1. **Acupuncture as a complementary therapy to minimize symptoms in cancer patients: a pilot study**

**Global Approaches of Integrative Oncology**

**Introduction:** Acupuncture is a Complementary and Alternative Therapy that has been widespread in the treatment of cancer patients for the promotion, maintenance, and recovery of health. In Brazil in 2006, the National Policy for Integrative and Complementary Practices in the Unified Health System was approved, currently, there are 29 integrative practices.

**Objective:** To evaluate the effect of acupuncture on symptom relief in cancer patients treated at the Educational Research and Extension Center of the Ribeirão Preto College of Nursing, University of São Paulo.

**Method:** Prospective research on a case series. The sample for convenience. Acupuncture is performed by a specialist doctor. The protocol used is ankle wrist, a method that uses only points located in the wrist and ankle regions, and that produces effects similar to systemic acupuncture. They were submitted to five weekly sessions, before and after the sessions the symptoms were evaluated and scored on a visual analog scale of 10 points. The sample was 6 (75%) women with breast cancer and 2 (25%) men with prostate cancer. The symptoms were: hot flashes, pain in the lower limbs, knee, feet and lower back, headache and insomnia. The improvement was progressive over the sessions in the first session 50% reported improvement of up to 2 points, 12.5% of 3 to 5 points, 25% of 5 to 7 points and 37.5% of 8 to 10 points on the scale visual analog. In the last session, 37.5% improved from 3 to 5 points, 25% from 5 to 7 points, 37.5% from 8 to 10 points.

**Results:** The effect of acupuncture was immediate and cumulative during the sessions. This research contributed to the advancement of knowledge of Integrative Practices in oncology and benefited patients.

**Conclusion:** Acupuncture had a good effect on reducing the symptoms of pain, headache, insomnia, and hot flashes.

***Additional authors:*** *Namie Okino Sawada1, Laís Reis Siqueira2, Gabriel Aparecido Pinto de Moura Silva3, Nathalia Silva Ferreira3, Liyoko Okino4, Luana Okino Sawada5, Helena Megumi Sonobe6*

*1Full Professor, Universidade Federal de Alfenas-MG-Brazil; 2Nursing Graduate Program at the Federal University of Alfenas-MG, Brazil; 3Undergraduate Nursing Student at the Federal University of Alfenas -MG, Brazil; 4Acupuncture specialist doctor, Brazilian Medical Acupuncture Association, Brazil; 5Computer Science Ph.D. Student, School of Computing and Information Science, Florida International University, FL, USA; 6Associate Professor at Nursing School of Ribeirão Preto, University of São Paulo - SP, Brazil.*