



Building Healthy  
Communities

[mhpsalud.org](http://mhpsalud.org)

# SUPPORTING THE BODY: CANCER PAIN MANAGEMENT AND INTEGRATIVE CARE



# OUR PURPOSE

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MHP Salud embraces the strengths of our communities to empower more individuals and families to live full, healthy lives.

Deeply embedded in the communities we serve, MHP Salud works to develop trust among our neighbors, understanding that it's up to all of us to create a strong, healthy foundation for today ... and tomorrow. Leading the Community Health Worker model, we believe in serving communities in which we live, work and play and we believe stronger tomorrows come through stronger collaboration.

When we come together to share education, resources, and support, we can remove the barriers threatening to interfere with health, well-being, and joy

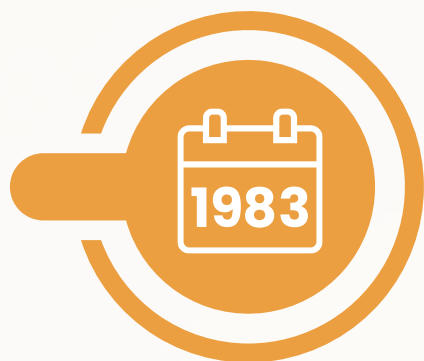
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# OUR LEGACY

# OUR IMPACT

Founded by Catholic sisters in Michigan to increase health care access for migrant farmworkers.



Began expanding to serve the Rio Grande Valley, reaching underserved individuals and families in isolated border communities and colonias.



Began evolving and growing to meet community needs, offering additional services to help older adults and families.



Launched national training and technical assistance to support health centers, community-based organizations and others, strengthening and growing the CHW profession while improving care to the underserved.



Expanded into Florida and developed the state's first certified CHW certification and apprenticeship program, training and equipping the next generation of CHWs to serve our communities.



**123,000**  
individuals reached annually



**7,000+**  
participants find hope and access to mental health and healthcare, nutrition, parenting education and support, older adult well-being and connections, *and more.*



**50+**  
training and technical assistance sessions impacted hundreds of health centers and organizations



Nearly **100**  
Community Health Workers trained through the certification and apprenticeship program

# A Four-Session Small Group Training

**Tues, 3/12/2026**

**Session 1:**

Understanding  
Screening Gaps:  
Identifying Barriers  
and Best Practices

**Tues, 3/26/2026**

**Session 2:**

Supporting the Body:  
Cancer Pain  
Management and  
Integrative Care

**Tues, 4/9/2026**

**Session 3:**

Supporting the Self:  
Whole Person Self-Care  
for Patients

**Tues, 4/23/2026**

**Session 4:**

Supporting the Mind:  
Journaling and  
Emotional Healing



**YOU ARE  
HERE**

# Small Group Training Expectations

## **Attendance:**

- We kindly ask that you attend all four sessions.
- If you can't make it, please invite a colleague from your health center to join in your place, as it's important that everyone has a voice.

## **Engagement:**

- Be present and engage actively; your insight matters!
- Please keep your cameras on to foster a sense of connection.
- Feel free to ask questions and participate through chat, by raising your hand, or unmuting to share your thoughts.
- Let's respect and support one another throughout our discussions.

**Thank you for being a part of this small group learning experience!**

# Facilitators



**Kyraneshia Coleman,**

MPA, CCPI

*Program Director*



**Monica Calderon,**

LMSW, CCHW/I

*Health Strategy Specialist*

# Objectives

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By the end of this session, participants will be able to:



Understand how cancer and treatment can affect the body



Describe common causes of cancer-related pain



Identify integrative approaches that support symptom management



Use Spanish-language resources to support patients managing cancer pain

# Dinamina Time

As a frontline staff worker, what would you say is your super power –the quality that helps connect you with others?



# Supporting the Body

Cancer affects the body in many ways, especially during treatment.

## **Patients may experience:**

- Pain
- Fatigue
- Nerve damage
- Digestive issues
- Muscle tension or weakness

Community Health Workers play an important role in helping patients understand symptoms and find ways to manage them.



# What Happens After Diagnosis?

**A cancer diagnosis often brings many challenges.**

## **Patients may experience:**

- Physical discomfort or pain
- Fear or uncertainty about treatment
- Difficulty understanding medical information
- Challenges navigating the healthcare system

## **For migratory and seasonal agricultural workers, these challenges may be increased by:**

- Language barriers
- Transportation limitations
- Limited access to healthcare resources



# The CHW Role in Supporting the Body

## **CHWs help patients by:**

- Explaining health information in plain language
- Helping patients understand symptoms and treatment side effects
- Supporting patients in managing pain and discomfort
- Connecting patients with medical and community resources
- Encouraging communication with healthcare providers

**CHWs serve as a trusted bridge between patients and care systems.**

# The Importance of Communication in Cancer Care

## Positive Side of Communication

- People understand their health better
- Builds trust
- Better health outcomes
- Increases preventative follow up care



## Downside of Improper Communication

- People do not understand their conditions or treatments
- Mistrust grows between patients and providers
- Health problems get worse
- People avoid getting the care they need

**Good health communication  
saves lives and builds trust**



# Steps to Create a Supportive Connection

## Step 1:

### Connection Before Content

- Find common ground
- Use active listening
- Create a comfortable environment

## Step 2:

### Meet Them Where They Are

- Use open-ended and probing questions
- Use active listening (again!)
- Use affirmations

## Step 3:

### Educate

- Do not lecture
- Relate back to the individual
- Focus on 1-2 key points
- Give options

It is important to create an atmosphere of trust so that people can share their ideas and experiences.



# Why Spanish- Language Resources Matter

Many patients feel more comfortable receiving health information in their preferred language.

## **Accessible resources help patients:**

- Better understand their diagnosis and treatment
- Communicate more confidently with providers
- Manage symptoms at home
- Make informed decisions about their care



# Expanding Access Through Partnership

To address this need, MHP Salud partnered with the Healing Works Foundation to expand access to cancer care resources for Spanish-speaking communities.

## **Through this partnership:**

- Cancer care resources are translated into Spanish
- Materials are reviewed to reflect the experiences and needs of the communities served
- Resources are shared with Community Health Workers and health centers

**These efforts help ensure that patients and families have trusted, understandable information during the cancer journey.**



# Healing Works Foundation Approach to Holistic (Integrative) Cancer Care

## Core Principles:

- Whole-person care: *physical, emotional, social, spiritual*
- Evidence-informed, safe practices
- Patient-directed, personalized care plans
- Integrated with conventional medicine
- Focus on quality of life & symptom relief

## Examples of Therapies:

- Mind-body: *meditation, guided imagery, relaxation*
- Body-based: *massage, yoga, acupuncture*
- Nutrition & supplements (safety first)
- Functional/natural medicine

# Featured Resource



# Atención Integrativa del Cáncer

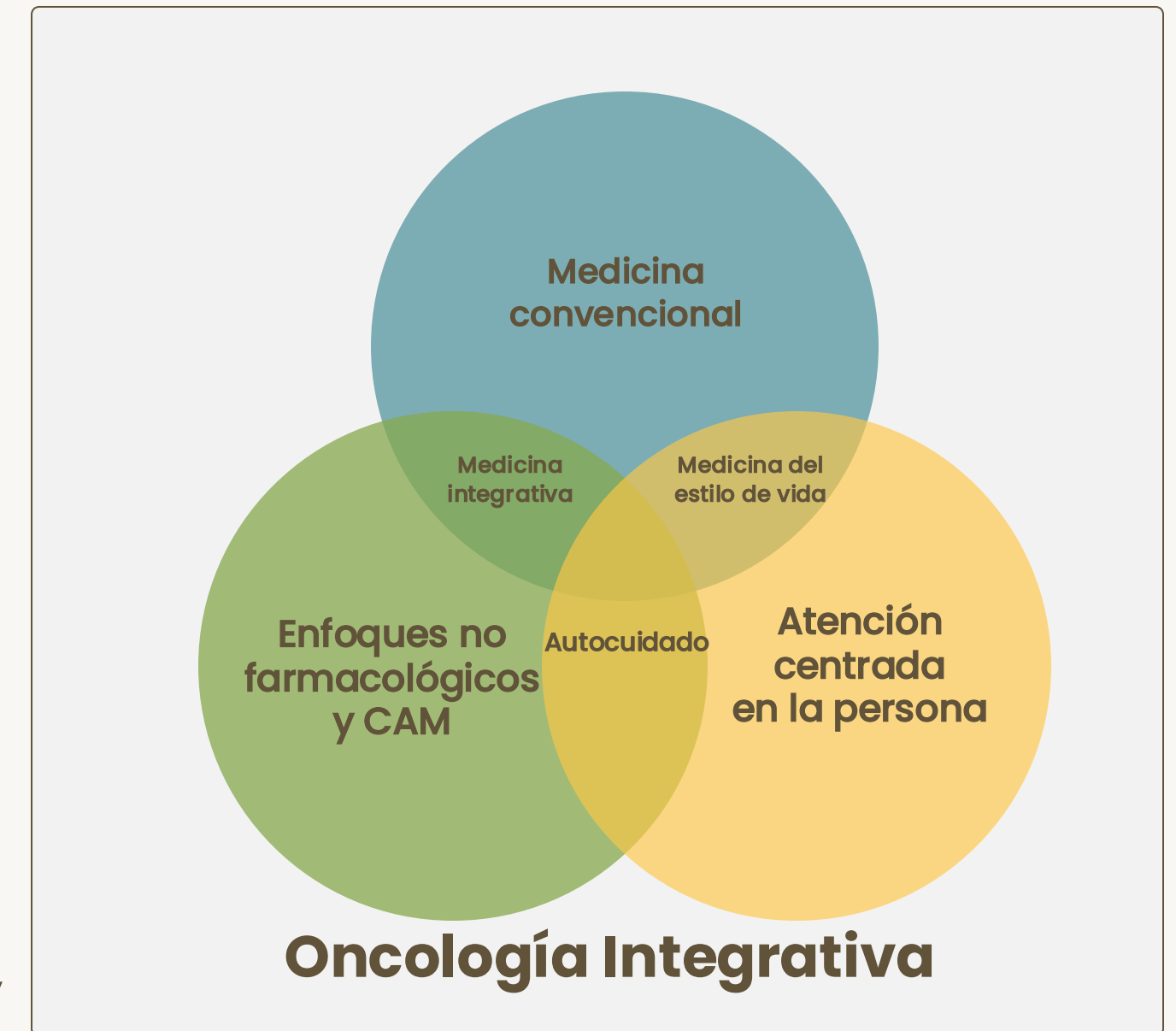
## La Guía de Bolsillo para el Dolor por Cáncer



### This pocket guide helps patients understand:

- Why cancer pain occurs
- Medication options for pain relief
- Integrative approaches for symptom management
- Ways to talk with healthcare providers about pain

The guide is designed to be simple, practical, and easy to use.



# Cancer Pain: Quick Facts



**20–50% of people with cancer report experiencing pain**

Pain may be caused by:

- Injury to the nerves
- Cancer spreading to the bones or other structures in the body
- Inflammation

Managing pain is an important part of supporting the body during cancer care.

# Medication for Cancer Pain



**Medication is the most common solution offered for cancer pain.**

**Examples include:**

- Over-the-counter pain relievers (acetaminophen, ibuprofen)
- Prescription pain medications
- Opioid medications when necessary

***Patients should always talk with their healthcare team about the best option for them.***

# Other Ways to Manage Cancer Pain



**Many patients benefit from additional approaches that help support the body and reduce discomfort.**

**Examples of mind-body techniques include:**

- Massage
- Guided imagery
- Breathwork
- Meditation
- Music Therapy
- Using sensory methods
- Exercise
- Acupuncture





# How CHWs Can Use This Resource

## **Community Health Workers can use the guide to:**

- Start conversations about cancer pain
- Help patients understand pain management options
- Encourage patients to discuss symptoms with providers
- Share simple strategies that may reduce discomfort

**Walking through the guide together can help patients feel more confident in managing their symptoms.**

# Example Scenario

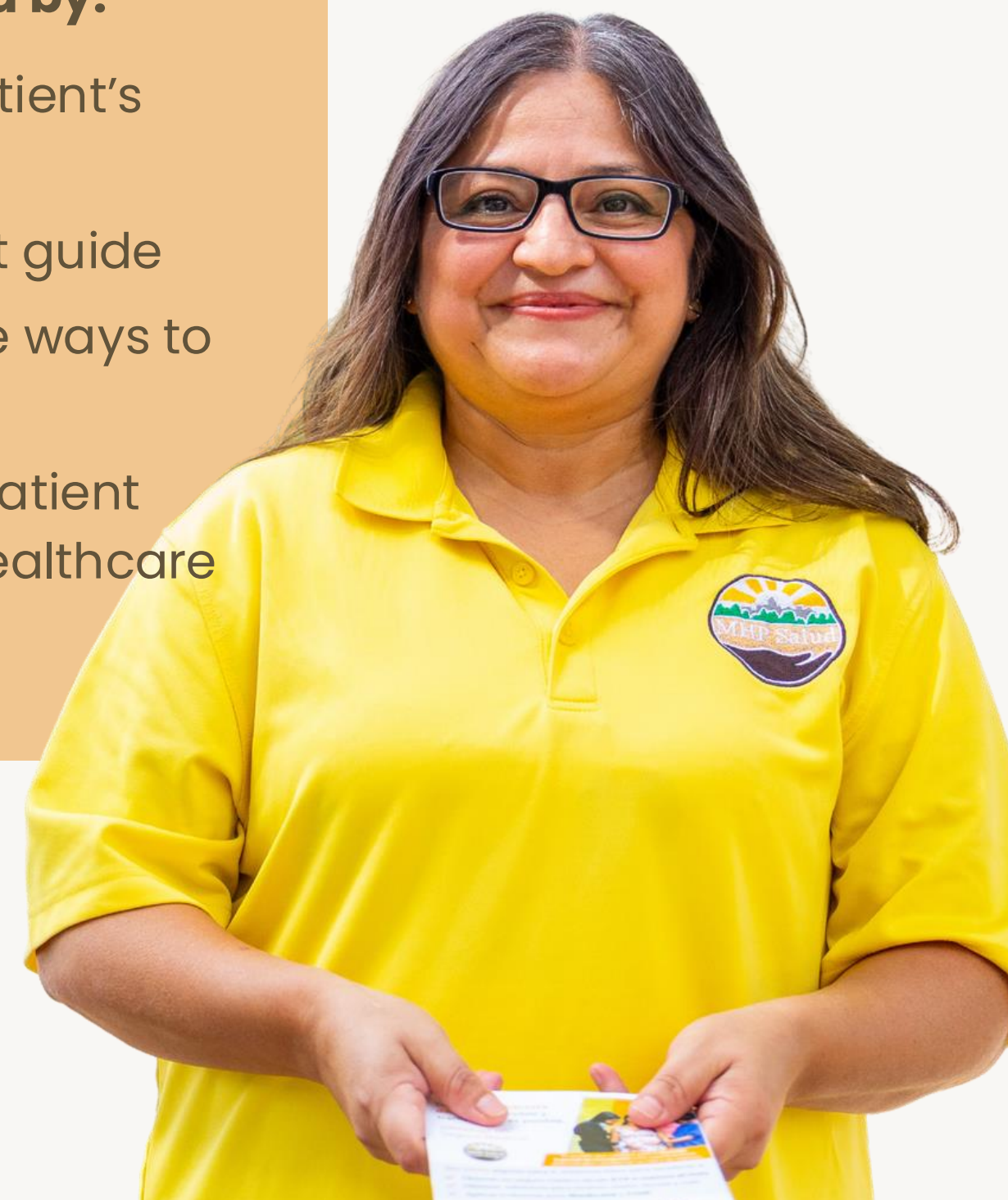
**Imagine a patient receiving cancer treatment who says:**



**“I am worried about the pain from treatment.”**

**A CHW might respond by:**

- Listening to the patient’s concerns
- Sharing the pocket guide
- Explaining possible ways to manage pain
- Encouraging the patient to talk with their healthcare team



# Discussion

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- What are some misconceptions that patients often share about cancer pain?
- What strategies can be used to help patients experiencing pain.
- How might this resource help your conversations with patients?
- Do you have any resources you would like to share with the group?



# Key Takeaways



- Cancer pain is a common physical challenge during treatment
- Managing symptoms is essential for patient comfort and quality of life
- Integrative approaches can support the body alongside medical care
- Community Health Workers play an important role in helping patients access and understand these tools



# Questions



# Free Resources for CHWs and Health Centers

[mhspalud.org/free-resources/](http://mhspalud.org/free-resources/)



*Additional cancer care resources in partnership with Healing Works & more...*



# HRSA NTTAP

MHP Salud is a HRSA-funded National Training & Technical Assistance Partner (NTTAP).

Through this work, MHP Salud provides training and technical assistance to FQHCs and look-alike programs to build or enhance Community Health Worker (CHW) programs to better serve agricultural workers.

A HRSA Health Center Resource Clearinghouse.

**For training or technical assistance, please contact: [nttap@mhpsalud.org](mailto:nttap@mhpsalud.org)**

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# Thank you!

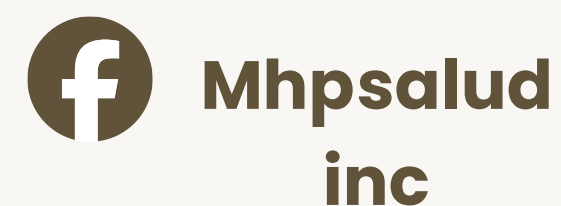
## Connect with us:

Kyraneshia Coleman

[Kyraneshia.coleman@mhpsalud.org](mailto:Kyraneshia.coleman@mhpsalud.org)

Monica Calderon

[Monica.Calderon@mhpsalud.org](mailto:Monica.Calderon@mhpsalud.org)



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