

# **Integrative Team Based Health Care: Caring for Patients and Families**



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# Objectives

- Describe the current status of Health and Health Care in the US
- Review the use of Complementary and Integrative therapies
- Explore the impact of prevention, wellness, life style, and complementary medicine on Health and Wellness
- Discuss ways to support patients and families through an integrative and team-based health model

# Current Status of Health & Health Care in the US is Like . . .

- A Car with a Broken Chassis..



## Broken Chassis

- Americans have more diseases and a poorer quality of life than ever before in the nations history.
  - For instance, an epidemic of children being diagnosed with Type 2 diabetes before they reach the age of 10.
- Many Americans remain uninsured.
- Those with insurance can't get in to see a doctor due to insufficient numbers of doctors.
- Those that are able to get in to see the doctor find that the doctor is only able to see them for 9 minutes (national average), resulting in:
  - Low patient satisfaction
  - Low physician satisfaction, many physicians dropping out of practicing medicine, and high physician suicide rates

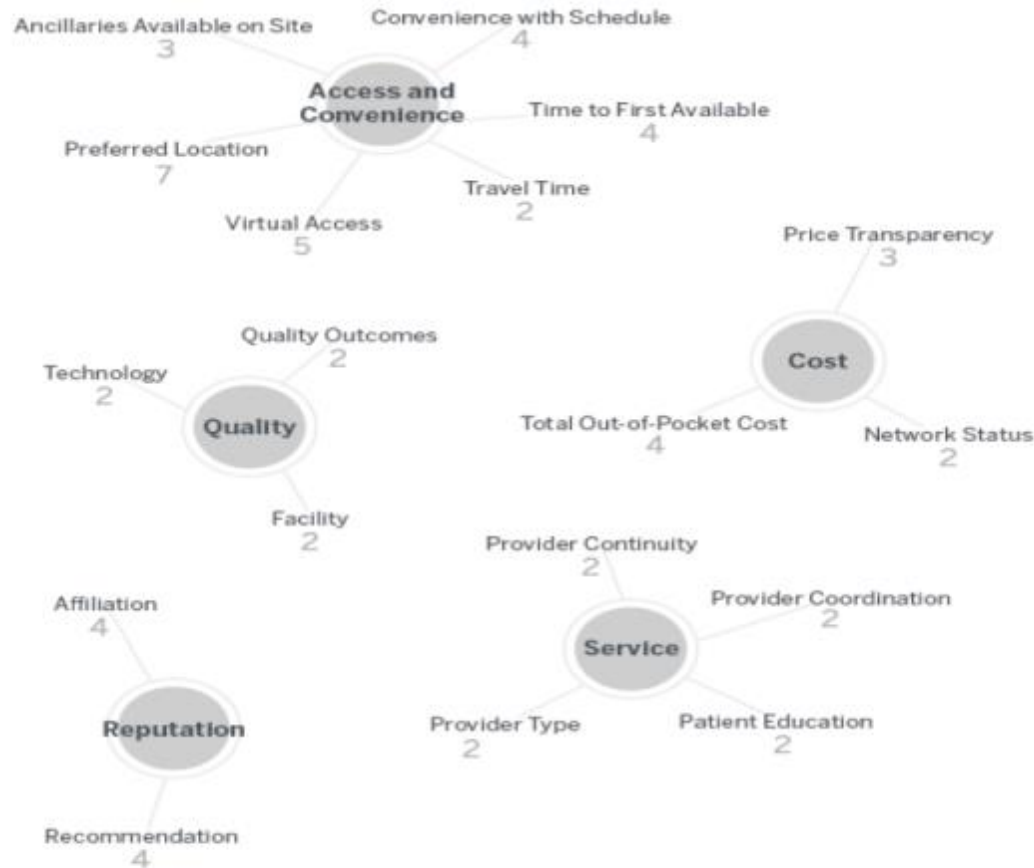


## Broken Chassis

- What could you accomplish in 9 minutes?
  - Make a sandwich?
  - Clean the toilet?
  - Write an email or post something on Facebook?
- As a patient, can your physician get to know you as a person and address each of your health concerns in 9 minutes?

# What do consumers want from Primary Care?

Categories and Subcategories of 56 Attributes\* Tested

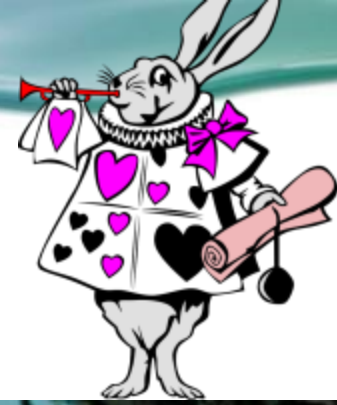


# 10 Insights from the **Primary Care Consumer Choice Survey**

- 01 Convenience is king.
- 02 Same-day appointments trump walk-in and wait.
- 03 Evening or weekends? Depends on age.
- 04 Clinic near errands or work? They'd rather meet you online.
- 05 A one-stop shop is worth the drive.
- 06 Consumers prioritize convenience over credentials—and continuity.
- 07 High-tech beats high-quality.
- 08 Don't rely on your brand.
- 09 Talk about money—consumers will trade access for bill info.
- 10 Know your target population—particularly their age.




# Alice in Wonderland!





The Future of Health  
& Health Care  
is Here Now



# Use of Integrative Medicine including Complementary and Integrative Therapies

**CAM**

**HOLISTIC**

**COMPLEMENTARY**

**INTEGRATIVE**

**ALTERNATIVE**



## **Complementary Therapies**

- **Those alternative therapies that are used in conjunction with conventional medicine.**

## **Alternative Therapies/Medicine**

- **May be therapies that patients use instead of conventional medicine.**
- **Systems of theory and practice**
- **Indigenous cultures**

## **Holistic Systems of Medicine**

- **Ayurveda**
- **Traditional Chinese medicine**
- **Naturopathic**
- **Anthroposophical**
- **Homeopathic**

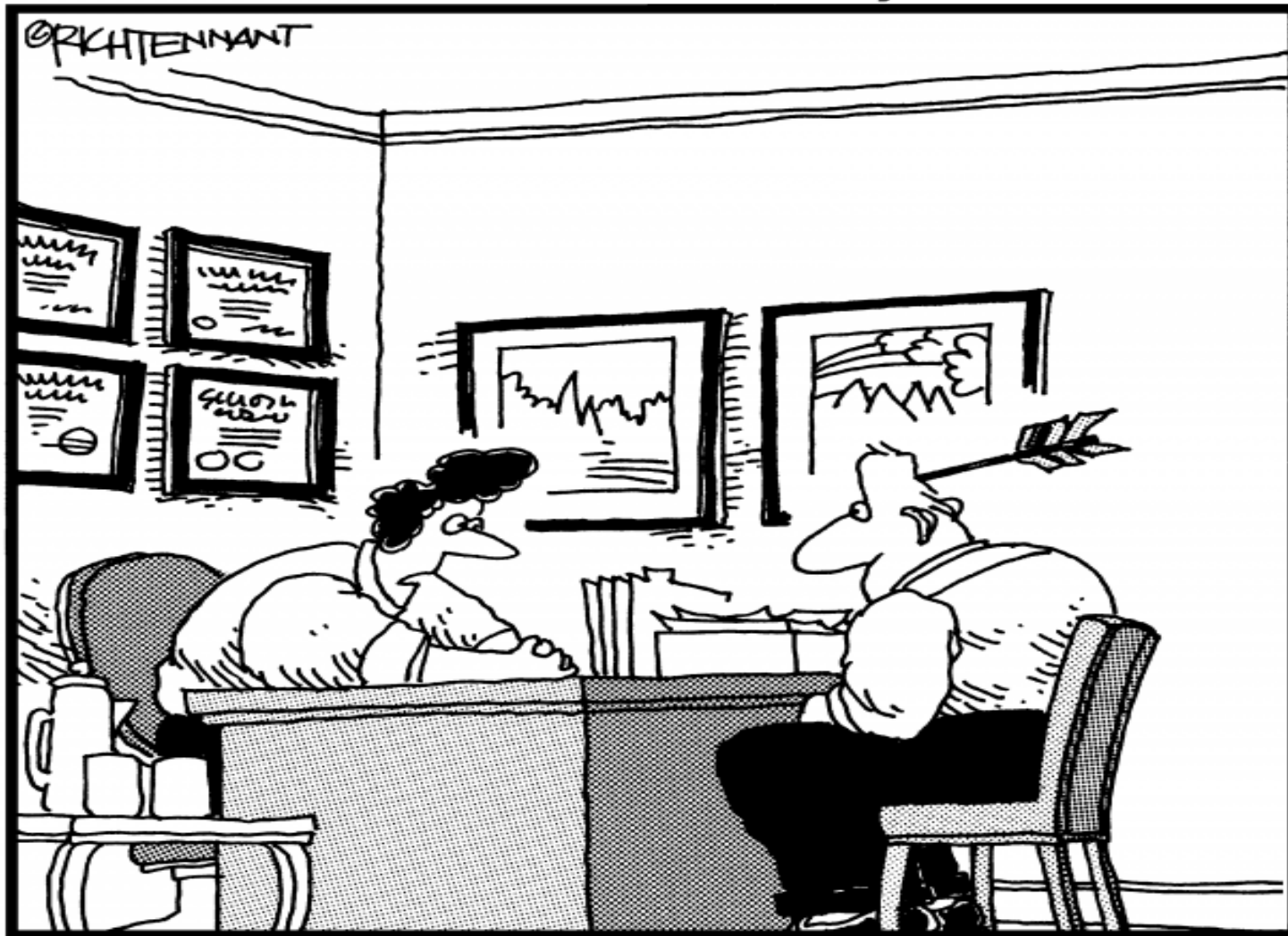


# **Mind-Body Medicine**

- **Biofeedback**
- **Psychotherapy**
- **Humor Therapy**
- **Hypnosis**
- **Acupuncture**
- **Chiropractic**
- **Manual/Massage Therapy**
- **Meditation/Prayer/Guided Imagery**
- **Music and Art therapy**
- **Qi qong**
- **Tai Chi**
- **Yoga**

# The 5th Wave

By Rich Tennant



“I don’t mean to appear unenlightened, Mr. Grove, but I don’t think this is the time to explore alternative forms of treatment.”



# **Integrative Medicine:**

- Integrative Medicine is a healing-oriented practice that takes account of the whole person (mind, body, and spirit), including all aspects of lifestyle. The practice of mainstream western medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate conventional and complementary therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.



# Curing versus Healing

- **Conventional Medicine**

- Curing , elimination of disease and prevention of death.
- Elimination of symptoms
- Specializing/ compartmentalizing

- **Integrative Medicine**

- Healing model means to become whole
- Harmony of body, mind and spirit.
- Body's innate ability to heal itself, towards wholeness.

# Comparative–Effectiveness Research (CER)

- **PCORI Director Selby Credits Presentation for Inclusion of Integrative Health in Funding Priorities; Two Projects Funded**
  - [Evaluation of a Patient-Centered Risk Stratification Method for Improving Primary Care for Back Pain](#). Lead investigator is Dan Cherkin, PhD, from Group Health Research Institute/Bastyr University.
  - The second is led by University of Pittsburgh researcher Michael Schneider, DC, PhD: [A Comparison of Non-Surgical Treatment Methods for Patients with Lumbar Spinal Stenosis](#).

# **Integrative Team Based Health Care: Caring for Patients and Families**

- **IH (NCCAM recently changed its name to NCCIH)**
  - Combining evidence based conventional medicine, best of complementary medicine, and traditional medicine in an academic setting
- **Goals of IH @ UNM**
  - Develop and study a new model of inter-professional team-based care (Advanced Medical Home) to improve patient experience and outcomes
  - Shift the focus from “illness to wellness” and from “Disease Management to Health Promotion”
  - Provide training opportunities to a variety of learners within UNM (SOM, COP, CON, Dentistry, PT, OT, undergraduate students, CAM) and outside UNM
  - Partner with community in improving population health
  - Promote Research in IH modalities and outcomes

# Impact of Prevention, Wellness, Life Style, and Complementary Medicine on Health and Wellness

- Well-coordinated inpatient integrative care by holistic nurses, licensed acupuncturists and massage therapists at Western Hospital was estimated to directly save \$1.2 million annually.
- Blue Cross of Canada study found that employees with chronic back pain who used integrative medicine saved their employers an estimated **\$1021 less per year**.
- A study of 1000 employees found that those who used integrative medicine saved their employers an estimated **\$2200 less per year**.
- Costs for inpatient care at Western Hospital were significantly lower for patients who used integrative medicine compared to those who did not.
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- Employees of Canada found that those who used integrative medicine saved their employers an estimated **\$1021 less per year**.
- Employees of Canada found that those who used naturopathic doctors saved their employers an estimated **\$1021 less per year**.
- An integrative wellness program at Duke saved an estimated **\$2200 per employee** annually.

Two of these studies were in health systems. Two were insurers. Two were employers.  
**In each case, the researchers found savings. Significant savings.**

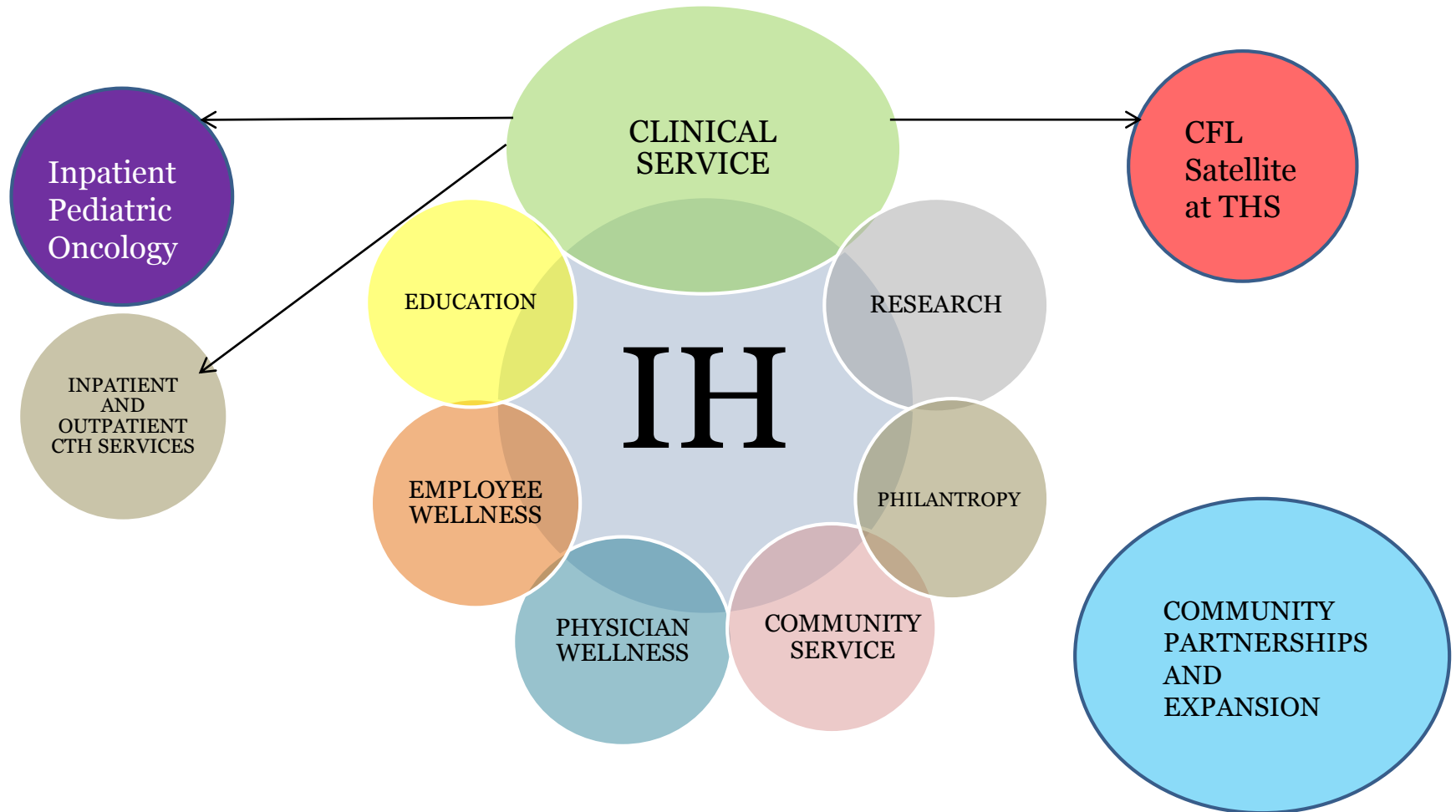
# Scope of Integrative Medicine @UNM

- **Curriculum development**
  - UME, GME, CME, UNM undergraduate studies, Business Fellowship
- **Clinical Practice and Patient Education**
  - Integrative Primary and Specialty Care
  - Inpatient Practice
  - Service Lines within Specialty Practices
  - Executive Health Program
- **UNM HSC Employee Wellness**
- **Physician Wellness**
- **Philanthropic Opportunities**
- **Community Service**
- **Media Partnership**
- **Community Partnerships – Greater Albuquerque, Northern NM**

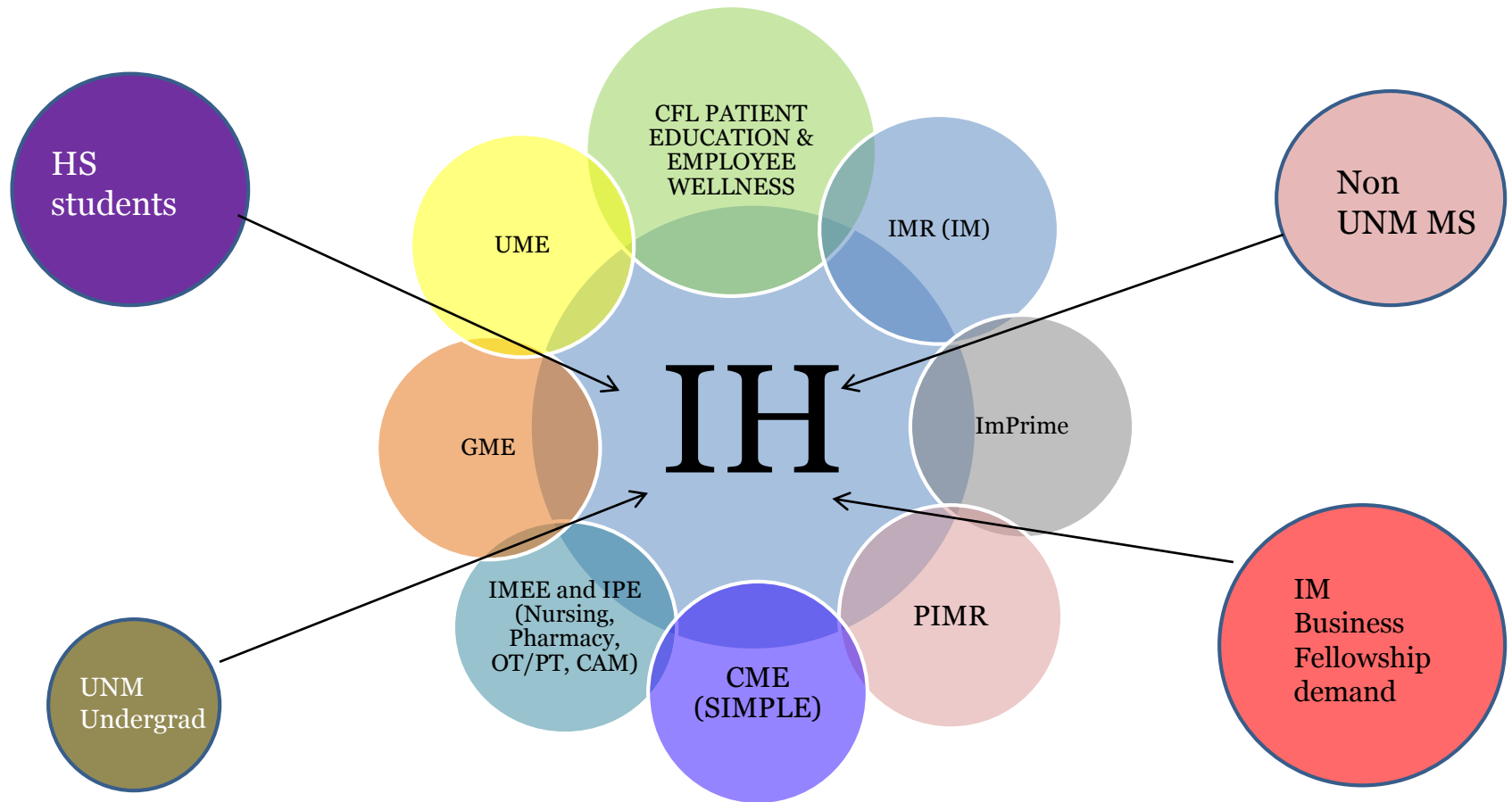
# Current Status of Integrative Medicine @ UNM

- **Growing GME**
  - (IMR in Internal Medicine, Preventive Medicine, FCM, Psychiatry, and starting July 2015 Pediatrics)
- **Growing Opportunities in UME** in the new Doctoring Curriculum and MES program
- **Increasing Demand**
  - Out of state MS and Residents for CFL rotation
  - Nursing, Pharmacy, PT/OT and CAM and High School students for CFL rotation
  - Pediatric residents, Palliative Care and Hospice residents
- **Increasing Demand**
  - For Integrative Primary Care (wait list 100+)
  - Long waiting list (200 patients +) for CAM services
- **Extremely Limited Space and Resources** (AAAHC almost wrote us up for space violations) (staff/provider morale at an all time low due to lack of resources), limited space for additional classes
- **Mindfulness programs very full** and needing more space to accommodate people
- **Community demand and Mayor Gonzales request to have a CFL satellite in Santa Fe**
- **Many Philanthropic opportunities tied to Santa Fe presence**

# Components of Integrative Medicine @UNM



# Integrative Medicine Education @ UNM







# **Benefits to Healthcare Professional ?**

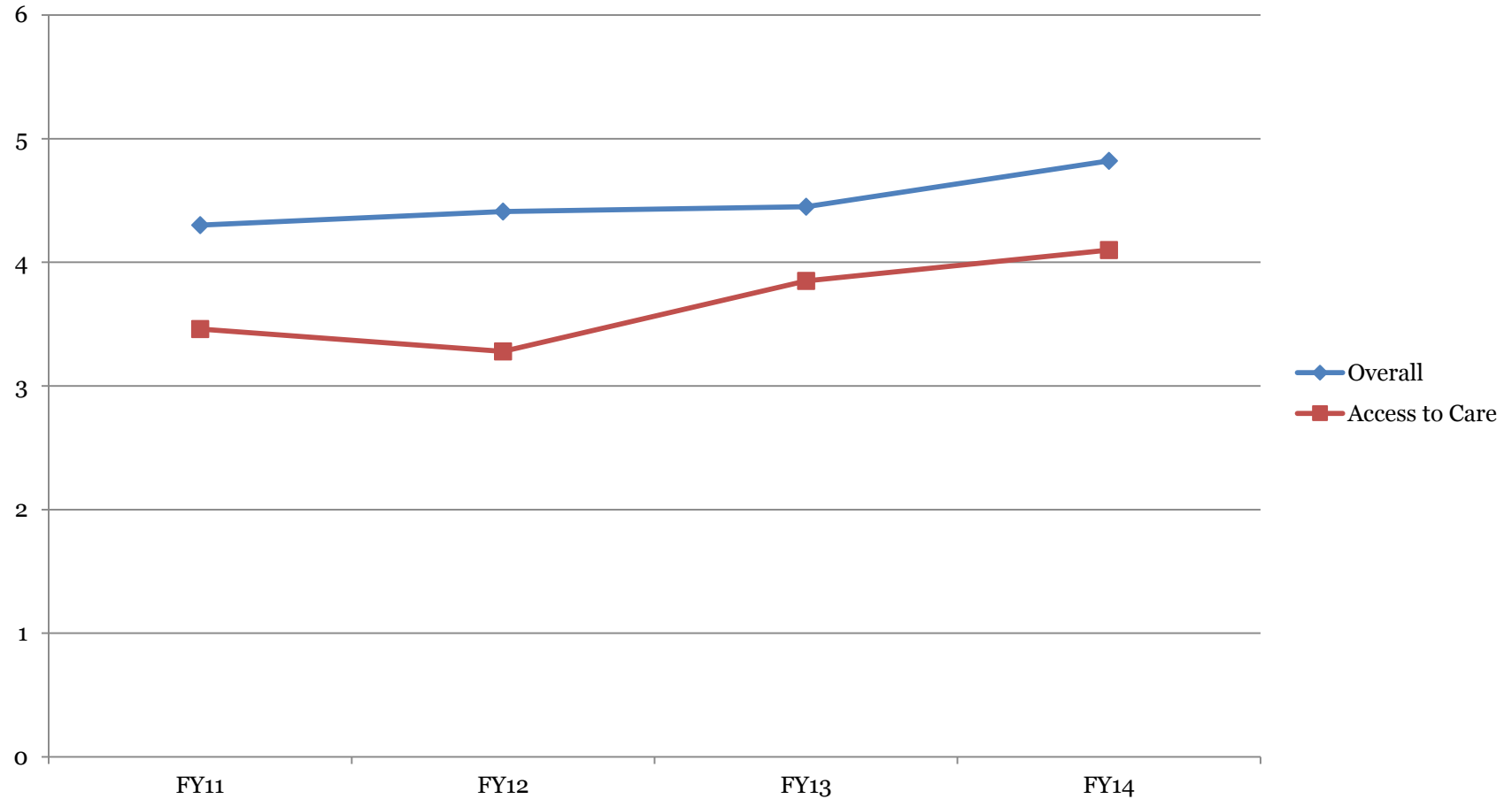
- **Assists with pain management**
- **Reduced level of stress and anxiety**
- **Conducive to learning**
- **Management of sleep disturbances**
- **Burn out? Encouragement of own self care**



Playing at

work!!!

# Patient's Satisfaction with Integrative Medicine Services at UNM's Center for Life



# **Integrative Medicine**

**“When Love and Skill Work Together,  
Expect a Masterpiece”**

**L**     **Love**

**I**     **Integrity**

**F**     **Focus**

**E**     **Exceptional Care**

