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PURPOSE OF STUDY

- Determine if basic yoga interventions, performed concurrently during the time of a cancer therapy infusion treatment, decrease patients' perceptions of fatigue, pain, nausea, fatigue, anxiety, and distress.
- Determine if episodic yoga therapy positively impacts cancer patients' understanding of yoga breathing techniques commonly used to promote relaxation.

REVIEW OF LITERATURE

- Cancer patients often experience fatigue, pain, nausea, anxiety and distress. These symptoms are therapeutic targets for enhancing quality of life in cancer patients during treatment.
- Mind-body practices: are a large and diverse group of complementary therapy techniques (Danahauer, Sohl, Addington, Chaoul, & Cohen, 2016).

Yoga therapy: is one type of mind-body practice.

- Yoga for Cancer Therapy (YCat) is the specific yoga program that was used in this study.
- Benefits for patients receiving yoga therapy include pain control, decreased anxiety, reduced depression, improved sleep, and enhanced quality of life (Danahauer, et al, 2016).

METHODS

Design: A prospective single convenience group, using a pre/post design.

Setting: The Christ Hospital Health Network, an academic, comprehensive, outpatient cancer center in Cincinnati, OH.

Population: Patients receiving infusion therapy.

Study Procedures:

- After obtaining informed consent, participants rated pain, fatigue, nausea, anxiety, and distress on a 0-10 visual analogue scale (VAS).
- A yoga intervention, using the Yoga for Cancer Therapy (YCat) program, was performed.
- Participants rated the intensity of the symptoms using the same VAS scale post yoga therapy.

INTERVENTION

- YCat program includes breath practices, movement practices, guided imagery, witness practice (body scan meditation), and yoga nidra (relaxation).
- Participants received 20-40 minutes of standard YCat yoga instruction/techniques, provided by a certified yoga therapist
- Yoga interventions were customized to each patient's needs/symptoms.

Tina Walter, Yoga Therapist, guides patient in breathing practices

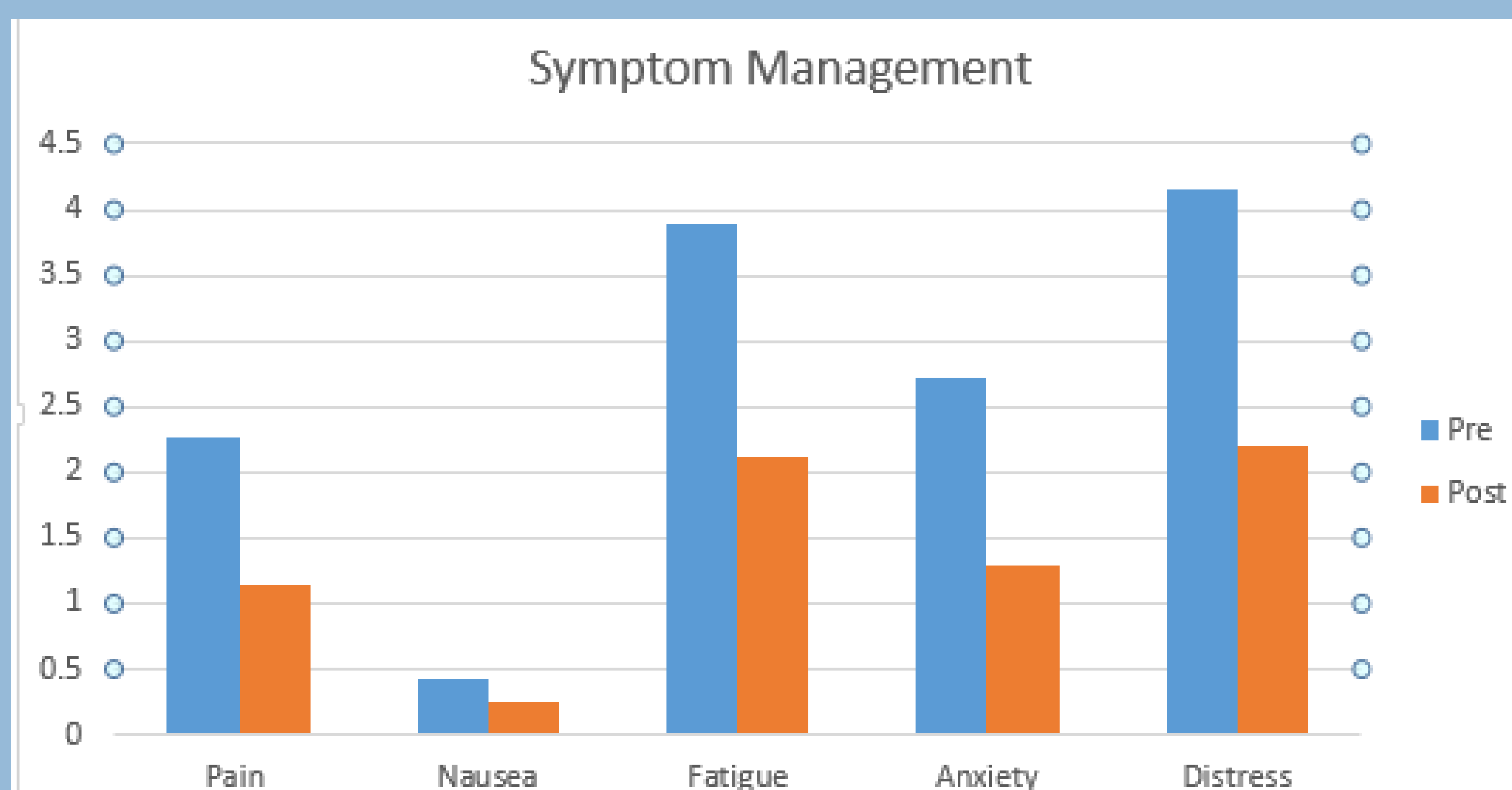
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RESULTS

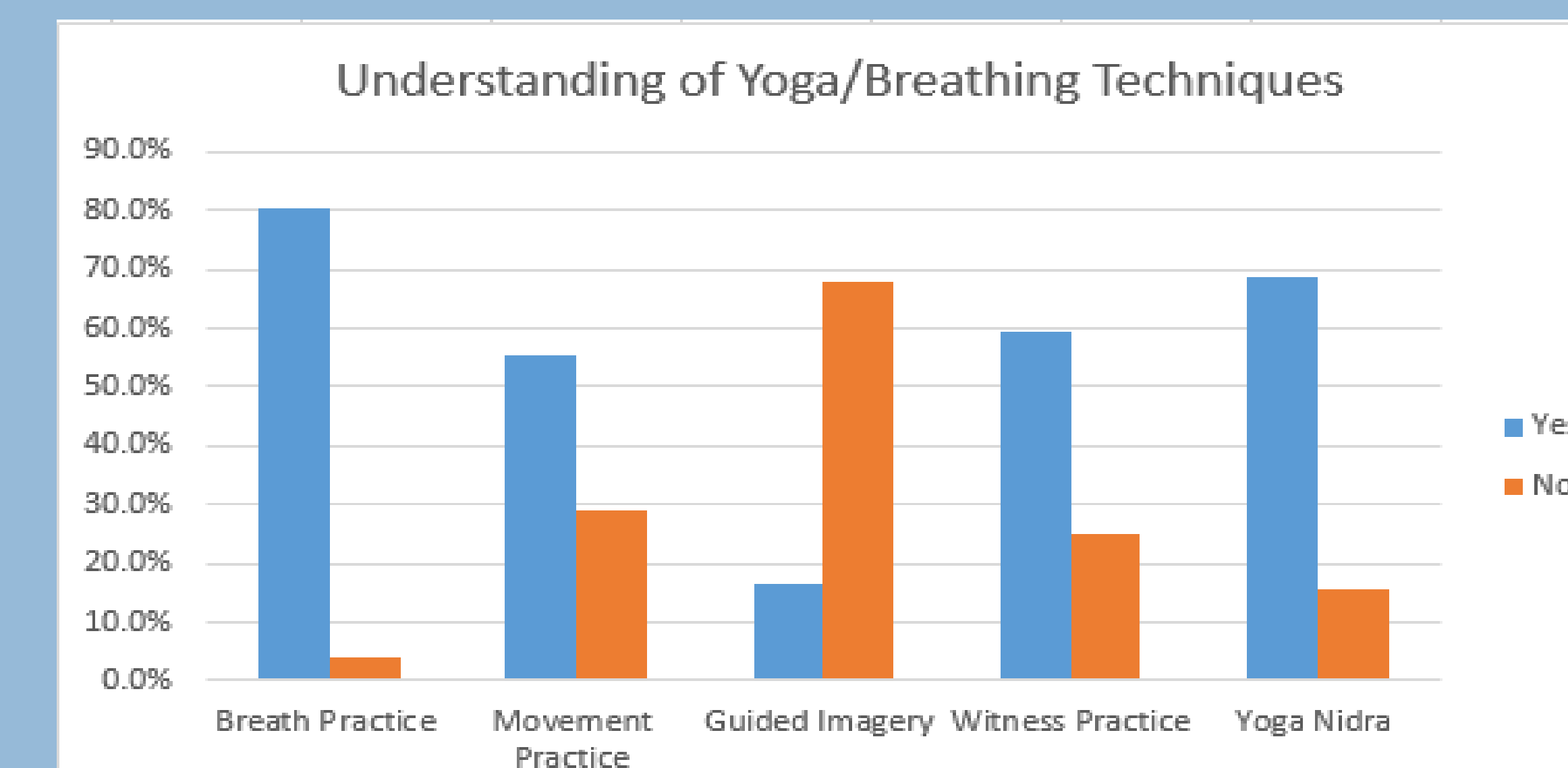
- Subjects included cancer patients (n=96), who were currently receiving chemotherapy / biotherapy (55% female, 42% male, 3% no response) following a single course of yoga therapy, scores for all symptoms except nausea decreased from pre-yoga levels:

- ❖ Pain (p < 0.001)
- ❖ Fatigue (p < 0.001)
- ❖ Anxiety (p < 0.001)
- ❖ Distress (p < 0.001)
- ❖ Nausea (p < 0.062)



RESULTS

After the yoga therapy, participants rated their understanding of yoga / breathing techniques:



CONCLUSION

- This study suggests that yoga therapy may be an effective intervention for decreasing pain, anxiety, fatigue, and distress in cancer patients.

IMPLICATIONS FOR PRACTICE

- Through the use of yoga therapy, cancer patient's experience of symptoms related to CBI can be decreased.
- Intraprofessional team collaboration is critical to success of a safe, effective yoga therapy program for oncology / hematology patients.
- Longitudinal studies, with larger sample sizes, are recommended which examine the effects of a regular yoga therapy program on the cancer patient's experience of related side effects.



Gentle movements in chair during infusion may help decrease symptoms for cancer patients. Photo Used with Permission