

Integrating AYUSH into Palliative Care: IAPCON 2018 Preconference Workshop

Section	Topic	Chairperson/Speaker	Duration	Time
0	Registration Inauguration		30 mins 30 mins	09.00 – 09.30 09.30 – 10.00
1	Integrating AYUSH into Palliative Care 1a. The vision for integrating palliative care into AYUSH 1b. Scope and challenges of Integration 1c. Role of the Government and Governmental organisations in Integration 1d. Creating avenues for palliative care education for AYUSH doctors	Chairpersons: Dr Rajesh Grover & Dr Manoj Nesari Dr NK Manjunath, Dr Raghavendra Rao M, Dr Vadiraja HS, Dr Avinash kadam,	20 mins 20 mins 20 mins 20 mins	10.00 – 11.20
Tea/Coffee Break				11.20 – 11.40
2	AYUSH interventions for symptom control 2a. Using AYUSH interventions for the management of Pain 2b. Using AYUSH interventions for the management of Breathlessness 2c. Using AYUSH interventions for the management of Constipation 2d. Using AYUSH interventions for the management of Nausea and Vomiting	Chairpersons: Dr Arun Gupta Dr Sunil Dhiliwal, Dr Juhi Gupta Dr Vetrivendan Dr Sashibhushan	20 mins 20 mins 20 mins 20 mins	11.40 – 13.00
Lunch Break				13.00 – 14.00
3	AYUSH interventions for managing cancer complications 3a. Using AYUSH interventions for the management of low blood counts 3b. Using AYUSH interventions for the management of Oral Mucositis 3c. Using AYUSH interventions for the management of Anorexia and Fatigue 3d. Using AYUSH interventions for the management of Malignant wounds	Chairpersons: Dr Shivaraman Dr Satya Rajeshwaran Dr Arul Amuthan Dr Sadanand C / Sujit Chaterjee Dr Prasann Shankar	20 mins 20 mins 20 mins 20 mins	14.00 – 15.20
Tea/Coffee Break				15.20 – 15.40
4	Yoga and Psychooncology 4a. Using AYUSH interventions for the management of Anxiety 4b. Using AYUSH interventions for the management of Depression 4c. Using AYUSH interventions for the management of Emotional distress 4d. Using AYUSH interventions for the management of Spiritual distress	Chairpersons: Dr Shastry Dr Amritanshu ram Dr Chetana Lamba Dr Vaishna Ruby Dr Deepashree	20 mins 20 mins 20 mins 20 mins	15.40 – 17.00

For FEB 23RD Morning session

Section	Topic	Chairperson/Speaker	Duration	Time
	Chairpersons: Dr HR Nagendra, Dr Naveen Salins			
1	Integrating AYUSH into Palliative Care: Vision for Future	Dr Nagarathna R, Medical Director, Arogyadhama, SVYASA University	15 min	10.00-10.15am
2.	Role of Yoga in improving QoI in Cancer patients	Dr Nita Nair, Dept of Surgical Oncology, TMH	15 min	10.15- 10.30 am
3.	Role of Ayurveda in palliative care : Scope and challenges	Dr Sunil Dhaliwal,	15 min	10.30-10-45am
4.	Integrating Yoga in palliative care: Evidence based research	Dr Raghavendra Rao	15 min	10.45-11.00 am
5.	Integrating Siddha medicine in palliative care :Our experience	Dr BR Senthil Kumar	15 min	11.00-11.15 am
	Discussion			

Write up on the session:

INTEGRATING AYUSH IN PALLIATIVE CARE: SCOPE AND CHALLENGES

Cancer care has been under the purview of conventional medicine in the country and AYUSH interventions exist only as a last resort or are sought for symptom mitigation by many patients. However, many patients take recourse to these therapies both as a first line and in their survivorship period with an intent to reduce side effects of conventional treatment and improve anticancer immunity. CAM prevalence in oncology ranges anywhere between 7-98% globally with china seeing an active integration with Chinese medicine. There are several medicines in Ayurveda, Siddha, Homeopathy and Unani that have promising effects in symptom mitigation such as for mucositis, nausea, neuropathic pain, malignant wounds, fatigue and low blood counts. Whether these interventions are beneficial or not is a question that needs to be answered through systematic research. Studies should look at the safety efficacy and cost-effectiveness of these therapies if these are to be integrated with mainstream medicine. Yoga has found to be very useful in symptom mitigation, reducing distress and improving quality of life. Several research studies have shown utility of these interventions in managing various side effects in cancer patients. This workshop is intended to hear from experts on the role played by these systems in cancer care and the discuss possibilities of Integration.