



INTEGRATIVE HEALTH

**WHAT INTEGRATIVE HEALTH MEANS FOR YOUR EDUCATION, YOUR PRACTICE,
YOUR PATIENTS AND THE FUTURE OF HEALTHCARE**

 *[@DrWayneJonas](https://twitter.com/DrWayneJonas)*

How do we get from
health care to
health and wellbeing?

INTRODUCING JOE & SALLY



SALLY'S HISTORY



- Sally was an executive VP
- Had a car accident
- Developed LBP – it persisted
 - X-Ray, CT, MRI, etc.
 - NSAIDS and physical therapy
 - TENS – electrical stimulation
 - Injections with steroids
 - Opioids
- Behavioral medicine
- Opioid recovery

THE SOAP NOTE

SUBJECTIVE, OBJECTIVE, ASSESSMENT, PLAN

Making the medical diagnosis
and treatment plan

Asking
“What’s the matter?”

- *Subjective* – what the patient describes
- *Objective* – what you observe and test
- *Assessment* – the diagnosis and CPT code
- *Plan* – your treatment and its access

SALLY'S "TEAM"

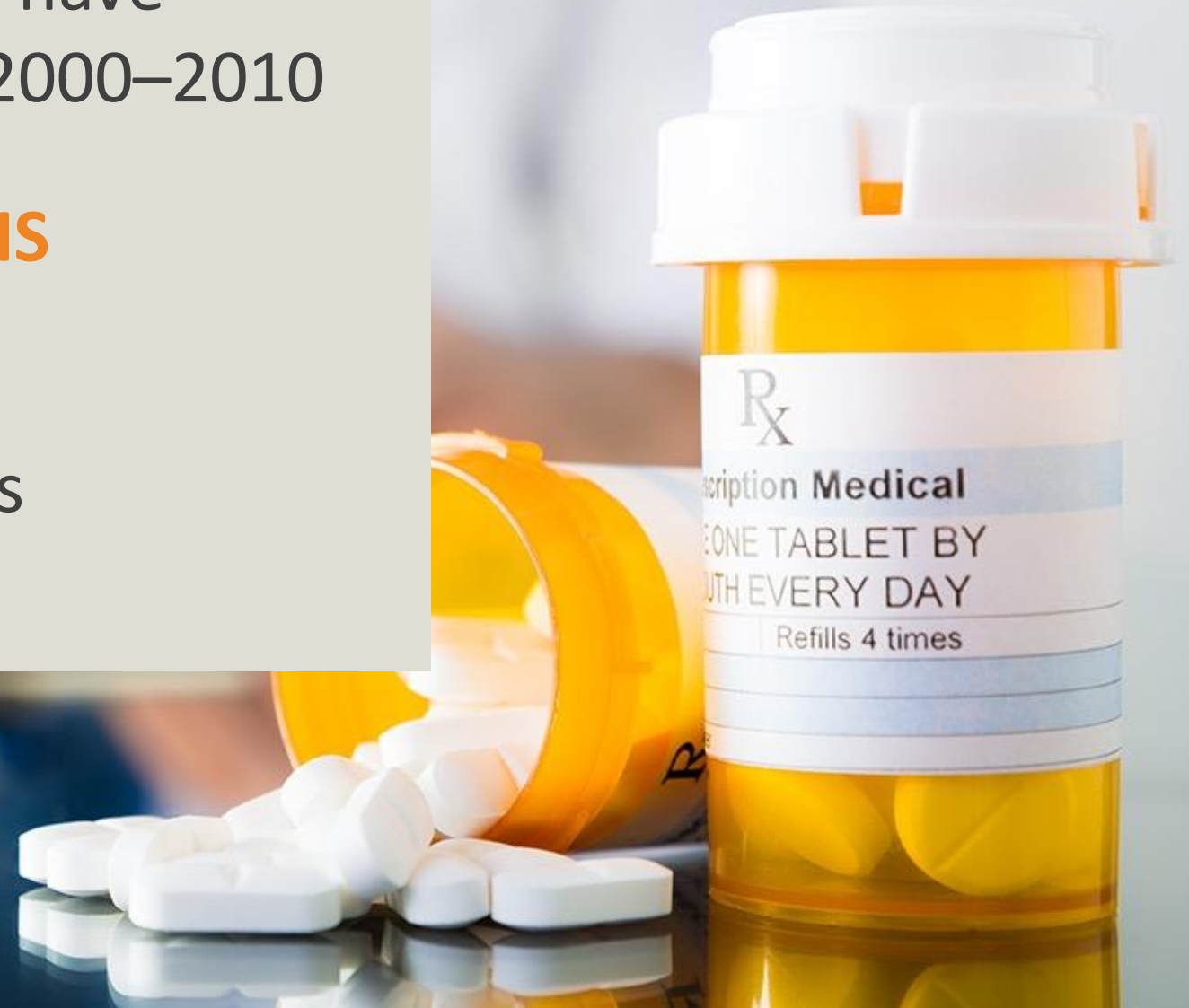


- **Primary Care Physician**
- **Physical therapist**
- **Pain specialist**
- **Surgeon**
- **Behavioral medicine**
- **Pharmacologist**

OPIOID PRESCRIPTIONS have increased by **60%** from 2000–2010

OPIOID-RELATED DEATHS topped **60,000** in 2017

11.8 MILLION Americans misused opioids



NON-PHARMACOLOGICAL APPROACHES TO PAIN



COMPLEMENTARY AND INTEGRATIVE MEDICINE

- **Therapeutic massage**
- **Yoga**
- **Acupuncture**
- **Spinal manipulation**
- **Mind-body**

W B J

A photograph of three healthcare professionals in a meeting. A woman with curly hair, wearing a white lab coat, is the central focus, smiling and holding a tablet. She is looking towards a man with a beard on the left. Another woman is partially visible on the right. In the background, another person is blurred. The scene is brightly lit, suggesting a modern clinical or office environment. The text 'The Culture' is overlaid in the center.

The Culture

FROM SOAP TO HOPE

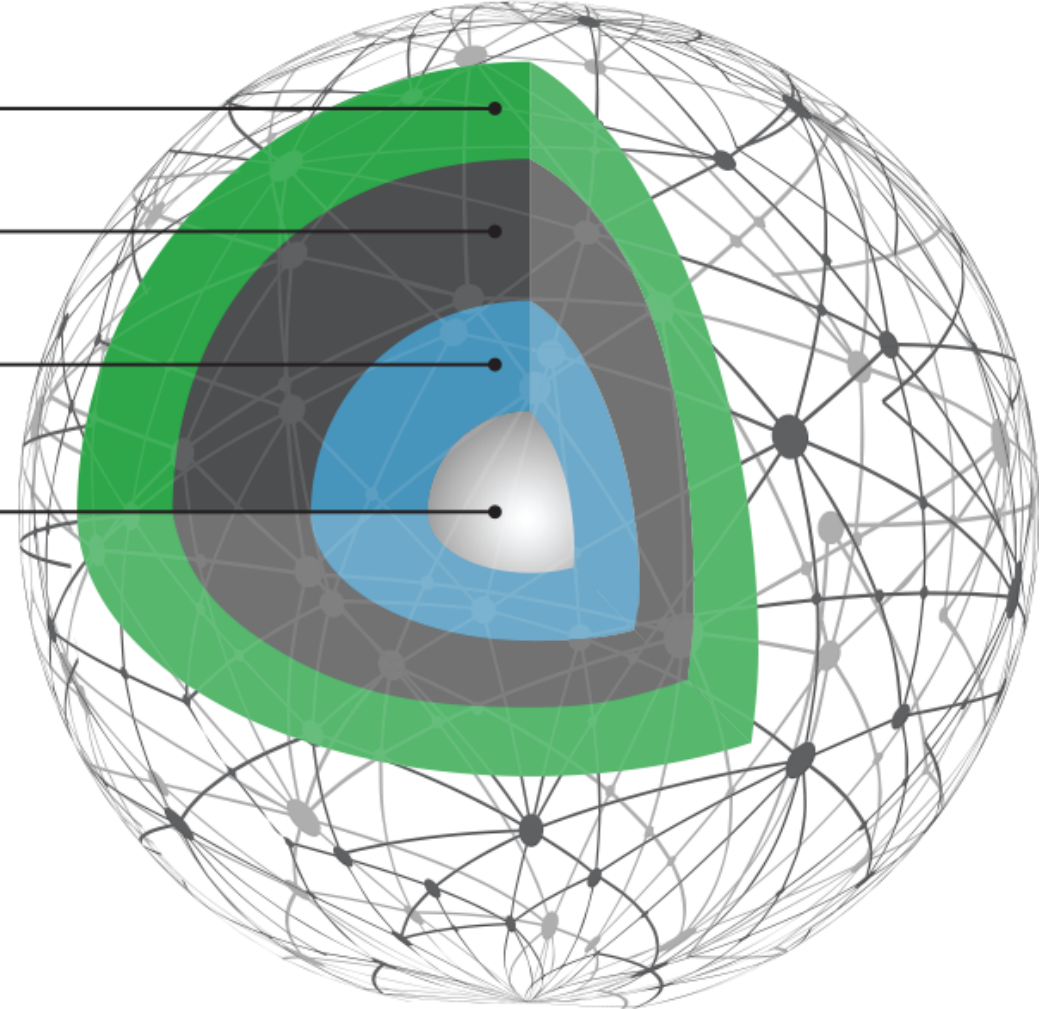
HEALING ORIENTED PRACTICES AND ENVIRONMENTS

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Exploring a patient's personal
determinants of health

Asking "What Matters?"

SALLY'S HOPE NOTE

HEALING ORIENTED PRACTICES & ENVIRONMENTS

WHAT MATTERED FOR SALLY

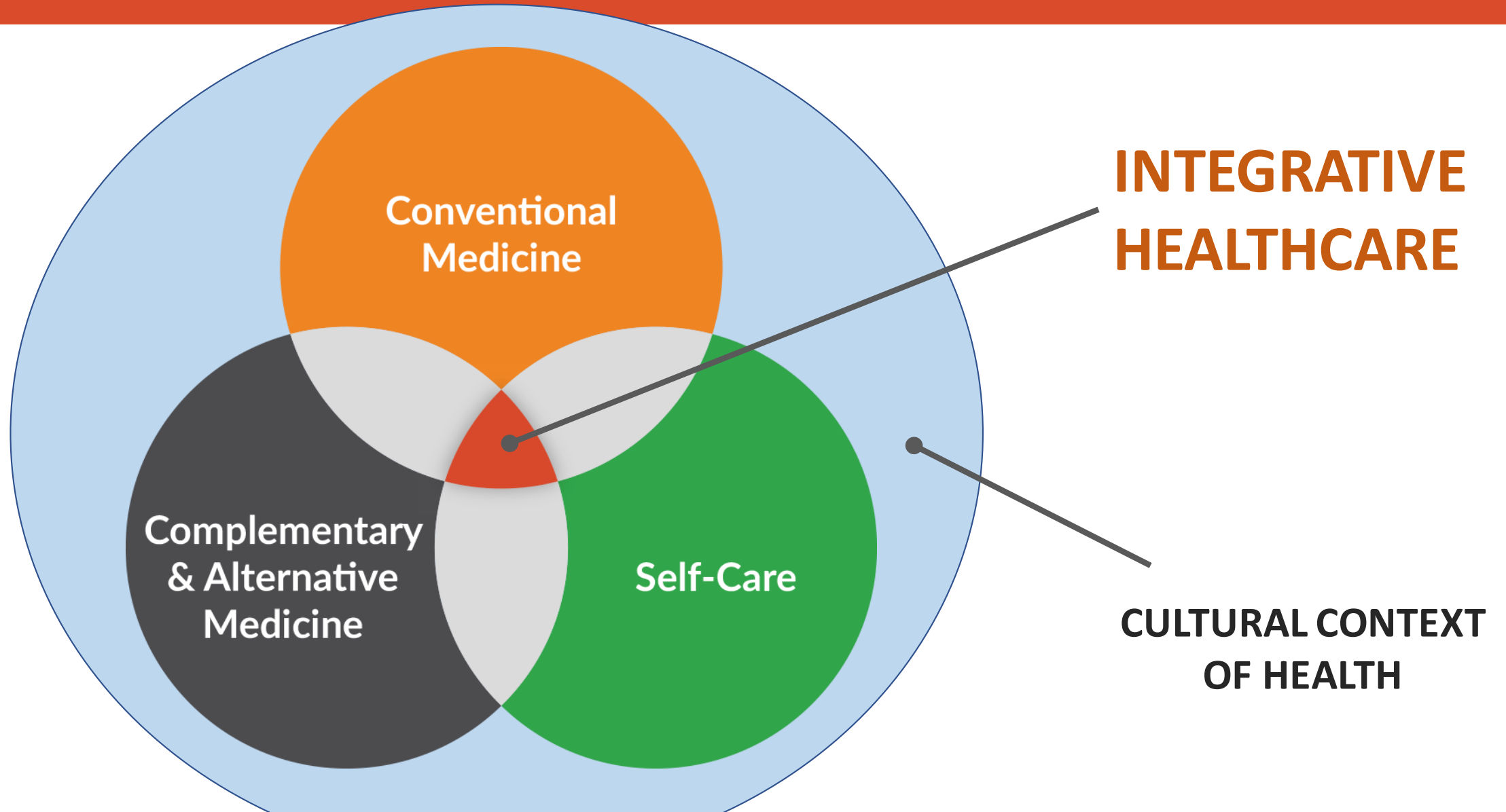
- Medication management
- Heat and stretching
- Sleep and stress
- A place and time to heal
- Loss of purpose

SALLY'S TEAM



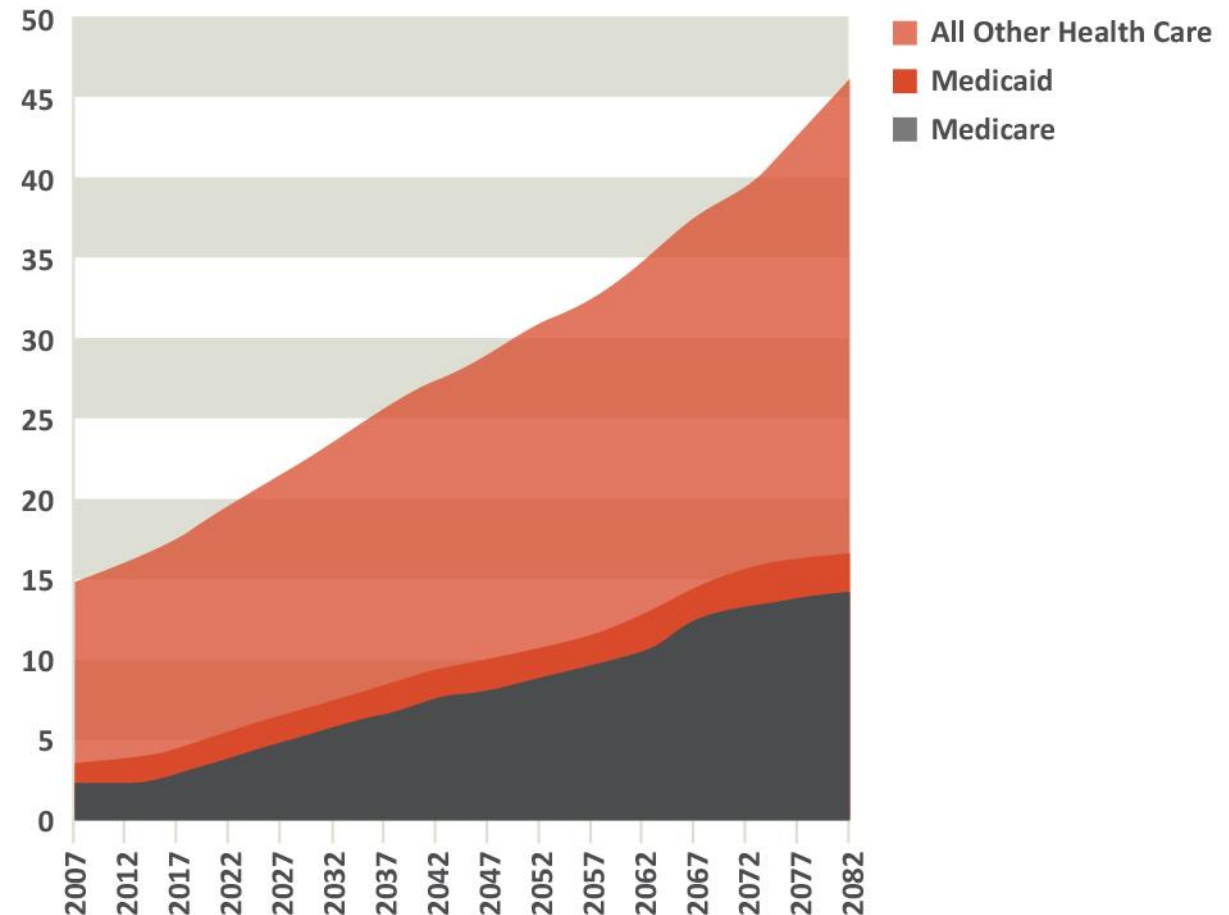
- **Physician**
- **Pharmacologist**
- **Behaviorist**
- **Yoga therapist**
- **Her family**
- **Her body!**

A DIFFERENT TYPE OF HEALTH CARE

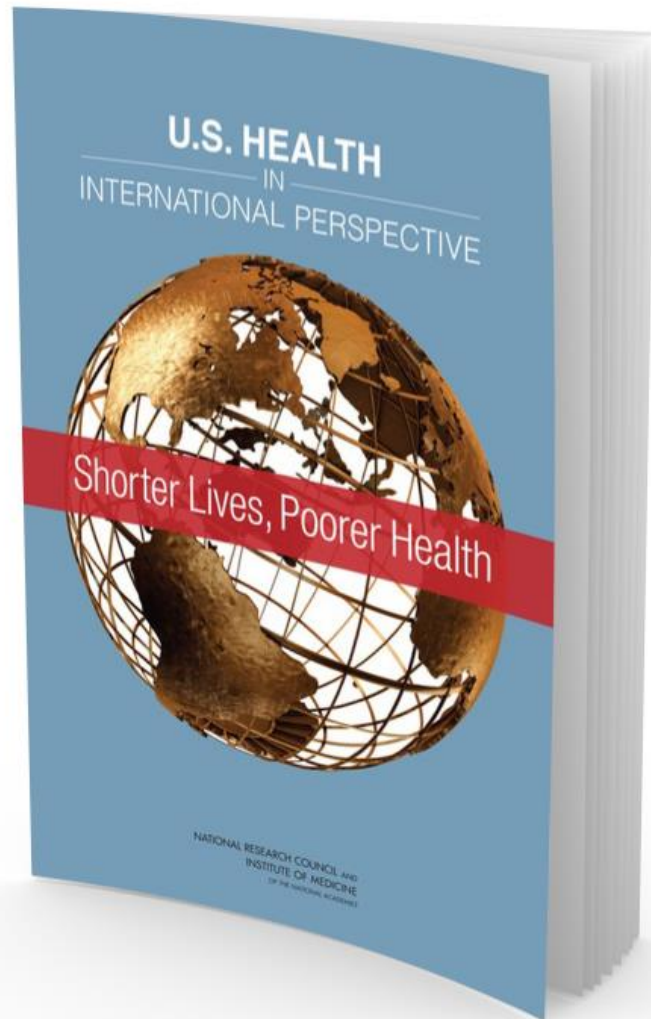


CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

- We are **FIRST** in spending
- **37th** in health
- **25%** of the GNP by 2025
- Health disparities are **INCREASING**

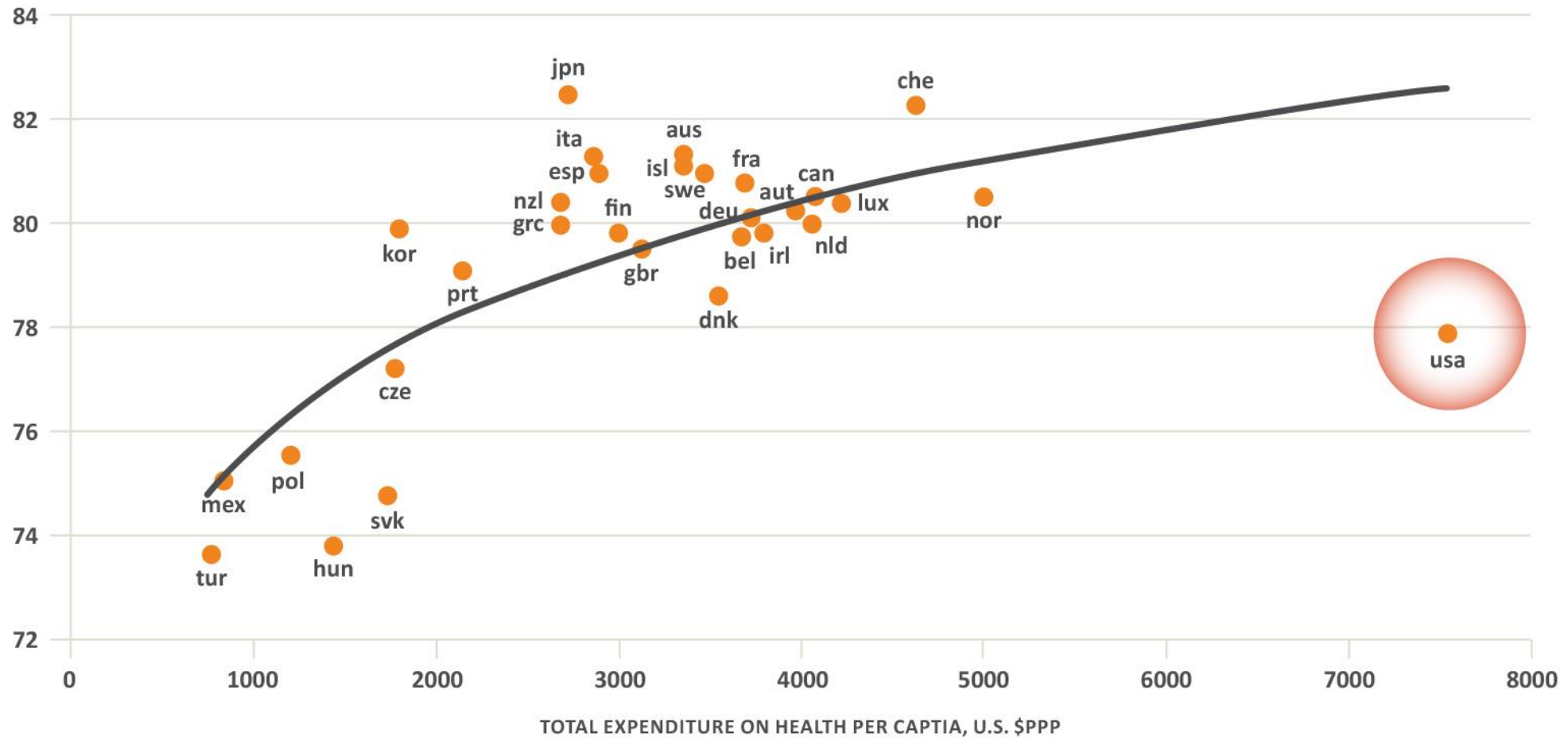


NAS/IOM: SHORTER LIVES, POORER HEALTH



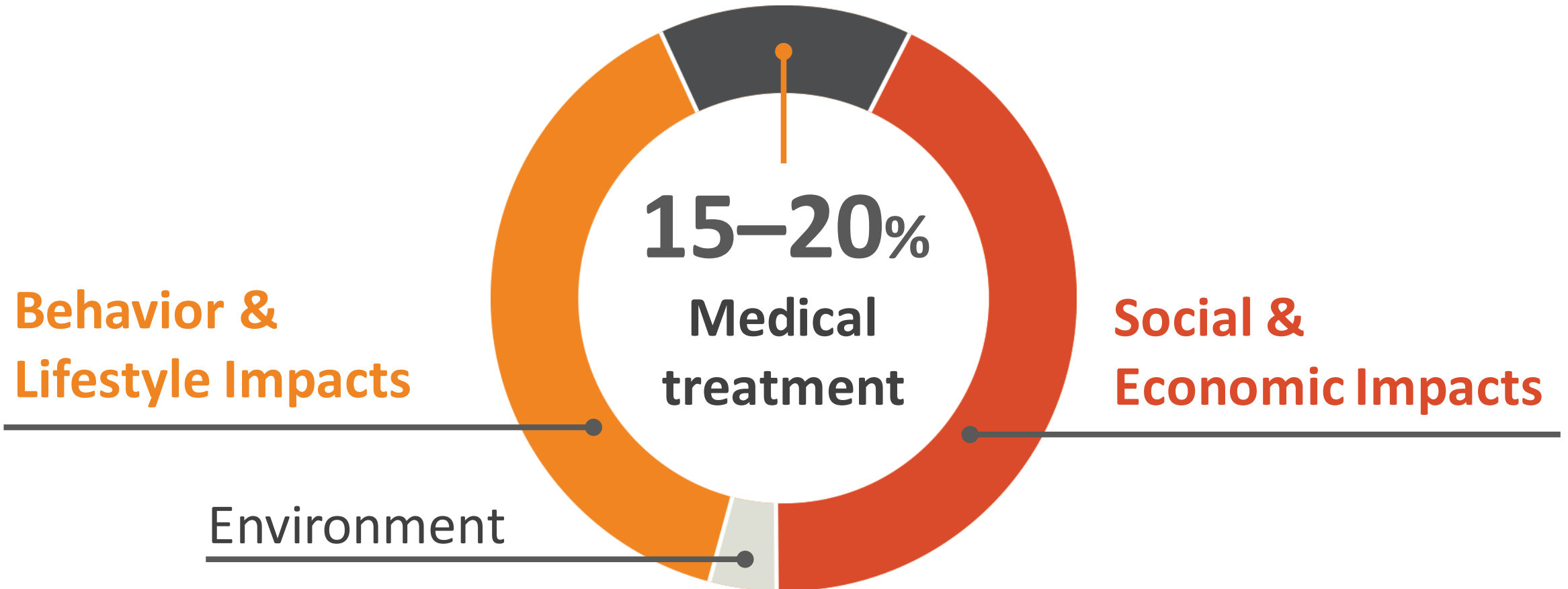
- Infant mortality
- Homicides and injuries
- HIV & AIDS
- Drug-related deaths
- Teen pregnancy & STIs
- Obesity & diabetes
- Heart & lung disease

PER CAPITA HEALTH EXPENDITURES & LIFE EXPECTANCY



Source: Institute of Medicine. For the Public's Health: Investing in a Healthier Future. Committee on Public Health Strategies to Improve Health, Board on Population Health and Public Health Practice. Washington, DC: National Academies Press, 2012

WHERE HEALTH COMES FROM



Source: McGinnis JM, Williams-Russo P, Knickman JR. The Case For More Active Policy Attention To Health Promotion. *Health Aff (Millwood)*. 2002 Mar-Apr;21(2):78-93. doi: 10.1377/hlthaff.21.2.78

JOE'S HISTORY



- 69 y/o Navy Veteran in hospital with an MI
- Father with MI and 65 y/o – died at 75
- Stopped smoking at 35 y/o
- Hypertension since 42 y/o
- Gained weight after he left Navy
- Type II DM showed up at 55 y/o
- Good medical care – full benefits

JOE'S SOAPs



- Hypertension – HCTZ, ACE inhibitor
- Elevated LDL cholesterol – statin
- Type II DM – metformin
- Obesity – one visit with a dietician
- Now post an myocardial infarction
- Stent and a beta-blocker
- Cardiac rehabilitation – exercise



“From Scratch”



“Industrial food”

JOE'S HOPE NOTE

HEALING ORIENTED PRACTICES & ENVIRONMENTS

WHAT MATTERED FOR JOE

- Medication management
- Prevent further disease
- Fitness and food
- Family & friend support
- Giving back to society



JOE'S INTEGRATIVE HEALTH TEAM



- **Physician**
- **Pharmacologist**
- **Nutritionist**
- **Chef and health coach**
- **His family and friends**
- **His mind!**

HEALTH & WELLBEING



EMPOWER & SUPPORT self-care

INTEGRATE conventional, complementary and lifestyle

EVIDENCE SHOWS that patients managing their care are healthier

**CAN WE DO THIS
WITHIN OUR
CURRENT SYSTEM?**





**INTEGRATIVE
HEALTH
IN THE
MILITARY**

INTEGRATIVE HEALTH IN THE VETERANS HEALTH ADMINISTRATION

- **18 Centers of Excellence in Integrative Health**
- **Whole Health – whole persons, all vets**
- **Patients set goals**
- **Health care team helps them get there**



WHOLE HEALTH IN THE VETERANS HEALTH ADMINISTRATION

***THE
PERSONAL HEALTH
INVENTORY***

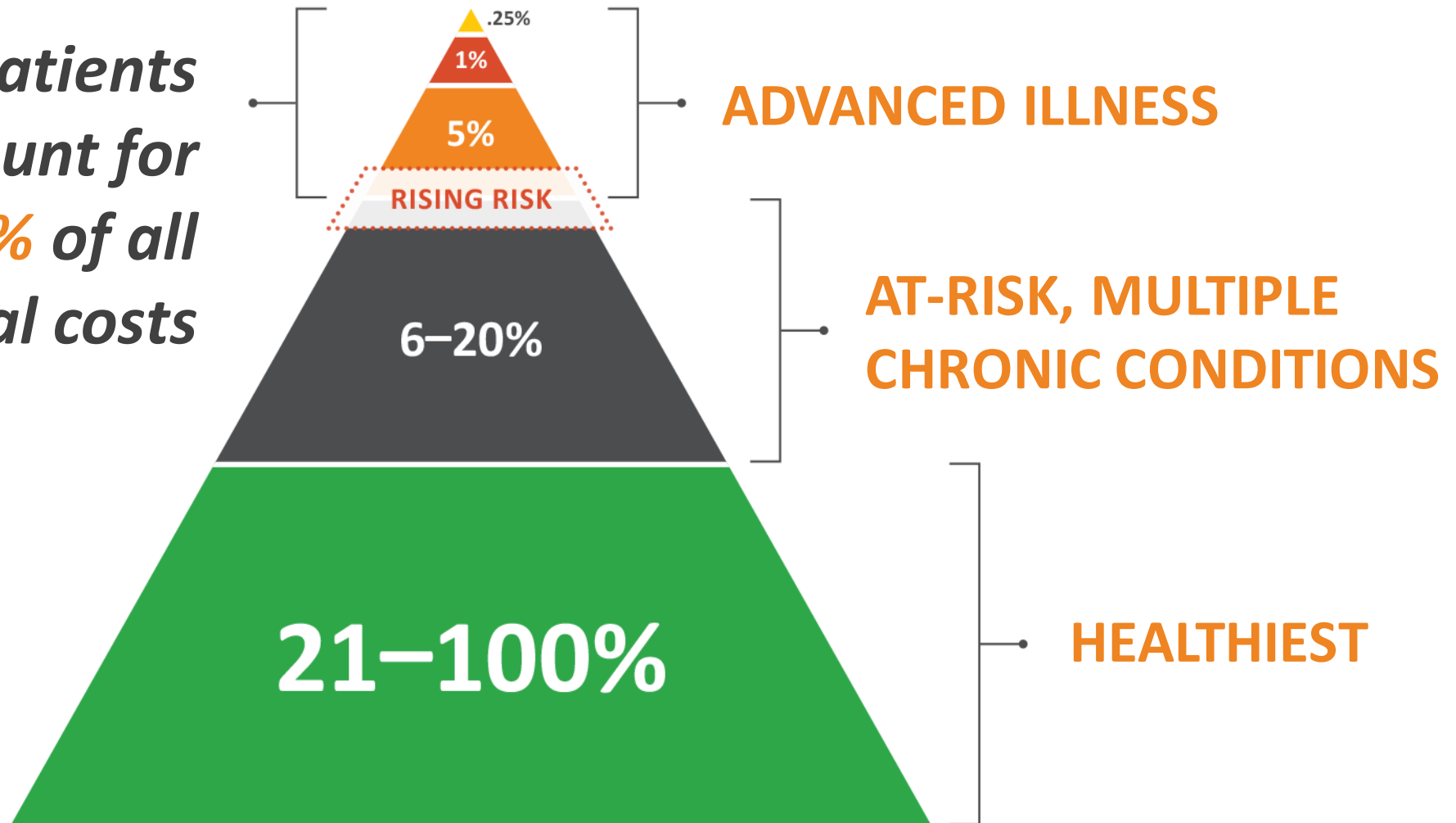


***THE
PERSONAL HEALTH
PLAN***

<https://www.va.gov/patientcenteredcare/explore/about-whole-health.asp>

THE COST OF CARE

*5% of patients
account for
50% of all
medical costs*



COST SAVINGS & BETTER OUTCOMES: SHORT & LONG TERM

INTEGRATED CARE

- **Care coordination**
 - Hospital (re)admissions and ED visits
 - Primary care and specialists
 - Lab/ Imaging/ Prescriptions

5%

INTEGRATIVE HEALTH

- **Health promotion**
 - Lifestyle as prevention and treatment
 - Health coaches and IH practices
 - Lab/ Imaging/ Supplements

95%

VALUE-BASED CARE: ONE FOOT IN ONE FOOT OUT



WHAT PROVIDERS CAN DO

CONTINUE STANDARD CARE — the care you already provide

- **Do an Integrative Visit using a PHI and HOPE Note**
 - Reframe questions and goals to address health determinants
- **Add Simple Methods**
 - Ear acupuncture, mind-body, nutrition, safe supplements
- **Advanced Healing Technologies**
 - HRV Biofeedback, CES devices, behavioral apps, telehealth
- **Re-design Teams for Health**
 - Health coaching, team care, group visits, shared decisions

WHAT PATIENTS CAN DO

FOCUS ON SELF CARE — what works for you now

- **Find your meaning – take the Personal Health Inventory (PHI)**
 - What matters to you? What brings you joy?
- **Ask provider to do an Integrative Health Visit and HOPE Note**
 - Explore how the areas of your life impact your health
- **Develop your own health care team and plan**
 - Traditional, complementary & alternative providers, health coaches, choose one simple change for Monday!

THE PERSONAL HEALTH INVENTORY

This personal health inventory is adapted from and aligned with the VA's Whole Health model.

PATIENT'S NAME: _____ DATE: _____

Personal Health Inventory

DrWayneJonas.com/HOPE



Complete your personal health inventory before your integrative health visit.

Use this circle to help you think about your whole health.

All areas are important and connected to your ability to heal and be healthy.

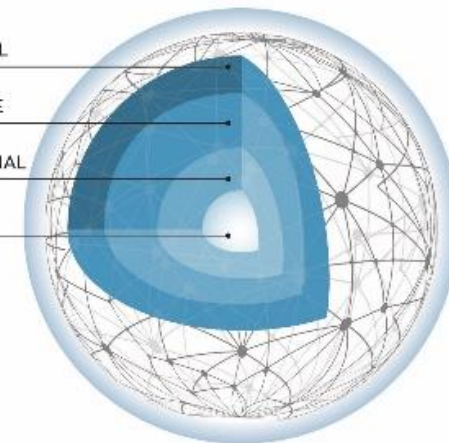
- The outer ring addresses what your home and work are like and how you feel physically.

The next ring addresses everyday choices on self-care and lifestyle.

The social and emotional ring looks at your relationships and social support.

The inner ring addresses what matters to you more than what's the matter with you.

BODY & EXTERNAL
BEHAVIOR & LIFESTYLE
SOCIAL & EMOTIONAL
SPIRITUAL & MENTAL



You feel you are on the scales below from 1-5, with 1 being poor and 5 being excellent.

- WHY DO YOU WANT TO BE HEALTHY?
- HOW IS YOUR HEALTH AND WELLBEING NOW?
- WHAT ARE THE PERSONAL DETERMINANTS OF HEALTH YOU NEED AND ARE READY TO IMPROVE?

PHYSICAL WELL-BEING

2	3	4	5
FAIR	GOOD	VERY GOOD	EXCELLENT

MENTAL/EMOTIONAL WELL-BEING

2	3	4	5
FAIR	GOOD	VERY GOOD	EXCELLENT

HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?

2	3	4	5
FAIR	GOOD	VERY GOOD	EXCELLENT

THE INTEGRATIVE HEALTH VISIT

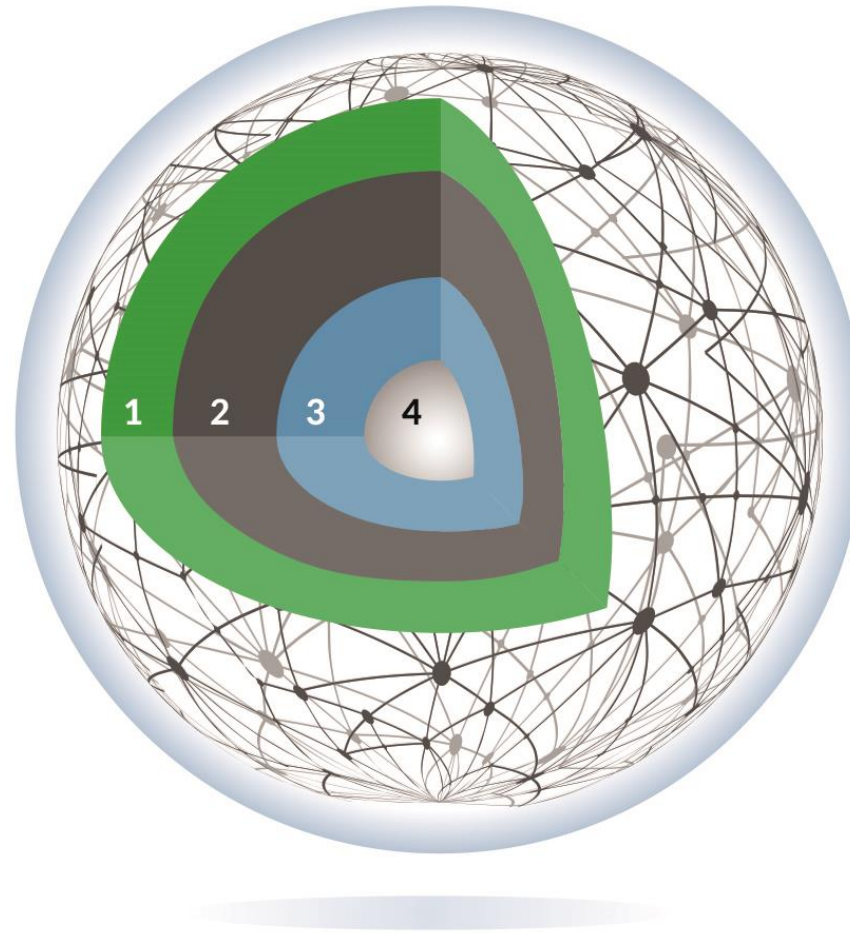
USING THE HOPE NOTE QUESTIONS

1 BODY & EXTERNAL

- *What is your home like?*
- *Your work environment?*
- *Do you get out in nature?*

2 BEHAVIOR & LIFESTYLE

- *How is your diet?*
- *How is your sleep?*
- *How is your stress?*
- *How is your activity level?*



3 SOCIAL & EMOTIONAL

- *How is your social support?*
- *How was your childhood?*

4 SPIRITUAL & MENTAL

- *Why do you want to be healthy?*
- *What is most important for you in your life?*

© 2019 Wayne Jonas, MD

A PERSONAL HEALTH PLAN

THE HOPE NOTE TOOLKIT

IMPLEMENTING INTEGRATIVE HEALTH

Resources available at

DrWayneJonas.com/Hope

Healing Oriented Practices & Environments

1

PREPARATION

Preventing and managing chronic disease requires considering all aspects of a person's life—focusing not just on treating disease, but also on promoting health. This requires fully integrating preventive care, complementary care and self-care into the prevention and treatment of disease, illness, and injury. Learn how and how to pay for it.

[LEARN MORE](#)

2

HOPE VISIT

HOPE consists of a set of questions geared to evaluate those aspects of a patient's life that facilitate or detract from healing. The goal is to identify behaviors that support healing and serve as a tool for delivering integrative health care through a routine office visit. Download tools to get you started.

[LEARN MORE](#)

3

CONTINUING SUPPORT

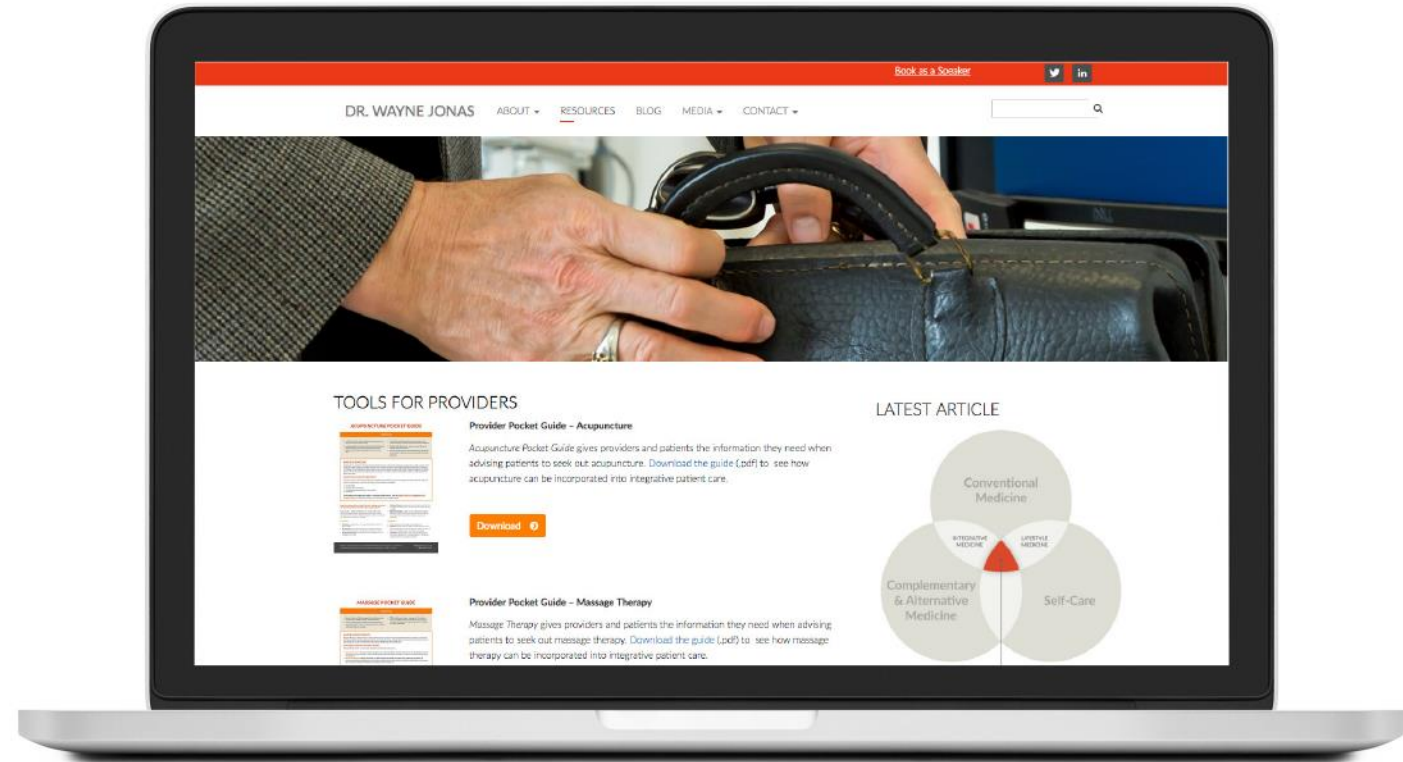
After an integrative health visit, the hard work will begin for the patient. You can make it easier by connecting the patient's priorities and health goals to medical advice, and offering support in implementing the changes. Access resources that will help your patients with making behavior changes.

[LEARN MORE](#)

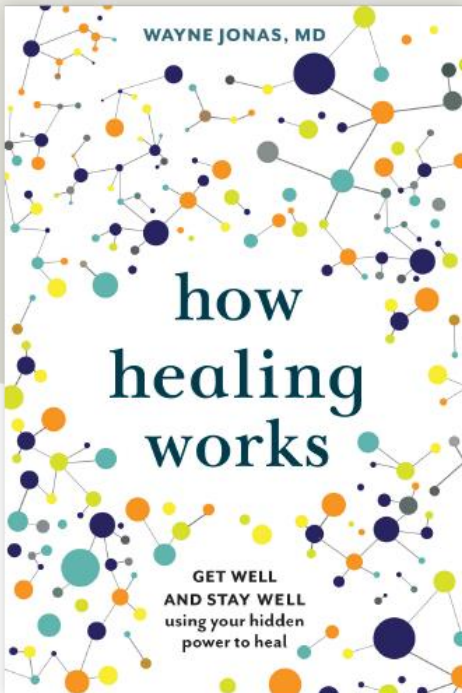
HELP WITH HEALING

DrWayneJonas.com provides information and tools for physicians, health professionals and patients to improve health and wellbeing.

“The most powerful way to transform healthcare, your patients lives and your own practice is to fill your medical bag with tools for healing.”



YOU CAN START NOW



DrWayneJonas.com

 *[@DrWayneJonas](https://twitter.com/DrWayneJonas)*