

Integrative Oncology UK 21

15 May 2021

Event Guide

We are delighted to welcome you to the inaugural Integrative Oncology UK 2021, organised in association with the British Society for Integrative Oncology.

Our involvement began after organising the **Your Life and Cancer** online event last September designed for people who have had a cancer diagnosis. The event provided a learning forum about lifestyle changes and complementary approaches to support treatment. With more than 200 clinicians and practitioners in attendance, it was clear that healthcare professionals were looking for information to support patients to optimise their health, quality of life and clinical outcomes.

By working in association with the BSIO, who have developed a phenomenal conference programme, this first **Integrative Oncology UK** conference will provide more than 300 healthcare professionals from 22 countries with clear evidence and research that promotes effective integrative care for patients with a cancer diagnosis.

If you are new to Integrative Oncology, we hope that this conference programme will inspire you to further explore the topic by joining the **British Society for Integrative Oncology** who are committed to seeing integrative healthcare made available and delivered seamlessly to all those whose lives are affected by cancer.

We encourage you to join us live and share in the debate, to ask questions and to be a part of this much-needed multi-disciplinary dialogue.

Best wishes
Versha and Sophie



Versha Carter
Organising Team
Integrative
Oncology UK



Sophie Potten
Organising Team
Integrative
Oncology UK

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In association with
BSIO
BRITISH SOCIETY FOR
INTEGRATIVE ONCOLOGY

Programme Update:

Join Dr Santosh Rao live presentation

19:00 – 20:00 BST • Friday 14th May

The future of Integrative Oncology' session at 16:00 BST with Dr Santosh Rao will now be pre-recorded. Unfortunately Dr Rao is unable to join us live on Saturday 15th May.

We are delighted however, to announce that Dr Santosh Rao has invited all delegates to join him live on **Friday 14th May**, from **19:00 – 20:00 BST** when he will be recording his 30 minute presentation and hosting an additional 30 minute live Q&A.



Become a member...

BSIO is the main multidisciplinary professional organisation in the UK for Integrative Oncology. Membership is open to healthcare practitioners, academic institutions, businesses and individuals who have the common goals of excellent integrative patient care and prevention of cancer. Find out more at: www.bsio.org.uk

Join the brand new Integrative Oncology LinkedIn Group

For general discussion and news on the latest in Integrative Oncology with like-minded healthcare professionals. Join the brand new LinkedIn group: **Integrative Oncology** - combining conventional, lifestyle and complementary approaches

Any questions?

If you have any questions regarding Integrative Oncology UK, please don't hesitate to contact us.

Email: info@IntegrativeOncologyUK.com

Tel: +44 (0) 1453 798089

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Saturday 15 May 2021

 09:00 – 09:05

Welcome from Conference Chair and introduction about BSIO

Chair:

[Dr Catherine Zollman](#)



 09:05 – 10:00

Should lifestyle and nutrition be included in all cancer treatment plans? A research update

Chair:


[Dr Catherine Zollman](#)

Speaker:

[Prof Robert Thomas](#)

A healthy lifestyle can reduce the risk of cancer, reduce side effects of treatments and improve outcomes. There still remains some lack of clarity about what factors are most important, so this talk will review evidence in clinical studies from across the World. It will highlight both what is known and the areas where further research is needed.

More than 60% of people with a cancer diagnosis use some form of lifestyle or complementary therapy. This session will highlight the risks that patients can incur if trying to self-manage, as well as providing some safe, practical self-help tips that can be applied within a standard cancer treatment setting.

 10:15 – 11:15

Optimising patient resilience to get the best out of treatment

Chair:

[Dr Penny Kechagioglou](#)

Speakers:

[Prof Sandy Jack](#)

[Dr Carol Granger](#)

Cancer prehabilitation is the combination of multi-professional interventions such as nutrition, exercise and wellbeing support. It is aimed at achieving better functional outcomes and reducing physical and mental morbidity after cancer surgery and other oncological treatments.

This session will discuss the research that demonstrates that pre-existing chronic stress, physical inactivity and poor nutritional status can impair immune, digestive and endocrine function and worsen mental health, leaving the body less able to tolerate and benefit from cancer treatment.

We will explore how simple yet powerful interventions and tools can be used in the in-patient, outpatient and community settings. Such as providing structured exercise programmes, optimising nutritional status and the intestinal microbiome and addressing psychological distress proactively. All these can improve functional status, thereby reducing the risks of cancer treatments and helping to maintain and improve overall health and wellbeing.



Dr Catherine Zollman
Conference Chairman;
Medical Lead, Penny
Brohn UK, GP & Clinical
Lead for Personalised
Care and Support, SWAG
NHS Cancer Alliance



Prof Robert Thomas
Consultant Oncologist,
Addenbrooke's and
Bedford Hospitals; Visiting
Professor, Cranfield
University; Clinical
Teacher, Cambridge
University, UK



Dr Penny Kechagioglou
Consultant Clinical
Oncologist and Group
Clinical Director for
Surgery and Emergency
Medicine, University
Hospitals Coventry and
Warwickshire, UK



Prof Sandy Jack
Professor of
Prehabilitation Medicine
and Consultant Clinician
Scientist, University
of Southampton and
University Hospital
Southampton NHS
Foundation Trust, UK



Dr Carol Granger
Registered Nutrition
Practitioner with an
interest in the human
microbiome, UK

🕒 11:30 – 12:30

Building mental and emotional resilience while living with cancer

Chair:

Dr Caroline Hoffman

Speakers:

Emeritus Prof Leslie G Walker
Sophie Sabbage
Dr Lauren Macdonald

Living with a cancer diagnosis can stretch a person's mental and emotional resources to their limits. These challenging times present opportunities to actively cultivate practices, which meet these mental and emotional challenges in ways that enhance resilience and enable post-traumatic growth.

People can be helped to meet emotions like fear, anxiety and uncertainty without being constantly overwhelmed by them. They can learn that it is possible to live well in the midst of the crisis that cancer presents. This session will explore approaches including cognitive reframing, counselling, courage, thriving rather than surviving, embodiment, mindfulness, self-compassion, hypnosis and visualisation that can be invaluable to enable people to live well.

12:30 Break for lunch

🕒 13:30 – 14:30

Integrative cancer care during radiotherapy and chemotherapy – optimising outcomes while minimising side effects

Chair:

Dr Nina Fuller-Shavel

Speakers:

Dr Stephen Kennedy
Susie Budd
Aga Kehinde

Going through an intensive treatment regime is challenging for both the patients and the clinicians who are managing therapy side effects. This session will explore components of integrative cancer care that may be safely and effectively incorporated during chemotherapy and radiotherapy treatment, including reviewing the evidence and controversies around nutrition, supplementation and fasting and how to provide practical guidance on physical activity, sleep and psycho-emotional support. The importance and benefits of having a properly integrated approach for patient safety and better outcomes will be highlighted.

We will also discuss integrative management options for common side effects of chemotherapy and radiotherapy, including GI effects (mucositis, diarrhoea, N&V), cancer and chemotherapy-related fatigue (CRF) and cognitive dysfunction, chemotherapy-induced peripheral neuropathy (CIPN) and radiation dermatitis.



Dr Caroline Hoffman
 Clinical and Research Director, Breast Cancer Haven, UK



Emeritus Professor Leslie G Walker
 Emeritus Professor of Cancer Rehabilitation, University of Hull, UK



Sophie Sabbage
 Expert in the field of human psychology, authority on exploding creativity in crises; Sunday Times bestselling author, UK



Dr Lauren Macdonald
 Medical Doctor and Integrative Practitioner with a special interest in trauma and the mind-body connection, UK



Dr Nina Fuller-Shavel
 Integrative Medicine Doctor, Scientist and Educator; Vice Chair of BSIO; Director of Synthesis Clinic; Fellow of the College of Medicine, UK



Dr Stephen Kennedy
 Consultant Clinical Oncologist, The Christie NHS Foundation Trust, UK



Susie Budd
 Chemotherapy Senior Staff Nurse, Bristol Haematology and Oncology Centre; Treatment Support Nurse, Penny Brohn UK



Aga Kehinde
 Clinical Nurse Specialist, Cancer Educator and Health & Wellbeing Lead, Oncology Division, Royal Surrey Hospital & Performance Coach, UK

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🕒 14:45 – 15:45

Living with advanced cancer – what can Integrative Oncology offer?

Chair:

[Dr Elizabeth Thompson](#)

Speakers:

[Dr Jacqui Stringer](#)

[Kristin Hallenga](#)

[Dr Duncan Still](#)

Based on clinical experience and research evidence, this session will explore the potential of integrative approaches to help people living with advanced cancer to manage troublesome symptoms, tolerate ongoing treatment, build resilience and regain a sense of control and realistic hopefulness.

By expanding the therapeutic toolbox, people's psychological, physical, emotional and spiritual needs can be addressed in a way which helps them live as well as possible for as long as possible, avoiding the harmful effects of both false hope and false hopelessness.

🕒 16:00 – 16:30

The future of Integrative Oncology – looking forward (pre-recorded)

Chair:

[Dr Catherine Zollman](#)

Speaker:

[Dr Santosh Rao](#)

This session, from the chair-elect of the international Society for Integrative Oncology, will draw from global examples of best practice in Integrative Oncology to offer a future vision of how the UK oncology community might incorporate Integrative Oncology approaches to achieve the best patient experience and outcomes possible, while also supporting staff resilience and wellbeing.

🕒 16:30 – 17:00

Panel discussion and Q&A

Chair:

[Dr Catherine Zollman](#)

Speaker:

[Dr Nina Fuller-Shavel](#)

[Dr Caroline Hoffman](#)

[Dr Penny Kechagioglou](#)

[Dr Carol Granger](#)

[Dr Elizabeth Thompson](#)

Dr Catherine Zollman, conference chair, will summarise the highlights from the day and moderate a panel discussion and Q&A.



Dr Elizabeth Thompson
CEO and Holistic Doctor,
National Centre for
Integrative Medicine
(NCIM), UK



Dr Jacqui Stringer
Clinical & Research Lead
for the Complementary
Health & Wellbeing
Services, The Christie NHS
Foundation Trust, UK



Kristin Hallenga
Founder, CoppaFeel!
Breast cancer awareness
charity, UK



Dr Duncan Still
Integrative Doctor,
Penny Brohn UK,
National Centre for
Integrative Medicine and
University of Bristol, UK



Dr Santosh Rao
MD, ABIHM, Medical
Oncologist and Medical
Director, James M Cox
Foundation Center for
Cancer Prevention and
Integrative Oncology,
Banner MD Anderson
Cancer Center, USA

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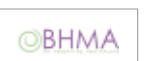
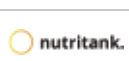


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- 2 You will be prompted to enter your password. Your password was included in your **'Joining Instructions'** email.



- 3 You will be directed to a **'Live Conference'** page. Select **'WATCH LIVE'** to join the live presentations. Please note you can only access the presentations at the scheduled time.

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- 4 All sessions are being hosted in Zoom. If you already have a Zoom account it should automatically open. If however, it does not launch, please click on **'launch meeting'**. You will be asked to enter your name and email address. You can enter **'Anonymous'** into the Name box if you would like to ask questions and/or write in the chat box anonymously.



- 5 At the end of each session you will need to return to the **'Live Conference'** page to access the next presentation.



Recordings of the conference will be available to view by following the same instructions from **Wednesday 19th May**.

If you do NOT have a Zoom account:

We strongly recommend you download Zoom by selecting 'Download and run Zoom'. It is not possible to access the presentations on a mobile or tablet without downloading Zoom.

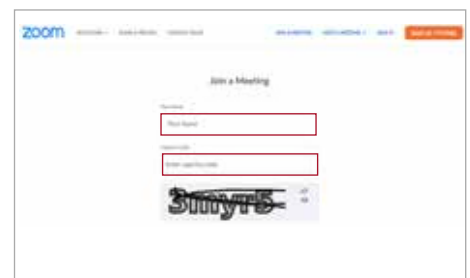
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- 2 You will be asked to enter your Name and a Captcha code



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