

HOW HEALING WORKS

AND WHAT IT MEANS FOR HEALTHCARE

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

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. To her right, another woman is partially visible, also looking towards the man. In the background, another woman is seated at a desk, working on a laptop. The setting is a bright, modern office or clinic.

The Culture

FROM SOAP TO HOPE

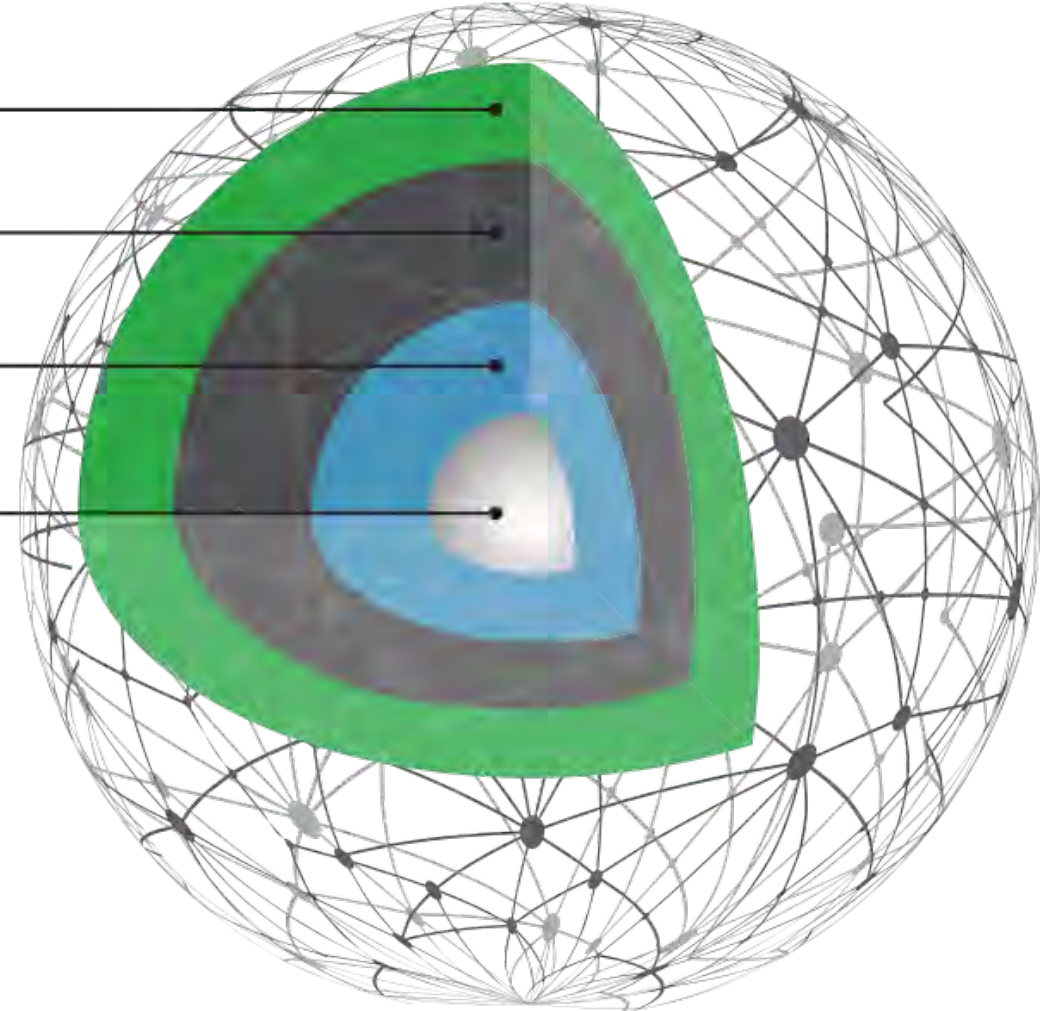
HEALING ORIENTED PRACTICES AND ENVIRONMENTS

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

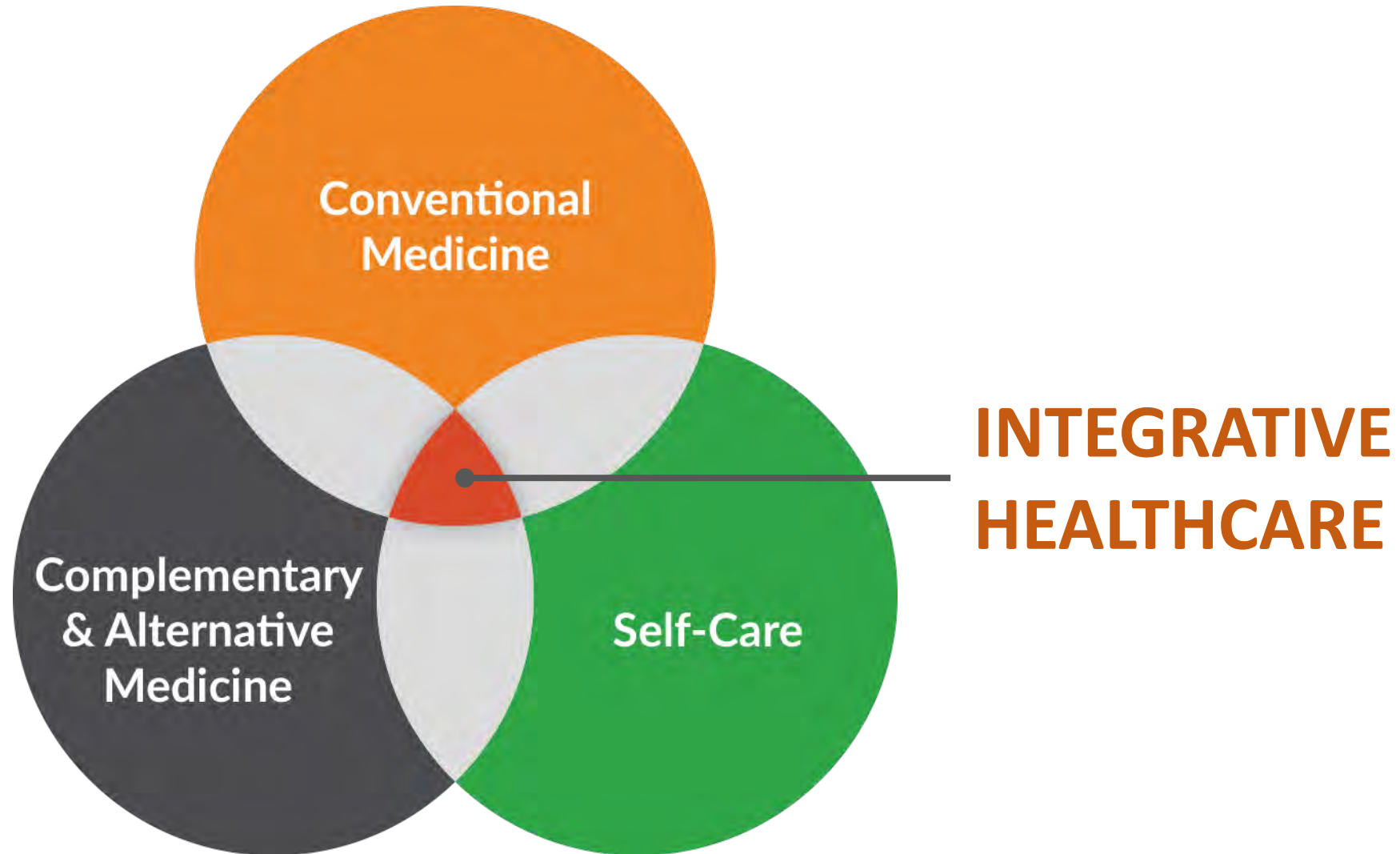
- Medication management
- Heat and stretching
- Sleep and stress
- A place and time to heal
- Loss of purpose

SALLY'S TEAM



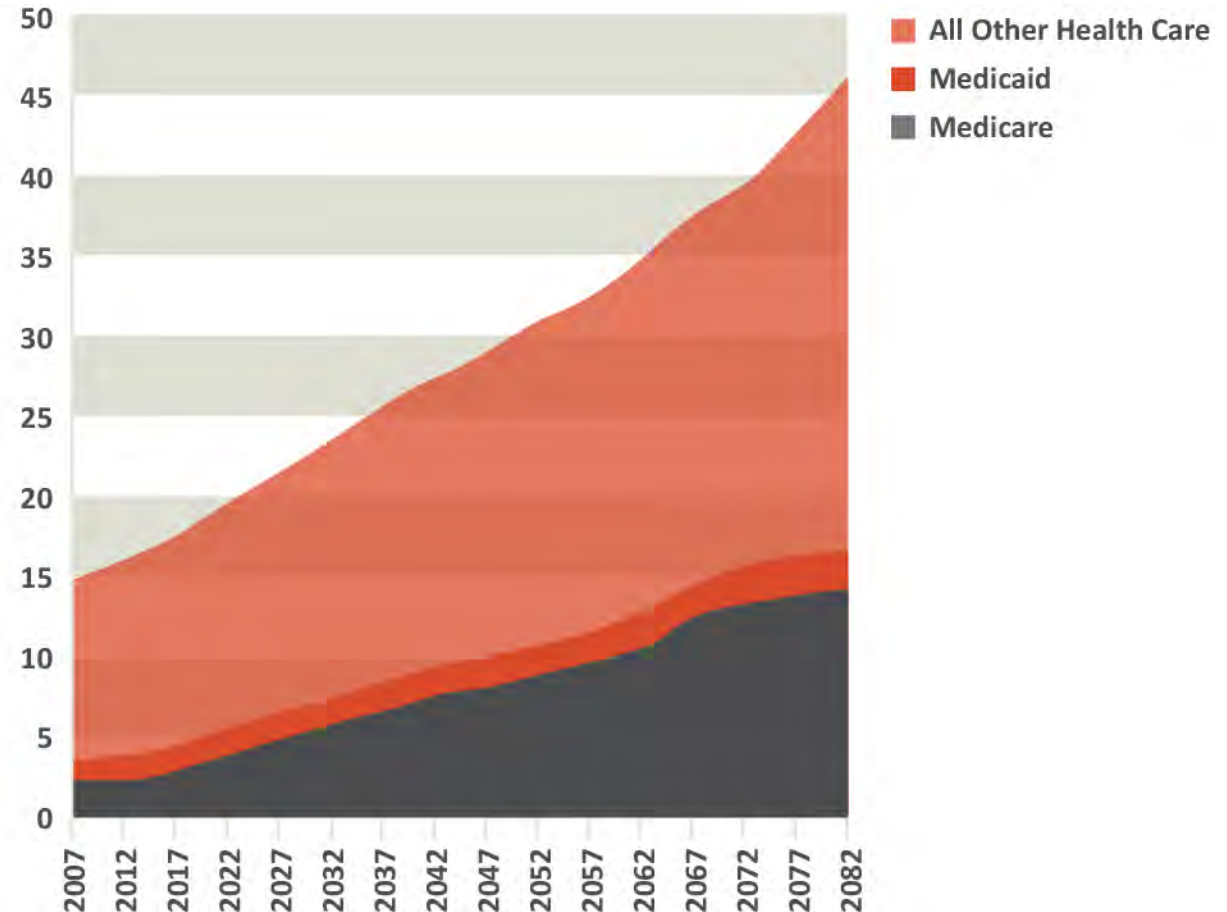
- **Physician**
- **Pharmacologist**
- **Behaviorist**
- **Yoga therapist**
- **Her family**
- **Her body!**

A DIFFERENT TYPE OF HEALTH CARE

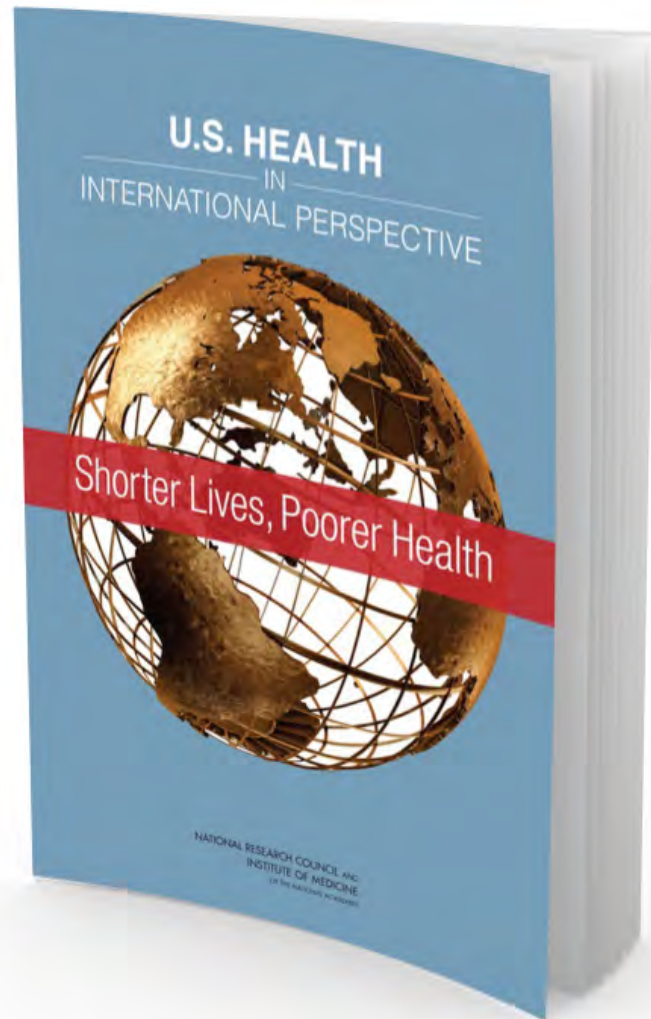


CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

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

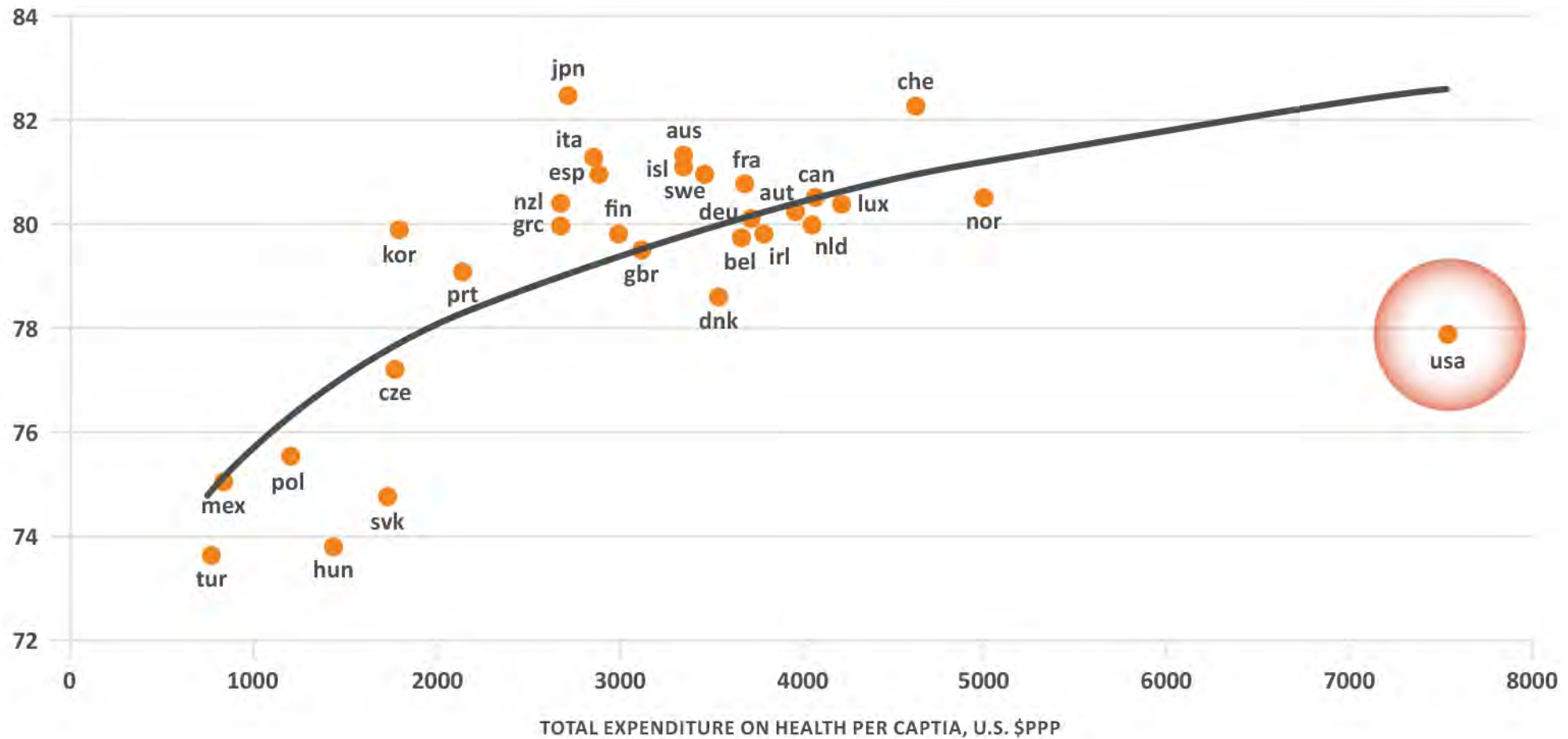


NAS/IOM: SHORTER LIVES, POORER HEALTH



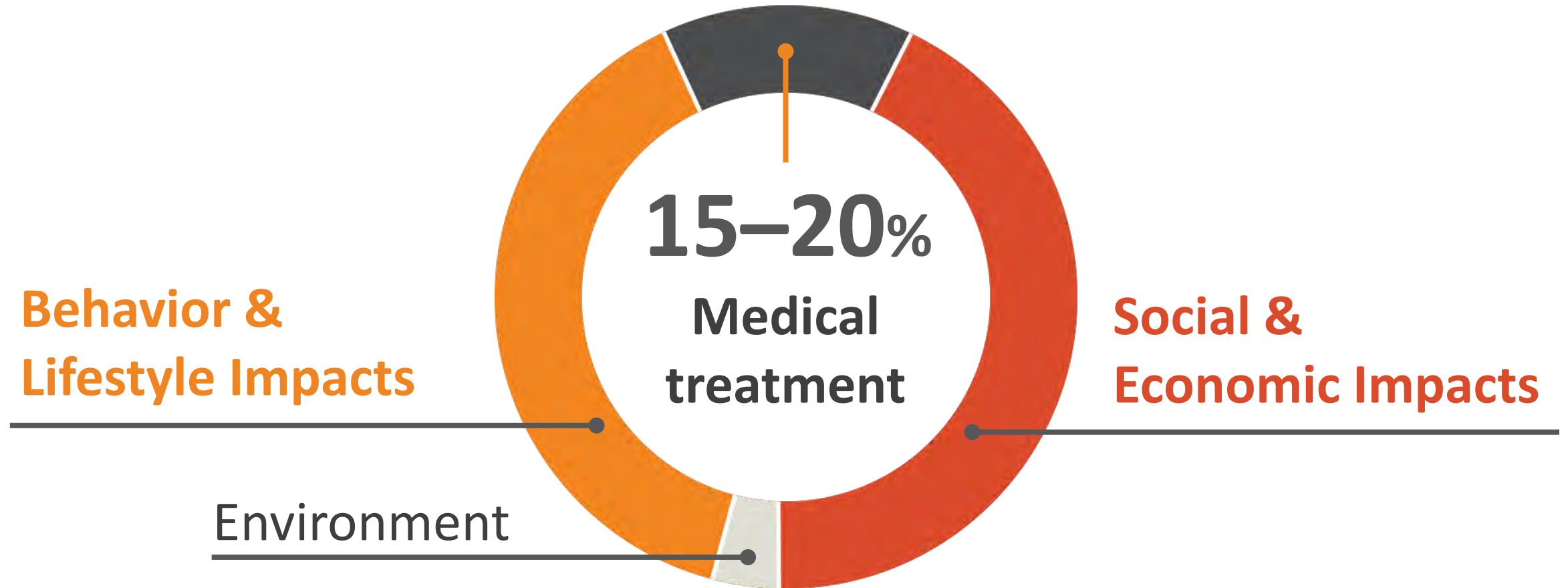
- Infant mortality
- Homicides and injuries
- HIV & AIDS
- Drug-related deaths
- Teen pregnancy & STIs
- Obesity & diabetes
- Heart & lung disease

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 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



“From Scratch”



“Industrial food”

JOE'S SOAPs



- Hypertension – HCTZ, ACE inhibitor
- Elevated LDL cholesterol – simvastatin
- 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 IHC TEAM



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

HEALTH & WELLBEING

A photograph of a family of four walking through a lush green park. On the left, a young boy is being carried piggyback by a slightly older boy. To their right, a woman in a teal top and a man in a red shirt are walking and smiling. The background is filled with vibrant green trees and foliage, suggesting a sunny day in a natural setting.

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**

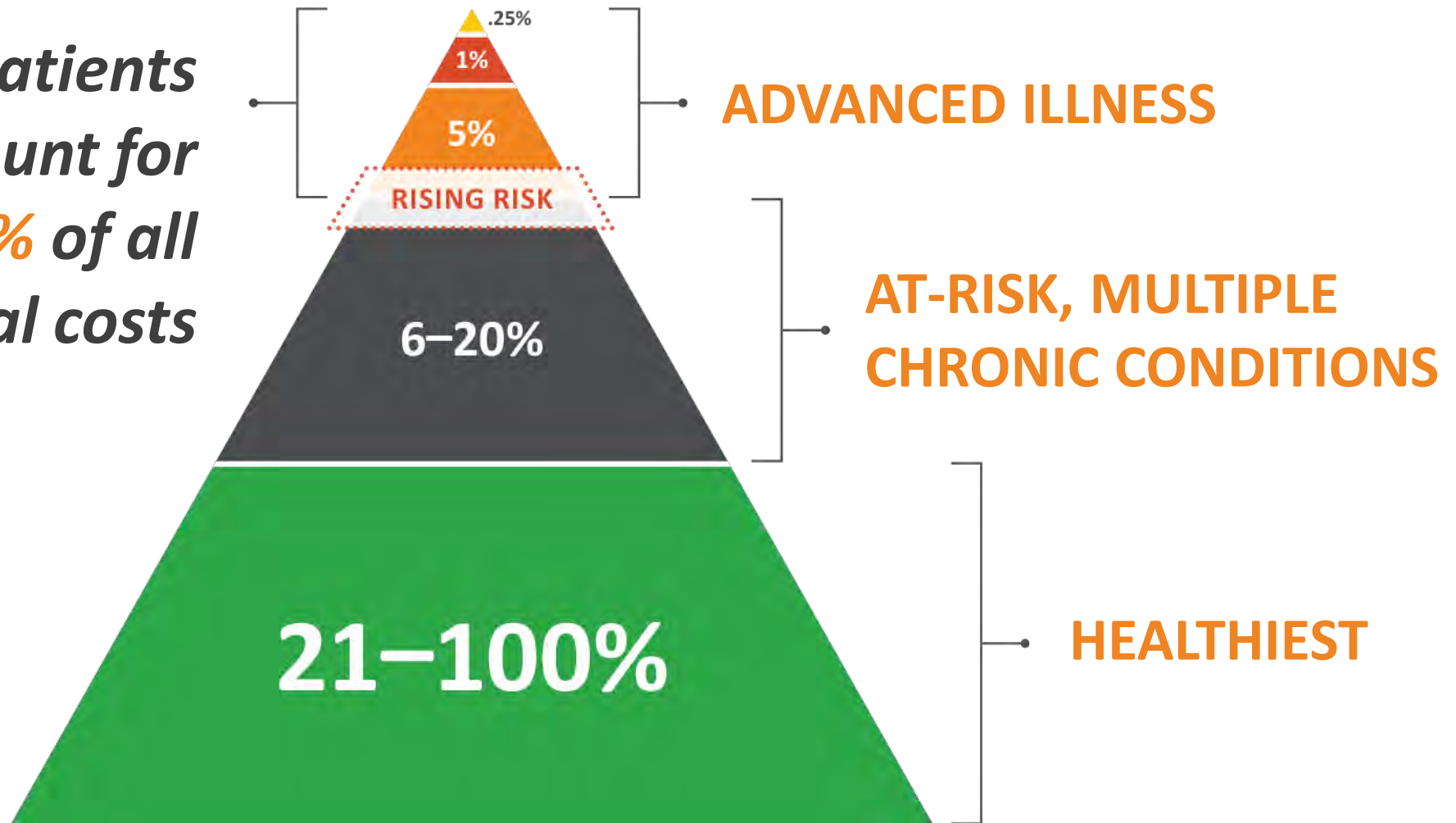
INTEGRATIVE HEALTH IN THE VETERANS HEALTH ADMINISTRATION

- **18 Centers of Excellence in Integrative Health**
- **Patients set goals**
- **Health coaching support**



THE COST OF CARE

**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



WHAT YOU CAN DO

FOCUS ON SELF CARE — what works for you now

- **Find your meaning**
 - What matters to you?
- **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

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

THE HOPE NOTE

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

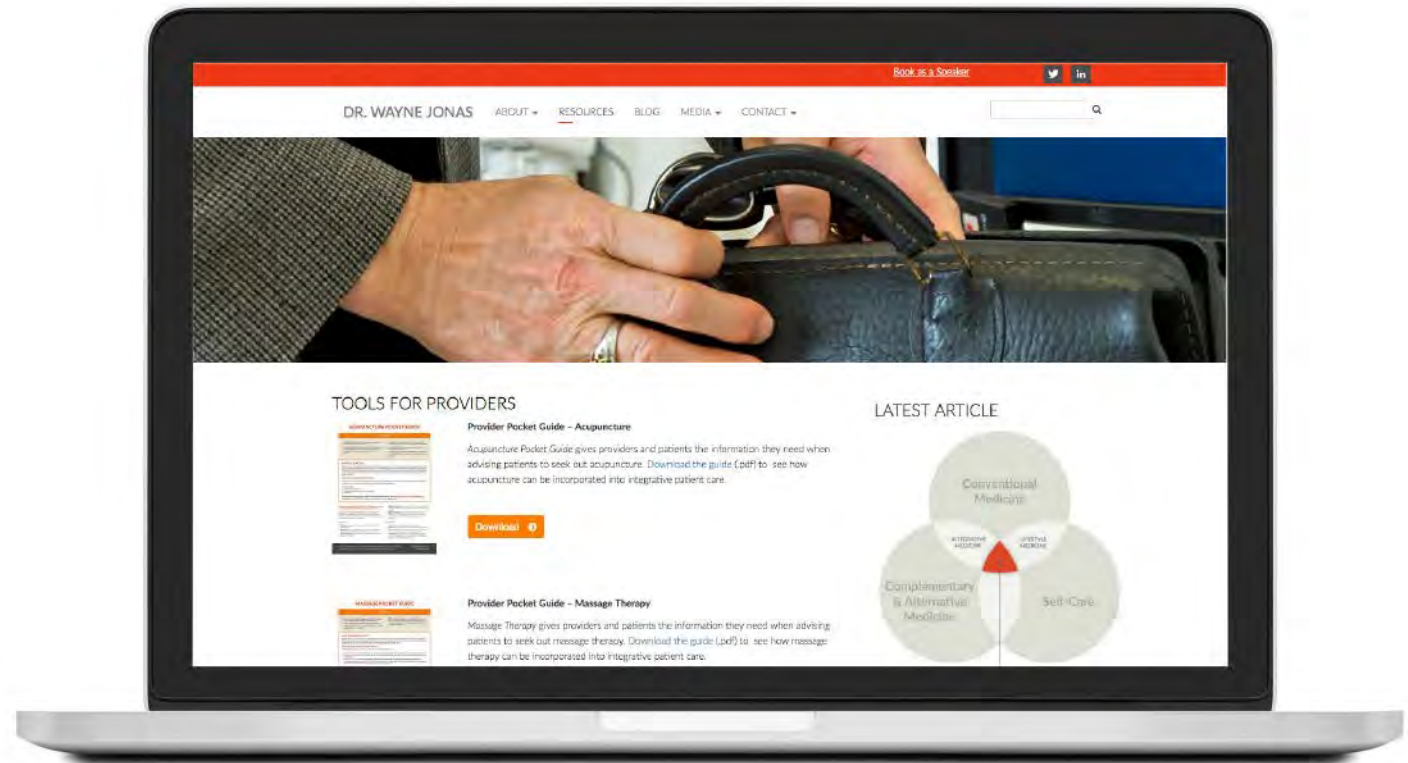
CONTINUING SUPPORT

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.

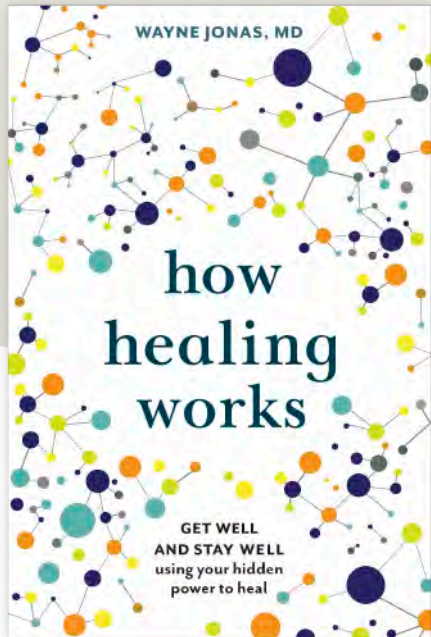
[LEARN MORE](#)

HOW I CAN HELP

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



Start Now



DrWayneJonas.com

Text "healing" to 66866 for my monthly letter