treatment strategy. A tailored comprehensive treatment plan can then be developed.
- The treatment plan would reinforce the Chinese diagnosis, recommended treatment, and steps outlined for facilitating the client's own health.

How To Monitor Care

- Patients can go to the specialized Integrated Chinese Medicine clinic for acupuncture, nutrition and/or herbal follow-up and monitoring.
- Patients can be followed through a referring practitioner with a treatment plan that can be carried out by the referring practitioner.
- Integrated Chinese Medicine treatment plans should be updated periodically.

Comprehensive Treatment Plans

- Comprehensive treatment plans can create a structure around a patient, so you know not only where you've come from, but where you can head, and how you can get there.
- Treatment plans should include practitioner recommendations - based on the individual client's situation - for acupuncture, herbs, diet, exercise, massage and other referrals and recommendations that are appropriate.

Comprehensive Treatment Plans

- The plan should account for Western diagnosis and treatment plan, Chinese diagnosis and all the highly personalized considerations that come out of the consultation.
- The practitioner should pay attention foremost to what the patient most cares about, what she can handle at the moment physically/emotionally/financially, what resources he has at his disposal, and what resources the practitioner can introduce them to.

How Do You Engage Your Team in Your Total Care?

- Write a complete narrative prior to seeing your practitioners – East or West
- Provide a list of all substances, timing and doses that you are taking
- Provide all pertinent medical records, labs
- Introduce practitioners to each other
- Share treatment information and treatment plans among practitioners, caregivers, etc.
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Contact Information

Misha Ruth Cohen, OMD, L.Ac.

Mark Ryan, Apprentice

Chicken Soup Chinese Medicine

2325 3rd Street

San Francisco, CA 94107

415-861-1101

chickensoupchinesemedicine@docmisha.com