



Bulletin

Special points of interest:

- Our new Bulletin!
- In the News
- New PedCAM Website
- Upcoming Events
- Massage News

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Spotlight on: Trish Dryden

As a massage therapist, researcher and educator in complementary and alternative medicine (CAM) for almost 30 years, Trish Dryden is a trail blazer and a catalyst for change. Trish's vision and leadership continues to be instrumental to the development of CAM and the practice of massage therapy in Canada and beyond. Her work is an extension of her fundamental commitment to human rights and her dedication to safe, effective and collaborative patient-centred health care, and to excellence in public education.

Currently, Trish is Associate Vice-President, Research and Corporate Planning at Centennial College (a large multicultural, urban community college) in Toronto.

Trish continues to maintain a small clinical practice as a registered massage therapist, working primarily with children and adults who have experienced trauma. Trish served as one of the founding advisory members for IN-CAM: the Canadian Interdisciplinary Network for Complementary and Alternative Health Care Research and has been an active member of PedCAM from its inception.

Trish received her Masters degree in Adult Education from the University of Toronto in 1993 and her massage therapy diploma from Sutherland-Chan School and Teaching Clinic in 1981. Her current funded research includes the de-



velopment and evaluation of a pilot parent-delivered massage program for children with cancer, the development and evaluation of an online curriculum in interprofessional disaster and emergency preparedness (pandemic) for health professionals in the workplace, the ongoing development and evaluation of an open access database for complementary and alternative health care outcomes research instruments – the IN-CAM Outcomes Database, and one of the

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Welcome to the NEW PedCAM Bulletin!

Welcome to the first PedCAM bulletin. The Bulletin is intended to showcase more in-depth news, profiles and items of interest to the PedCAM network members. The bulletin will be published on a quarterly basis, but we need your

help to do this! Email us at info@pedcam.ca with your suggestions or if you would like to contribute news or a profile.

Trish Dryden Continued...

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first ever mechanisms of action studies on massage therapy using functional MRI to investigate changes in brain activity and in low back muscle following massage. Her recent completed research includes a qualitative study on

women's experience of massage therapy during hospitalization for high risk pregnancy, the development and program for internationally educated massage therapists,



an updated Cochrane review on massage for non-specific low back pain and results of a workshop on directions and dilemmas in massage therapy research at the 2009 North American Research Conference on CAM. Trish has worked collaboratively on many national research and education initiatives including the creation of CAM curriculum for undergraduate medical schools across the country and the ongoing development and evaluation of standards, competencies and curricula to increase research literacy and research capacity in CAM professions. She is

keenly interested in the integration of evidence-based CAM practices and products with conventional medicine and is working with others to improve health care for all. Trish is the recipient of the 2008 President's Award from the American Massage Therapists Association and in 2005 she received the first annual Canadian Massage Therapist Alliance Outstanding Achievement Award. Her inspiration to research, write and practice comes from her abiding grass roots connections and her unwavering commitment to the individuals and families she serves.

In the News...

A new report on the costs of CAM use in the United States was recently released. The report documents the outcomes of the 2007 National Centre for Health Statistics survey of 29,266 households. The survey looks at out of pocket expenditure of a sample of adults 18 years or over and

children aged 0-17 years and estimates that \$33.9 billion dollars were spent on CAM therapies in the United States in 2007. For more detailed information about the survey see:

[Costs of Complementary and Alternative Medicine \(CAM\) and Frequency of Visits to CAM Practitioners: United States, 2007. National health statistics reports; no 18.](#) Hyattsville, MD: National Center for Health Statistics. 2009.

Nahin RL, Barnes PM, Stussman BJ, and Bloom B.

Website News

"Please keep an eye out for our brand new website coming soon!"

After reader feedback through surveys and much discussion with our PedCAM Network Steering committee we decided to give our website a brand new update. This fall we will be launching the new and improved PedCAM website. The address (www.pedcam.ca) and contact information (info@pedcam.ca) will remain the same.

Highlights include:

****An easily accessible search database of CAM related categories**
****A new modern look, organized for easy viewing**
****Updated steering committee profiles**
****More secure member profiles**

****New home page with frequently updated news-feeds.**
****Around the world - Global networks international map**
****Case profiles**
****Latest news and upcoming events home page**

Upcoming Event: PedCAM Pre-conference

PedCAM Pre-Conference May 18, 2010

Call for abstracts regarding issues in pediatric CAM!

Proposals for workshops related to Pediatric CAM are invited for the PedCAM Pre-Conference day in Tromsø, Norway on May 18, 2010. Workshops are to be 90 minutes in length and should present a new approach, knowledge or skill related to Pediatric CAM research, in an interactive format. Abstract deadline is January 11, 2010 and decisions will be com-

municated on February 15, 2010. All PedCAM workshop presenters must register and pay the attendance fee. There are no honoraria or travel reimbursements available to presenters.

Workshop abstract submissions should be a maximum of 300 words and include the following headings:

Title, author(s), institution(s), background, description of workshop approach, how will participants be actively engaged, workshop objectives, contact details for primary author.

Abstracts should be sent to info@pedcam.ca by the submission deadline. Please declare any conflicts of interest that may be present. Please also indicate if you require any special equipment or supplies for your workshop.



Did you know?

The PedCAM membership database is for all members to use. We designed it so that everyone can be in contact. After you sign into the PedCAM website (www.pedcam.ca), go to 'Members Info' then you can 'Search Member Info' by search criteria you define or 'List All Members' if

you've forgotten somebody's name or where they live. If you are traveling to certain place and would like to meet up with a pediatric CAM health provider when you arrive, search the membership database for someone in that area and make contact! It can also help you find appropriate peer re-

viewers for your manuscripts and grant applications.

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Parent Delivered Massage for Children with Cancer

Teaching parents how to massage their child with cancer may help parents and children to feel better. In a study funded by the National Grants Program of the Sick Kids Foundation and currently underway at the Stollery Children's Hospital in Edmonton Alberta, Trish Dryden and a large interprofessional team of co-investigators (1) are working together to explore the feasi-

bility of parent-delivered massage therapy for children with cancer.

A diagnosis of cancer, and the associated treatments, is stressful for patients (2, 3). Although not itself a treatment for cancer, massage therapy (MT) can be effective in combating the stressful effects of the diagnosis and treatment. A number of studies (3-12)

suggest that there may be specific effects of particular benefit to cancer patients, including reductions in anxiety, nausea, and pain, and improvements in appetite and sleep.

In addition, research on individual and family responses to a child's or adolescent's cancer diagnosis and treatment (13-15)

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Contact us!

To contact PedCAM with your comments, suggestions or ideas for future bulletins please email us at



Recent Systematic Reviews

Lorenc A, Ilan-Clarke Y, Robinson N, Blair M
How parents choose to use CAM: a systematic review of theoretical models. *BMC Complementary and Alternative Medicine* 2009, **9**:9 (22 April 2009)

Ni J, Wei J, Wu T. **Vitamin A for non-measles pneumonia in children.** Cochrane Database of Systematic Reviews 2009;3. <http://www.ncbi.nlm.nih.gov/pubmed/16034908>

Rao S, Srinivasjois R,

Patole S. **Probiotic Supplementation in Full-term Neonates A Systematic Review of Randomized Controlled Trials** *Arch Pediatr Adolesc Med.* 2009;163(8):755-764. <http://www.ncbi.nlm.nih.gov/pubmed/19652109>

Zheng Y, Gu R, Shi Y, Wu T, Liu GJ, Zhang M. **Chinese medicinal herbs for measles.** Cochrane Database of Systematic Reviews 2009;3. <http://www.ncbi.nlm.nih.gov/>

Parent Delivered Massage continued...

Parent-Delivered Massage in Paediatric Oncology



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reveals a complex picture of families under stress across many domains: psychological, spiritual, social, behavioural and biological. MT shows promise as a complementary treatment for children with cancer to reduce pain, and increase quality of life. It also shows promise as an intervention that helps to reduce depression and anxiety in the person giving the massage.

The study currently underway at the Stollery Children's Hospital has two-phases. In Phase I the research team developed a standardized educational intervention on DVD to teach parents how to massage their child with cancer and to answer anticipated questions about safety and cautions. The DVD is sup-

ported by print materials and a one hour in-person session to teach parent the massage protocol, based upon the work of Quebec massage therapist Lyse Lussier and taught in Edmonton by massage therapist Cheryl Locicero. In Phase II, which is currently underway, the team is testing the feasibility of the developed intervention (DVD, in-person massage lesson and print materials) with a total of 24 parents and their children with cancer who are under the care of the paediatric oncology units at the Stollery Children's Hospital.

Early results from post intervention interviews are promising. Parents talk about feeling empowered and more connected to their child through the massage and describe their child as

sleeping better and feeling more relaxed after massage. Other early lessons emerging from the study include the need for flexible delivery of the intervention, as parents and children cope with the complexity of a cancer diagnosis and treatment, and the unpredictability of treatment response and the consequences to family life of disrupted schedules. To date, most parents in the study describe using the massage protocol more when their child is in hospital than at home.

Both quantitative and qualitative data collection and analysis should be completed by the end of 2009, with anticipated publication of results in 2010.

References found on the PedCAM website www.pedcam.ca