



# HOW HEALING WORKS

WHAT IT MEANS FOR YOUR YOUR PRACTICE,  
YOUR PATIENTS AND THE FUTURE OF HEALTHCARE

 *@DrWayneJonas*

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/ Pharmacist

**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







# **The Culture**

# FROM SOAP TO HOPE

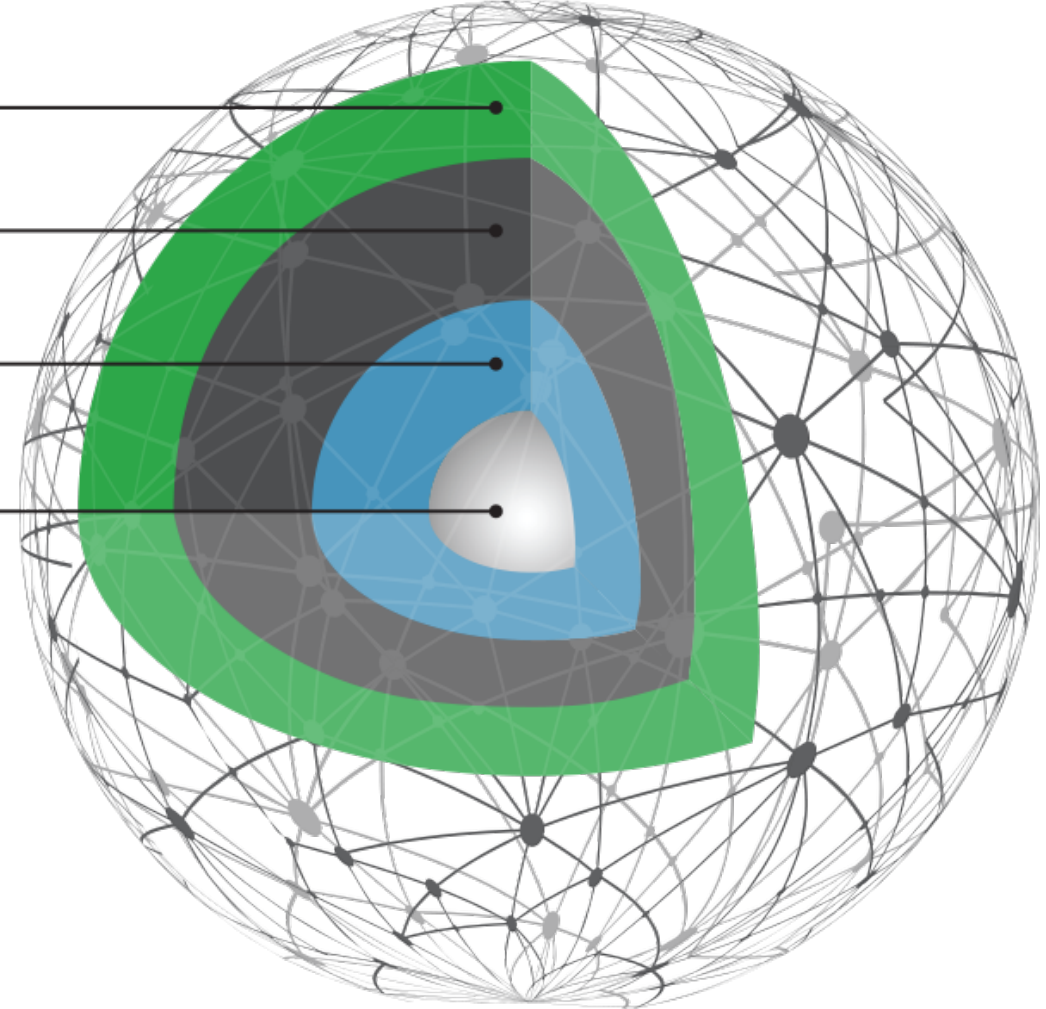
## HEALING ORIENTED PRACTICES AND ENVIRONMENTS

**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

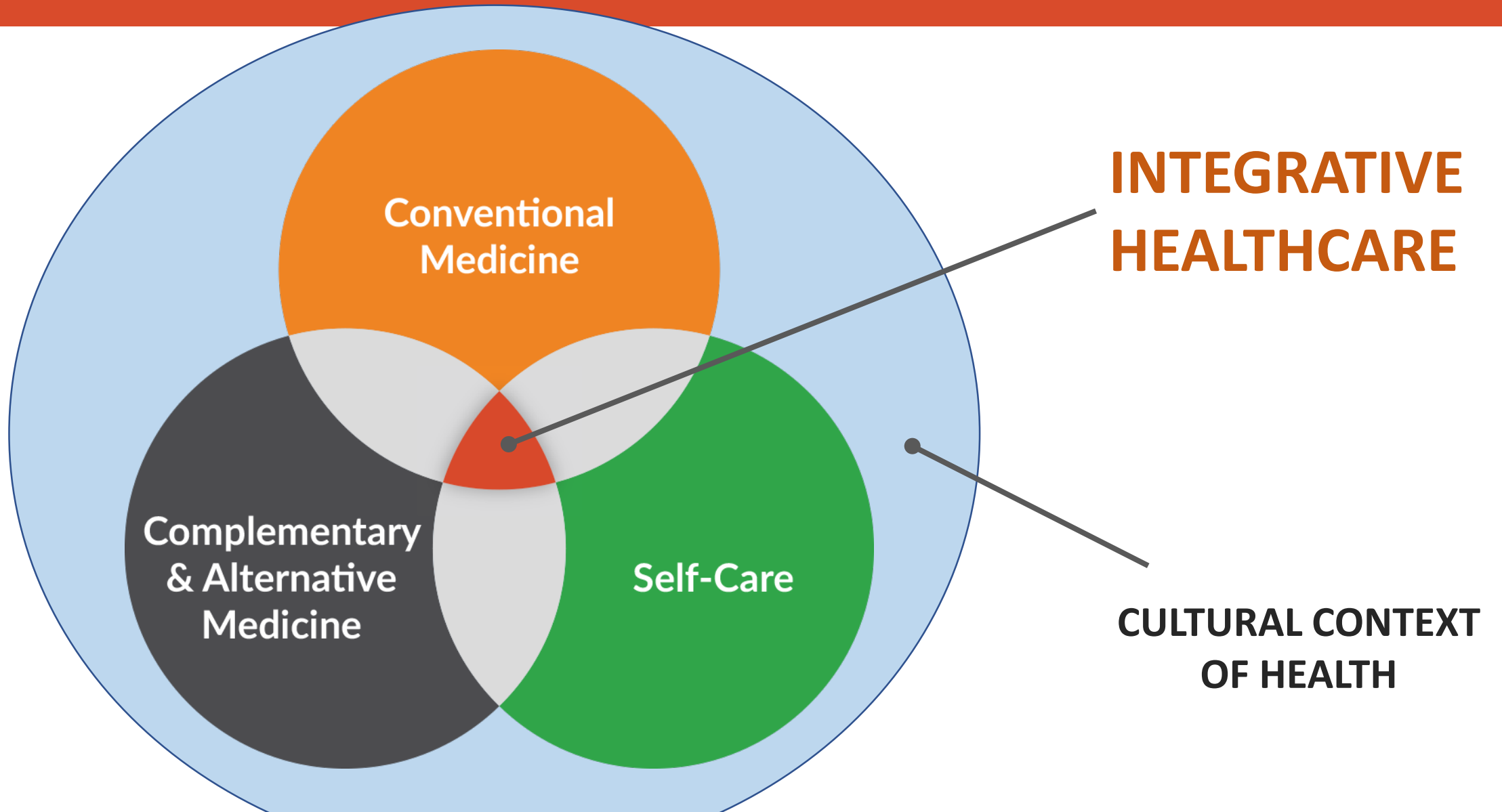
- Medication management
- Heat and stretching
- Sleep and stress
- A place and time to heal
- Loss of purpose

# SALLY'S TEAM



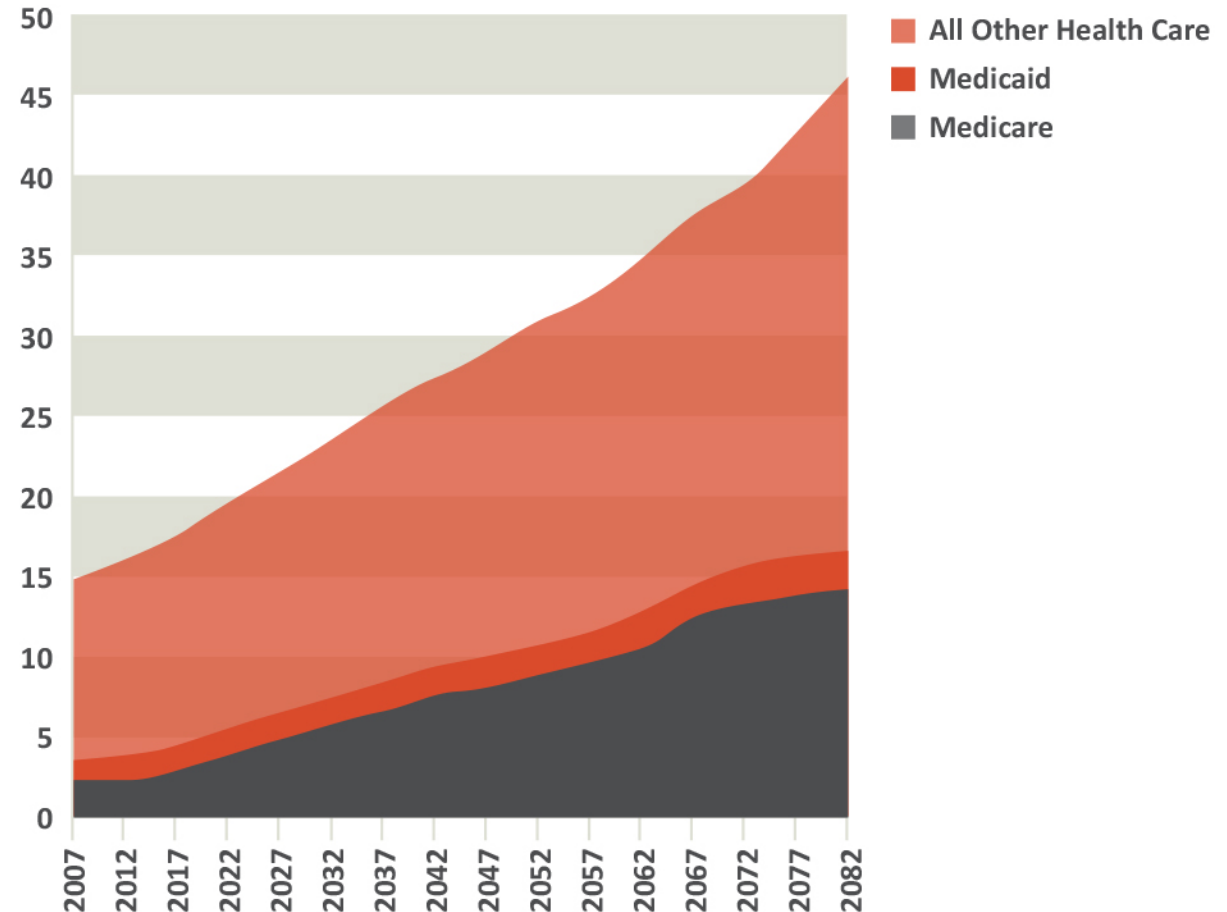
- Physician
- Pharmacologist
- Behaviorist
- Yoga therapist
- Her family
- Her body!

# A DIFFERENT TYPE OF HEALTH CARE

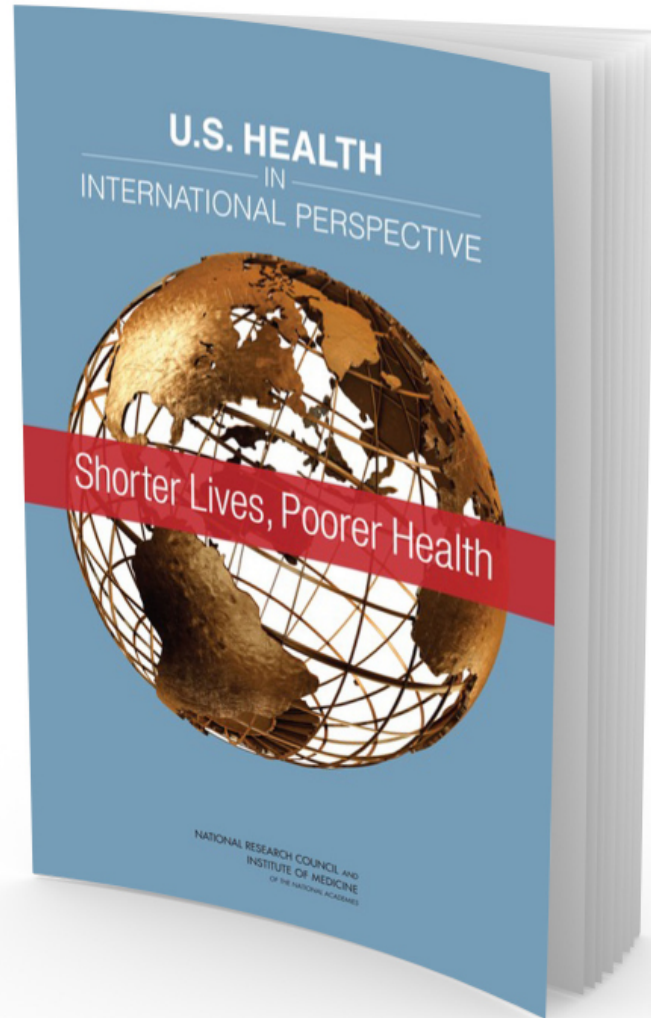


# CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

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



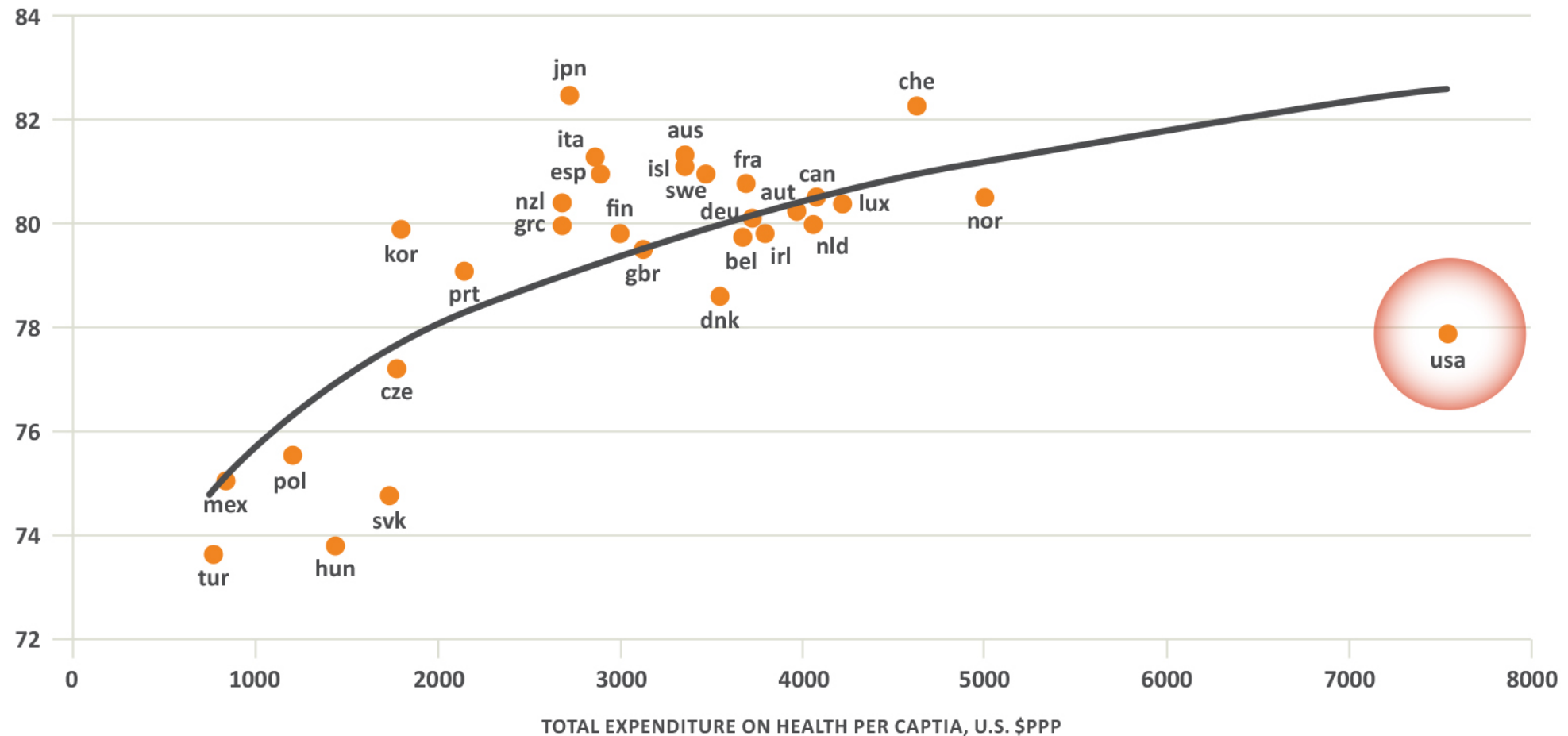
# NAS/IOM: SHORTER LIVES, POORER HEALTH



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

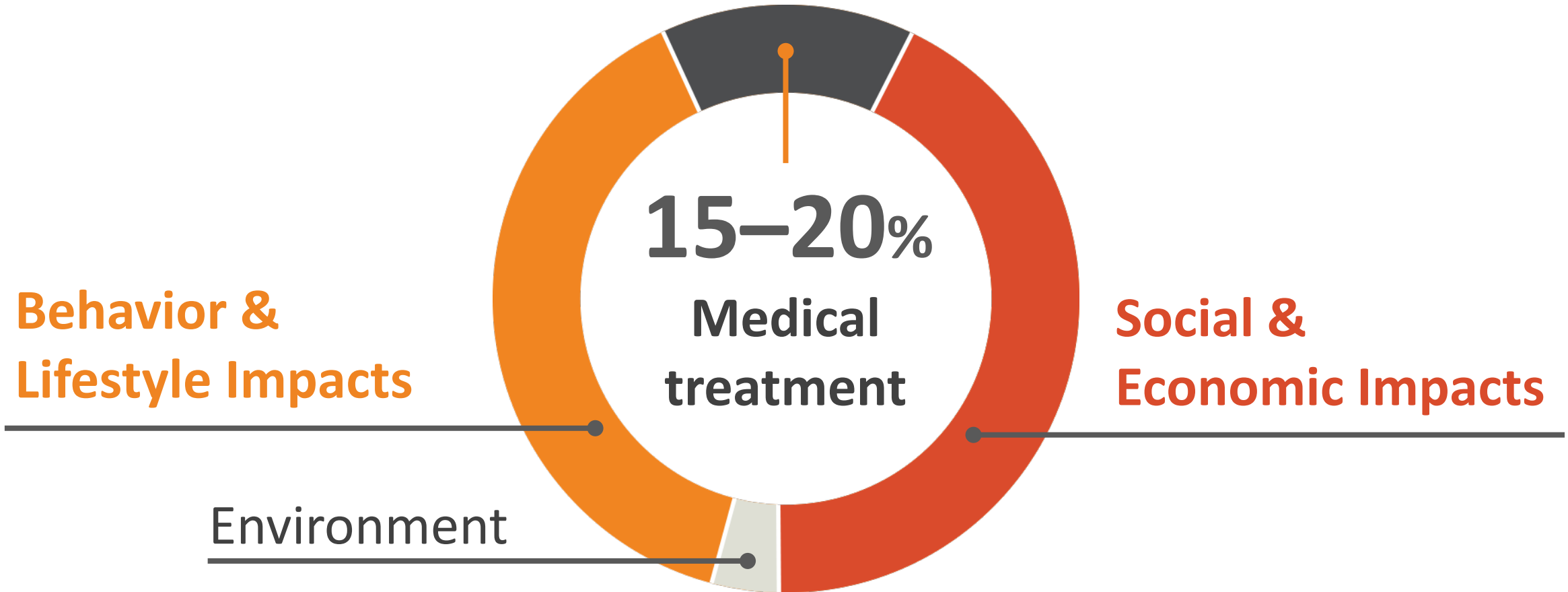


# PER CAPITA HEALTH EXPENDITURES & LIFE EXPECTANCY



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 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 dietitian
- 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 & SUPPPORT** 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***

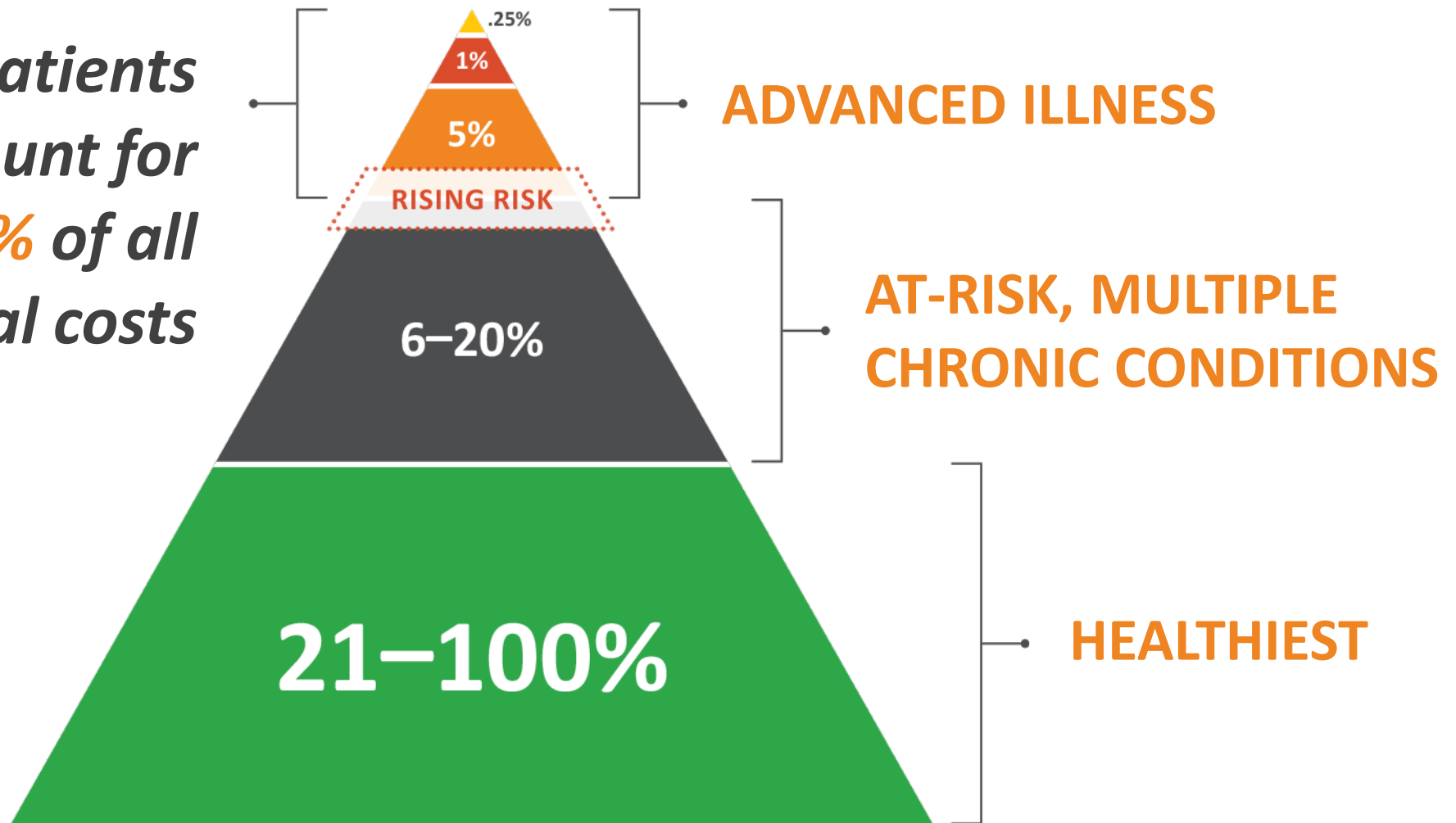


***THE  
PERSONAL HEALTH  
PLAN***

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

# 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%**



# 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\*](http://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


# THE PERSONAL HEALTH INVENTORY

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

PATIENT'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Personal Health Inventory

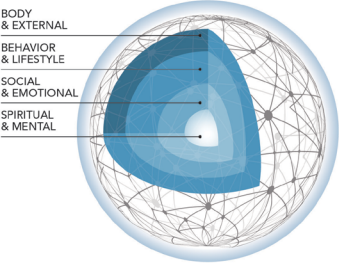
DrWayneJonas.com/HOPE

 Complete your personal health inventory before your integrative health visit.

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

All areas are important and connected to your ability to heal and be healthy.

- The outer ring addresses what your home and work are like and how you feel physically.
- The next ring addresses everyday choices on self-care and lifestyle.
- The social and emotional ring looks at your relationships and social support.
- The inner ring addresses **what matters** to you rather than what's the matter with you.



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

PHYSICAL WELL-BEING				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

MENTAL/EMOTIONAL WELL-BEING				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

LIFE: HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

Thinking about your mental and physical health, which includes stress, depression, problems with emotions, physical illness and injury, for how many days during the past 30 days was your mental or physical health good?

DAYS

- WHY DO YOU WANT TO BE HEALTHY?
- HOW IS YOUR HEALTH AND WELLBEING NOW?
- WHAT PERSONAL DETERMINANTS OF HEALTH ARE YOU READY TO IMPROVE?

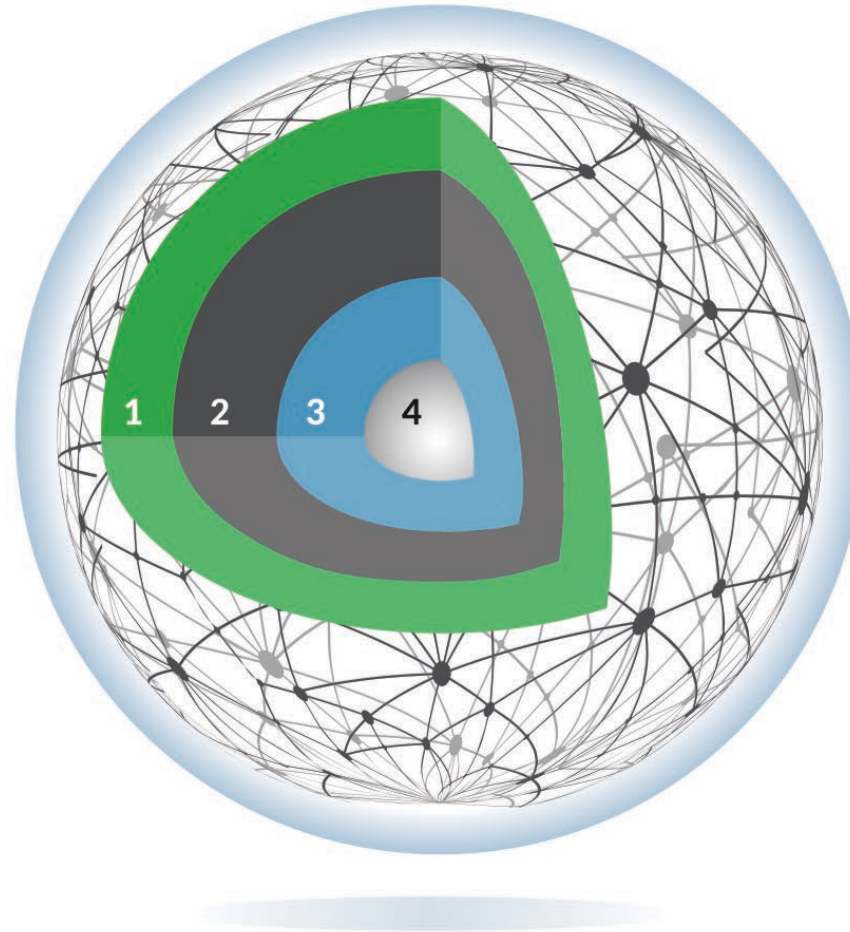
# THE HOPE NOTE QUESTIONS

## **BODY & EXTERNAL**

- What is your home like?
- Your work environment?
- Do you get out in nature?

## **BEHAVIOR & LIFESTYLE**

- How is your diet?
- How is your sleep?
- How is your stress?
- How is your activity level?



## **SOCIAL & EMOTIONAL**

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

## **SPIRITUAL & MENTAL**

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

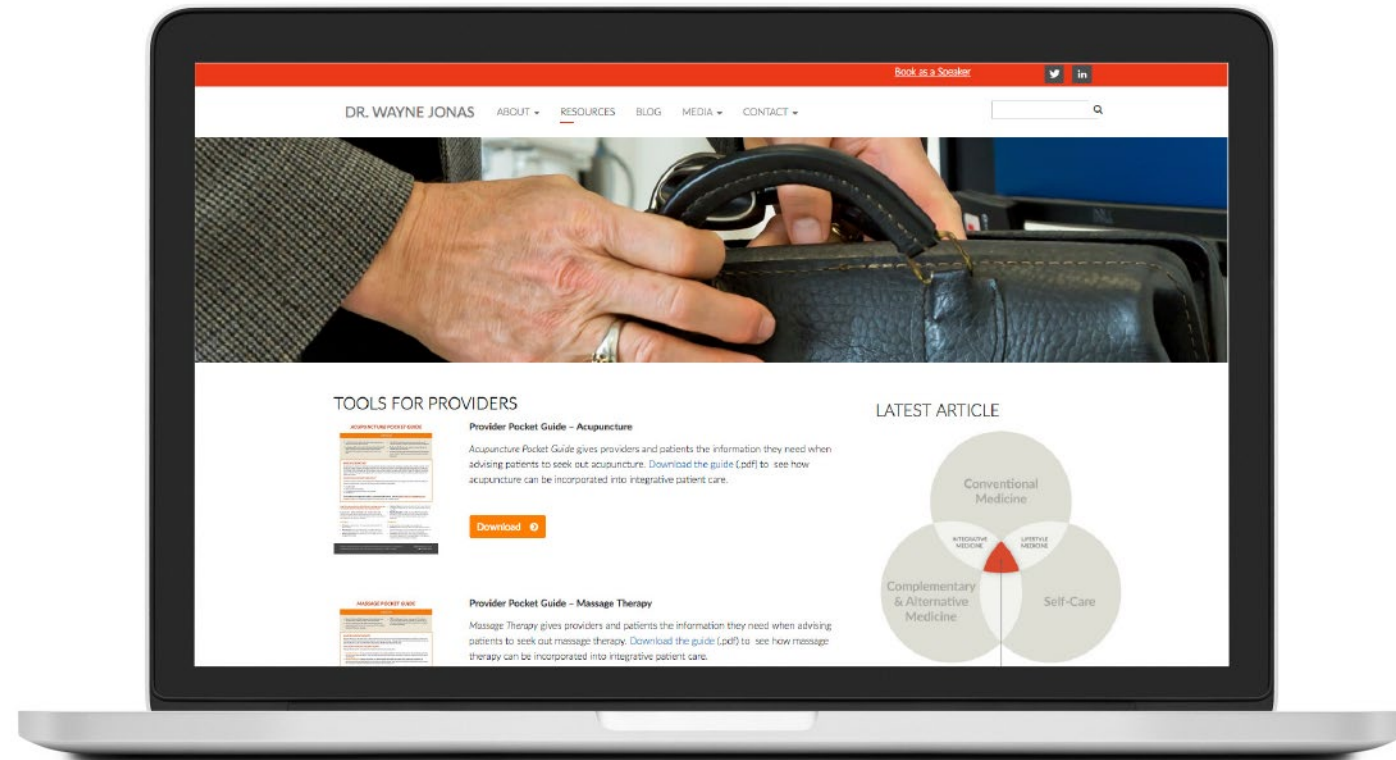
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***A PERSONAL HEALTH PLAN***

# HELP WITH HEALING

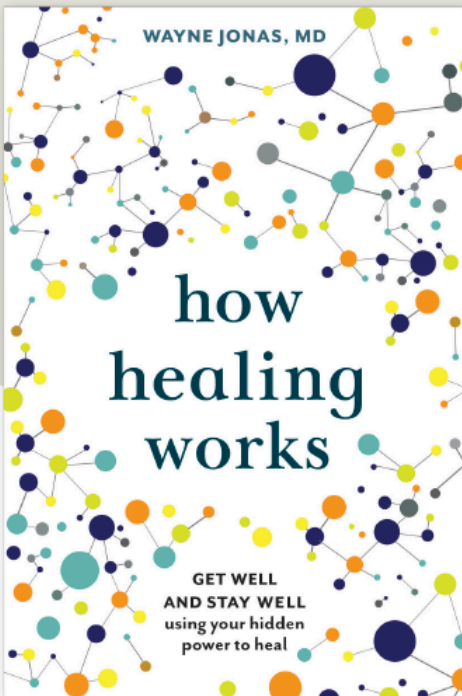
**DrWayneJonas.com** provides information and tools for physicians, health professionals and patients to improve health and wellbeing.

“*The most powerful way to transform healthcare, your patients lives and your own practice is to fill your medical bag with tools for healing.*”





YOU CAN START NOW



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