

Academic Collaborative for Integrative Health

Academic Collaborative for Integrative Health (ACIH) Integrative Practice Webinar

October 15th , 2020

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Integrative Practice Webinars Project

Goal: Increase understanding about integrative practice

Project Members: Mitchell Zeifman, BSc, ND (lead); Marcia Prenguber, ND; Beth Howlett, DAOM, LAc; Sunny Nilchavee, DC; Paul Ratté, ND; Stephen Cina, LAc; Patrick Battaglia, DC



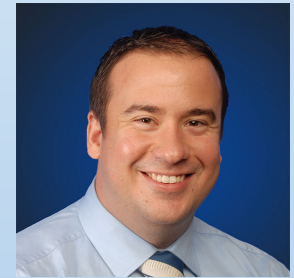
Beth



Marcia



Mitchell



Pat



Paul



Steve



Sunny

Topics, IPW Series

- ✓ Models of integrative care
- ✓ Collaboration/communication techniques
- ✓ Patient management
- ✓ Challenges
- ✓ Innovations

Academic Collaborative for Integrative Health

ACADEMIC COLLABORATIVE FOR INTEGRATIVE HEALTH

The Collaborative

[Home](#) [About](#) [Leadership](#) [Working Groups](#) [Members](#) [Core Projects](#) [Resources](#) [Philanthropic Partners](#) [Donate](#) [Subscribe](#)

About Working Groups

ACIH has three Working Groups (WGs) to carry out projects and tasks aligned with and furthering ACIH mission: [Clinical Care](#), [Education](#), and [Research](#). Members of WGs are researchers, educators, and clinical educators who are typically connected with schools affiliated with one of the ACIH disciplines. Each WG meets approximately 5 times a year.

WG presentations/discussions are often recorded and posted [here](#). WG members volunteer to work on [projects](#) to further ACIH values, mission, and vision.

For more information about the working groups read the [WG Charter](#) and the [WG Volunteer Membership Agreement](#).

Working Group Directory

[About Working Groups](#)

[Clinical Working Group](#)

[Educational Working Group](#)

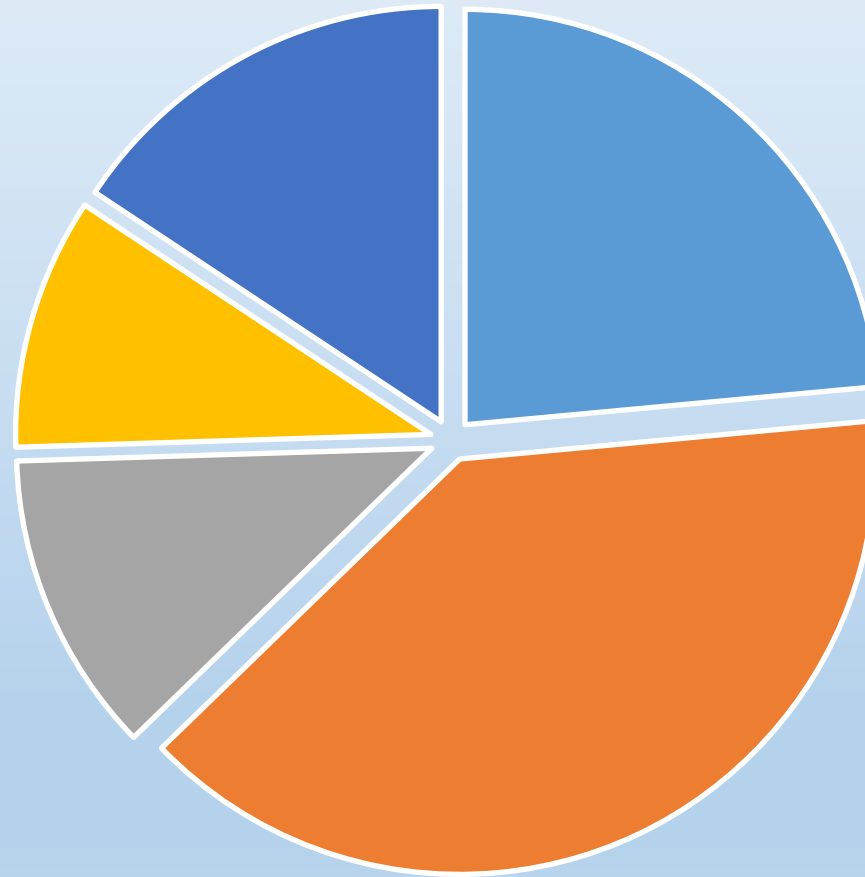
[Research Working Group](#)

[Working Group Presentations](#)

integrativehealth.org

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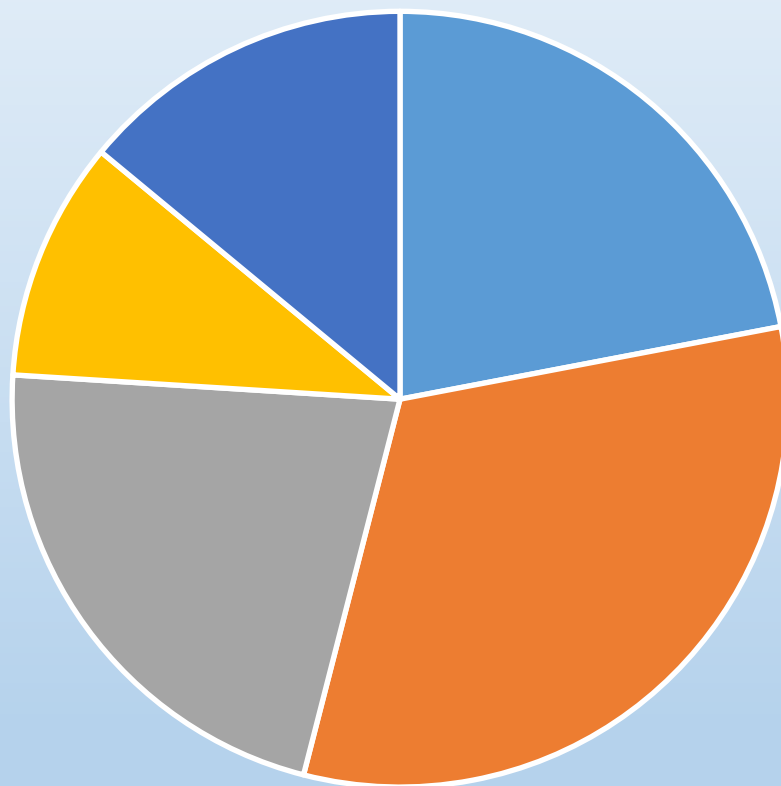
What best describes your role in IHC?



■ Administration ■ Clinician ■ Faculty ■ Other ■ Student

Academic Collaborative for Integrative Health

What is your level of experience with IHC/knowledge?



Formal training

Integrative clinician/faculty

Learning more

New to me

Some courses/training

Academic Collaborative for Integrative Health



Jennifer Blair, LAc, MaOM



Susan Haddow, MD, ABIHM



Susan Haddow
MD, ABIHM



“Integrative medicine is a practice 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 therapeutic approaches, healthcare professionals and professions to achieve optimal health and healing.”

-Academy of Integrative Health and Medicine

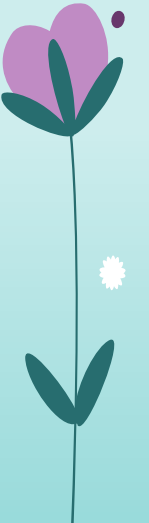
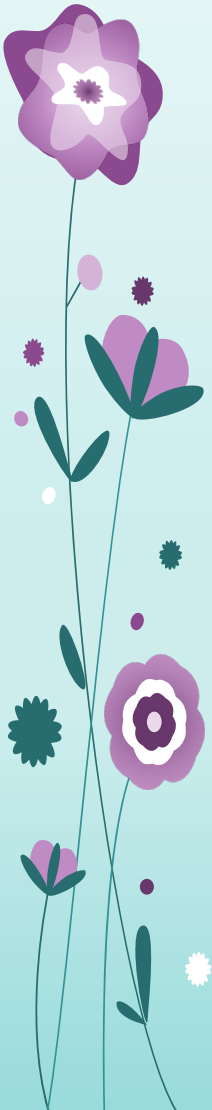
Definition

HCMC Integrative Health Services – Brief History

- Integrative Health Ambulatory services, started at Parkside 1990, previously known as the Alternative Medicine Clinic, by Pat Culliton RN, LAc to help treat addiction initially.
- Expansion of services to other sites since 2013: Whittier, Brooklyn Center, Golden Valley, Be Well.
- Chiropractic, Acupuncture and Holistic PT.
- Chair of Internal Medicine – Integrative MD

Integrative Health Whittier (WHC) – Brief History

- Integrative Health Physician Services, started at Whittier in 2010 – Drs. Selma Sroka and Kara Parker.
- Expansion of services to include Chiropractor and Acupuncture in 2013 at WHC.
- PT from 2014 – 2016. Now IH PT only downtown HCCMC.
- Integrative Health PA, Women’s Health Specialist NP, Nutrition, 3 MDs, 1 RN and a dedicated scheduler (until Covid hit...).
- Integrative Medicine in Residency Curriculum from University of Arizona.





Integrative Health Primary Care at Whittier

Integrative primary care is offered by providers who are board certified in family medicine, but have a special expertise in combining integrative health into their practice. Their goal is to partner with our patients to help them reach their health goals, utilizing an expanded set of diagnostic and therapeutic tools including nutrition therapy, vitamins, herbs, mind body techniques, acupuncture, physical therapy and chiropractic. We also partner with our colleagues in conventional medicine to obtain the best outcomes for our patients.

Integrative family medicine providers practice at our Whittier Clinic. They also offer [group visits](#) to elevate peer support in making lifestyle changes.

Before attending your first visit with our integrative health primary care providers, please fill out the following questionnaire.

Make an Appointment

Find a Provider

Locations

Waiting for www.facebook.com...

What's Working well? WHC and HCMC

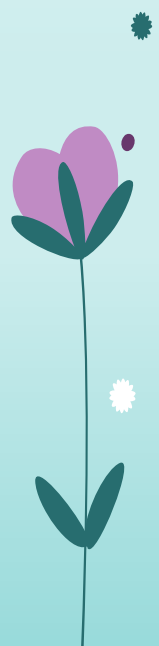
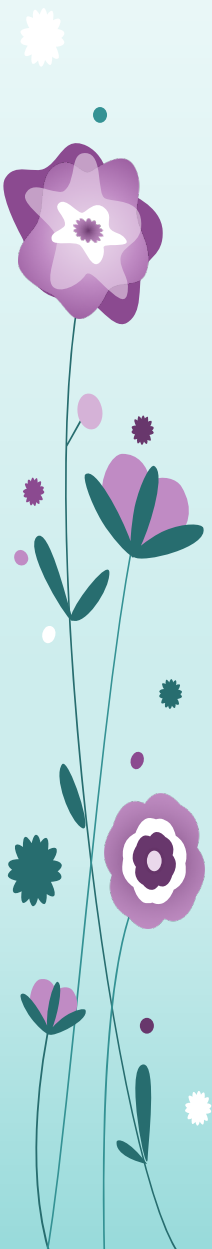
- Full schedules, very low no show rate – for all practitioners.
- Make referrals to each other.
- We get to teach residents.
- Offer consultations to our colleagues.
- Group Visits.
- Created Supplement support package for immune health for \$30 for 3 months of 7 supplements.
 - Zn, quercetin, turmeric, A, C, D, melatonin.

Challenges

- Demand exceeds capacity for IH primary care.
 - We are working on adding more consultations.
- Inconsistent insurance coverage for Acupuncture, Chiropractic and Nutrition services.
- No dedicated meeting time to grow IH across the system, do case management, develop research, create more educational bridges.
- New E/M codes – especially for group visits.

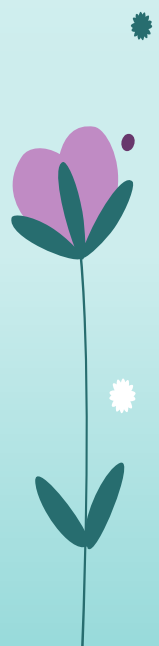
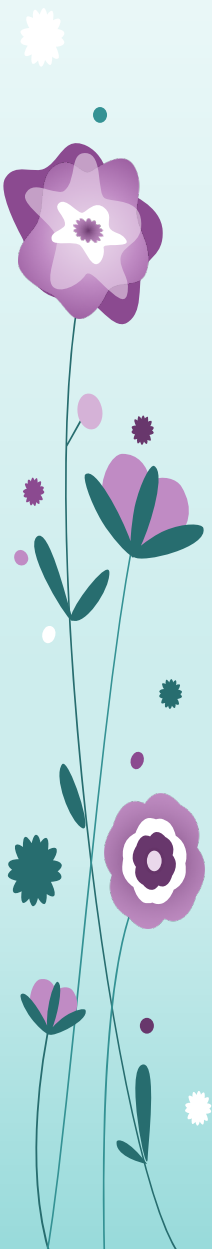
Covid 19

- For nearly 3 months, did not do routine care for anyone.
- Telemedicine has been helpful for some.
- We developed supplement package for immune support.
- Cannot do in person group visits.



Group Visits

- Started in 2015 with chronic Lyme patients and diabetic patients.
- Anywhere from 6 – 16 patients.
- Bill 99213 usually.



Rest & Renewal (Offered in 2021)

[Learn More](#)

Living with and Preventing Diabetes & Heart Disease

[Learn More](#)

Tame Your Pain Beyond Medication (Online)

[Learn More](#)

Life Beyond Cancer (Offered in 2021)


[Learn More](#)


Bone and Structural Health Awareness (Online)


[Learn More](#)

Functional Medicine Group

[Learn More](#)

 [Make an Appointment](#)

 [Find a Provider](#)

 [Locations](#)

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INSTITUTE FOR HEALTH
AND HEALING

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AND HEALING

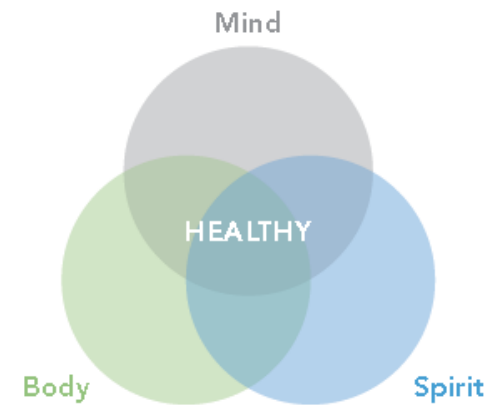
OVERVIEW AND HISTORY

- Jennifer Blair, LAc, MaOM

The Penny George Institute History Highlights

- Founded in 2003 through philanthropic donations to promote Health and Wellness and act as a “living lab” for healthcare transformation
- Largest Integrative Health program in the country embedded within a health system
- March of 2012, designated an Allina Health Clinical Service Line
 - Integrative Health, Prevention & Wellness Service Line
 - As of January 2015, transition from Hospital-Based Clinic to stand alone

The Penny George Institute for Health & Healing



Mission

Combining leading medical practice with ancient healing wisdom to optimize health and wellness in the whole person – mind, body and spirit.

Vision

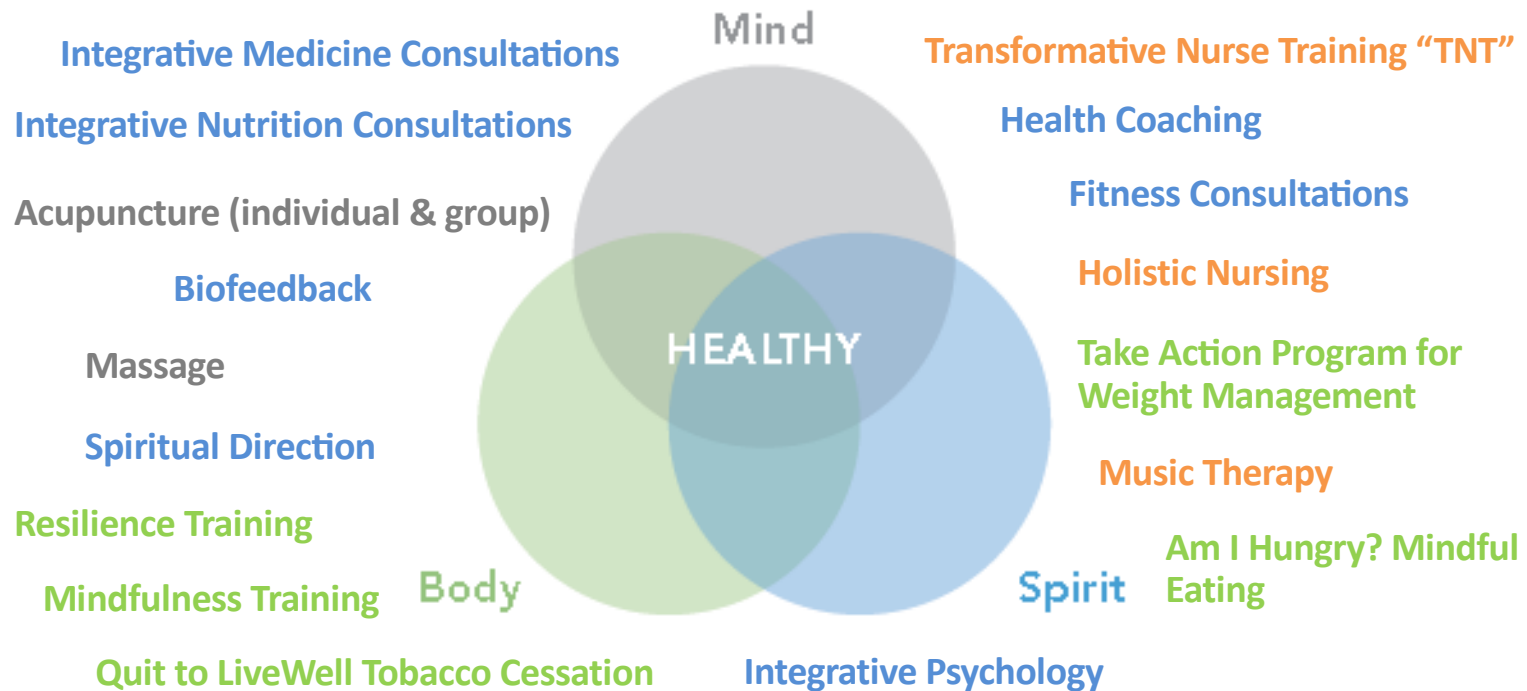
Our vision is a nation of healthy people rooted in the knowledge that mind, body and spirit are interconnected and inseparable.

Guiding Principles

Patient Centered	Customized to the Individual	Evidence- based	Reliable and Repeatable	Self- sustainable
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PGIHH Programs & Services Are Rooted In Mind, Body, & Spirit

Combining leading medical practice with ancient healing wisdom to optimize health and wellness in the whole person – mind, body and spirit.



Inpatient (IP) Program History

- Inpatient program started in 2003, at Abbott Northwestern Hospital (ANW) in Minneapolis, MN
- Practitioners – holistic nurse clinicians, massage therapists, acupuncturists, music therapist, reflexologist
- Services – holistic nursing consults, massage, acupuncture, acupressure, music therapy, reflexology, guided imagery, relaxation and stress management

Growth of Integrative Inpatient Care

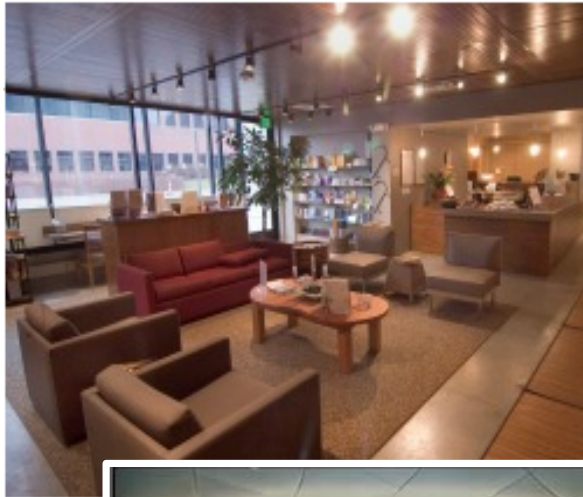
- **Abbott Northwestern**
(focus on Oncology, JRC, Mother Baby)
- **St Francis**
- **New Ulm**
- **Owatonna**
- **Mercy**
(Mother Baby and oncology)
- **United**
(Mother Baby only)

Purpose of IP Program

- Increase awareness and understanding of integrative approach to care in the acute care setting
- Incorporate integrative modalities into the acute care setting to support a more comprehensive plan of care for patients
- Empower patients and staff to engage in their own healing process through education and practice of self care

Outpatient Clinics

Outpatient Clinics



- Abbott Northwestern Hospital (Mpls, MN)
- West Health (Plymouth, MN)
- Minnetonka (Hwys 101 and 7)
- Owatonna Hospital
- St. Francis Regional Medical Center (Shakopee, MN)
- Allina Health Clinics
 - Woodbury
 - Highland Park
 - Northfield (Opening February 2017)
 - Isanti (Opening March 2017)
 - Buffalo (Opening July 2017)
 - River Falls (Opening July 2017)
 - Hastings ((Opening November 2017)

PGIHH outpatient programs & services:

- New Ulm Medical Center
- Unity Hospital (Fridley, MN)
- United Hospital (St. Paul, MN)

Outpatient Services and Locations

Services	Locations
<ul style="list-style-type: none">▪ Integrative Medicine Consultations▪ Integrative Nutrition Consultations▪ Acupuncture (Individual and group)▪ Aromatherapy▪ Biofeedback▪ Spiritual Direction▪ Health Coaching▪ Fitness Consultations▪ Massage▪ Integrative Psychology	<p>A variety of these services are available at the following locations:</p> <ul style="list-style-type: none">▪ Abbott Northwestern Hospital▪ West Health▪ Minnetonka▪ New Ulm Medical Center▪ Owatonna Hospital & Clinic▪ St. Francis Regional Medical Center▪ United Hospital▪ Highland Park Clinic▪ Woodbury Clinic▪ Virginia Piper Cancer Institute at Unity Hospital

Current Landscape

- Challenges and opportunities of COVID
- Embedding in other service lines
- Telehealth: Expanding group visits: chronic pain, menopause
- Integrative Grand Rounds
- Navigating the financial landscape and challenges of insurance reimbursement

Discussion

Thank you for joining us today!

If you have additional questions
please contact

Deb Hill dhill@integrativehealth.org