During this session, you’ll learn how aromatherapy, healing touch, guided imagery, and massage can help patients undergoing cancer treatments. You’ll learn to identify the physiologic changes associated with each modality, as well as how you can initiate an integrative health program within your cancer program. But don’t forget about yourself—you’ll also learn how each of these four modalities can be used as self-care measures that foster nursing resilience.

**Content Area:** Clinical Practice  
**Content Level:** Intermediate  
**Coordinator/Speaker:**  
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*Full Disclosure:*  
Nothing to Disclose

**Speaker:**  
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**Full Disclosure:**  
Nothing to Disclose  
**Objectives:**  
At the end of this session, participants will be able to:  
1. Compare and contrast the effects of four holistic nursing interventions performed while patients are undergoing cancer treatments (aromatherapy, healing touch, guided imagery, and massage).  
2. Articulate the physiologic changes that can result from each holistic nursing modality and cite the research conducted at the Mission Hospital Integrative Health Department.  
3. Identify five steps for creating a holistic nursing framework for an integrative oncology healthcare program.  
4. Discuss four strategies to establish these modalities.