

Alternative therapies applied to oncological patients for pain management

Terapias alternativas aplicadas a pacientes oncológicos para o manejo da dor

Terapias alternativas aplicadas a pacientes oncológicos para el manejo del dolor

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ARTICLE HISTORY

Received: 21-11-2022

Revised Version: 28-01-2023

Accepted: 10-02-2023

Published: 20-02-2023

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Manuscript type: Article

ARTICLE INFORMATIONS

Science-Metrix Classification (Domain):

Health Sciences

Main topic:

Health - Alternative therapies

Main practical implications:

It shows the state of the art in studies on alternative therapies for cancer patients.

Originality/value:

It contributes to the scarcity of scientific studies regarding the research niche in studies on alternative therapies for cancer patients.

ABSTRACT

INTRODUCTION: Alternative therapies consist of a set of techniques and methods used for the treatment or prevention of diseases, especially in the mind, body and person, providing a balance between the environment and the cancer patient. **OBJECTIVE:** Analyze the application of alternative therapies in cancer patients for pain management. **METHODOLOGY:** This is a qualitative, cross-sectional bibliographic review, based on articles found in indexed journals of great academic prestige. The analysis of the information aims to publicize each of the alternative therapies that are used in a cancer patient to treat pain. **DISCUSSION:** Each of the alternative therapies that have been more effective in relieving pain, such as acupuncture and therapeutic massage, are mentioned in comparison to the others; which are based on managing pain in cancer patients and other symptoms during the course of conventional treatment. **CONCLUSION:** Each said therapy has its own advantages, from which it is concluded that alternative therapies are effective for pain management in patients with oncological diseases despite the fact that there is little scientific evidence.

Keywords: alternative therapies, cancer pain, palliative care.

RESUMO

INTRODUÇÃO: As terapias alternativas consistem em um conjunto de técnicas e métodos utilizados para o tratamento ou prevenção de doenças, tendo como base a mente, o corpo e a pessoa, estabelecendo um equilíbrio entre o ambiente e o paciente oncológico. **OBJETIVO:** Analisar a aplicação de terapias alternativas em pacientes oncológicos para o manejo da dor. **METODOLOGIA:** Trata-se de uma revisão bibliográfica qualitativa, de corte transversal, baseada em artigos encontrados em revistas indexadas de grande prestígio acadêmico. A análise das informações visa divulgar cada uma das terapias alternativas que são utilizadas em um paciente com câncer para tratar a dor. **DISCUSSÃO:** Cada uma das terapias alternativas que têm se mostrado mais eficazes no alívio da dor, como acupuntura e massagem terapêutica, são citadas em comparação com as demais; que se baseiam no controle da dor em pacientes com câncer e outros sintomas durante o curso do tratamento convencional. **CONCLUSÃO:** Cada terapia mencionada tem suas próprias vantagens, das quais se conclui que as terapias alternativas são eficazes para o controle da dor em pacientes com doenças oncológicas, apesar de haver pouca evidência científica.

Palabras clave: terapias alternativas, dor oncológica, cuidados paliativos.

RESUMEN

INTRODUCCIÓN: Las terapias alternativas consisten en un conjunto de técnicas y métodos utilizados para el tratamiento o prevención de enfermedades, basándose en la mente, cuerpo y persona, estableciendo un balance entre el entorno y el paciente oncológico. **OBJETIVO:** Analizar la aplicación de terapias alternativas en pacientes oncológicos para el manejo del dolor. **METODOLOGÍA:** Se trata de una revisión bibliográfica cualitativa, transversal, basada en artículos que se encuentran en revistas indexadas de gran prestigio académico. El análisis de la información pretende dar a conocer cada una de las terapias alternativas que se utilizan en un paciente oncológico para tratar el dolor. **DISCUSIÓN:** Se mencionan cada una de las terapias alternativas que han sido más eficaces para aliviar el dolor como la acupuntura y el masaje terapéutico, a comparación de las demás; las cuales se basan en manejar el dolor en el paciente oncológico y demás sintomatología durante el transcurso del tratamiento convencional. **CONCLUSIÓN:** Cada terapia mencionada tiene sus propias ventajas, a partir de ello se concluye que las terapias alternativas son eficaces para el manejo de dolor en pacientes con enfermedades oncológicas a pesar de que sea de escasa evidencia científica.

Palavras-chave: terapias alternativas, dolor en câncer, cuidados paliativos.

INTRODUCTION

Cancer is one of the most shocking and difficult diagnoses to hear in patients and their families, because it is a lethal disease for those who suffer from it, so there are several alterations on the patient that affect physically and emotionally, resulting in the inability to perceive life (Valero-Cantero et al., 2020); cancer patients faced pain, despair, sadness and resignation. (Anderson & Downey, 2021).

Currently, pain remains one of the most common symptoms in patients despite having developed several advances in the health area, pain levels are the main reason why family members seek different ways to improve well-being, so that, according to (Chou et al., 2022) the use of alternative therapies has achieved great relevance within the hospital area, leaving directions for the management and control of pain as a non-pharmacological treatment option. (Deng et al., 2022)

In Ecuador, culturally there is an acceptance towards complementary medicine and conventional treatment of different pathologies, since many of them do not cause harm or interference with the pharmacological treatment against cancer, they help to face symptomatology and adverse effects of the procedures applied on the patient. (Ruela et al., 2018). In addition, there are many therapies that stimulated and treat pain in different ways such as: acupuncture, chiropractic, herbal medicine, massage, yoga, among others (Carson et al., 2021), despite this the role of nursing fulfills the functions of education, collaboration and respect with the decision of each person, to be performed successfully, showing the effectiveness towards the therapeutic adherence of the patient.

Nowadays, cancer is one of the main causes of death in the world from which complications are derived for both the patient and his family, this term includes several pathologies and characteristics that affect any part of the organism. Therefore, (Lee et al., 2019) mention that the high prevalence of cancer is cause for hospital admission where the clinical condition of the patient will be evaluated. On the other hand, the symptomatology in oncological patients depends on the place and growth of the primary tumor in the organism (Peña A., Casillas M., 2018). Therefore, the most common symptoms, according to the apparatus and systems, regardless of the type of cancer according to (Lopes-Júnior et al., 2020) are described in Table 1.

Table 1 Oncologic symptomatology according to devices and systems

Devices and symptoms	Symptomatology
Skin	Mucositis and hyperpigmentation
Respiratory	Dyspnea, cough
Digestive	Nausea, vomiting
Urinary	Pain, bleeding
Locomotive	Mobility reduction
Others	Fatigue, fever, pain

Note: Prepared by authors using specialized literature

In addition, the oncologic patient demonstrates psychosomatic alterations such as insomnia, depression or anxiety, which produce changes in physical, emotional and psychological well-being (Lewis et al., 2019). Likewise, sleep disorders cause oncologic pathology to faster progress. Pain is mentioned as one of the signs that cause the most problems throughout this condition (Köhler et al., 2020).

The use of alternative therapies in combination with conventional medicine refers to a variety of practices, knowledge, approaches and beliefs that include animal-based medicine, plants, minerals, manual techniques and exercises where the mind and hands are used in order to maintain the patient's well-being (Armstrong et al., 2019). These therapies are frequently used by oncology patients to improve their quality of life, reduce side effects resulting from treatment and increase the sense of control and management over their disease (Wang et al., 2018).

Despite technological advances in medicine and the implementation of pharmacological treatments, patients suffering from chronic and degenerative diseases continue to present persistent, unacceptable and disabling levels of pain, which lead to a deterioration in the quality of life and contribute to the hemodynamic instability of their underlying pathologies (Armstrong et al., 2020). In this, pharmacological treatments in most cases produce adverse effects which are not tolerable for the patient causing poor therapeutic adherence, which is why the population has been turning to alternative therapies to try to manage pain. (Ruisánchez et al., n.d.).

In most cases, individuals mention that these therapies have been effective in improving their symptoms to a great extent, according to (Mao et al., 2021) and (Danon et al., 2022), who state that over time different alternative therapies have been developed, which are described in Table 2.

Table 2 Therapy types to manage pain in oncological patients

Therapy types to manage pain	
Integral system complete therapies	Homeopatya Acupuntura
Mind and body Therapies	Yoga Meditations
Energy based Therapy	Taichi Reiki Gi gong.
Manipulative and body-based practices	Massages Quiropraxia/osteopatía Reflexology.
Manipulation of various energy field therapy	O chi-kung Biomagnetic therapy.
Biological practices	Phisiotherapy Nutricional therapy Treatments with nutritional supplements and vitamins.

Note: Prepared by authors using specialized literature

Complementary therapies provide several treatment possibilities according to the hospitals that provides them (Dávila et al., n.d.). In Tungurahua province, for example, there is the Hospital Oncológico Solca Núcleo de Tungurahua (Gutiérrez, 2018). Located in the city of Ambato, it is recognized for developing comprehensive processes for the control and treatment of cancer patients in order to reduce morbidity and mortality in the community (Tuapanta, 2021).

Throughout the treatment process, health personnel qualified in complementary medicine employ alternative holistic healing therapies, focused on pain controlling (Cosmina A., Tejero L. 2018). The most frequent are natural herbal products, as well as deep breathing and meditation techniques (Campo M. 2018). After the application, the aim is to ensure safety and efficacy towards oncology patients, in addition to reducing the signs and symptoms caused by cancer, as well as the side effects of the executed treatments. However, other researches from the mentioned oncology center discuss that the most effective alternative therapies and the most used ones are the stimulation of the immune system, decrease of pain and side effects (Normatización, MSP, 2017).

In the same way, they have a rich benefit in oncological patients, they do not replace conventional therapy, on the contrary, they should be used in a coordinated manner as proposed by the World Health Organization (WHO) (Lopes-Júnior et al., 2020). The most common treatment to relieve oncologic pain are alternative therapies and the administration of analgesics for the treatment of acute or chronic pain. Specifically in the approach to pain are relaxation methods, physical means and home visit programs. (Rodríguez D, Sori Y, 2019).

Alternative methods employ resources focused on one's own body, mind and nature, however, they are not supported by scientific evidence. Sixty-five percent of cancer survivors report using acupuncture and worldwide between 33% and 47% of individuals diagnosed with cancer use music therapy and body massage during treatment (Mercadante et al., 2022). The benefits of alternative therapies are:

- To alleviate the effects caused by cancer treatment and reduce episodes of depression and anxiety generated by the disease.
- Sleep disturbances control, physical and spiritual well-being to increase the quality of life during the oncological process.
- Encourage the patient and family to take a participatory role in improving their own health.
- There is slight scientific evidence that acupuncture is the most effective treatment for the management of cancer pain.
- The studies done by the homeopathic treatment describe that it significantly improves and controls the anxiety caused by cancer.
- They do not specifically treat any sign or symptom, but rather the external and internal causes that lead to an organic imbalance.

- Among the expected benefits for oncology patients when using the different alternative therapies are the increase of defenses, symptom management, antitumor effect and systemic regeneration/decontamination. (Rasheed et al., 2020).

Being a trained health professional plays an important role in the application and compliance of the modalities of natural and traditional medicine, as they are included within the activities, functions and skills of the profession, whose objective of study is the care of the patient, family and community (Hidalgo et al., 2022), but it is worth mentioning that there is only a small percentage of such professionals so most patients do not know about the subject because there is not enough foundation for its application. If she were a nurse, she should have the ability to approach the oncology patient in an assertive manner, generating confidence and establishing the options for the use of alternative therapies, all aimed at preventing the user from abandoning the conventional treatment, since the goal would be to combine the two types of treatment to provide the care that the patient would need during the course of treatment. (He et al., 2020). This article aims to analyze the application of alternative therapies in oncology patients for pain management. (Wayne et al., 2018)

METHODS

This article corresponds to a literature review, with a qualitative, cross-sectional approach, these documents articles published in the last 5 years, belonging to indexed journals, highlighting the most relevant research on the application of alternative therapies in cancer patients for pain management. According to its scope, it is considered narrative, because it aims to answer the following question What are the methods of application of alternative therapies in oncology patients for pain management? The selection of information was made through the comprehensive reading of 50 scientific articles, which are published in databases such as: Pubmed, Scopus, Wiley, Scielo, Elsevier and the journal Enfermería Investiga. In addition, we can mention that, as inclusion criteria, they are studies published from the year 2018 and should cover the topic in question, detailing each therapy used, the exclusion criteria were research without scientific evidence and information according to the population studied.

RESULTS

Table 3 Main literature raised

N°	Title	Authors	Year	Results
1	Alternative Therapies as a Solution for the Care of Chronic Health Problems	Rodríguez, H., Espinosa, A., Elers, Y.	2022	The nursing staff attends to a patient in a holistic way, focusing on the spiritual, emotional and mental spheres, where alternative therapies are used because they are not very invasive and because they offer great advantages to the patient, they contribute to their implementation little by little as time goes by.
2	Distraction outcomes for pediatric oncology care from nursing evidence: integrative review.	Sánchez, M.	2022	In the case of pediatric cancer, alternative therapies are also used because, being a vulnerable population, it is more exposed to different pathologies. In this research, therapies such as music therapy, massages, games and physical activity were used to help the population adapt to their new oncological environment.
3	Cancer and alternative and complementary medicines: some examples of uses and therapeutic itineraries.	Rodrigo, M.	2020	Alternative medicine is being widely used by people with cancer because it has no adverse effects like traditional medicine when administering medication, the population is inclined to this in order to better treat pain.
4	Benefits of Qigong as an integrative and complementary practice for health: a systematic review.	Toneti B et al.	2020	Qigong is also considered an effective alternative therapy, but in the long term, used mostly by adults with airway obstruction such as COPD, doing breathing exercises that contribute to their treatment.
5	Efficacy of complementary therapies in the management of oncologic pain in palliative care: a systematic review.	Lopes et al.	2020	Among the alternative therapies is also therapeutic massage, which is very useful in palliative care, providing the comfort that the patient needs during treatment or at the end of life. When pharmacological therapy is not effective or the patient does not agree with it, any alternative therapy is involved.
6	Treatment of pain in oncological patients	Díaz, Y., Hernández, Y., Hernández, L., Cuevas, L., Fernández, D.	2019	In the case of Latin America, 5.7 million people use opioid analgesics to treat pain, a percentage that indicates that pain management is inadequate, despite the different adverse effects they can produce, compared to complementary therapies where few people are unaware of the issue.
7	Alternative therapies for pain	Iglesias, S., Gonzales, D., García, M., Gonzales, J.	2021	European countries are leaning towards the commercialization and use of drugs, compared to North America, which over time has increased the use of complementary therapies, especially homeopathy, as physicians are beginning to prescribe such remedies.
8	Use of alternative or relaxation techniques in the treatment of chronic pain	Soria, F., Tárraga, M., Madrona, F., Romero, M., Tárraga, P.	2021	They concluded that alternative therapies are effective in reducing pain in adults, acting mainly in cancerous diseases. In addition, their application also occurs in hospitals to treat chronic pain in cancer patients
9	Integrative medicine therapies for pain management in cancer patients	Deng, G.	2019	In the case of pain management in oncology patients, they support that acupuncture, hypnosis and music therapy are effective in reducing pain. In the case of yoga and Qigong they are inclined to alleviate anxiety symptoms and interfere with mood swings. Emphasizing that the patient's preferences should be taken into account and whether or not there is improvement in its application.

10	Complementary and Alternative Medicine in Hospice and Palliative Care: A Systematic Review	Zeng, Y., Wang, C., Ward, K., Hume, A	2018	Despite the growing use of alternative therapies, they still lack sufficient scientific evidence for their implementation in all fields of medicine, but they have been used in palliative care settings to reduce pain in patients for whom conventional therapies do not provide the necessary relief in different diseases.
11	Pain management and non-pharmacological interventions	Melba J., Moreland L., Cyndi J., Emmerling Sheryl, Ma N.	2019	All participants used one or more non-pharmacological interventions. Thus, it is evident that the least used interventions were spiritual practice (20.6%), transcutaneous electrical neurostimulation (10.3%) and superficial massage (32.4%).
12	Music therapy in the psychosocial treatment of adult cancer patients: systematic review and meta-analysis.	Köhler, F., Martin, Z. S., Hertrampf, R. S., Gäbel, C., Kessler, J., Ditzel, B., & Warth, M.	2020	The meta-analysis included 21 studies that showed a small but significant effect of music therapy on mental health, symptoms of physical discomfort and quality of life expectancy.
13	Aromatherapy, massage and reflexology: a systematic review and thematic synthesis of perspectives of people with palliative care needs.	Armstrong, M., Flemming, K., Kupeli, N., Stone, P., Wilkinson, S., & Candy, B.	2019	During cancer the patient experiences feelings of happiness and escape, which are most often relieved by short- and long-term alternative therapies, the most prevalent therapies in most communities are aromatherapy, acupuncture, and herbal pain products.
14	Palliative care in the oncology patient belong to Solca Núcleo de Turgurahua.	Arias J., & Cusme N.	2021	The predominance of pain was 85.72% in the female gender, which represented the greatest predominance. However, it is analyzed that the psychological and dermatological support provided by nurses is (75%) and the incentive to perform complementary therapies is 25%.
15	Clinical massage therapy protocol for patients with cancer-related fatigue from a systematic review.	Wang, K., Qi, S., Lai, H., Zhu, X., & Fu, G.	2018	Pharmacological treatments in most oncological cases produce adverse effects which are not tolerable for the patient, causing poor therapeutic adherence. Therefore, the implementation of alternative therapies is chosen.
16	Effectiveness of electroacupuncture or auricular acupuncture versus usual care for chronic musculoskeletal pain among cancer survivors: the randomized clinical trial PEACE	Mao, J., Liou, K., Baser, R., Bao, T., Panageas, K., Romero, S., Li, Q., Gallagher, R., Kantoff, P.	2021	In this case, acupuncture has proved to be an effective alternative technique for musculoskeletal pain in patients who have survived cancer, demonstrating that it is not inferior to traditional techniques such as the administration of drugs to reduce pain. In more than 18,000 patients who underwent this complementary technique, it surpassed the expectations that were held at the beginning of the treatment.
17	Music therapy for cancer patients in home-based palliative care and their caregivers: protocol for a multicenter randomized controlled trial.	Valero, I., Martínez, F., Espinar, M., Casals, C., Barón, F., Vázquez, M.	2020	Music therapy used in cancer patients has been beneficial, bringing with it advantages such as the reduction of complementary medications for pain relief, insomnia and improvement of mood, resulting in satisfaction for both the patient and the caregiver, as it does not produce side effects.
18	An overview of systematic reviews: complementary therapies for cancer patients.	Lee, S., Choi, H., Hyun, M.	2019	60% of cancer patients have used at least one alternative therapy in the course of treatment, with the aim of relieving pain and improving the immune system. But these therapies are still being researched for 100 percent implementation in the medical field.
19	Are mind-body therapies effective in relieving cancer-related pain in adults? A systematic review and meta-analysis.	Danon, N., Al-Gobari, M., Burnard, B., Rodondi, P.	2022	Mind-body therapies become effective in treating pain in cancer patients, in this case the MBSR program is being widely researched, which consists of doing meditation for 45 minutes daily for 8 months, influencing depression, stress, quality of life and anxiety in patients diagnosed with cancer.
20	Acupuncture for chronic pain: update of a meta-analysis of individual patient data.	Vickers, A., Vertosick, E., Lewith, G., MacPherson, H., Foster, N., Sherman, K., Irnich, D., Witt, C., Linde, K.	2018	This research shows that acupuncture is effective for the treatment of chronic pain, but not only depends on the disease that the patient is suffering, but the correct placement of the needles to demonstrate its effectiveness, being one of the most used alternative therapies in the world, although there is not enough scientific evidence.
21	Efficacy of electroacupuncture or auricular acupuncture versus usual care for chronic musculoskeletal pain among cancer survivors.	Mao JJ, Liou KT, Baser RE, Bao T, Panageas K, Romero S, Li S, Gallagher R, Kantoff P.	2021	The research evaluates the severity of pain, which is treated with electroacupuncture and acupuncture, resulting in a reduction of the intensity of chronic musculoskeletal pain, there is a determination of the effectiveness and benefits of its application in cancer survivors.
22	Acupuncture for chronic pain: update of a meta-analysis of individual patient data.	Vickers A, Vertosick E, Lewith G, Witt C, Linde K.	2017	The analysis demonstrates the efficacy of acupuncture in the different effects of pharmacological and hospital treatment to the patient. In addition, it is important to find a way to reduce pain and analyze the different therapies, in the case of acupuncture it is evaluated the different variations and benefits that brings its constancy in the treatment, therefore, clinically it has an effect on chronic pain after a long period of clinical practice.
23	Are mind-body therapies effective for relieving cancer-related pain in adults? A systematic review and meta-analysis	Danon N, Gobari M, Burnard B, Rodondi P.	2021	In recent years, Western countries have developed several techniques that contribute to the stability between mind and body, the same that are used and derived from Asian medical systems, which do not represent high economic values and adverse effects after its application, however, it can be useful only in mild pain and not for chronic pain characteristic of cancer.
24	An Overview of Systematic Reviews: Complementary Therapies for Cancer Patients	Min Lee S., Cheol Choi H., Kyung Hyun M.	2019	The authors of the research analyzed the different therapies applied in patients, resulting in acupuncture as the most used therapy and then yoga in countries like the United States and China, cancer centers have these services within the hospital area which has optimal results on pain control, on the other hand, the staff working within these hospital units clarifies the purpose of the application of therapies that is to control and improve but not cure cancer to not provide false hope in the patient.
25	Tai Chi and Qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis	Wayne P., Lee M., Novakowski J.	2018	The study's objective is to summarize and evaluate the effects of mind-body exercises in oncology patients on their quality of life and different symptoms they present, in addition to visualizing if it contributes to pain management, which is why, after the critical analysis, they can conclude that with the improvements in cancer detection they estimate that in 2016 there may be high percentages of cancer survivors, with physical and mental wellbeing with the use of medical procedures and mind-body therapies.

Note: Prepared by the authors with the research data

DISCUSSION

Pain is the most frequent symptom in oncology patients; therefore, it is essential that trained nurses use an integrative, holistic and humanized approach to cancer patients (Delaney & Manley, 2019). In Ecuador, regulations were established for all activities related to the development of alternative therapies, thus incorporating them into the National Health System, designed for the prevention or complementary treatment of diseases, in addition to balancing the body in its physical, mental or spiritual aspects and to establish a balance between the individual and the environment. (Lara et al., 2022).

The results previously exposed determine that an alternative treatment accompanied by a conventional treatment is considered effective and shows improvement in the oncological patient's health (Bari et al., 2021). The most commonly used methods to achieve a correct approach and pain management consists of the use of analgesics and alternative therapies, aiming to improve the level of tolerance and pain perception (Delaney & Manley, 2019). A higher percentage of patients who implemented alternative therapies for the relief of symptomatology in less time compared to conventional treatment is evidenced, which contributes to improve their quality of life and decrease economic expenditure. Therefore, it is necessary for nurses to have access to alternative therapies and with it their participation in research (Rodríguez D, Sori Y, 2019). In fact, for practice in oncology patient care, it is necessary to identify preferences, clinical condition, assess causes, duration, location and intensity before and after alternative therapy.

In this review, half of the studies used acupuncture as the most effective therapy in pain management in the adult oncology patient by stimulating the "immune-boosting point" to improve the functioning of the immune system. However, there is a paucity of scientific research studies corroborating that acupuncture is fully beneficial (Balogh et al., 2021). On the other hand, several studies also indicated the use of music therapy and hypnosis have shown a beneficial effect for the treatment of pain. Regarding the pediatric oncology population (Avila et al., 2022) & their collaborators (2022) mention that alternative therapies such as music therapy, therapeutic massage and physical activity promote adaptation and distraction in the hospital setting, where they obtained beneficial results in physical, psychological, social and immune health. (Hidalgo et al., 2022).

According to (Lopes-Júnior et al., 2020) suggested that alternative therapy such as therapeutic massage may be more effective in reducing cancer pain, because it improves mood quickly after chemotherapy treatment. Other studies have shown that therapeutic massage increases blood circulation, decreases edema, relaxes muscles, and increases lymphocytes. In addition, massage therapy has been found to be beneficial in women with early breast cancer, as one of the underlying mechanisms is the stimulating effect on the immune system. (Ordoñez M., 2019)

In contrast, studies on alternative Qigong therapy are limited and inconsistent, with only two studies showing evidence of beneficial results in health and cancer treatment based on breathing control, movement and mental concentration. However, in some cases patients are not able to perform physical activity, so it could increase the pain and the effects of this therapy, observed over a longer period of time. (Toneti et al., 2020; Albert, 2020).

FINAL CONSIDERATIONS

Based on the bibliographic evidence analyzed, it justifies the application of alternative therapies in oncology patients due to their effectiveness during the treatment and course of the pathology, since it provides comfort and well-being to the oncology patient. Therefore, it is essential to know that alternative therapy should go hand in hand with pharmacological therapy, regardless of the type of cancer.

The most prevalent alternative therapies are acupuncture, hypnosis, aromatherapy, music therapy, body massages and yoga, which have allowed the oncology patient to improve his physical, psychological and spiritual well-being, favoring the reduction of pain. It also improves the quality of life and allows the patient to carry out daily activities without difficulty.

Finally, the nursing staff provides holistic care and extensive knowledge in alternative therapies in order to provide the correct education to the patient and perform proper management, it is important to emphasize the importance of spiritual care, because the human being is not only formed of a biological system but also spiritual, channeling their energy, needs, hopes through this component that we address it in its entirety in the care provided to the patient.

Scientific studies on the effects of the use of alternative therapies for the management of cancer pain with prolonged follow-up are suggested to determine whether the effects are maintained in the short, medium and long term. Similarly, despite the high prevalence of its use, there is insufficient and high-quality scientific evidence to support its efficacy.

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Contribution of each author to the manuscript:

Task	% of contribution of each author				
	A1	A2	A3	A4	A5
A. theoretical and conceptual foundations and problematization:	25%	25%	0%	25%	25%
B. data research and statistical analysis:	0%	25%	25%	25%	25%
C. elaboration of figures and tables:	25%	0%	25%	25%	25%
D. drafting, reviewing and writing of the text:	25%	25%	25%	0%	25%
E. selection of bibliographical references	25%	25%	25%	25%	0%
F. Other (please indicate)	-	-	-	-	-

Indication of conflict of interest:

There is no conflict of interest

Source of funding

There is no specific source of funding

Acknowledgments

There is no acknowledgments.