



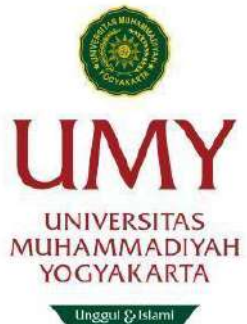
Complementary and Alternative Medicine (CAM) for Palliative Care

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Objectives

1. Review of CAM
2. CAM for Palliative Care
3. Islamic Medicine (*Thibbun Nabawi*) for Palliative Care



Review of CAM

- Complementary and alternative medicine (CAM) is the term for medical products and practices that are **not part of standard medical care**.
- **Standard medical** care is medicine that is practiced by health professionals who hold a degree.
- Standard medicine may **also be called** biomedicine or allopathic, Western, mainstream, orthodox, or regular medicine.



Review of CAM

- **Complementary medicine** is treatments that are used along with standard medical treatments but are not considered to be standard treatments.
- **Alternative medicine** is treatments that are used instead of standard medical treatments.
- **Integrative medicine** is a total approach to medical care that **combines** standard medicine with the CAM practices that have been shown to be **safe and effective**.



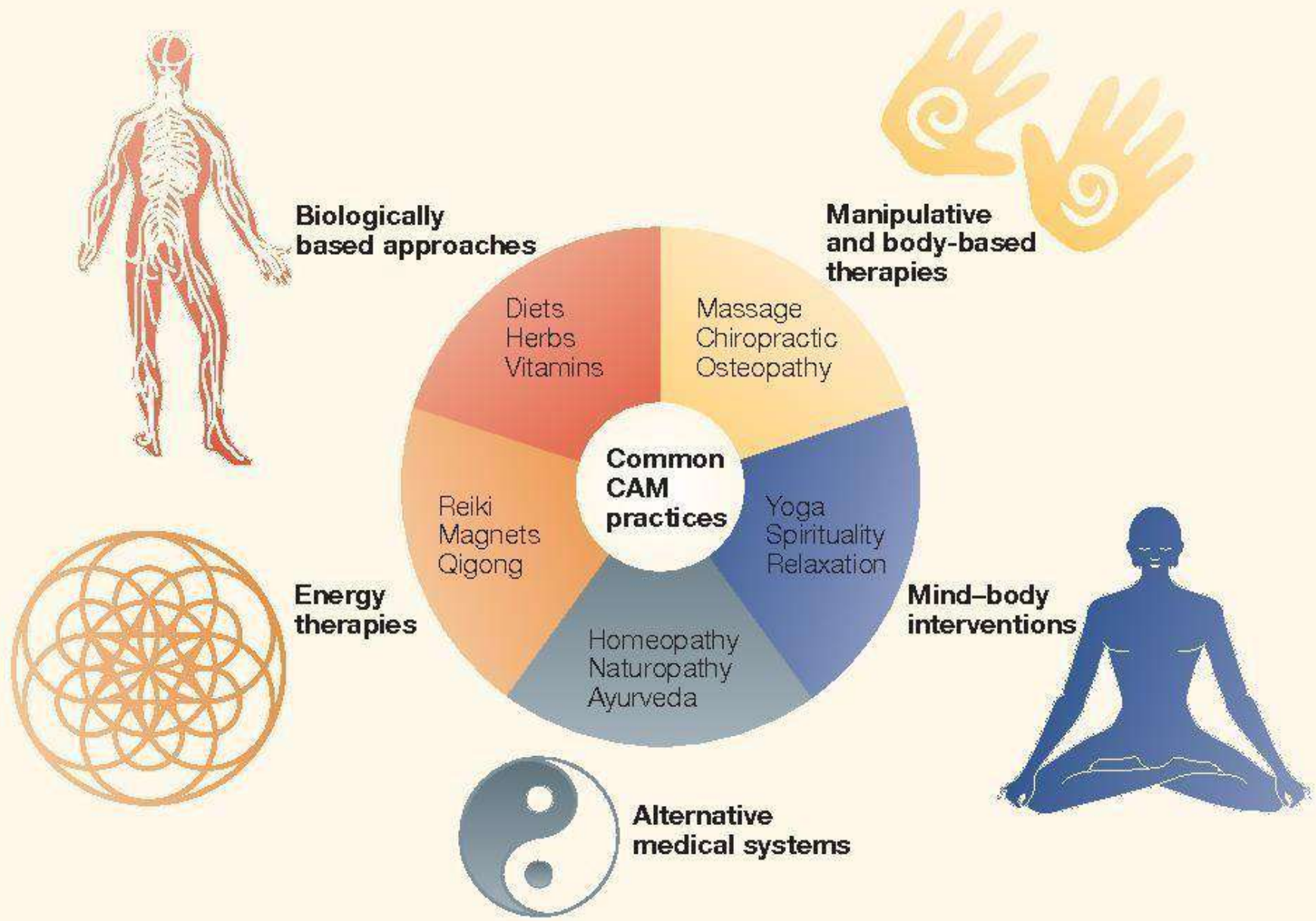


Figure 1 | CAM domains and some of the most common examples. Biologically based



Review of CAM

Less is known about many CAM therapies and research for palliative care has been **slower for a number of reasons:**

1. Time and funding issues
2. Problems finding institutions and cancer researchers to work with on the studies
3. Regulatory issues



Review of CAM

- Many of "natural" products are considered to be safe **because they are** present in, or produced by **nature**.
- However, **that is not true in all cases**. In addition, some may affect how well other medicines work in body.



CAM for Palliative Care

- People with palliative care needs often seek complementary therapies in an attempt to reduce their physical symptom burden, help control treatment side effects and/or improve their psychological well-being.
- Complementary and alternative therapies focus on quality of life measures and are thus especially relevant in medical domains that focus on comfort care, such as palliative and hospice care.



CAM for Palliative Care

- Music Therapy
- Art Therapy
- Aromatherapy
- Massage
- Reflexology
- Hypnotherapy
- Reiki
- Combination



The use of complementary and alternative therapy by advanced cancer patients receiving palliative care at home

Abstract

Introduction: The purpose of this study was to evaluate the use of complementary and alternative therapies (CAT) by palliative care patients treated at home in Poland.

Patients and methods: A total of 241 adult patients with advanced or metastatic cancer who were qualified for palliative care provided at home filled out the CAT screening tool. Data were analysed to assess CAT use association with several variables.

Results: 82.16% of individuals who completed the survey declared using CAT at least once in the last 12 months. Self-help practices were the most used CAT category (74.47%), it was followed by herbal medicine and dietary supplements (62.66%) and visits to CAT providers (41.91%). CAT use was more prevalent among women, patients with basic education, and patients currently married and widowed. The most common reason pointed for using CAT was to improve well-being (35.4%). 50.5% of CAT users declared that they find used therapy helpful or very helpful. The study revealed an exceptionally high prevalence of spiritual practices (self-prayer, spiritual healing) in comparison to previous European studies conducted among the cancer patient population.

Conclusions: The study indicated that usage of CAT among advanced cancer patients treated at home is significant, with a higher prevalence of spiritual practices than reported in previous studies among cancer patients in Europe.

Palliat Med Pract 2022; 16, 2: 108–116

Key words: cancer, complementary and alternative therapy, palliative care, patient

Pietrzyński, Ł., Pysz-Waberski, D., Pietrzyńska, T., Kliber, M., & Gisterek, I. (2022). The use of complementary and alternative therapy by advanced cancer patients receiving palliative care at home. *Palliative Medicine in Practice*, 16(2), 108-116.



Implementation and outcomes of complementary therapies in hospice care: an integrative review

Catherine Dingley ¹, Angela Ruckdeschel ², Keshia Kotula³, and Nirmala Lekhak⁴

Abstract

Complementary therapies are increasingly integrated into hospice care, emphasizing the need to examine the evidence regarding implementation and effects on end-of-life outcomes. This review synthesizes the evidence regarding the implementation of complementary therapies and effects on end-of-life outcomes in hospice care. Whittemore and Knafl's five-step integrative review process was applied. Using predefined search terms, research-based articles between 2006 and 2020 were reviewed. Twenty-three quantitative/mixed method studies conducted across eight countries met the final review criteria. Most commonly used complementary therapies were music, biofield therapies (reiki, therapeutic touch), and massage therapy. Most studies reported significant findings on physical symptoms (pain, dyspnea, fatigue, gastrointestinal symptoms, agitation) and/or psychosocial/spiritual symptoms (anxiety, depression, spirituality, well-being, quality of life); 40% of studies had both significant and nonsignificant findings. Methodological limitations included study design (few randomized controlled trials), small sample size, high attrition rate, lack of racial/ethnic diversity, unstandardized intervention implementation, and multiple outcome measurement instruments. Complementary therapies are promising components of hospice care; however, rigorous studies are needed to validate the effect on end-of-life outcomes and determine the most efficacious implementation. Complementary therapy studies face challenges consistent with end-of-life research; however, efforts to design rigorous trials and address methodological issues are required to enhance the state of the science.

Dingley, C., Ruckdeschel, A., Kotula, K., & Lekhak, N. (2021). Implementation and outcomes of complementary therapies in hospice care: an integrative review. *Palliative care and social practice*, 15, 26323524211051753.



CAM for Palliative Care

- Previous research suggest that terminally ill patients and their relatives often derive information about CAM **from sources other than medical professionals** and **tend to avoid mentioning their use of CAM** to their medical practitioners.
- **Music therapy** has been shown to improve pain, agitation, depression, and other quality of life measures in nursing home patients and those receiving home hospice care.
- Similarly, **art therapy** has demonstrated improvements in pain, fatigue, anxiety, and depression among palliative care inpatients, and



CAM for Palliative Care

- **Massage** has been shown to improve both psychological and physical well-being in patients with a variety of cancers.
- The use of **massage therapy** or the use of **progressive muscle relaxation** and **guided imaging** for the management of **cancer pain** in these patients **demonstrated significant benefits**.
- The other two studies that evaluated the use of **acupuncture** as a complementary therapy showed **contradictory results**.



Efficacy of the complementary therapies in the management of cancer pain in palliative care: A systematic review*

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* Supported by Fundação de Amparo à Pesquisa e Inovação do Espírito Santo (FAPES), Grant # 359/2019, Brazil.

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Objective: to synthesize the knowledge and to critically evaluate the evidences arising from randomized controlled trials on the efficacy of the complementary therapies in the management of cancer pain in adult patients with cancer in palliative care. Method: a systematic review guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses. The search for articles in the MEDLINE, ISI *Web of Knowledge*, CENTRAL Cochrane, and PsycINFO databases, as well as the manual search, selection of studies, data extraction, and methodological assessment using the Cochrane Bias Risk tool were performed independently by two reviewers. Results: eight hundred and fifteen (815) studies were identified, six of them being selected and analyzed, of which three used massage therapy, one study used a combination of progressive muscle relaxation and guided imaging, and another two studies used acupuncture. Most of the studies had an uncertain risk of bias ($n=4$; 67%). Conclusion: while the evidence from the studies evaluating the use of massage therapy or the use of progressive muscle relaxation and guided imaging for the management of cancer pain in these patients demonstrated significant benefits, the other two studies that evaluated the use of acupuncture as a complementary therapy showed contradictory results, therefore, needing more research studies to elucidate such findings.

Descriptors: Complementary Therapies; Adult; Cancer Pain; Palliative Care; Oncology Nursing; Evidence-Based Nursing.

Lopes-Júnior, L. C., Rosa, G. S., Pessanha, R. M., Schuab, S. I. P. D. C., Nunes, K. Z., & Amorim, M. H. C. (2020). Efficacy of the complementary therapies in the management of cancer pain in palliative care: A systematic review. *Revista latino-americana de enfermagem*, 28, e3377.



Complementary and integrative medicine mention and recommendations: A systematic review and quality assessment of lung cancer clinical practice guidelines



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ARTICLE INFO

Article history:

Received 6 May 2020

Received in revised form 28 May 2020

Accepted 11 June 2020

Available online 20 June 2020

Keywords:

Lung cancer

Complementary and integrative medicine

Systematic review

AGREE II

Clinical practice guideline

ABSTRACT

Background: Complementary and integrative medicine (CIM) use is widely sought by those diagnosed with cancer, with up to 50% of lung cancer patients seeking these therapies in the United States. The purpose of this study was to identify the quantity and assess the quality of CIM recommendations in clinical practice guidelines (CPGs) for the treatment and/or management of lung cancer.

Methods: A systematic review was conducted to identify lung cancer CPGs. MEDLINE, EMBASE and CINAHL were searched from 2008 to 2018, along with the Guidelines International Network and the National Center for Complementary and Integrative Health websites. Eligible guidelines containing recommendations for the treatment and/or management of lung cancer were assessed with the Appraisal of Guidelines, Research and Evaluation II (AGREE II) instrument.

Results: From 589 unique search results, 4 guidelines mentioned CIM, of which 3 guidelines made CIM recommendations. Scaled domain percentages from highest to lowest were: scope and purpose (82.4% overall, 76.9% CIM), clarity and presentation (96.3% overall, 63.0% CIM), editorial independence (61.1% overall, 61.1% CIM), rigour of development (62.5% overall, 54.9% CIM), stakeholder involvement (66.7% overall, 42.6% CIM) and applicability (29.9% overall, 18.8% CIM). Quality varied within and across guidelines.

Conclusions: Guidelines that scored well could serve as a framework for discussion between patients and healthcare professionals regarding use of CIM therapies in the context of lung cancer. Guidelines that scored lower could be improved according to the AGREE II instrument, with insight from other guidelines development resources.

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Ng, J. Y., Nault, H., & Nazir, Z. (2021). Complementary and integrative medicine mention and recommendations: A systematic review and quality assessment of lung cancer clinical practice guidelines. *Integrative Medicine Research*, 10(1), 100452.







Complementary therapy in palliative care: A synthesis of qualitative and quantitative systematic reviews

Palliative Medicine
2020, Vol. 34(10) 1332–1339
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sagepub.com/journals-permissions
DOI: 10.1177/0269216320942450
journals.sagepub.com/home/pmj



Megan Armstrong¹ , Nuriye Kupeli¹ , Kate Flemming² ,
Patrick Stone¹, Susie Wilkinson³ and Bridget Candy¹ 

Abstract

Background: Interventions delivered in palliative care are complex and their evaluation through qualitative and quantitative research can lead to contrasting results. In a systematic review of trials, the effectiveness results of complementary therapies in palliative care were inconclusive; however, our qualitative synthesis showed participants perceived them to be beneficial.

Aim: Use a novel methodology to synthesise evidence from qualitative and quantitative systematic reviews on complementary therapy in palliative care to explore the following: (1) If interventions delivered in trials reflect how participants in qualitative studies report they are delivered in real-life settings and (2) whether quality of life measures used in trials capture perceived benefits that are reported in qualitative studies.

Methods: Two matrix tables were formulated. In one, key components in delivery of the complementary therapy from the qualitative synthesis which are as follows: (1) relationship with therapist, (2) comfortable environment, (3) choices (e.g. area of massage) and (4) frequent sessions, were plotted against intervention description, to explore matches and mismatches. In the other, items included in quality of life scales were compared with perceived benefits of complementary therapy.

Results: None of the trials included all four key delivery components. The five quality of life scales used in the trials failed to capture the range of perceived benefits from the complementary therapies and many included inappropriate or redundant items.

Conclusions: By integrating qualitative and quantitative review data, we determined the reasons trials may be inconclusive. This methodological exemplar provides a framework for understanding complexity in outcomes across trials and a direction for future research.

Armstrong, M., Kupeli, N., Flemming, K., Stone, P., Wilkinson, S., & Candy, B. (2020). Complementary therapy in palliative care: A synthesis of qualitative and quantitative systematic reviews. *Palliative medicine*, 34(10), 1332-1339.



Islamic Medicine (*Thibbun Nabawi*) for Palliative Care

- “If there is any good in your medical treatments, it is in **the knife of the copper, drinking honey, or cauterization with fire**, as appropriate to the cause of the illness, but I would not like to be cauterized.” (Reported by al-Bukhaari, 10/139)
- Al-Bukhaari (5688) and Muslim (2215) narrated from Abu that he heard the Messenger of Allah say concerning the **black seed**: “In it there is healing for every disease, except as-saam.” Ibn Shihaab said: As-saam is death.



Cupping Therapy



- CT has also been used to improve subcutaneous blood flow and to stimulate the autonomic nervous system. CT is also a commonly-used traditional intervention for various conditions: pain, hypertension and stroke rehabilitation.






Cupping Therapy – Research Integration

Methodology

A model to standardize safety and quality of care for cupping therapy

Riska Siregar ^a  , Aris Setyawan ^{a b}, Syahruramdhani Syahruramdhani ^{a c}

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<https://doi.org/10.1016/j.joim.2021.01.011> 

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Abstract

Cupping therapy has historical, traditional and religious value. It is increasingly popular in the field of complementary, alternative and integrative medicine. However, standards for safety and quality of service are absent. Although it is generally considered safe, cupping therapy can cause adverse events. Most of these events are predictable and preventable. A comprehensive approach to patient eligibility and therapist selection, along with compliance with standard operational procedures is essential to regulate the safety of the practice. Here we discuss a model framework for standardizing safety and quality of care. We recommend that this model be used routinely by cupping therapists and their associations on a nation-wide scale.

Siregar, R., Setyawan, A., & Syahruramdhani, S. (2021). A model to standardize safety and quality of care for cupping therapy. *Journal of Integrative Medicine*, 19(4), 327-332.



Cupping Therapy – Research Integration

Efficacy of Islamic Wet Cupping Therapy on Vital Sign in Lunar Phase: A Comparative Study Between Sunnah and Non-sunnah Dates

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ABSTRACT

Introduction: Cupping therapy is a skin vacuuming method for releasing accumulated toxins and oxidants in the body. Cupping therapy is believed as a treatment for several diseases such as hypertension, migraine, carpal tunnel syndrome, and it also takes part in stroke rehabilitation treatment. Based on Prophet Muhammad (PBUH) 's hadith, the best time for doing cupping therapy is after the full moon phase, which is 17th, 19th, and 21st in the Islamic calendar or called sunnah dates. **Aim:** This study aims to compare cupping therapy's efficacy on vital signs in sunnah and non-sunnah dates. **Method:** This study used a quantitative method with a quasi-experiment approach. Thirty adults (18-56 years old) participated in this study without any cardiovascular disease, hypertension, and contraindication for cupping. There were two groups (15 participants each): the sunnah group undergoing wet cupping on the 17th, 19th, and 21st, and the non-sunnah group undergoing wet-cupping on the 18th, 20th, and 22nd of the Islamic Calendar. **Result:** The result showed a significant difference between the sunnah and non-sunnah groups for the diastole group ($P=0.00$). However, there were no significant differences for systole ($P=0.65$), heart rate ($P=0.77$), respiratory rate ($P=0.13$), and temperature ($P=0.51$). **Conclusion:** There are potential differences in cupping therapy's efficacy on vital signs between sunnah and non-sunnah dates. Future research needs to study more with patients as participants and a greater sample size.

Keywords: *Islamic Wet Cupping Therapy, Vital Sign, Lunar Phase, Sunnah Date*



Cupping Therapy – Research Integration

The Effect of Wet Cupping Therapy on Blood Pressure and Total Cholesterol on Healthy Young Male Adults

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Abstract

Edited by: Sasho Stoleski
Citation: Syahruramdhani S, Yuniarti FA, Septiana TE, Mustikasari E. The Effect of Wet Cupping Therapy on Blood Pressure and Total Cholesterol on Healthy Young Male Adults. *Open Access Maced J Med Sci.* 2021 Mar 31; 9(T4):172-176.
<https://doi.org/10.3889/oamjms.2021.5854>

Keywords: Wet cupping therapy; Blood pressure; Total cholesterol

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Received: 07-Feb-2021

Revised: 26-Feb-2021

Accepted: 22-Mar-2021

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Funding: This study was supported by Universitas Muhammadiyah Yogyakarta

Competing Interest: The authors have declared that no competing interest exists

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BACKGROUND: Hypertension and hypercholesterolemia are most predisposition factors and show a significant impact in causing cardiovascular disease. Therefore, it is recommended to conduct dietary modifications, physical activity, and alternative therapies. One such option for alternative therapies is wet cupping therapy.

AIM: This study aims to investigate the effect of wet cupping on blood pressure (BP) and total cholesterol (TC) on healthy young male adults.

METHODS: This study design was quasi-experimental with a control and intervention group. It was conducted between January and February 2020 at Mini Hospital, School of Nursing, Universitas Muhammadiyah Yogyakarta. There were 44 healthy young male adults divided into control (n = 22) and intervention (n = 22) groups. This study's outcomes were BP (systolic BP [SBP] and diastolic BP [DBP]) and TC.

RESULTS: In the intervention group's post-test, the mean SBP and DBP were substantially different from the pretest ($p = 0.01$ and 0.03). Although there was no statistically significant difference in TC outcome, overall cholesterol decreased following an intervention. There was no statistically significant difference in the outcome between the control and intervention groups, except for TC, which was significantly lower in the post-test than in the pre-test.

CONCLUSION: This study's results indicated that wet cupping could be useful in decreasing BP and total cholesterol.

Syahruramdhani, S., Yuniarti, F. A., Septiana, T. E., & Mustikasari, E. (2021). The effect of wet cupping therapy on blood pressure and total cholesterol on healthy young male adults. *Open Access Macedonian Journal of Medical Sciences*, 9(T4), 172-176.



Honey

- Pure natural honey can be an effective agent in managing radiation induced oral mucositis.
- Honey could be a simple, potent and inexpensive agent, which is easily available, and it can be a better therapeutic agent in managing mucositis, reducing odor and inflammation in wounds



Black Seed

- The effectiveness of *N. Sativa* against cancer in the blood system, kidneys, lungs, prostate, liver, and breast and on many malignant cell lines has been shown in many studies,.
- The effects are anti-inflammatory, antibacterial, antifungal and antihelmenthic.



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Alhamdulillah
THANK YOU



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Unggul & Islami

