VA’s Whole Health Transformation
Marion VAMC

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Whole Health Point of Contact
What is Whole Health & Why?

Whole Health

is an approach
to health care that
empowers and equips
people to take charge
of their health and well-being,
and live their life to the fullest.

Why are we doing this?

– Support transitioning service members
  & existing Veterans
– Veteran Suicide & Opioid Use
– Cost vs. Life Expectancy
– Complimentary & Integrative Health
“Fixing” the problem is no longer so easy

Infection no longer the leading cause of death...

Chronic conditions drive this now.

Health behaviors drive chronic conditions.
The next five years will bring a new era of patient and family engagement that will extend significantly beyond the simple involvement of patients and families to new models of care that shift the conversation from “What’s the matter?” to “What matters to you?”

(Institute for Healthcare Improvement, 2017)
Explore the MAP

• Mission, Aspiration, Purpose

• Let values inform patient care
  – “What matters”
  – NOT “What’s the matter?”
Key Components of Health & Well-being

- At the Center- “Me”
- Mindful Awareness
- 8 Fundamental Areas of Self-Care
- Prevention & Treatment
  - Conventional & Complementary
- Community
The Whole Health System

**Community**

**EMPOWER**
- Exploring What Matters Most
  - Peers

**EQUIP**
- Self-Care
  - Integrative Health Providers

**TREAT**
- Clinical Care
  - Whole Health Clinicians

**Personal Health Plan**

Healing Environments

Healing Relationships
Partnering with Peers

This could include:

• Intro to WH Classes
• Taking Charge of My Life & Health Groups
• Meeting with a “Partner”
Intro to Whole Health Sessions

- Veteran Peer led group session
- Learn about Whole Health and the 8 Components of Self-care
- Personal Health Inventory
  - Rate Physical Wellbeing, Mental/Emotional Wellbeing, Life day-to-day
  - Rate each self-care area
    - Where you feel you are now and where you want to be
- Time for Reflections
  - What matters to you?
  - Why do you want to be healthy?
  - Vision of best possible self?
• Offer list of resources like acupuncture, meditation, tai chi, etc.

• Personal Health Plan
  – Opportunity to write down goals, changes they are making, classes and groups
  – Share this with their healthcare team, support systems

• Taking Charge of My Life and Health Groups
  – Explore their life mission, aspirations, and purpose
  – Learn the practice of mindfulness
  – Goal setting, skill-building, and self-management of their health and health care, with the support of a group of their peers
  – Support Veterans through the change process
2\textsuperscript{nd} Wednesday each month

- Location:
  Marion VA Medical Center
  Patient Education Resource Center (Bldg. 2 Room 118)
- Time: 10:00 – 12:00

4\textsuperscript{th} Wednesday each month

- Location:
  Evansville Healthcare Center
  Behavior Health Clinic Conf.
  Room, 2\textsuperscript{nd} Floor
- Time: 1:00- 3:00

See Handout for Live Video Locations Also!
Well-Being Programs

- Skill-Building Classes
- Health Coaching
- Complementary/Integrative Health Therapies
Resources to Live Healthy Handout
- Note various access methods ie. Face-to-face, online, mobile apps etc.

New & Coming Soon:
- Tai Chi classes @ EHCC started February
- Telephone Lifestyle Coaching started July
- More to come!
Whole Health Clinical Care

• Tie conversation/care back to MAP
• Integration with other parts of system
• Connect Veteran to
  ✓ Health coach
  ✓ Education
  ✓ Well-being Programs
  ✓ CIH modalities
CIH DIRECTIVE

**List of CIH Approaches Approved by USH**

- Acupuncture
- Meditation
- Yoga
- Tai Chi / Qi Gong
- Biofeedback
- Clinical Hypnosis
- Guided Imagery *(more info coming soon)*
- Massage

**List of "Generally Considered Safe" Approaches (Optional)**

- Healing Touch
- Acupressure
- Alexander Technique
- Reflexology
- Reiki
- Therapeutic Touch
- Emotional Freedom Technique (EFT)
- Animal Assisted Therapy *(Falls under Recreation Therapy)*
- Aromatherapy+
- Biofield Therapies
- Rolfing
- Somatic Experiencing
- Zero Balancing

**LIST 1: evidence of promising or potential benefit**

VA must provide a mechanism to offer these approaches either within the VA facility or in the community if they are recommended by the Veterans health care team.
### Non-pharmacological Evidence Table

<table>
<thead>
<tr>
<th>DIAGNOSIS</th>
<th>Non-Pharmacologic Approaches to Clinical Conditions (listed alphabetically)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>- Cognitive Behavioral Therapy • Mindfulness-based Cognitive Therapy • Mindfulness-based Stress Reduction • Meditation • Music Therapy • Yoga</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>- Meditation • Relaxation Therapies</td>
</tr>
<tr>
<td>Depression</td>
<td>- Acceptance and Commitment Therapy (ACT) • Acupuncture - potentially effective • Cognitive Behavioral Therapy • Massage Therapy - in oncologic patients • Meditation • Mindfulness-based Stress Reduction • Yoga</td>
</tr>
<tr>
<td>Fall Prevention</td>
<td>- Tai Chi</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>- Acupuncture • Cognitive Behavioral Therapy • Exercise • Hydrotherapy • Mindfulness Meditation • Tai Chi • Myofascial Release</td>
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<tr>
<td>Hypertension</td>
<td>- Biofeedback • Meditation • Tai Chi • Yoga</td>
</tr>
<tr>
<td>Insomnia</td>
<td>- Cognitive Behavioral Therapy • Insomnia • Mindfulness-based Stress Reduction</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
<td>- Clinical Hypnosis • Cognitive Behavior Therapy • Relaxation Exercises</td>
</tr>
<tr>
<td>Low Back Pain</td>
<td>- Acupuncture • Exercise • Cognitive Behavioral Therapy • Massage Therapy • Mindfulness-based Stress Reduction • Spinal Manipulation • Tai Chi • Yoga</td>
</tr>
<tr>
<td>Migraine</td>
<td>- Acupuncture • Biofeedback/EMG Biofeedback • Cognitive Behavioral Therapy • Relaxation Therapies • Spinal Manipulation (tension headache)</td>
</tr>
<tr>
<td>Nausea and Vomiting</td>
<td>- Acupuncture</td>
</tr>
<tr>
<td>Obesity</td>
<td>- Mindfulness/Meditation • Yoga</td>
</tr>
<tr>
<td>Pain, including Post-Operative Pain</td>
<td>- Acceptance and Commitment Therapy • Acupuncture (mod to strong evidence for knee pain, TMJ pain, neck pain) • Alexander Technique (neck pain) • Biofeedback • Clinical Hypnosis • Cognitive Behavioral Therapy • Exercise • Guided Imagery • Massage Therapy • Mindfulness/Meditation • Spinal Manipulation (neck pain) • Tai Chi • Dry Needling</td>
</tr>
<tr>
<td>PTSD</td>
<td>- Cognitive Behavioral Therapy • Eye Movement &amp; Desensitization Reprocessing Therapy • Mindfulness/Meditation • Yoga</td>
</tr>
<tr>
<td>Substance Use Disorder</td>
<td>- Cognitive Behavioral Therapy • Mindfulness-based Relapse Prevention - effect on withdrawals/cravings</td>
</tr>
<tr>
<td>Tobacco Dependence</td>
<td>- Acupuncture - possible positive effect • Cognitive Behavioral Therapy • Mindfulness</td>
</tr>
</tbody>
</table>

- See handout
- Shows by condition, which CIH approaches have evidence to support their use
Arthur’s Amazing Transformation

https://www.youtube.com/watch?v=qX9FSZJu448
LIFE IS ABOUT BALANCE

MIND
BODY
SPIRIT
SOUL

Take care of you!

Julie Hertz
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