How Healing Works and What it Means for Health Care

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Participate in polling questions and submit your questions to https://aafp4.cnf.io/
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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
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
Exploring a patient’s personal determinants of health

*Asking “What Matters?”*
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

INTEGRATIVE HEALTHCARE

CULTURAL CONTEXT OF HEALTH
CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

• We are **FIRST** in spending
• 37\(^{th}\) 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 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 HISTORY

- 69 year old male
- Father with MI and 65 y/o – died at 75
- 40 years in Navy food services
- Stopped smoking at 35 y/o
- Hypertension since 40 y/o
- Gained weight in and after left Navy
- Type II DM showed up at 47 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
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!
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

EMPOWER
Explore What Matters Most
- Peers

EQUIP
Self-Care
- Skill Building and Integrative Health

TREAT
Clinical Care
- Whole Health Clinicians

https://www.va.gov/patientcenteredcare/explore/about-whole-health.asp
5% of patients account for 50% of all medical costs

THE COST OF CARE

ADVANCED ILLNESS

AT-RISK, MULTIPLE CHRONIC CONDITIONS

HEALTHIEST

21–100%

6–20%

RISING RISK

5%

1%

0.25%
COST SAVINGS & BETTER OUTCOMES: SHORT & LONG TERM

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

5% 95%

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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!
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
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?
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?

A PERSONAL HEALTH PLAN
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%
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
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

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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

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Questions?

Submit your questions to: aafp4.cnf.io

Don’t forget to evaluate this session!

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