

# THE ROLE OF INTEGRATIVE HEALTH IN IBD CARE

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# AGENDA

- Describe Integrative Health & it's application in IBD
- Integrative Health at CHOP
- Experience various Integrative Health Modalities
- Q&A Session (please use the Q&A feature to submit)

# Wellness and optimal health



- “Relationship-centered care that focuses on the **whole person**, is informed by **evidence**, and makes use of **all appropriate therapeutic approaches**, healthcare professionals and disciplines to achieve **optimal health and healing.**”
- Focus on holistic care

# Integrative Medicine Definitions

- If a non-mainstream practice is used **together with** *conventional medicine*, it is considered “**complementary.**”
- If a non-mainstream practice is used **in place of** conventional medicine, it’s considered “**alternative.**”
- “**Integrative**” health care involves bringing conventional and complementary approaches together in a coordinated way.

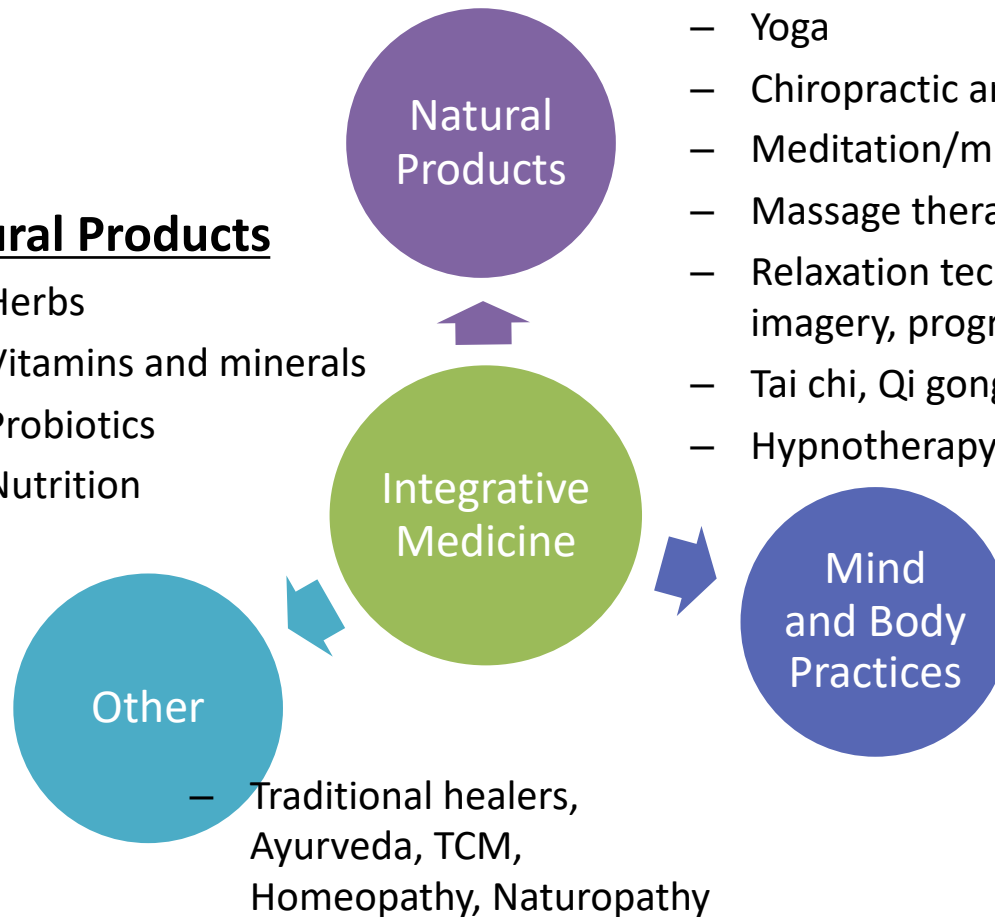
# Components of Integrative Health

- **Natural Products**

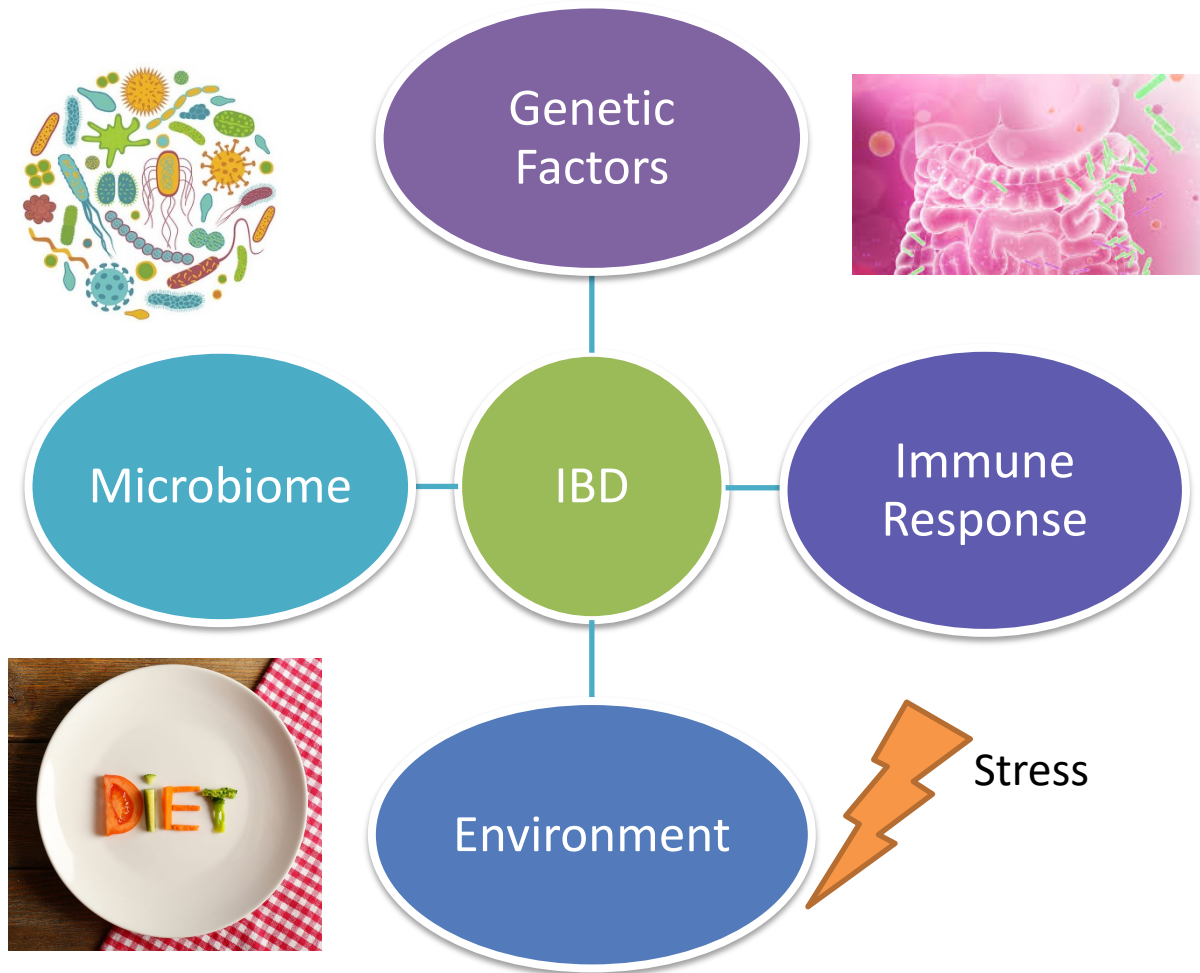
- Herbs
- Vitamins and minerals
- Probiotics
- Nutrition

- **Mind-body Therapies**

- Yoga
- Chiropractic and osteopathic manipulation
- Meditation/mindfulness
- Massage therapy and Acupuncture
- Relaxation techniques (breathing, guided imagery, progressive muscle relaxation)
- Tai chi, Qi gong, healing touch, Reiki
- Hypnotherapy

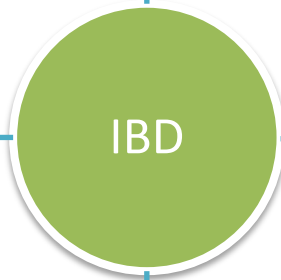


# How can IH help with IBD?



# How can IH help with IBD?

In conjunction with standard therapy...



Herbs and probiotics, Dietary therapy

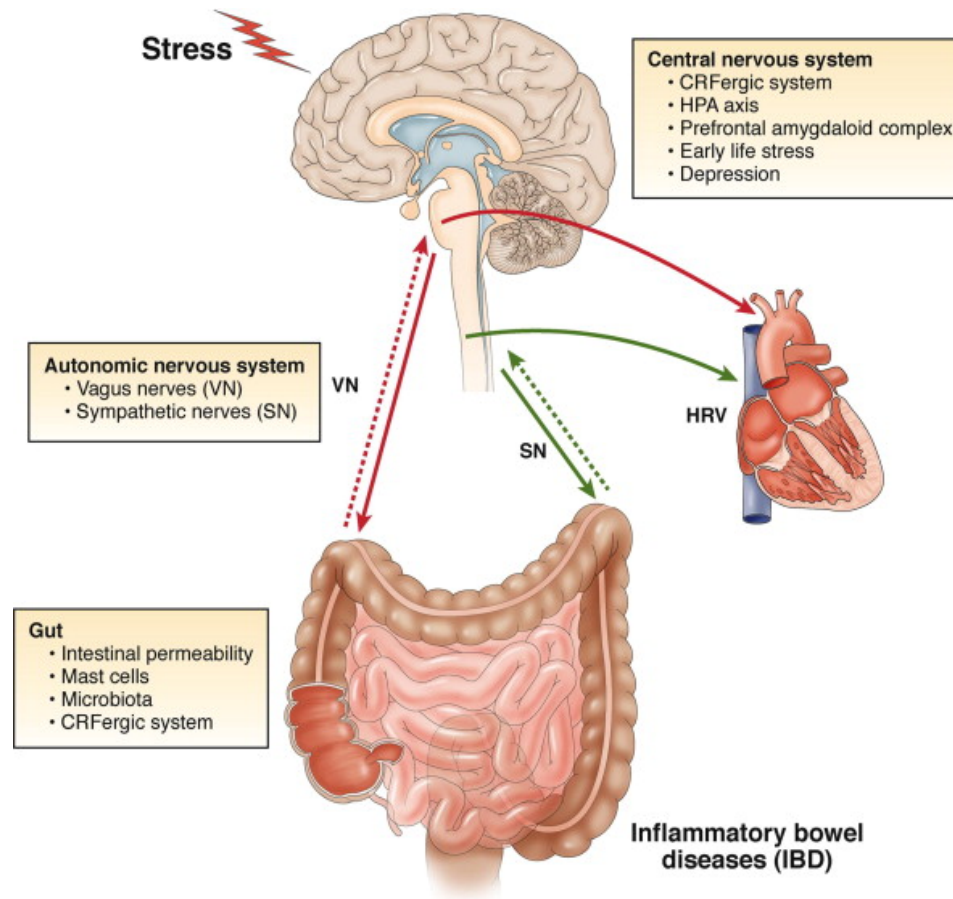


Stress

Mind Body Modalities, Dietary therapy

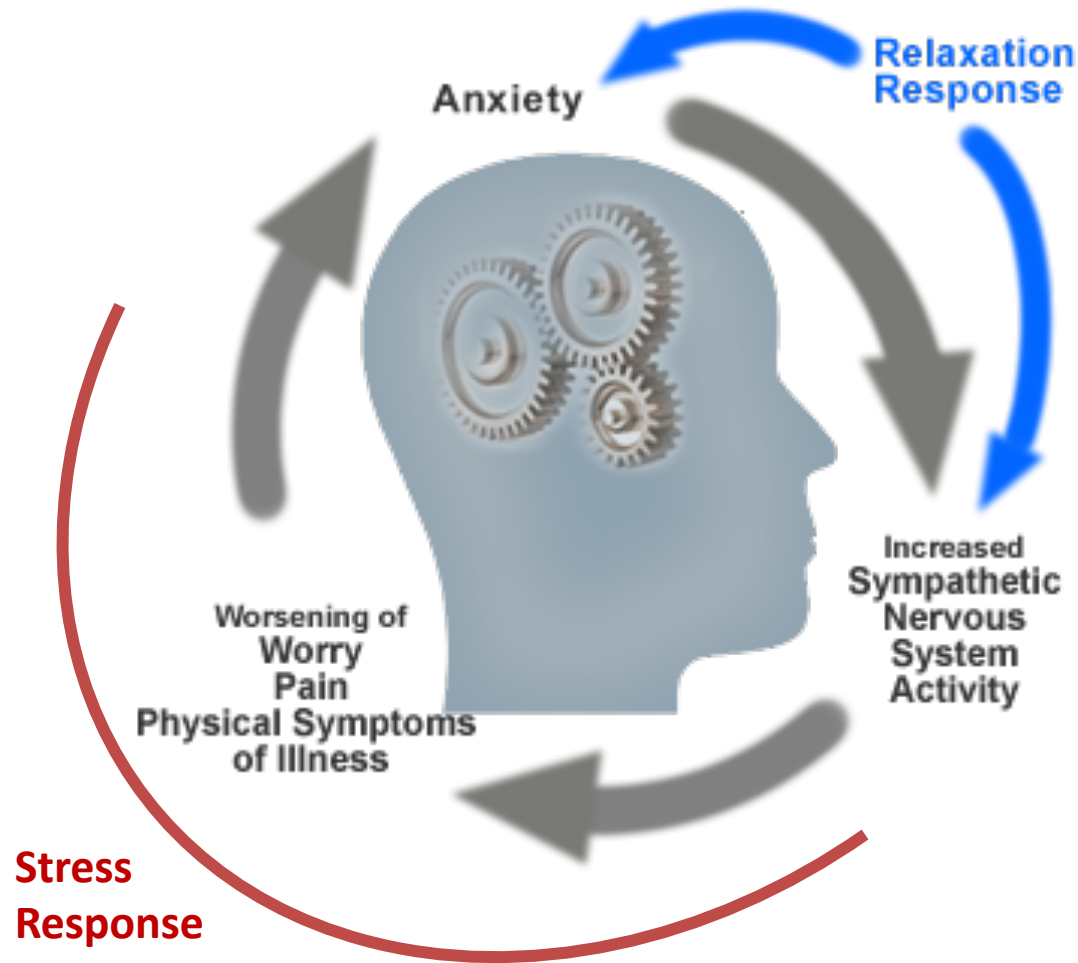
# Stress and IBD

Growing evidence that stress promotes IBD flares





# Goal of Mind-body interventions



University of Arizona Integrative Medicine Curriculum; Accessed Oct 20, 2020

# Integrative Health at CHOP

**Mission:** To promote *optimal wellness* of our patients, their families, our staff and the community by providing holistic health care through an integrated approach.

**Vision:** We will *facilitate and promote healing and holistic wellness* to the CHOP community through clinical services, research, innovation and education.



# Integrative Health at CHOP

## Outpatient

Acupuncture  
Food Reactions Clinic  
IH Gastroenterology  
IH Nutrition  
Integrative Oncology

## Inpatient

Aromatherapy  
Yoga  
Mindfulness  
Therapeutic Breathwork  
Energy Therapy/Reiki  
Massage Therapy/Caring  
Touch

# How to Access our Services

## Outpatient

- Food Reactions Clinic, IH Gastroenterology Clinic, IH Nutrition Clinic
  - Call Access Center 215-590-3630
- Acupuncture Clinic
  - Call 215-590-5043, Option 2

## Inpatient

- Integrative Health Offerings: yoga, acupuncture, massage (oncology only), aromatherapy, healing touch/ Reiki

Questions: [Integrativehealth@chop.edu](mailto:Integrativehealth@chop.edu)

# Integrative Health Research at CHOP

- DIETOMICS Study
- Online Mindfulness for Pediatric IBD

## **Modified Exclusive Enteral Nutrition (EEN) with the Crohn's Disease Exclusion Diet (CDED) for Induction and Maintenance of Remission and Re-biosis;**

### **DIETOMICS**

**Wolfson Medical Center in Holon, Israel / PI: Rotem Sigall Boneh, RD; CHOP Investigator: Lindsey Albenberg, DO**

- EEN - treatment option for patients with active Crohn's Disease (CD). Standard EEN course - liquid formula (i.e., Boost, Ensure, Modulen) as only nutrition source for 8 weeks, followed by partial enteral nutrition (PENEEN can greatly reduce symptoms in 80% of children with mild-moderate CD.
- Formula itself may not be completely responsible for inflammation decrease - removal of dietary factors related to increased intestinal permeability (IP) is responsible for this effect. Certain food additives have been shown to increase IP, meaning that they make the bowel 'leaky', allowing microorganisms which normally can't cross the bowel wall to gain access to the body. This leads to inflammation, as the immune system tries to fight the microorganisms in places where, normally, they wouldn't enter.
- Israeli researchers developed the CDED, consisting of specific foods that lack factors known to increase IP. As a new possible treatment for active CD, the CDED was combined with PEN to create a new diet therapy. In the CDED, 50% of daily nutritional needs are provided by foods while the remaining 50% of calories are obtained by drinking formula, followed by step-down phases.

# DIETOMICS

## Study Methods, Objectives & Population

- **Methods: Open label randomized, controlled trial comparing 2 weeks of EEN with Modulen followed by 22 weeks of the CDED and PEN, to 8 weeks of EEN with Modulen followed by 16 weeks of a free diet and PEN.** The study includes a control group of healthy children and parents/siblings for microbiome studies.
- **Objectives:** To assess if sustained clinical remission without use of steroids is achieved by Week 14 in patients with active CD treated with 2 weeks EEN with Modulen followed by 22 weeks of the CDED and PEN.
  - Additional objectives include a comparison of the microbiome composition between groups, measurement of changes in fecal calprotectin over time, and an assessment of any need for additional treatment to achieve remission.
- **Study Population:**
  - Age 8-18 years with mild to severe CD defined as  $15 \leq \text{PCDAI} < 47.5$ .
  - Disease duration  $\leq 36$  months
  - Stable medication use, or no medication use in past 8 weeks
  - No past or current biologic use
  - No current steroid use, or use in past 8 weeks
  - No milk protein allergy

# DIETOMICS

## Study Procedures

- Randomization to EEN/Crohn's Disease Exclusion Diet group or EEN/free diet group – Modulen is provided by CHOP
- Blood, stool, urine, oral and rectal swab collection
- Food diaries and 24-hour diet recalls
- Interviews/Questionnaires
- Stool collection from healthy controls, and from participants' parents & siblings

This study is not enrolling at CHOP yet, but is coming soon!



# ONLINE MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PEDIATRIC IBD

## What are the goals of the study?

- IBD is a tough disease and can affect many aspects of your life. Sometimes, it can add stress that may affect your physical symptoms of pain and stool habits.
- ***In this study, we want to know if practicing mindfulness taught via an online MBSR course taught by a trained teacher can help with your IBD.***
- Specifically, we want to understand if an online MBSR course is doable, liked, and what effects it may have on quality of life and symptoms of IBD.

## Who?

- Patients with an established diagnosis of IBD and between the ages of 12 and 19 years.

## What?

- 8 weekly MBSR group classes online
- Answer a series of questionnaires and submit stool samples 3 times over the course of the study
- Participate in 1 focus group to assess your experience in the study.
- You will be compensated for your participation



# ONLINE MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PEDIATRIC IBD

## What is MBSR?

It is an 8 week long mindfulness course designed to teach mindfulness practices. **Mindfulness is about being aware of and paying attention to your thoughts and emotions on purpose, in the present moment, in a non-judgmental way.** This way of focusing your attention can help with creating a space between your thoughts and your actions, which can lead to more self-awareness and emotional balance, among other benefits!

This in turn can help with how you respond to situations that you may not be able to fully control as well as help with feelings of stress and anxiety. MBSR is rooted in the practice of meditation.

## What Are The Benefits?

Although we can't promise that you will receive any direct benefit from the MBSR program, as a result of your participation you may feel improvements in your symptoms and your quality of life living with IBD.

We hope that the knowledge gained from this study may help future children with IBD.

## CONTACT:

[ibdmindfulness@email.chop.edu](mailto:ibdmindfulness@email.chop.edu)

**The unique part of this study is that there are no in-person visits required and everything will be done via phone, e-mail, or video conferencing.**

**Next classes: mid-April 2021 and Fall 2021**

# Let's try it!

- Progressive Muscle Relaxation
- Breathing Techniques – Diaphragmatic Breathing
- Mindfulness

# Progressive muscle relaxation



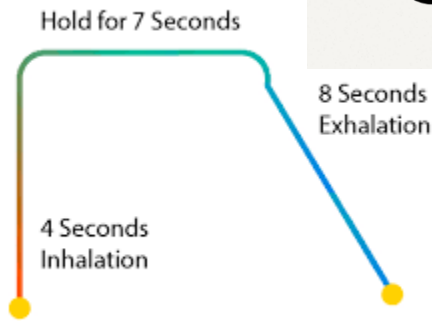
## Examples



- Clenching hands
- Bending wrists and elbows
- Shrugging shoulders
- Wrinkling the forehead
- Closing eyes
- Pressing lips together
- Curling and uncurling the toes

- Helps to relieve stress or tension
- As you breathe in, you tighten a group of muscles and as you breathe out, you relax the same group of muscles.
- By working on different muscle groups, you can relax the whole body

# Breathwork



## 4-7-8 Breath

- <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

# Loving Kindness Meditation



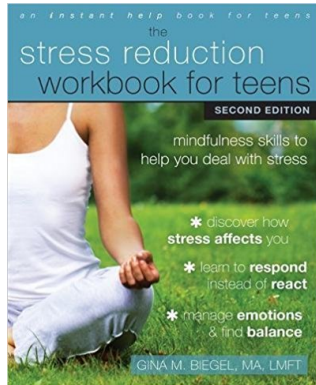
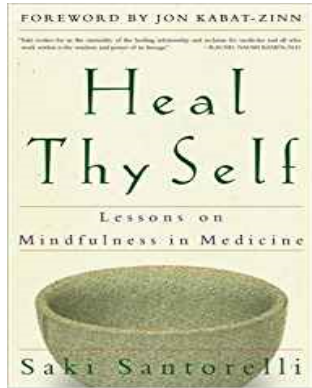
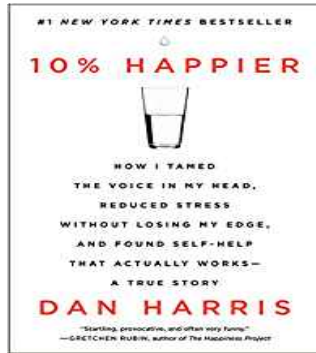
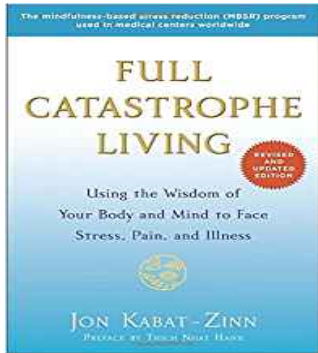
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- May you be happy
- May you be healthy
- May you be peaceful
- May you be full of loving kindness
- May you be free from suffering

- May I know peace
- May my heart remain open
- May I see the beauty of my own true nature
- May I be healed and may I be a source of healing for others

- May you know peace
- May your heart remain open
- May you see the beauty of your own true nature
- May you be healed and may you be a source of healing for others

# Some Resources.....



- **Headspace** – (Headspace Meditation Limited)
  - Great explanation and rationale for mindfulness meditation for all ages
- **Stop, Breathe & Think** – (Tools for Peace)
  - Guided meditations geared toward kids and teens but can still be used by grown-ups
- **Calm** – (Calm.com, Inc)
  - 7 guided meditation sessions from 2-30 minutes for any break during the day
- **Insight Timer** – (Insight Network Inc)
  - Guided meditations geared towards teens and adults

## CHOP Patient Family Education materials

- Breathwork
- Loving kindness meditation
- Progressive muscle relaxation

<https://www.chop.edu/centers-programs/integrative-health/health-resources>