

Integrative oncology and patient support services

Integrative oncology

Integrative oncology services provide cancer patients with supportive care for their mind and body well-being during and after cancer treatment. Some of the benefits include:

- Minimizing side effects (nausea, fatigue, pain)
- Enhancing overall wellness
- Reducing stress
- Improving sleep

The integrative oncology services are available to all cancer patients receiving treatment at MercyOne. These complementary services are provided to patients through the support of the MercyOne Des Moines Foundation at no additional expense to patients.

*Some services must be billed and are noted.

TOUCH THERAPIES

Acupuncture

Meet with a licensed acupuncturist to help devise and carry out a treatment plan with approaches to minimizing unwanted symptoms and enhancing overall wellness proactively and preventatively.

Chiropractic care

Chiropractic care can be a very effective treatment for pain management and to improve flexibility, mobility, and muscle strength.

Massage therapy

Massage can relieve symptoms related to cancer, as well as side effects from treatments, such as nausea, fatigue and pain. All massages are tailored to the individual patient's needs.

Osteopathic manipulative medicine *billed service

OMM is used to treat many forms of bodily dysfunction including pain, discomfort, and limited range of motion caused by illness or injury.

Physical therapy *billed service

Physical therapists create treatment plans that use physical activity to help manage side effects of treatment and cancer-related problems, improve health and function, and return to work and other activities.

Reiki

Reiki is a technique for stress reduction and relaxation that also promotes healing. It can help reduce pain, improve sleep and general well-being.

Reflexology

Reflexology is a non-invasive therapy of the hands and/or feet that works alongside conventional medical care to relax your body, improving healing and well-being.

COUNSELING SERVICES

Patient and family counseling

Counseling sessions are provided to cancer patients and their family members who might be having difficulty coping with a cancer diagnosis, treatments, or life after cancer.

Caregiver and grief counseling

Cancer can present challenges to the caregiver's social, emotional, physical and spiritual well-being. Our counselor focuses on helping families maintain the emotional well-being needed to cope with the stress of a cancer diagnosis.

Nutrition counseling

Registered dietitians provide counseling to patients and their families before, during and after their cancer treatments. Common topics include managing treatment side effects through diet, eating well for a healthy immune system, and dietary patterns to decrease risk of cancer recurrence or secondary cancers.

Social work and resource counseling

The social worker acts as the patient advocate by assisting with financial concerns, applying for government programs, obtaining basic needs, and connecting with mental health resources. They also assist the patient with social and personal aspects that impact their healthcare.

Genetic counseling *billed service

The genetic counselor reviews personal and family cancer history to help determine the likelihood of hereditary cancer, discuss how a hereditary cancer syndrome could affect the patient and family, and coordinate genetic testing if desired.

PATIENT SUPPORT SERVICES

Patient Navigation

Nurse navigators are patient advocates who assist patients and their oncologists with cancer care coordination and support.

Survivorship Program

Through partnership with Above + Beyond Cancer, various survivorship programs are available to patients and families.

Palliative Care *billed service

The palliative care team provides supportive care to patients diagnosed with serious illnesses. Palliative care is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

Living with Cancer Support Group

Support group for those in active treatment or chronically living with cancer.

Mindfulness Based Stress Reduction

Mindfulness practice is focused on the here and now. Learn simple practices to ground yourself in the moment and reset.

Pet Therapy

Therapy dogs can provide affection and comfort to people that are dealing with a cancer diagnosis. You can always find hope in the eyes of a dog.

Sexual Intimacy Resources

Sexual health during and after treatment often gets overlooked and is difficult to talk about, but it can change people's intimacy and relationships forever. Let us help provide resources to start the conversation and find solutions.

Research and Clinical Trials

You may be eligible to participate in a clinical trial. Talk to your physician to determine if one is right for you.

Wig and Head Coverings

A variety of affordable, synthetic wigs and head covering options are available.



Call 515-358-6606 to learn more and get scheduled.

Spiritual Care

Spiritual care is an aspect of healthcare that supports the inner person (spirit/soul) to help deal with the health challenges that you or your loved one is facing. This may include concerns or questions about personal meaning, purpose, legacy, hope and faith.

Art as Therapy

Art as therapy helps patients express emotions, reduce side effects and enhance relaxation through the use of painting, drawing, sculpting and other visual media. No previous artistic training or experience is necessary.

Music Therapy

Music therapy is the use of music activities such as singing, songwriting, instrument playing and listening to music to support therapeutic goals during or after cancer treatment. No music experience or confidence is required to participate.

Child and Parent Support Resources

How do I talk to my child about my cancer? Let us help provide resources to have these important conversations.

Join us at our next event!

WEEKLY

- Cancer Survivor Education Series

MONTHLY

- Mindfulness Meditation Virtual Group
- Living with Cancer Support Group
- Nutrition 101 for Cancer Survivors
- Music Therapy Support Group

Also, check out our partner organization Above + Beyond Cancer for a list of their upcoming programs and events.

AboveAndBeyondCancer.org