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## APP-BASED SELF-ACUPRESSURE AND ESSENTIAL OILS FOR CANCER RELATED FATIGUE

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**T**he workshop introduces participants to app-based self-acupressure with essential oils for cancer related fatigue. In recent years, the use of smart phone applications (apps) has increased rapidly and may support individuals in self-management strategies. This workshop proceeds in three sessions in which we cover research in the field; present techniques; practice techniques and discuss. The acupressure and essential oil protocols taught by the app are evidence based. A combination of acupressure with essential oils is recommended, with an expected synergistic effect. After we cover the research, participants will learn protocols targeting cancer related fatigue, through a hand on app demonstration. In addition to improve patient outcomes, acupuncturists can use apps to promote their practices and Chinese medicine in general. The group will brain storm on

ways to optimize incorporating app-based self-acupressure into their practices. All participants will leave with the skills needed to teach patient's effective acupressure and essential oil interventions for cancer related fatigue. Valuable hand-out materials outlining the techniques taught by the app will be disseminated.

### Biography

Ryan J Smith has completed his Graduation at Tri-State College of Acupuncture (TSCA) he has completed his Master of Science in Acupuncture. He received Certificates in Oncology Acupuncture at Memorial Sloan Kettering Hospital in New York City and he founded Five Point Acupuncture seven years ago, originally under the name Ryan Smith Acupuncture.

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