



Integrative Health Solution Guide for HOPE Note Discussion

During an integrative health visit using the HOPE Note, you will uncover areas in which your patients are ready to work on to improve their health. Many of these require reaching outside the traditional tool bag of the current medical model. Recommended action items typically fall into a few categories including referrals to specialists (both from traditional as well as evidence-based complementary and alternative medicine); [educational handouts](#) for self-care; and connections to community resources. Note that there may be some pre-work involved in setting up relationships with other providers and local community resources.

Overall recommendations for behavior change and goal setting:

- Warm handoff to [health coach](#) or care coordinator
- Recommendation to join a group course
- Provision of a health behavior change application/program

Diet: How is your diet? What did you have for breakfast, lunch, and dinner yesterday?

- Referral to [nutritionist](#)
- Condition-specific [group visits](#)
- Educational handouts
 - [Integrative Health Guide](#)
 - [Mediterranean diet](#)
 - [DASH Diet](#) – for high blood pressure
 - [Nutrition for pain guide](#)
 - [IFM elimination guide](#)

Sleep: How is your sleep? Do you wake refreshed?

- Medication/supplement management
- Refer to guided imagery relaxation resources: [HealthJourneys Sleep](#)
- Mobile phone apps ([CBTi Coach app](#) ; [HealthJourneys Guided Imagery](#))
- Referral to specialist:
 - Behavioral health therapist for sleep hygiene instruction
 - Guided Imagery Practitioner
 - Sleep study
- Provider Prework: Set up personalized [Guided Imagery page](#) with Health Journeys

Stress Management: How is your stress? How do you relax?

- Recommend integrative health therapist or course
 - Guided imagery
 - [Journaling](#)
 - Biofeedback (HeartMath)
 - [Art therapy](#)
 - Mindfulness Based Stress Reduction (MBSR)
 - Mindfulness meditation
- Mobile phone apps ([CALM](#); [Curable](#) (for pain))



- Referral to specialist
 - Behavioral health therapist
 - Mental health professional

Activity: How is your activity level? What do you do for recreation?

- Recommend physical activity ([Exercise prescription](#))
- Referral to integrative health therapist or course
 - [Therapeutic yoga](#) provider
 - Moving meditation ([Tai chi or Qi gong](#))

Supplements use: Do you take any herbs or supplements? If so, which ones and how much?

- Check supplement and medication interactions with [Natural Medicines Therapeutic Research](#)
- Provide education on manufacturer safety/ Look for the NSF International, US Pharmacopeia or Consumer Lab seal

CAM use: Do you see any complementary and alternative providers? If so, which?

- Refer to CAM specialist (Provide a pull down of the top CAM practitioners from VA)

Social Support: How is your social support? Are you alone?

- [Loneliness project](#)
- Refer to resources such as clubs, churches, sports groups; group class within system or in community

Trauma/Adverse Childhood Experiences: How was your childhood?

- Refer to a mental health resource
- Recommend integrative health therapy or course
 - Journaling
 - Art therapy
 - Narrative medicine
- Provider Prework: Review resources available at the [THEN Center](#)

Environment: What is your home like? Chaos or calm? Cluttered or ordered?

- Share educational resources like [Your Healing Journal](#)

Exposure to nature: How often do you get out in nature?

- Recommend exposure to nature

Social Determinants:

- Refer to social worker
- Provider pre-work:
 - AAFP's [The Everyone Project Toolkit](#)
 - Build relationships with community organizations regarding specific needs (food prescription; transportation resources; housing support; domestic violence referrals; etc.)
 - Utilize consulting organizations like [Health Begins](#) by Rishi Manchanda to address upstream needs
 - Consult the [Healthy neighborhood atlas](#) by zip code
 - Consult [211](#) social services connector by United Way