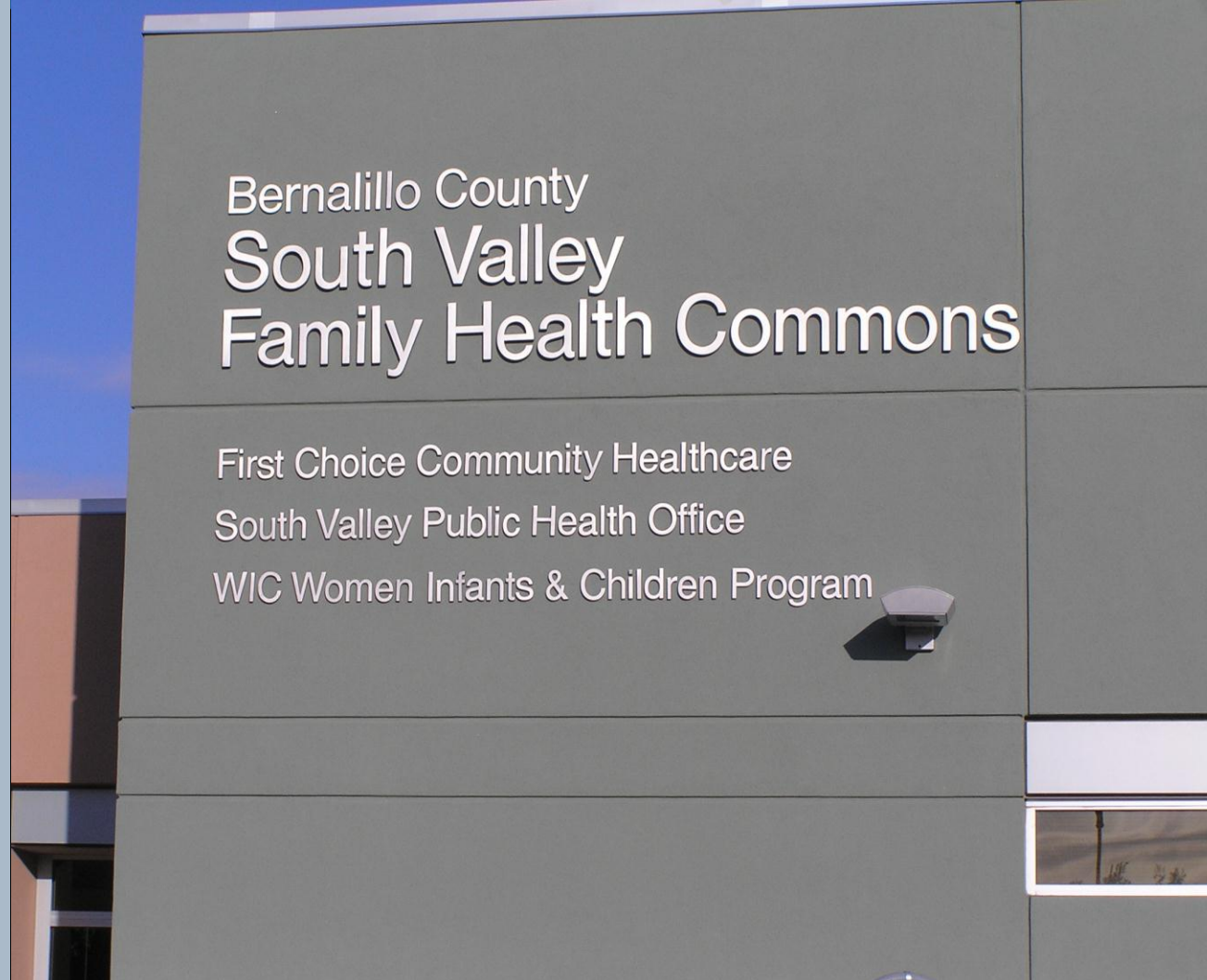
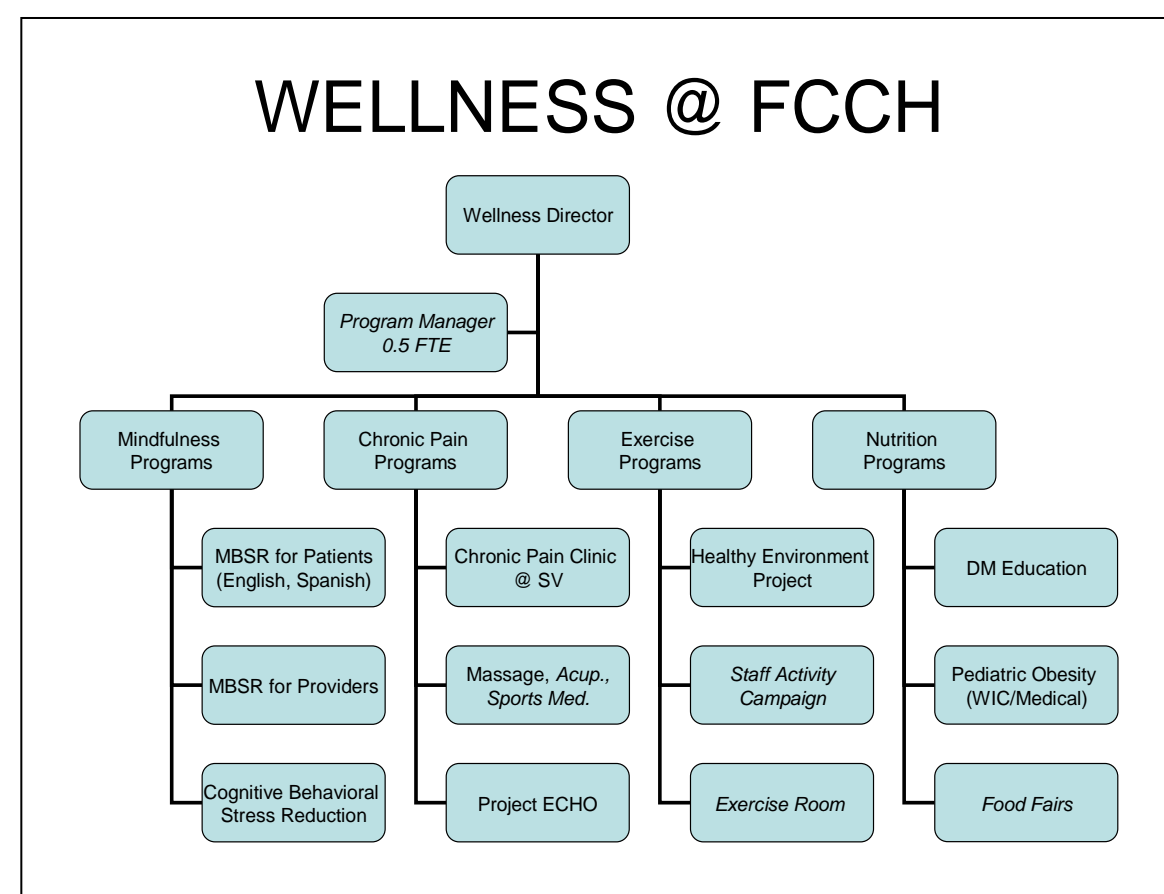


## Overview



The Wellness Programs at the South Valley Family Health Commons began in July, 2008. "Wellness" at First Choice encompasses chronic pain, stress reduction, exercise, and nutrition.



Existing items are in regular type; *planned items are in italics.*

## Mindfulness Programs



### ◆ Mindfulness-Based Stress Reduction (MBSR) for patients/community

There have been seven MBSR classes offered at SVFHC since 2008. The MBSR format was changed slightly from the classic format so that we could offer more classes at a lower cost: the course was shortened to 6 weeks, and there is no retreat day. The course is offered free of charge, with a suggested weekly contribution of \$5. These contributions have more than offset the cost of materials for these classes. Two cohorts were studied by the UNM Health Psychology program for the effect of the course on pain and quality of life (data analysis pending).

### ◆ Reducción del estrés basado en atención plena (REBAP) for Spanish-speaking patients and the community

REBAP is the Spanish version of MBSR. This course has been offered twice, and has been well-received. This course is one of only three known MBSR classes in Spanish offered in the U.S.

### ◆ Mindfulness-Based Stress Reduction (MBSR) for FCCH medical providers

This course was offered in March 2010 for FCCH clinicians, based on a published report in *JAMA* which showed improvements in empathy and burnout scores. Preliminary evaluation of this course showed comparable results for the ten providers who took this course. There is very strong interest in this program in the wider professional community.

### ◆ Cognitive-Based Stress Reduction (CBSR) for patients and the community

There have been two CBSR classes offered at SVFHC by the UNM Health Psychology program. This course is part of a research study which will compare MBSR and CBSR in our community, specifically for their effects on depression, pain, and quality of life (data analysis pending). If this application is funded, CBSR will be offered on a regular basis for FCCH patients in English and Spanish.



## Chronic Pain Programs



### ◆ Chronic Pain Clinic

The CPC was initiated in July, 2008, and has had approximately 3600 patient visits to date. Many patients come to the clinic on a regular basis for myofascial release. The CPC sees new patients every week, referred mostly by other FCCH providers. Patients are also referred from UNM and other health care networks in town. At the SVFHC, referred pain patients receive a thorough evaluation. Many of these patients have some myofascial pain, and they are often provided with injections for this condition. In addition, appropriate and interested patients are offered a variety of services, both in-house and off-site:

#### On-site

- Massage (by the New Mexico School of Natural Therapeutics)
- S-BIRT counseling
- Stress Reduction Program)
- Acupuncture
- Psychiatry (by UNM Psychiatry Resident)
- Sports Medicine (with UNM fellow)
- Medications (except controlled substances)

#### Off-site

- Physical Therapy
- Interventional Radiology
- UNM Chronic Pain Clinic
- UNM Sports Medicine Clinic
- Other Pain Clinics (anesthesiology-based)
- Neurosurgery

### ◆ Project ECHO

In addition, Dr. Shelley regularly attends the Project ECHO Chronic Pain and Headache Clinic, where he serves as a community expert in chronic pain management. He is contributing to the development and implementation of a formal curriculum in chronic pain management provided by Project ECHO in 2010-2011.



## Exercise/ Nutrition/ Research



### ◆ Safe Routes to School Project

Two residents in Family and Community Medicine are collaborating with a community and county planners to improve the safety of the walking and biking routes to our local elementary and middle schools. [See other poster.] The community planner's contribution to this project has been generously supported by the ACHIEVE project at the New Mexico Department of Health.

### ◆ Staff Walking Project

Another resident in Family and Community Medicine will coordinate a walking initiative for SVFHC staff in the fall, utilizing Prescription Trails.

### ◆ Diabetic Education

This program is ably administered by Roxanne Seiler, but Dr. Shelley serves as the medical supervisor. Information about it is posted regularly on the Wellness website. This will be expanded with the new Wellness program manager.

### ◆ Research

The Wellness Director also acts as the FCCH research liaison. FCCH partners with Sangre de Cristo Community Health, RIOS Net, and the UNM Department of Psychology at UNM.



## Contact information

Brian M Shelley MD  
So. Valley Family Health Commons  
2001 N. Centro Familiar  
Albuquerque, NM 87105

T 505.873.7400  
F: 505.877.4400  
E: [bshelley@salud.unm.edu](mailto:bshelley@salud.unm.edu)  
W: [www.fcch.com/wellness/](http://www.fcch.com/wellness/)