



Assessing the Landscape of Integrative Oncology at U.S. Comprehensive Cancer Centers

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BACKGROUND

- Integrative Oncology is a patient centered, evidence informed approach to health care which uses mind-body therapies, natural products, and lifestyle modifications to help improve the quality of life of patients during and beyond cancer treatment.
- As a result of the increasing demand and need for alternative and complementary therapies, we are interested in assessing the landscape of IO programs and services offered at cancer centers across the US.

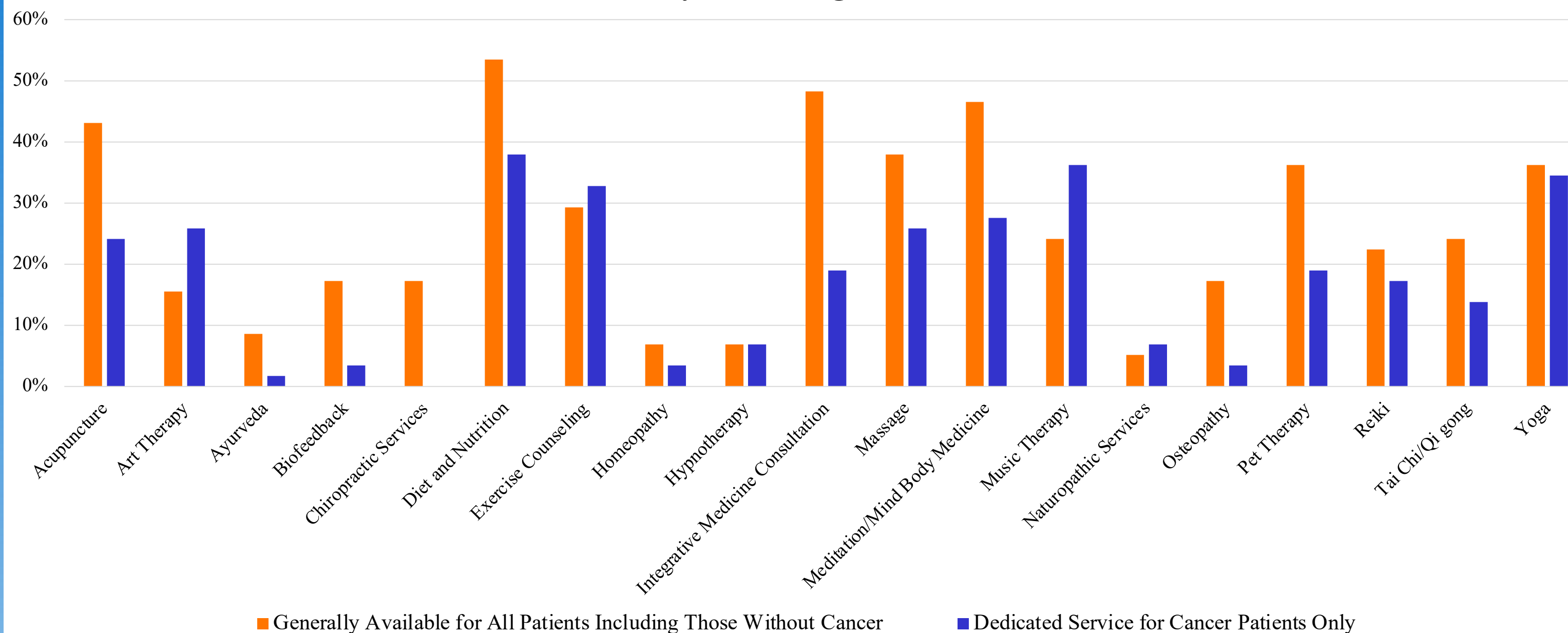
AIMS

1. Assess the current state of integrative oncology programs across the U.S. from the perspective of providers and patients receiving cancer treatment, with the goal of improving these programs and services
2. Characterize the direction and configuration of integrative oncology programs on an internal and external scale.

METHODOLOGY

- Directors of Integrative Oncology programs across different National Cancer Institute (NCI) designated CCCs were contacted by letter, email, and phone.
- They were sent an electronic survey via Qualtrics with questions about their Integrative Oncology programs.
- Participants were compensated with a \$100 Visa gift card.
- Univariate analyses were analyzed using STATA.

Availability of Integrative Services



FINANCIAL

- Insurance was billed most often for physical therapy (50% vs. 67%) and diet and nutrition (36% vs. 50%) services in all settings.
- Acupuncture (47%) and massage (43%) services were the services most often charged by cash/card in all settings.
- Music Therapy (33% vs. 47%) and Pet Therapy (34% vs. 43%) services were offered for free most commonly in both in and outpatient settings respectively.
- Highest average out of pocket fees were Acupuncture (\$41.59±27.12) and Integrative Medicine Consultations (\$34.22±29.41).

Program Characteristics (%)

Existence of Program	
0-4 years	30%
5-9 years	23%
≥10 years	34%
Population Availability	
Adult only	49%
Adult + Pediatric	33%
Patient Status Availability	
Active Cancer	91%
Survivorship Off-Treatment	81%
Healthy w/no cancer history	22%
Location of Services	
Outpatient on main campus	76%
Community sites	29%
Inpatient settings	40%

RESULTS

- Of 94 surveys were sent, 61 were completed (response rate 65%).
- Almost ¾ (74%) of surveys came from NCI-designated and academic cancer centers.
- 53% had formal integrative oncology programs at their center.
- Over half (57%) rated integrative oncology services to be important (or very important).
- Non-NCI centers were more likely to perceive integrative oncology services as important than NCI centers (100% vs. 77%, p=0.04).
- Clinicians who provided integrative medicine consultations were primarily in internal medicine (31%), family medicine (26%), and medical oncology (19%).

CONCLUSIONS

- Half of CCCs reported having a formal integrative oncology program, and over half rated these services as important to them.
- 18 (30%) integrative oncology programs were created in the last 4 years.
- Almost all programs (91%) are available to patients with active cancer.
- About ¾ (76%) of programs are offered in an outpatient setting.
- Almost half offer integrative oncology programs exclusively to adults.

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