HOW HEALING WORKS

AND WHAT IT MEANS FOR HEALTHCARE

@DrWayneJonas
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
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

Conventional Medicine

Complementary & Alternative Medicine

Self-Care

INTEGRATIVE HEALTHCARE
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**
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 – simistatin
- 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 IHC TEAM

- Physician
- Pharmacologist
- Nutritionist and Chef
- Health coach
- His family and friends
- His mind!
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
THE VA HAS OPENED 18 CENTERS OF EXCELLENCE IN INTEGRATIVE HEALTH
5% of patients account for 50% of all medical costs
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
• 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
The Hope Note

Resources on the HOPE Note available at DrWayneJonas.com

DrWayneJonas.com/resources/hope-note

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.

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.

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.
DrWayneJonas.com provides information and tools for physicians, health professionals and patients to improve health and wellbeing.
Text “healing” to 66866 for my monthly letter