

How Healing Works and What it Means for Health Care

Wayne Jonas, MD, FAAFP, Samueli Integrative Health Programs

Participate in polling questions and submit your questions to <https://aafp4.cnf.io/>



June 28-30, 2019

#dpcsummit

Activity Disclaimer

The material presented here is being made available by the DPC Summit Co-organizers for educational purposes only. This material is not intended to represent the only, nor necessarily best, methods or processes appropriate for the practice models discussed. Rather, it is intended to present statements and opinions of the faculty that may be helpful to others in similar situations.

Any performance data from any direct primary care practices cited herein is intended for purposes of illustration only and should not be viewed as a recommendation of how to conduct your practice.

The DPC Summit Co-Organizers disclaim liability for damages or claims that might arise out of the use of the materials presented herein, whether asserted by a physician or any other person. While the DPC Summit Co-Organizers have attempted to ensure the accuracy of the data presented here, these materials may contain information and/or opinions developed by others, and their inclusion here does not necessarily imply endorsement by any of the DPC Summit Co-Organizers.

The DPC Summit Co-Organizers are not making any recommendation of how you should conduct your practice or any guarantee regarding the financial viability of DPC conversion or practice.



Faculty Disclosure

It is the policy of the DPC Summit Co-Organizers that all individuals in a position to control content disclose any relationships with commercial interests upon nomination/invitation of participation. Disclosure documents are reviewed for potential conflict of interest (COI), and if identified, conflicts are resolved prior to confirmation of participation. Only those participants who had no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this CME activity.

All faculty in a position to control content for this session have indicated they have no relevant financial relationships to disclose.

The content of this material/presentation in this CME activity will not include discussion of unapproved or investigational uses of products or devices.



Learning Objectives

By the end of this educational activity, participants should be better able to:

- Identify where health comes from and how medical care can access it
- Identify the three dimensions of integrative health used in treating chronic disease
- Describe the HOPE note and how to apply it to enhance healing
- Name one activity that will expand delivery of healing in practice



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 Culture

FROM SOAP TO HOPE

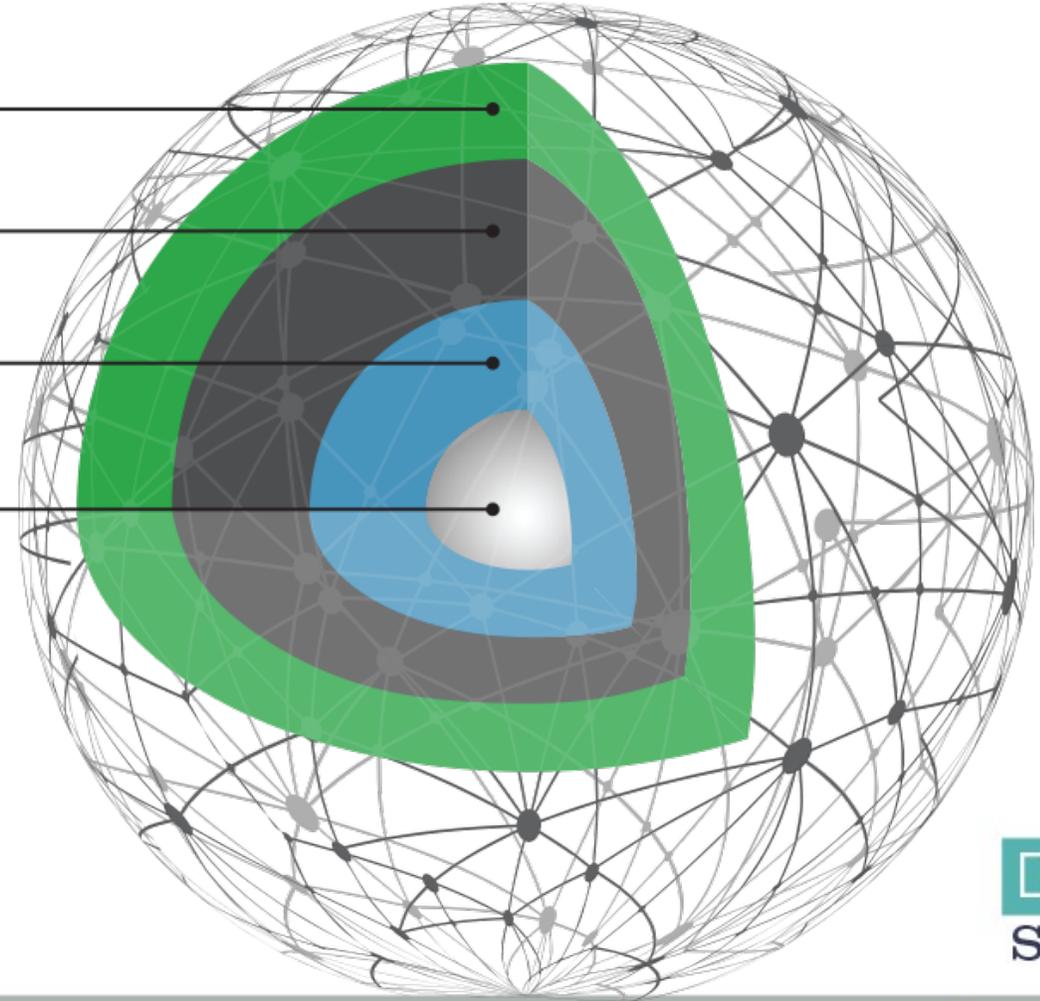
HEALING ORIENTED PRACTICES AND ENVIRONMENTS

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Exploring a patient's personal
determinants of health

Asking "What Matters?"

D P C
Summit

June 28-30, 2019

#dpcsummit14

SALLY'S HOPE NOTE

HEALING ORIENTED PRACTICES & ENVIRONMENTS

WHAT MATTERED FOR SALLY

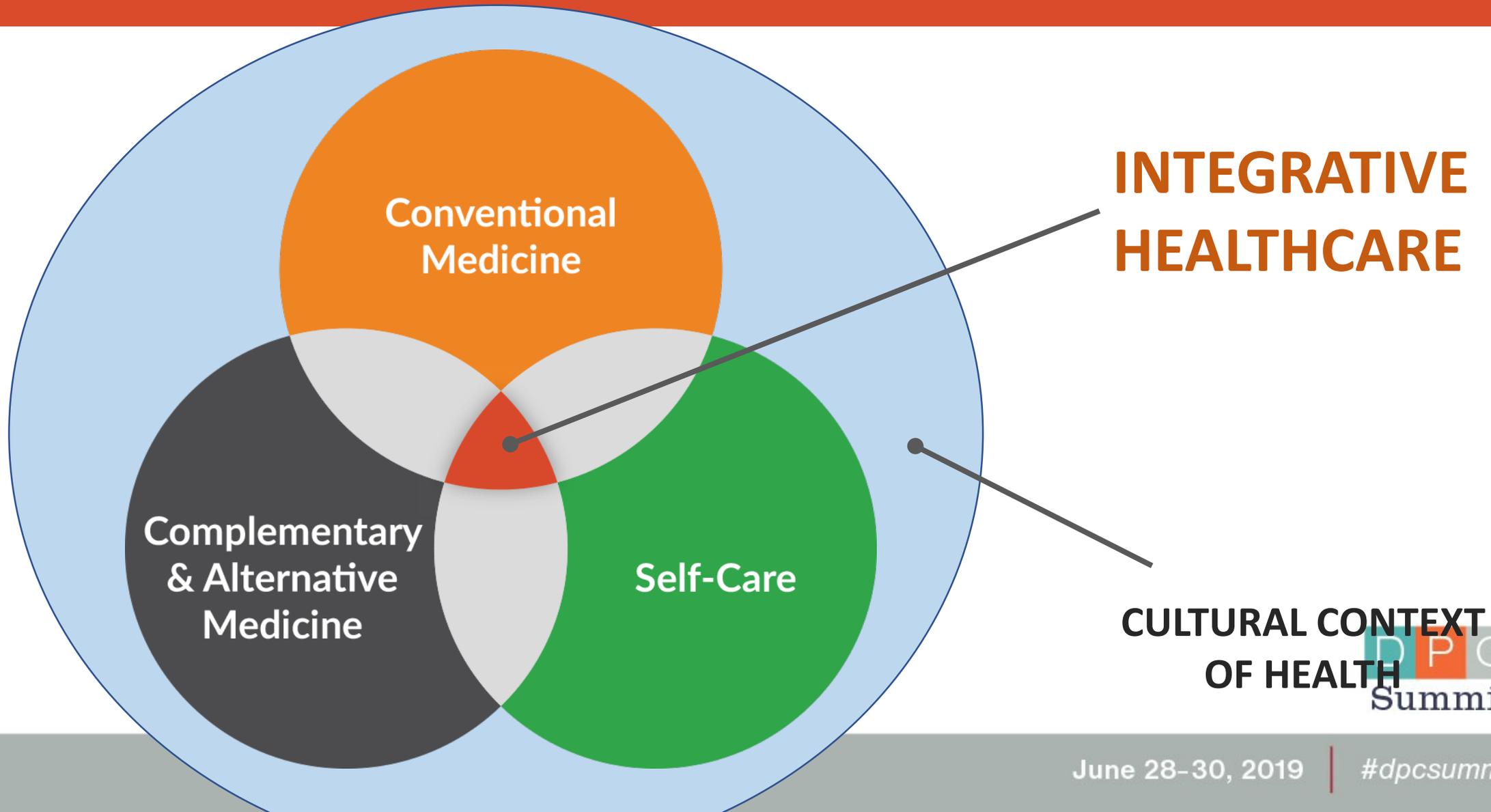
- Medication management
- Heat and stretching
- Sleep and stress
- A place and time to heal
- Loss of purpose

SALLY'S TEAM



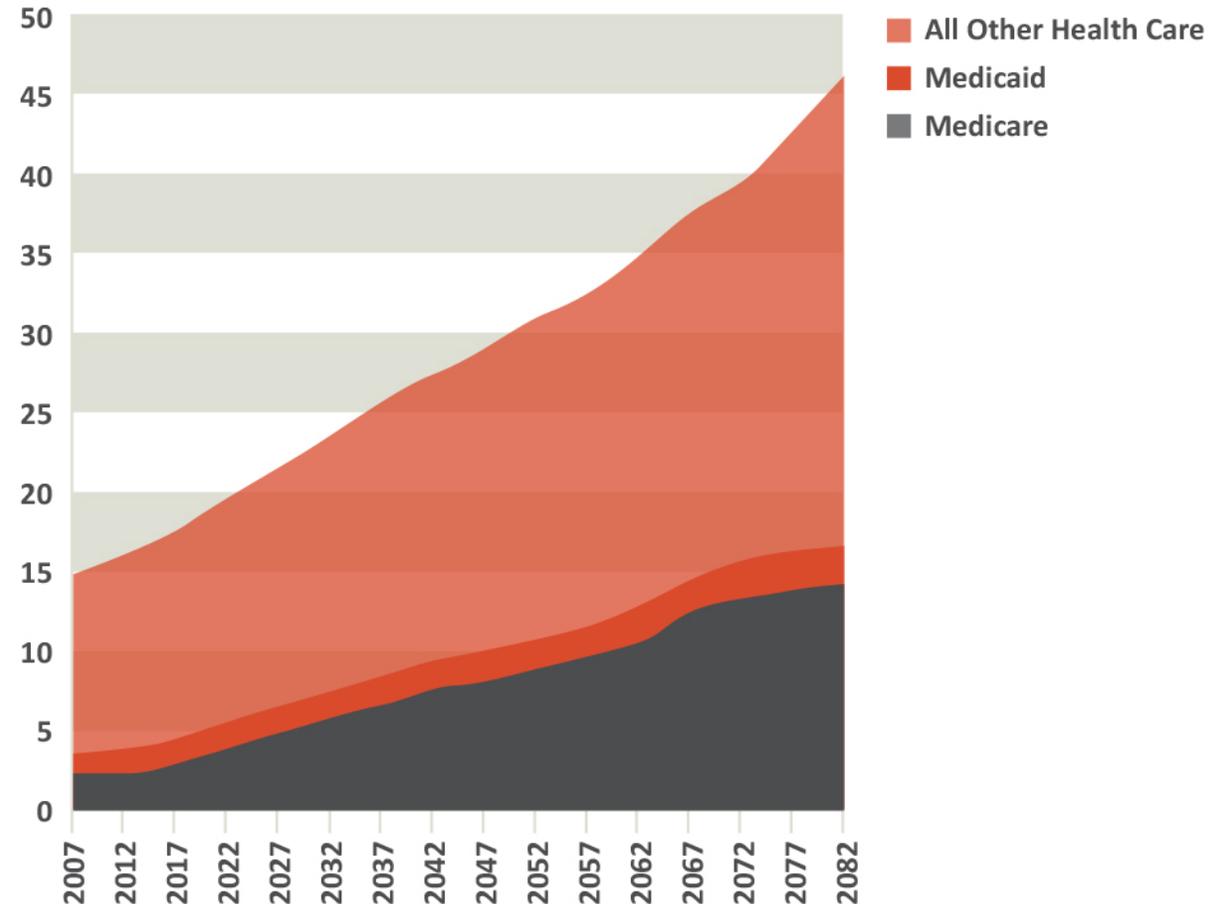
- **Physician**
- **Pharmacologist**
- **Behaviorist**
- **Yoga therapist**
- **Her family**
- **Her body!**

A DIFFERENT TYPE OF HEALTH CARE

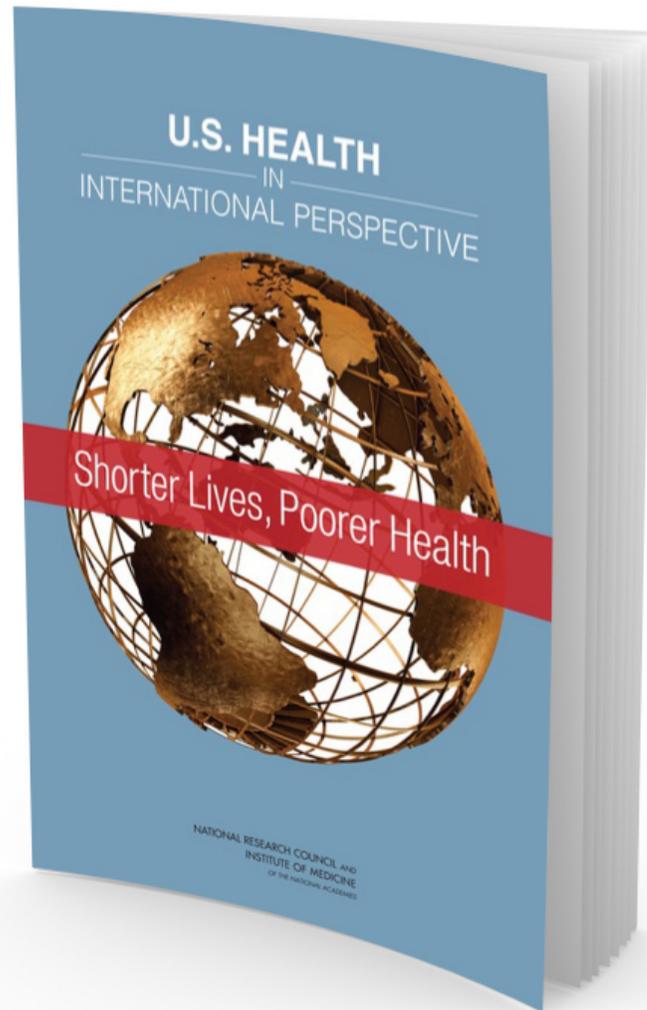


CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

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

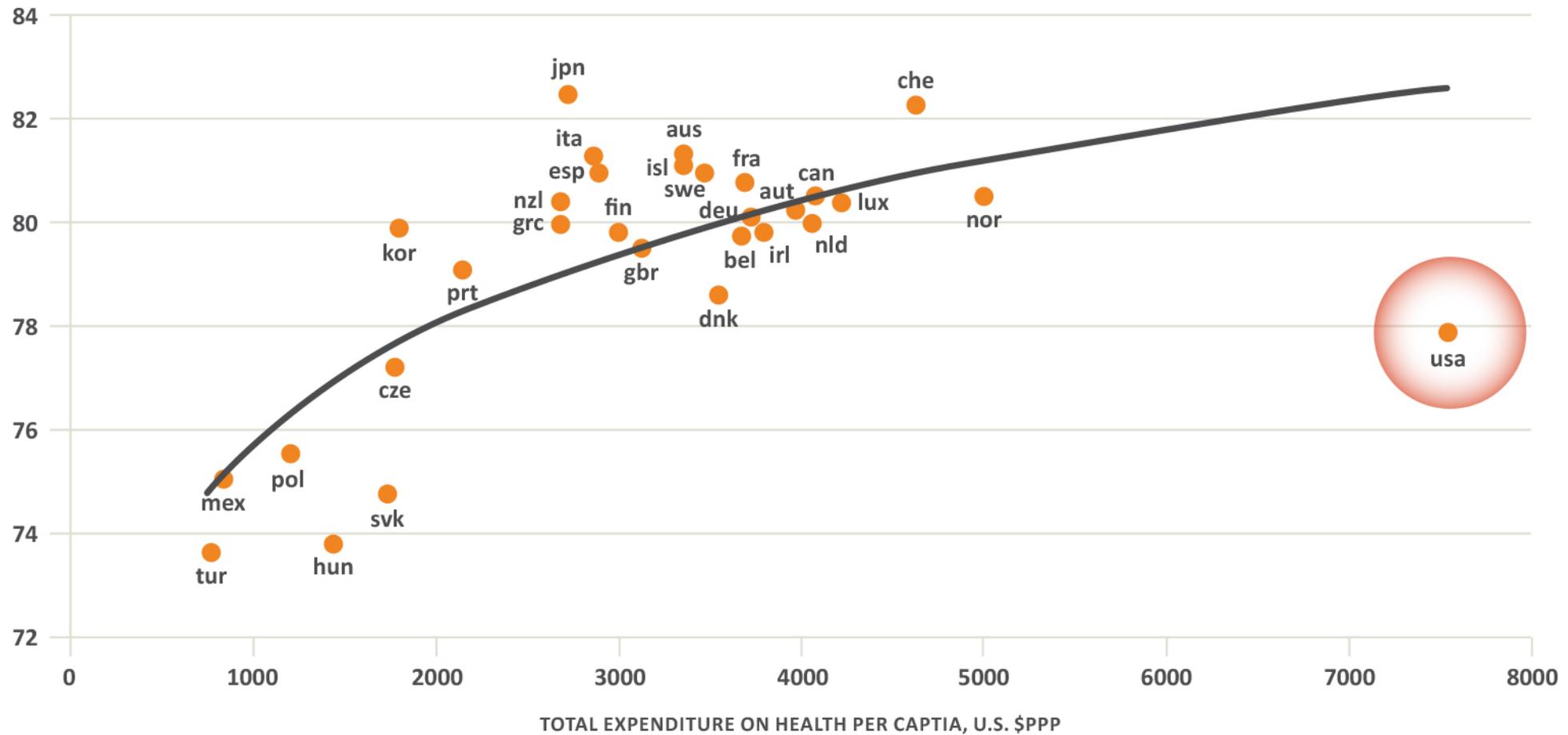


NAS/IOM: SHORTER LIVES, POORER HEALTH



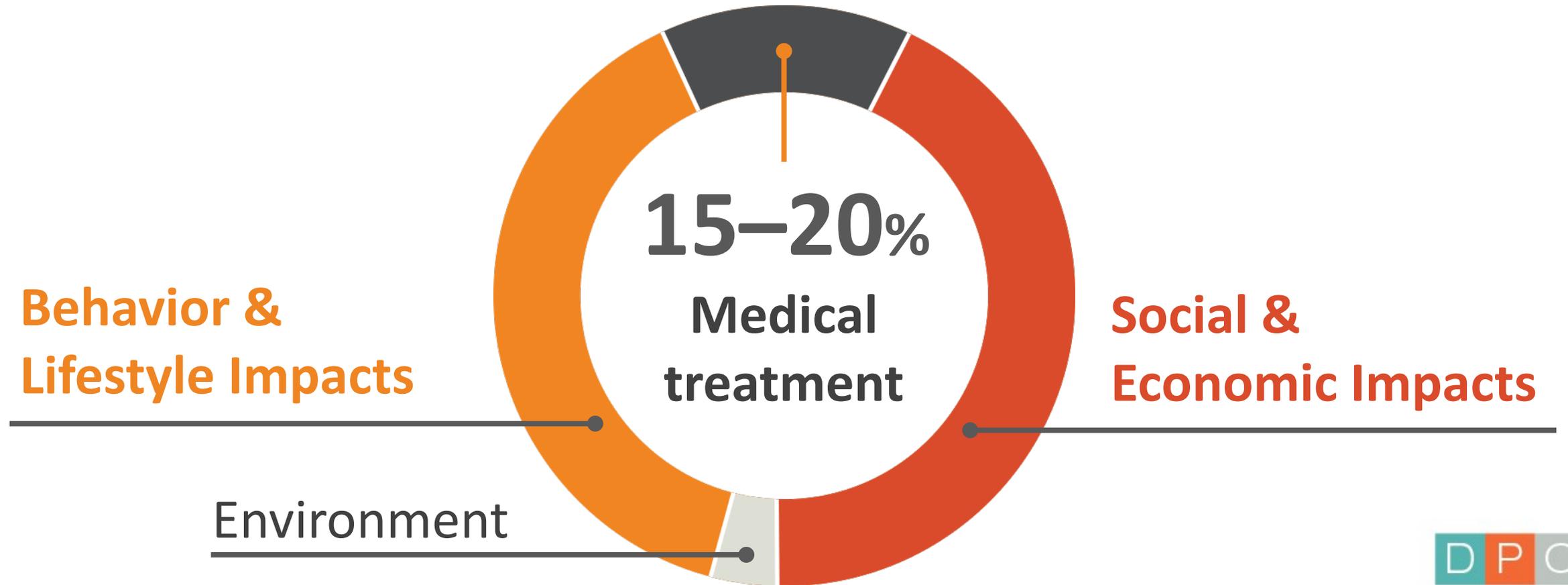
- Infant mortality
- Homicides and injuries
- HIV & AIDS
- Drug-related deaths
- Teen pregnancy & STIs
- Obesity & diabetes
- Heart & lung disease

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



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



“From Scratch”



“Industrial food”

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

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**




Summit

June 28-30, 2019

#dp@summit

WHOLE HEALTH IN THE VETERANS HEALTH ADMINISTRATION

**THE
PERSONAL HEALTH
INVENTORY**



**THE
PERSONAL HEALTH
PLAN**

D P C
Summit

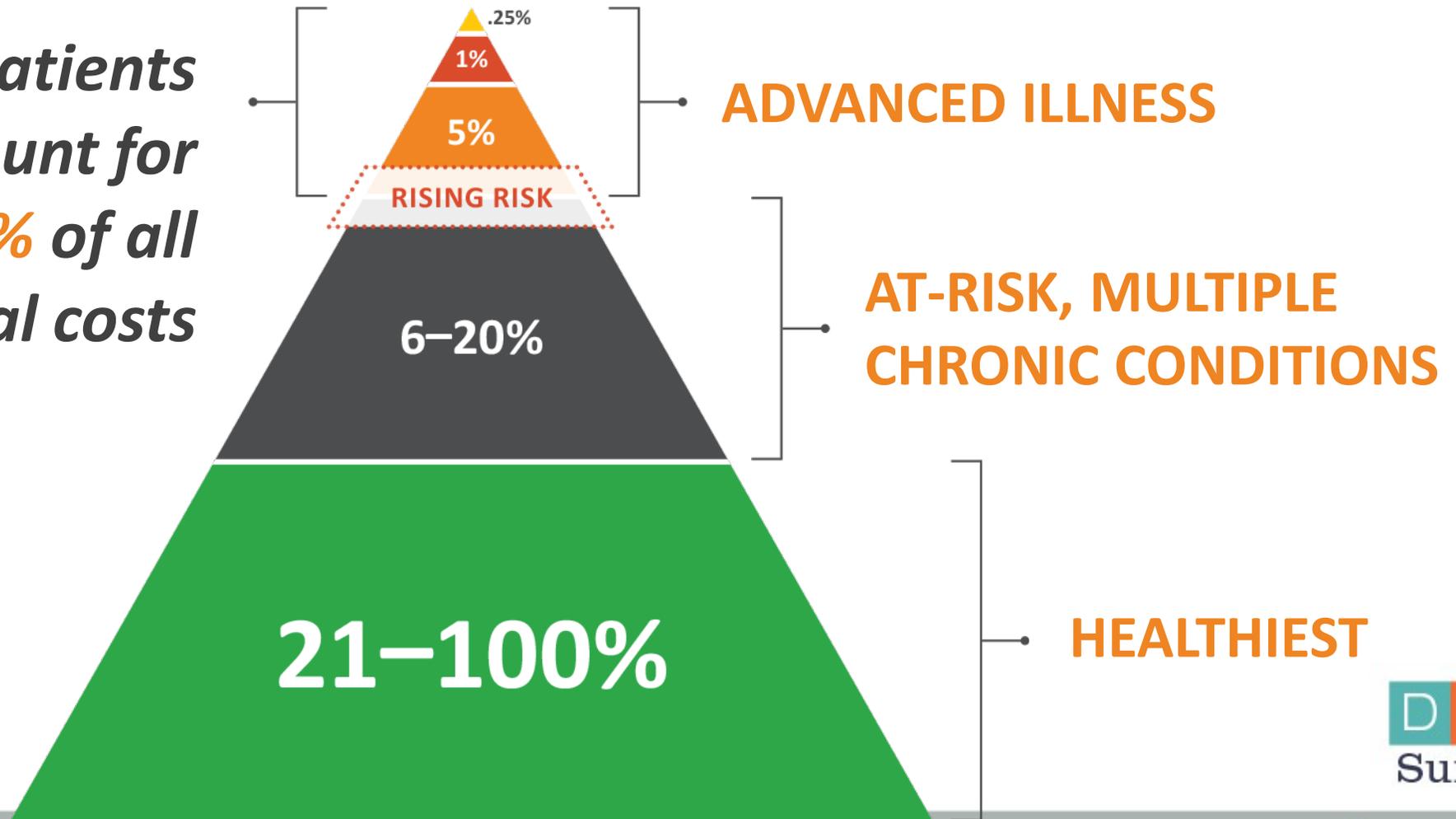
<https://www.va.gov/patientcenteredcare/explore/about-whole-health.asp>

June 28-30, 2019

#dp@summit

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 IM practices
 - Lab/ Imaging/ Supplements

95%

D P C
Summit

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 HOPE NOTE TOOLKIT

DOING AN INTEGRATIVE HEALTH VISIT

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](#)



June 28-30, 2019

#dpcsummit37

THE PERSONAL HEALTH INVENTORY

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

Personal Health Inventory

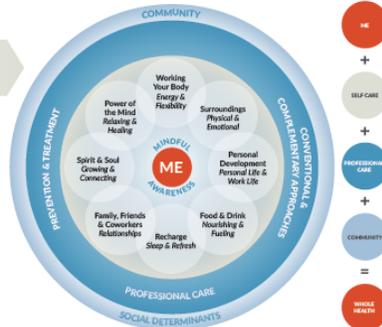
DrWayneJonas.com/HOPE



Complete your personal health inventory before your HOPE Note visit.

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

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations.
- Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

PHYSICAL WELL-BEING				
1	2	3	4	5
MISERABLE				GREAT

MENTAL/EMOTIONAL WELL-BEING				
1	2	3	4	5
MISERABLE				GREAT

LIFE: HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?				
1	2	3	4	5
MISERABLE				GREAT

What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

WHY TO YOU WANT TO BE HEALTHY?

HOW IS YOUR HEALTH AND WELLBEING NOW?

WHAT ARE THE PERSONAL DETERMIANTS OF HEALTH YOU ARE READY TO IMPROVE?



June 28-30, 2019

#dpcsummi18

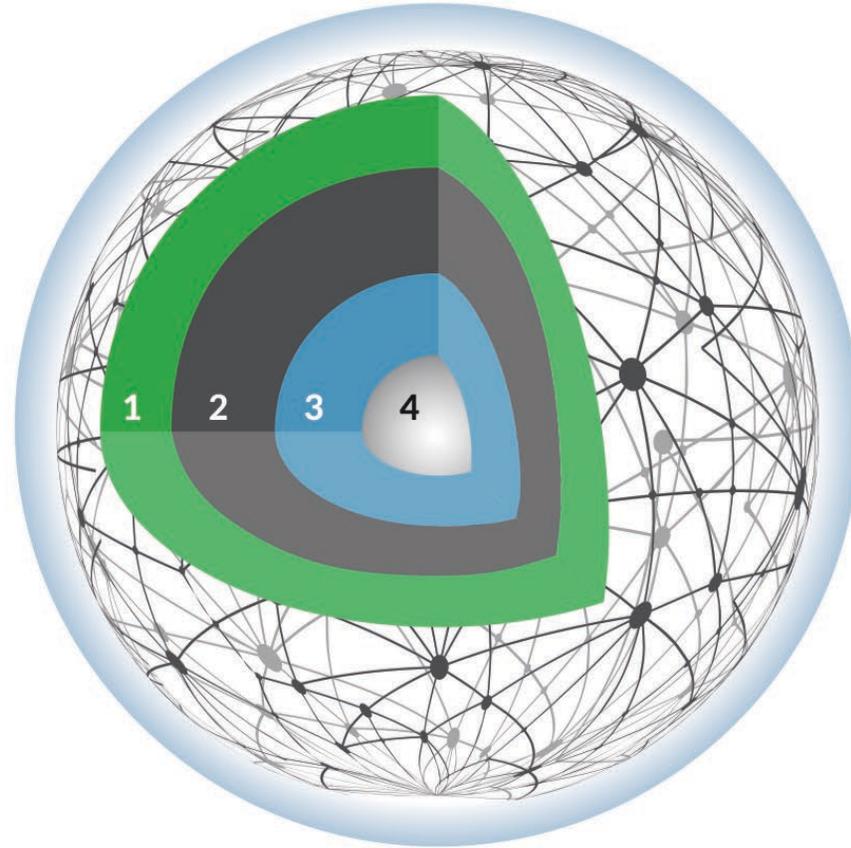
THE HOPE NOTE QUESTIONS

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

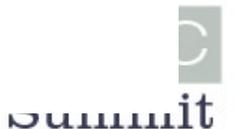
- *How is your social support?*
- *How was your childhood?*

4 SPIRITUAL & MENTAL

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

© 2019 Wayne Jonas, MD

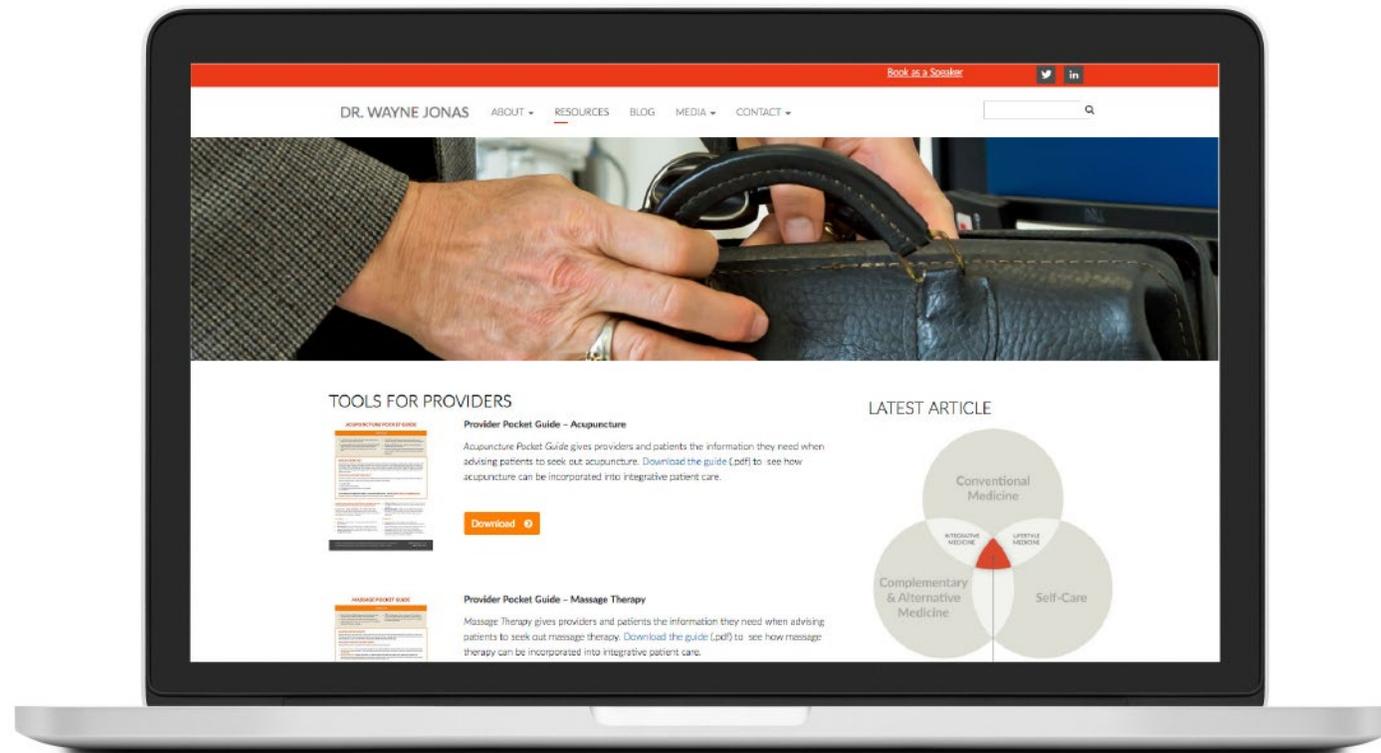
A PERSONAL HEALTH PLAN



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.* ”





What percentage of health comes from factors outside of what we usually do in the clinic or hospital?

- a) None
- b) 40%
- c) 80%
- d) 100%

aafp4.cnf.io





In addition to medical treatment, the following are the primary determinants of health:

- a) Social & Economic
- b) Environmental
- c) Behavior & Lifestyle
- d) All of the above

aafp4.cnf.io





In addition to the social determinants of health, what are the three dimensions of integrative health used in chronic disease?

- a) Conventional medicine, Specialty Care, Palliative Care
- b) Conventional medicine, Self-care, Complementary & Alternative Medicine
- c) Palliative Care, Healing-Oriented Practices, Meditation

aafp4.cnf.io





What is the name of a simple, systematic approach to help patients tap into their inherent healing capacity and get to the root of what matters to the patient?

- a) Patient-centered care
- b) SOAP Note
- c) HOPE Note
- d) What matters methodology
- e) None of these

aafp4.cnf.io



Questions?

Submit your
questions to:
aafp4.cnf.io

Don't forget to
evaluate this
session!

Contact Information

Wayne Jonas, MD

Samueli Integrative Health Programs

wayne@hsventures.org

@DrWayneJonas

Visit DrWayneJonas.com/signup to receive my
newsletter

