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### Prospective study on the efficacy of integrative medicine in oncological patients in a Spanish public hospital

**Introduction:** The use of associated oncospecific treatments with complementary therapies (CT) is well known and highly relevant in terms of their social and medical significance. These treatments combine conventional medicine with complementary therapies.

**Objective:** To determine whether in our environment the use of complementary therapies (CT) improves quality of life and anxiety or depression levels in cancer patients.

**Methods:** Concurrently offered to outpatients in the course of adjuvant chemotherapy or within six months after this, CT delivered simultaneously with the standard treatment for side effects were: mindfulness, biofield therapies, acupuncture, or nutritional support and supplements, based on a clinical review by a medical member of our integrative health unit. Patients signed an informed consent and completed the HAD (anxiety

and depression) and QLQC-30 questionnaires at the beginning and end of the intervention.

**Results:** Between May 2016 and April 2017, 52 patients participated in the study, 63% receiving nutritional advice, 54% acupuncture, 65% biofield therapies, and 12% mindfulness training. Pre- and post- intervention evaluations found statistically significant reductions in the levels of anxiety (HAD-A:  $p=0,002$ ) and depression (HAD-D:  $p=0,04$ ). Quality of life improved significantly in global ( $p=0,02$ ) and emotional ( $p=0,01$ ) dimensions. A reduction in symptoms such as pain, nausea, and fatigue were noted, as well as an improvement in appetite. Patient satisfaction was 100%.

**Conclusion:** In our study, the use of CT improved the quality of life, anxiety, and depression in patients with cancer, a finding in line with other reported findings.



#### Biography

Cristina M Abadia Castello has completed her MD at the age of 25 years from Universidad Autónoma de Barcelona. She is the Director of Integrative Health Unit in Consorci Sanitari de Terrassa, a public Hospital in Barcelona, Spain.

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