

Introduction

A diagnosis of cancer, treatment side effects and consecutive follow up cause negative emotional responses including anxiety, depression, fatigue, fear and insomnia that affect the healing process. Hence, for a fruitful cancer care, it is logical to put emphasis on both physical and emotional well-being. Scientific evidence supports the utilization of integrative mind-body interventions in rehabilitation programs and encourage the promotion of a whole-person approach to health. Specifically, meditation and yoga programs have applicability in areas of decreasing anxiety and mood disorders. Taking account of international and national guidelines, we designed a program of integrative rehabilitation based on 3 months yoga lessons and nutritional counselling. The purpose of this study is to prove the efficacy of yoga training (breathing exercises, gentle yoga poses and relaxation techniques) in the area of supportive cancer care.



Fig. 1 - Yoga class of cancer patients (Onconauti)

Materials

A group of 70 cancer survivors that, in the follow-up phase, suffered from psycho-physic symptoms not curable by a pharmacological approach. Average Age: 61 (range:36-83); 77% of patients presented comorbidities.

TYPES OF CANCER	%	THERAPY DONE	%
Breast	49.28	Chemio	27.54
Colorectal	13.05	Radio	18.84
Prostate	7.25	Hormone treatment	33.33
Ovarian Uterus	7.25		
Renal	4.35		
Other	20.3		

Tab. 1 e 2 – Patients characteristic and therapies

Methods

Administration of Profile of Moods States (POMS). A rapid method of assessing transient, fluctuating active mood state. It is an ideal instrument for measuring and monitoring treatment change in clinical, medical, and addiction counselling centres. POMS was administered at beginning (TEST) and at the end (RETEST) of the 3 month rehabilitation program. Wilcoxon-Signed Rank Sum Test is used to compare POMS scores before and after the mind-body program.

Results

The statistical assessment shows a significant improvement in each mood dimension and in the total mood disturbance ($p < 0,05$), although there is much variability within group. Surprisingly, pain perception disappears in 25% of cancer patients that felt it. Moreover, the patient satisfaction questionnaires suggest that several symptoms improved with yoga (enhancement in the quality of sleep and strength of body, decrease in symptoms of anxiety, ecc).

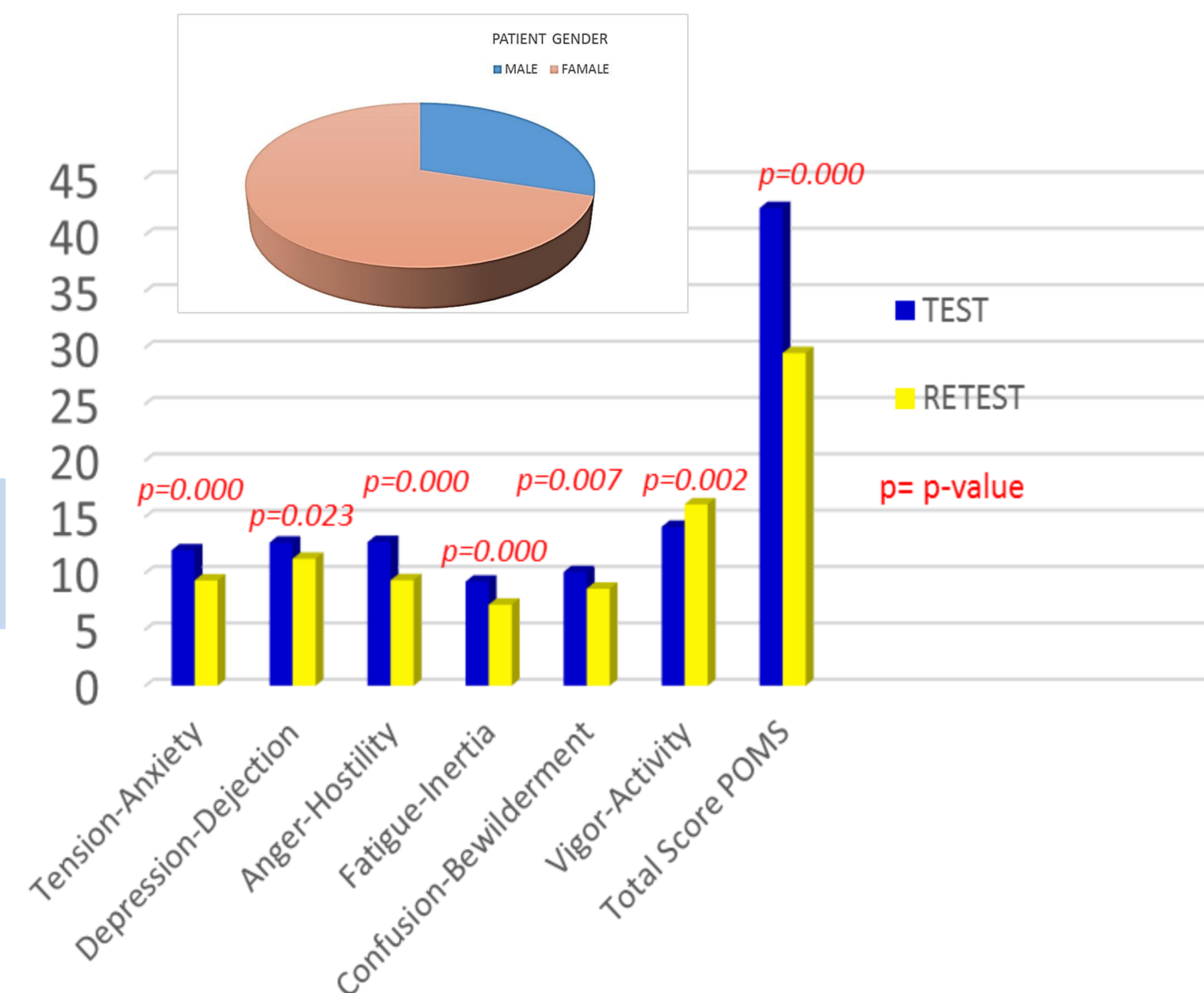


Fig. 2 – Patient Gender and Average of POMS Score reporting p-values.

Conclusions

Our study confirm that yoga practice can enhance physical and emotional well-being of cancer survivors. We hope that such type of integrative intervention, quite inexpensive and with international scientific evidence of efficacy, will soon became a standard for oncological follow up. In the area of oncology rehabilitation as in Palliative Care, the integration between Public Health Service and No Profit Organization could became a sustainable and cost effective model of intervention.

WE PROVE THE EFFICACY OF OUR INTEGRATIVE REHABILITATION PROGRAM IN THE TREATMENT OF MOOD DISTURBANCE.

Bibliography

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