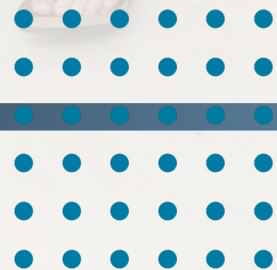


PRINTAR

Support and Revitalization Program in Integrative Oncology in Northeast Brazil.



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▶▶ Support and Revitalization Program in Integrative Oncology in Northeast Brazil.

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Background: The Northeast of Brazil is a promising arena in which researchers can explore the interchange between cross-cultural traditional medicine and supportive cancer care. Integrative oncology research and clinical practice in this part of the world have been focusing, for the most part, on the use of herbal medicine and mind-body-spiritual modalities.

Aim: PRINTAR's objective was to increase the effectiveness of conventional cancer treatment programs, reduce symptoms, improve quality of life and empower the promotion of patients' health through integrative oncology using complementary therapies such as meditation, music therapy, yoga, biodance, reiki, ayurvedic medicine, conversation circles and medicinal herbs.

Methods: A comprehensive research project was developed by a multidisciplinary team coordinated by an onco-hematologist and holistic therapists. During the 5-year period, we treated 150 patients for free. They were divided into groups of 30 patients who participated in the program for 12 months. Weekly, patients did sessions of: yoga (2), reiki (1), Biodanza (1), singing circle (1), meditation (1), body therapy - P5 (1). Ayurvedic medicine (1 biweekly session) and use of remedies made with Brazilian medicinal herbs (Joel Aleixo System). We used 2 methodologies: the EORTC-30 for oncology and exploratory and descriptive study, with a qualitative approach, semistructured interview script, with interviews processed in the IRaMuTeQ software and analyzed through the Descending Hierarchical Classification.

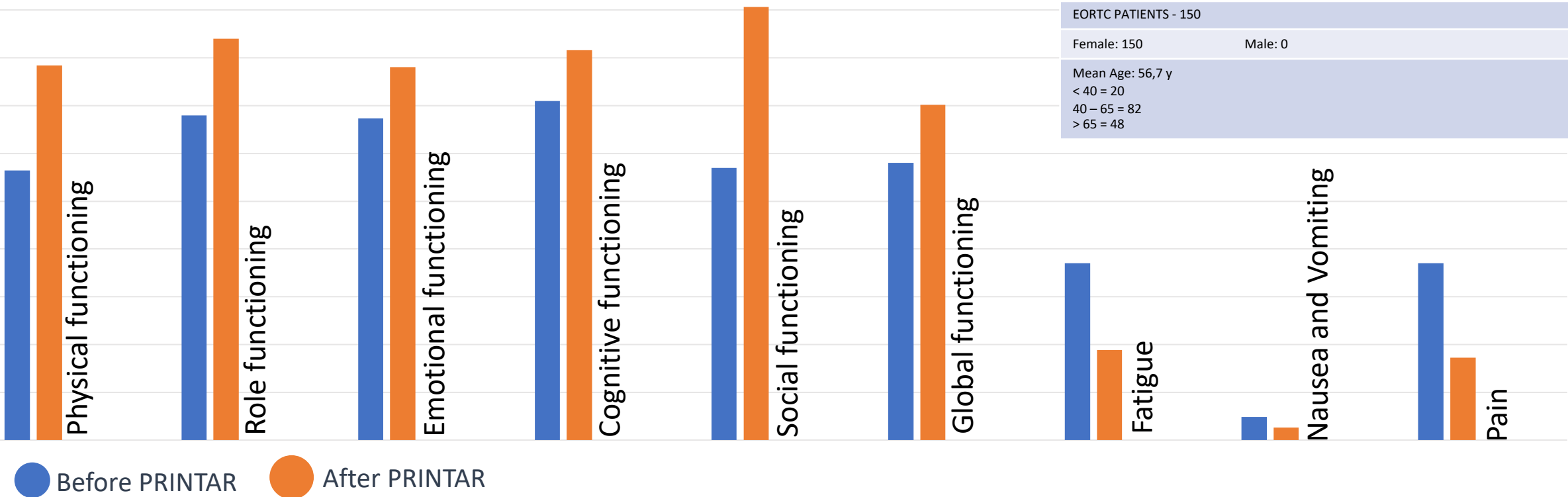


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EORTC -30 QoL Results

The EORTC scores improved more significantly in relation to global health and cognitive functioning and in the group of patients who were undergoing chemotherapy or radiotherapy, there was an improvement in sleep and better control of pain and fatigue.

Baseline demographic and clinical characteristics of patients	
EORTC PATIENTS - 150	
Female: 150	Male: 0
Mean Age: 56,7 y	
< 40 = 20	
40 – 65 = 82	
> 65 = 48	



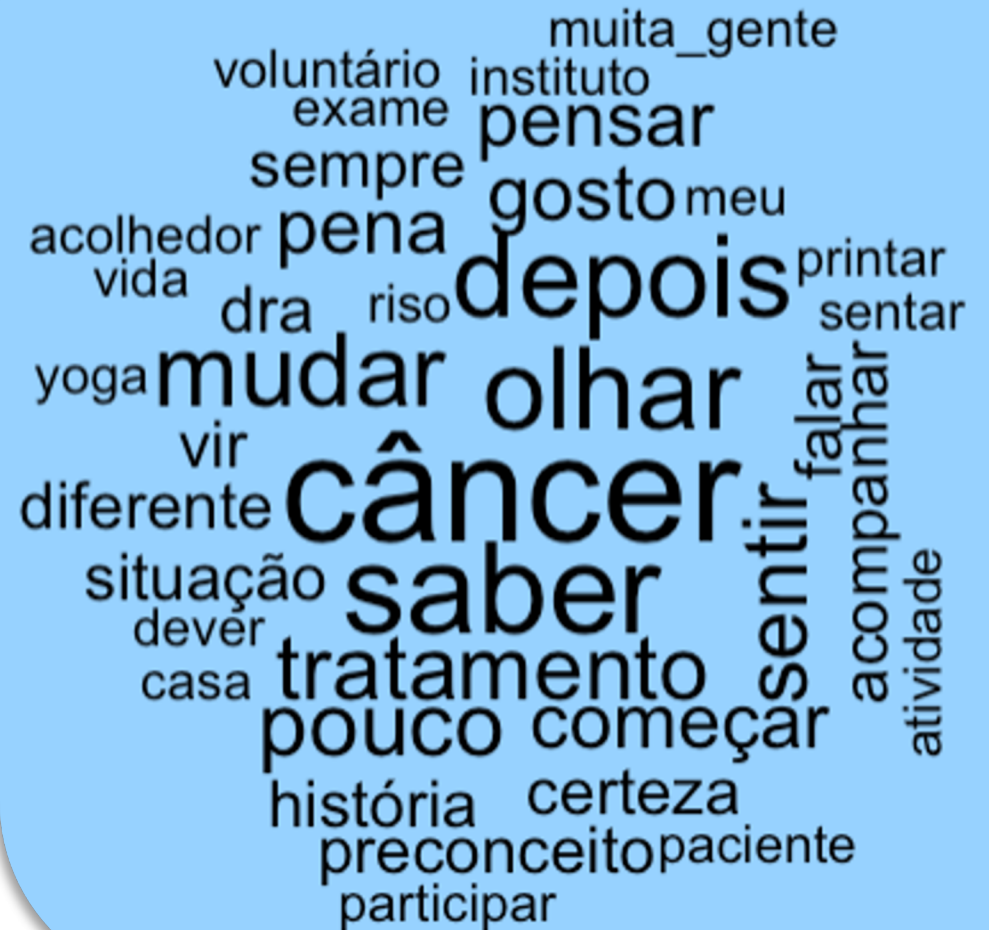
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Iramuteq Analysis

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The analysis of the speeches at IRAMUTEQ showed feelings of gratitude, solidarity, love and acceptance, when compared to the initial speeches where the most frequently encountered terms were fear, doubts, pain and confusion.





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