

How Healing Works references

Slide: Non Pharmacological approaches to pain

- [ACP Guidelines for Low Back Pain](#)- 2017
- [DoD/VA Guidelines](#)
- [Joint Commission's Pain Standards](#)

Slide: Challenges to our current health care system

- World Health Organization: [World Health Report 2000](#) – Health systems: Improving performance

Slide: NAM/IOM Shorter Lives, Poorer Health

- U.S. Health in International Perspective: Shorter Lives, Poorer Health (2013) [PDF Available](#)

Slide: Per Capita Health Expenditures & Life Expectancy

- 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.
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Slide: Where Health Comes From

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Slide: Joe's HOPE Note

- Lean, Michael EJ et al. Primary care-led weight management for remission of type 2 diabetes (DIRECT): an open-label, cluster-randomised trial. The Lancet , Volume 391 , Issue 10120 , 541 - 551

Slide: Health and Wellbeing

- Hibbard JH, Greene J. What the evidence shows about patient activation: better health outcomes and care experiences; fewer data on costs. Health Aff (Millwood). 2013 Feb;32(2):207-14.

Slide: The Cost of Care

- Cohen SB. The concentration and persistence in the level of health expenditures over time: Estimates for the US Population, 2011-2012. Statistical Brief 449. Agency for Healthcare Research and Quality;2014.

HOPE Note

- Alimujiang A, Wiensch A, Boss J, et al. Association Between Life Purpose and Mortality Among US Adults Older Than 50 Years. JAMA Netw Open. 2019;2(5):e194270. doi:10.1001/jamanetworkopen.2019.4270

What Providers Can Do

- Tuma RS. Simple Tool Shows Lasting Reduction in Burnout. Medscape; 2017. <https://www.medscape.com/viewarticle/887432> based on presentation from American Conference on Physician Health, Oct. 13, 2017.

Additional resources:

- Book: [How Healing Works](#) by Dr. Wayne Jonas, published January 9, 2018
- [Developing an Integrative Health Model: Who, What and How](#)
- [The HOPE NOTE: Bringing an Integrative Approach to Primary Care](#)