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

Introducing Joe & Sally

Sally’s History & SOAP

- Sally was an executive VP
- Had a car accident – CT, MRI, etc.
- Developed LBP – it persisted
  - NSAIDS and physical therapy
  - TENS – electrical stimulation
  - Injections with steroids
  - Opioids
- Behavioral medicine
- Opioid recovery
**OPIOID PRESCRIPTIONS** have increased by 60% from 2000–2010

**OPIOID-RELATED DEATHS** to top 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

**The Culture**
FROM SOAP TO HOPE
HEALING ORIENTED PRACTICES AND ENVIRONMENTS

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!

INTEGRATIVE HEALTHCARE

A DIFFERENT TYPE OF HEALTH CARE
A DIFFERENT TYPE OF HEALTH CARE

INTEGRATIVE HEALTHCARE

Conventional Medicine

Complementary & Alternative Medicine

Self-Care

CULTURAL CONTEXT OF HEALTH

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
WHERE HEALTH COMES FROM

15–20% Medical treatment

Behavior & Lifestyle Impacts

Social & Economic Impacts

Environment


JOE’S HISTORY

• 69 year old male 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 IHC TEAM
• Physician
• Pharmacologist
• Nutritionist
• Chef and health coach
• His family and friends
• His mind!

HEALTH & WELLBEING

ENCOURAGE 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
- Patients set goals

THE COST OF CARE

- 5% of patients account for 50% of all medical costs
- Advanced Illness
- At-risk, multiple chronic conditions
- Healthiest

AREAS OF COST SAVINGS

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

INTEGRATIVE HEALTH
- Health promotion
- Lifestyle as prevention and treatment
- Health coaches and IM practices
- Lab/Imaging/Supplements
ONE FOOT IN ONE FOOT OUT

WHAT PROVIDERS CAN DO

CONTINUE STANDARD CARE — the care you already provide

- Do an Integrative Visit 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
  - What matters to you? What brings you joy?
- Ask provider to do an Integrative Visit and HOPE Note
  - Explore how the areas of your life impact your health
- Develop your own health care team
  - Traditional, complementary & alternative providers, health coaches, choose one simple change for Monday!

THE HOPE NOTE

DOING AN INTEGRATIVE HEALTH VISIT

Resources available at DrWayneJonas.com/Hope

Healing Oriented Practices & Environments

1. PREPARATION
   - Provide 30 minutes to 1 hour of focused time
   - Preparation for the HOPE Note
2. HOPE VISIT
   - During visit, share your goals and discuss
   - HOPE Note, Practitioner’s Guide to Holistic Health
3. CONTINUING SUPPORT
   - Provide support and encouragement
   - Follow-up visits scheduled for 2 to 3 months
   - Ongoing care and support

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

Start Now

Text “healing” to 66866 for my monthly letter