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## INTEGRATIVE REVIEW OF THE LITERATURE

### Práticas integrativas e complementares no tratamento oncológico e o papel da enfermagem

Integrative and complementary practices in oncologic treatment and the role of nursing

Prácticas integrativas y complementarias en el tratamiento oncológico y el papel de la enfermería

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### ABSTRACT

**Objective:** characterizing the Integrative and Complementary Practices (PICs) used in cancer treatment, and the role of nursing in this context. **Method:** it was conducted an integrative review of the literature in the months of June and July 2012, in databases MEDLINE, BDNF, LILACS, SciELO and CINAHL through the crossing controlled descriptors cancer and complementary therapies and complementary therapies and nursing. **Results:** Obtained 34 studies, being the year 2009 the most expressive of publications, being the United States and Brazil the main contributors. The bio-based therapy is the main PIC used in cancer treatment. It was revealed that nursing acts incipiently this scenario. **Conclusion:** thus, it is expected to instigate health professionals, especially nurses, to seek new knowledge about the object of study, as well as reflect on the paths needed for the most professional approach of PICs. **Descriptors:** Complementary therapies, Neoplasms, Nursing.

### RESUMO

**Objetivo:** caracterizar as Práticas Integrativas e Complementares (PICs) utilizadas no tratamento oncológico, bem como o papel da enfermagem nesse contexto. **Método:** trata-se de uma revisão integrativa nos bancos de dados MEDLINE, BDNF, LILACS, SciELO e CINAHL, através dos descritores “terapias complementares e neoplasias” e “terapias complementares e enfermagem” artigos que versem sobre a temática abordada. **Resultados:** foram 34 estudos, sendo o ano 2009 o de maior expressividade de publicação, sendo os Estados Unidos da América e o Brasil os principais contribuintes. A terapia de base biológica é a principal PIC utilizada no tratamento oncológico. Revelou-se que a enfermagem atua incipientemente nesse cenário. **Conclusão:** destarte, espera-se instigar profissionais da saúde, em especial os de enfermagem, a buscar novos saberes acerca dos objetos de estudo, bem como a refletir acerca dos caminhos necessários para a maior aproximação profissional das PICs. **Descritores:** Terapias complementares, Câncer, Enfermagem.

### RESUMEN

**Objetivo:** caracterizar las Prácticas Integrativas y Complementarias (PIC) que se utilizan en el tratamiento del cáncer, y el papel de la enfermería en este contexto. **Método:** se trata de una revisión integradora en MEDLINE, BDNF, LILACS, SciELO y CINAHL, utilizando los descriptores “terapias complementarias y el cáncer” y “terapias complementarias y de enfermería”, artículos que tienen que ver con el tema. **Resultados:** 34 estudios, con el año 2009 el más expresivo de la publicación y los Estados Unidos de América y Brasil, los principales contribuyentes. La terapia de base biológica es la imagen principal se utiliza en el tratamiento del cáncer. Se puso de manifiesto que la enfermería actúa incipientemente en este escenario. **Conclusión:** por lo tanto, se espera para instigar a los profesionales sanitarios, especialmente las enfermeras, a buscar nuevos conocimientos sobre el objeto de estudio, así como reflexionar sobre los caminos necesarios para el enfoque más profesional de los PIC. **Descritores:** Terapias complementarias, Neoplasias, Enfermería.

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## INTRODUCTION

**T**he Integrative and Complementary Practices (PICs), also known by the World Health Organization (WHO) traditional medicine (TM) and complementary/alternative medicine (CAM),<sup>1</sup> corresponding to a complex medical system and with great therapeutic resources, advocating the use secure technologies such as natural mechanisms of prevention and recovery. They are based primarily on the host, the therapeutic approach, the integration of the individual to society, besides the practice of humanized care.<sup>2</sup>

The PICs are categorized into four groups: 1) alternative medical systems (traditional Chinese medicine and acupuncture); 2) the mind-body interventions (meditation, healing prayer, support groups and therapeutic touch); 3) the bio-based therapies (herbs, dietary supplements, vitamins, herbal and green tea); and 4) the manipulation of body-based methods (massage, chiropractic, osteopathy and energy therapies).<sup>3</sup>

In Brazil, the PICs are common alternatives among cancer patients. This reality is justified by preventive and supporting character in the treatment of disease and the side effects. In addition, there is also the dissatisfaction of these patients with conventional techniques, leading them to search for a better way to bond with your body and your disease.<sup>4</sup>

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Brazilian law, under the ministerial decrees no. 971 of May 3, 2006, and no. 1600 of 17 July 2006, establishes the National Policy on Integrative and Complementary Practices (PNPIC) in the Unified Health System (SUS) making the PICs activities imposed throughout the country. The PNPIC appears as encouraging the adoption and implementation of services related to Integrative and Complementary Practices in all health departments of Brazil (State, Municipal and Federal District).<sup>2</sup>

In 2004, the Ministry of Health conducted a survey identifying the PICs in 26 Brazilian states, totaling 19 state capitals and 232 municipalities.<sup>6</sup> Rio Grande do Norte, for example, state located in northeastern Brazil, require the use of PICs in the SUS site, from the regulations of the State Policy on Integrative and Complementary Practices (EPCIP). According to Ordinance no. 274 of 27 July 2011, this policy is to promote the development or readjustment of all activities related to this theme, developed in the Department of Health.<sup>2</sup>

Entering the scope of the professional categories, one can see that some of them already have legal regulations concerning this new practice. Nursing, for example, through the Federal Nursing Council (COFEN), presented the legal opinion no. 004 of 1995, which recognizes the grounds of the nursing profession in the holistic perspective of the human being, the growing interest and use of natural practices in patient care. Collaborating with

this event, on March 19, 1997, the same decision-making body, through Resolution no. 197, regulates and recognizes the PICs as a specialty and/or qualification of nursing professionals.<sup>7</sup>

In view of these aspects, this study is justified by the belief that the knowledge of nursing professionals and users concerning the PICs and their complementary use in cancer treatment can minimize the side effects of the treatment and get better quality of life for these patients.

So, the question is: how are characterized complementary and alternative practices used in cancer treatment? What is the role of nursing in this context? To answer such questions, the study aims to characterize the PICs used in cancer treatment, and the role of nursing in this context.

## METHOD

It is an integrative literature review, which involves the construction of a wide literature analysis, contributing to discussions on methods and research findings, as well as reflections on the future studies. A strategy used to identify the existing evidence is considered, basing the practice of health in different specialties.<sup>8</sup>

The research took place in June and July 2012, at an integrative review of the literature protocol, which was developed by the authors and validated by professionals with doctorates. In order to guide research, this document has been organized under eight thematic fields. They are: theme, purpose of the study, guiding questions, search strategy, strategy for data collection strategy for critical evaluation of studies and data synthesis.

At the first moment, the research took place in Descriptors of Health Sciences (MeSH) and allowed the selection of three controlled descriptors: "complementary therapies", "cancer" and "nursing". These terms were then combined to form "complementary therapies and cancer" and "complementary therapies and nursing", which served to search for articles.

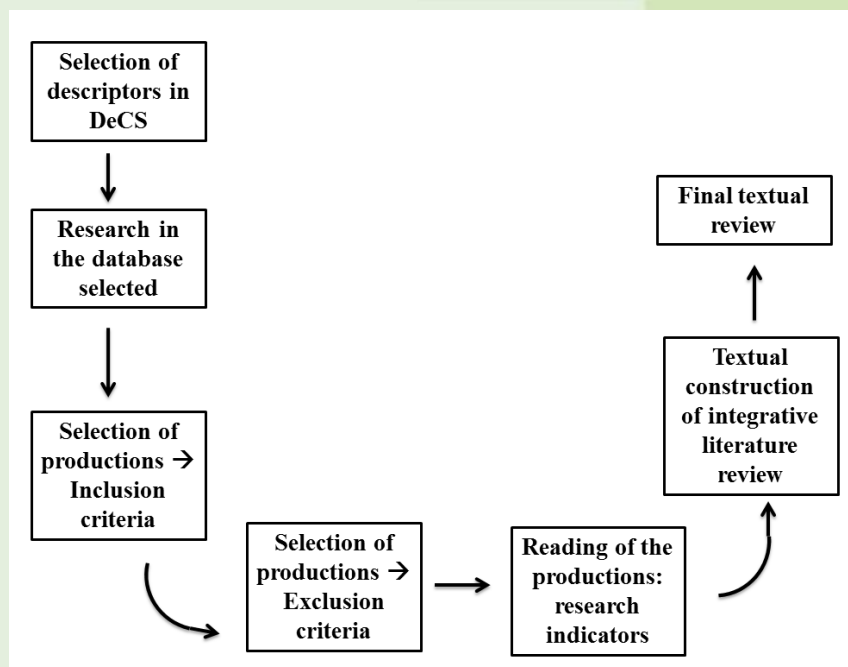
With the defined descriptors it launched the search in databases Medical Literature Analysis and Retrieval System Online (MEDLINE), Nursing Database (BDENF), Latin American and Caribbean Health Sciences (LILACS), Scientific Electronic Library Online (SciELO) and Cumulative Index to Nursing and Allied Health Literature (CINAHL); through its advanced forms, using the Boolean operator "and".

For the selection of studies, were used as inclusion criteria the freely available scientific production, in full text, that deal with the theme, written in Portuguese, English or Spanish and published between the years 2008 to 2012. Already as criteria exclusion, have been the scientific productions that do not lecture satisfactorily on research indicators - presented below.

For the critical evaluation of the selected studies, we adopted a systematic instrument containing the following indicators: 1) year of publication; 2) magazine; 3) country/UF; 4) type of cancer and treatment; 5) characterization of PICs used in cancer treatment; and 6) the importance of nurses in the context of PICs used in cancer treatment.

After identifying these indicative, took the textual construction of integrative literature review and the final evaluation. Figure 1 outlines the stages of the study.

Figure 1 - Methodological study pathway, 2012.



## RESULTS AND DISCUSSION

After the search with the descriptors in the databases already described, there were found 10,360 studies; that number was reduced to 34 articles, following the inclusion criteria and indicators outlined research (Figure 2).

The studies found were published between the years 2008 and 2012, with higher expression of publication in 2009 (15; 44%), followed by 2008 (9; 26%).

Regarding the publication of sources, studies were arranged in 25 journals, with the Journal of Alternative and Complementary Medicine (3; 9%) and the Journal of Public Health (3; 9%) the main sources of scientific information.

**Figure 2:** Result of integrative literature review by combination of descriptors and data bases, 2012.

RESULT OF THE LITERATURE REVIEW										
Research on the Virtual Health Library										
Descriptors	Pre-selected studies*					Included studies**				
	LILACS	BDEF	SCIELO	MEDLINE	CINAHL	LILACS	BDEF	SCIELO	MEDLINE	CINAHL
Complementary Therapies and Neoplasms	3	1	0	17	8	3	1	0	16	7
Complementary Therapies and Nursing	2	2	3	1	2	2	2	1	1	1
Subtotal	5	3	3	18	10	5	3	1	17	8
Total	39					34				

\* Scientific productions available in complete texts that deal on the subject, written in Portuguese, English or Spanish, published between the years 2008 to 2012 - In absolute number.

\*\*Scientific productions respond to research indicators: year of publication; magazine; country; type of cancer and treatment; characterization of the PICs used in oncological treatment; importance of nurses in the context of the PICs used in oncological treatment.

Among the countries of origin of higher prevalence of publication research, have been the United States and Brazil, with 10 publications each (29%). China, Turkey and Thailand have published two studies each (6%); and with only one publication (3%) are shown the other countries (Australia, Germany, Ireland, New Zealand, Canada, Morocco, Jordan and Colombia). Table 1 includes the quantitative description of the studies by the magazine survey indicators, country and year.

**Table 1** - Quantitative description of the included studies by magazine x year and country x year - in absolute numbers, 2012.

Variable	2008	2009	2010	2011	2012
<b>Magazine</b>					
<i>BMC Cancer</i>	-	1	-	1	-
<i>BMC Complementary and Alternative Medicine</i>	1	-	-	-	-
<i>Public Health Magazine</i>	2	-	1	-	-
<i>Journal of General Internal Medicine</i>	-	1	-	-	-
<i>Canadian Journal of Surgery</i>	1	-	-	-	-
<i>Journal of Alternative and Complementary Medicine</i>	2	1	-	-	-
<i>African Journal of Traditional</i>	-	-	1	-	-
<i>British Journal of General Practice</i>	-	1	-	-	-
<i>European Journal of Cancer</i>	-	-	-	-	1
<i>American Journal of Managed Care</i>	1	-	-	-	-
<i>Cancer Letters</i>	-	1	-	-	-
<i>Journal of the Society for Integrative Oncology</i>	-	2	-	-	-
<i>Pan African Medical Journal</i>	-	-	-	1	-
<i>Journal of Clinical Oncology</i>	-	1	-	-	-
<i>Nurse Res</i>	-	1	1	-	-
<i>Oncology Nursing Forum</i>	-	1	1	-	-
<i>Journal Club Podcast</i>	-	-	1	-	-
<i>Nursing &amp; Health Sciences</i>	-	1	-	-	-
<i>Journal of Advanced Nursing</i>	-	-	1	-	-
<i>Online Brazilian Journal of Nursing</i>	-	2	-	-	-
<i>Cogitare Nursing</i>	1	-	-	-	-
<i>Interface</i>	-	1	-	-	-
<i>Journal of the Brazilian Medical Association</i>	1	-	-	-	-
<i>Journal of School of Nursing of the University of São Paulo</i>	-	1	-	-	-
<i>Journal of Clinical Nursing</i>	-	-	-	1	-
<b>Country</b>					
Germany	-	1	-	-	-
Ireland	-	-	-	1	-
	2	8	-	-	-

USA	4	4	2	-	-
Brazil	-	1	-	-	-
New Zealand	1	-	-	-	-
Canada	1	-	1	-	-
China	-	-	-	-	1
Australia	-	-	-	1	-
Morocco	1	-	-	1	-
Turkey	-	-	1	-	-
Colombia	-	1	1	-	-
Thailand	-	-	1	-	-
Jordan					

A growing number of individuals seeking the PICs, as possible to minimize or cure any change to their physical and/or mental state.<sup>9</sup> The justifications are the dissatisfaction of the population on the practices of conventional medicine, which are subject to medical errors, using invasive procedures and high costs and actions are focused on clinical disease, aspects that generate fear in users<sup>10</sup> and the possibility of self-care practice.<sup>11</sup>

The increasing use of PICs translates the need for resolving the crisis in the health field, characterized by the weakness of conventional medicine in dealing with the population of demand, in particular the collective health system. In general, this new medicine corresponds to the cultural choices of people in relation to therapy in order to transform the health-disease process, treatment and healing.<sup>12</sup>

They therefore correspond to a practical knowledge, which is directly connected to the common sense of the population, and their life experiences. So, as it determines a problem on the individual, the possible interventions are directed to such a situation.<sup>13</sup>

So, the PICs become more attractive for extend the full attention, holistic user view and the humanization of the relationship between patient and professional, 10 which positively influences the results of conventional treatment, besides being a practice more healthy.<sup>14</sup>

From this perspective, in the world, these procedures were discussed since the late 70s, when the World Health Organization (WHO) shall encourage the use of traditional medicine and complementary/alternative medicine through the development of the document "WHO's Strategy on Traditional Medicine 2002-2005", in order to formulate policies on health systems on this area and to develop more research to prove the effectiveness and safety of these practices.<sup>2</sup>

However, only in the 80s happened the institutionalization of this practice in Brazil, a fact favored by the benefits achieved with the creation of SUS, such as decentralization, popular participation and the autonomy of states and municipalities to define their health policies.<sup>2</sup>

On May 3<sup>rd</sup>, 2006, through Ordinance no. 971, the Ministry of Health approved the National Policy on Integrative and Complementary Practices - PNPIC in SUS. The same defines that public health agencies have a duty to develop or adapt their programs and projects related to the topic of this policy, according to the guidelines proposed therein,<sup>6</sup> since public policies, through a set of measures, provisions and procedures guide the governmental activities of interest to the public.<sup>15</sup>

Thus, national and international literature reveals that the use of PICs occurs mainly in individuals with malignancies in general as bladder cancer, head and neck, colorectal, kidney, lung, ovarian, prostate, melanoma, skin, gynecological, liver, stomach, lymphoma, leukemia, among others;<sup>3-4,10-11,16-38</sup> being the female audience as participative.<sup>20</sup> In what refers to the specific malignancies, the most discussed in the literature were breast cancer<sup>3,11,20,24,28,38-43</sup> and childhood cancer - lymphoma, leukemia, retinoblastoma and solid tumors.<sup>44-45</sup>

In oncology context, the PICs are used in combination with chemotherapy and surgery and clinical cases with poor prognosis.<sup>17,28</sup> Looking for, thus, aiming healing, strengthening the immune system, minimizing the signs and symptoms of the disease, improving quality of life and the incentive to continue the conventional treatment.<sup>3,19,22-23</sup> It read, also, the use of such practices with the purpose to prevent recurrent cases of the disease.<sup>40</sup>

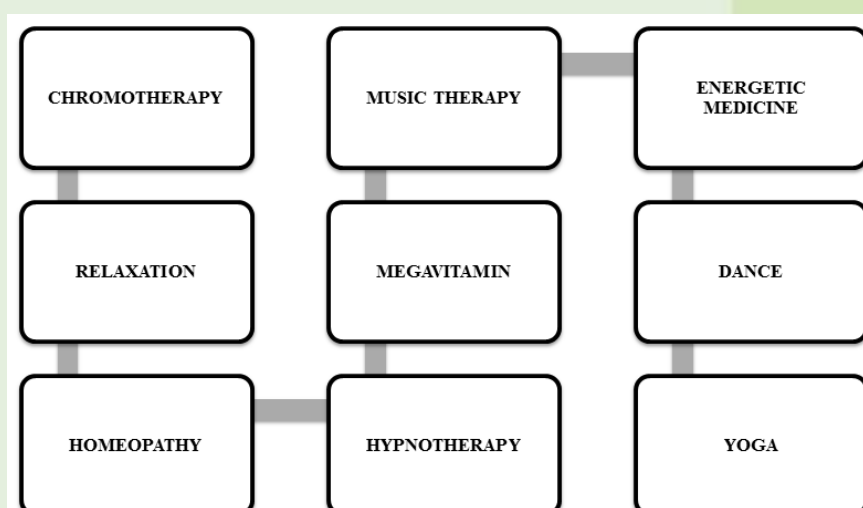
It was found that the biological basis of therapy, with the use of herbal medicine, is the main practice used in cancer treatment,<sup>4,16,19,28,34,37-38,41,44-45</sup> then supplements and diet.<sup>19-20,27,34,38,41-42,44-45</sup> It is seen from this perspective that, among the types of alternatives, that have been emphasized is the herbal medicine. It is believed that the good acceptance of this practice reason would be the fact it presents characteristics similar to allopathic medicine, that is, is the one that most closely resembles pharmacological measures, causing, however, fewer side effects and iatrogenic these.<sup>13</sup>

In general, the herbal practice has its origin in ancient medicine, and corresponds to the use of various pharmaceutical forms of medicinal plants for the treatment and cure of certain diseases. It is believed in the existence of 700 species that can act on malignant tumors.<sup>4</sup>

The mind-body interventions, in turn, as the prayer of healing, faith<sup>3,18,38,40-42</sup> and meditation<sup>18,24,38,40-41,44</sup> are also cited with common practices in cancer treatment .

Figure 3 shows the other elucidated practices by national and international literature.

**Figure 3 - Other PICs used during cancer treatment, 2012.**



In general, regarding the professional performance in the face of PICs, it is observed that the doctor, pharmacist, psychologist and nurse are the closest professional practices,<sup>31</sup> although they have limited knowledge,<sup>17</sup> which requires greater skill in this perspective.<sup>38</sup>

Seeking to reflect on the role of nursing, shows up an incipient participation of the category and the need to incorporate the PICs in their work process, since these professionals are those closest to the users, guiding their actions in care.<sup>30</sup>

It is observed that these aspects are presented consistent with the paradigm-care cure transpersonal, a postmodern philosophical product of nursing. Thus, such a paradigm innovates when highlights for professional humanistic values, altruistic, spiritual, scientific, existential and raisers of basic care.<sup>46</sup>

Thus, the theoretical and practical improvement of the profession is essential,<sup>4,30,36,40</sup> and that measures glimpsing this perspective should be planned and implemented in order to qualify nursing professionals to work in the perspective of PICs.

## CONCLUSION

The PICs are practices increasingly present in the therapeutic setting, in particular, the oncology, corresponding to a product of the postmodern era in response to the current crisis of individual perceptions and practices, fragmented and clinical care offered by the Brazilian and international health services.

Thus, these practices, to ensuring self-care and safety during the use of PICs, enable greater professional autonomy. In nursing, in particular, these features will against the interconnection between the values of caring profession, the peculiarities of their practices and the incentive for user authored against the health-disease process.

However, the study has highlighted that is notorious also the unsatisfactory participation of nursing - and other professions - in this context, something that led the authors surveyed the how to lecture on the need for increased membership of this to PICs.

Therefore, it is expected that this work will raise awareness of all professionals, especially those from nursing, including new knowledge about the object of study, allowing identifying the advantages and disadvantages of these practices, as well as reflecting on the necessary paths to most professional approach of PICs.



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