

## Notes from Open Space Topic Convenors

What was your topic or practice?

### **Beginning an Integrative Medicine Program**

What were major discussion points?

How did you start?

- February 2002
- Physician 0.5 hours per week, strong background in risk management with diet and exercise, he was teaching internal medicine residents Integrative Medicine, one day per month
- Nurse 3/days per week
- On invitation from the Providence Cancer Center
- Patients' request for the best information available to support optimal health for breast cancer risk reduction, not getting from oncologists and surgeons
- Support from the hospital foundation and administration
- A Komen grant, \$40,000 for one year

Did you need a physician to begin the program?

- Yes, it was necessary in my institution to build the foundation with the other physicians.
- The program had to be evidence-based, as much as research could show.

How did you get the word out?

- Attending tumor boards, grand rounds, staff meetings, board meetings, luncheons, conferences, office meetings, brown bags, wherever possible!

What do you do?

- 1 ½ hour free class for breast cancer, prostate cancer, every other month
- 1 ½ hour free class for newly diagnosed breast cancer patients on fitness, exercise, rehab, and nutrition
- October 2003 hired a Naturopath, 1 day per week
- October 2003 hired a massage therapist 3 days per week
- Will soon hire an acupuncturist
- October 2003, moved into expanded new office space

What did you learn?

- Start where you are within your system, find your own pathways and support people.
- Don't give up on your dream; keep asking the universe for direction.
- Timing is critical. Our program couldn't have happened until it happened.
- Go slow; build a strong foundation to prevent failure.

Whom should we contact for more information?

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Who helped create this new practice?

Providence Medical Center, Cancer Department, Portland, Oregon.