



# The National Center for Integrative Primary Healthcare -

Academic Collaborative for Integrative Health Webinar

April 12, 2017

# Who are we?

- The Arizona Center for Integrative Medicine (AzCIM) and the Academic Consortium for Integrative Medicine & Health (The Consortium) in cooperation with the Health Resources and Services Administration (HRSA)<sup>1</sup> created the National Center for Integrative Primary Healthcare (NCIPH).

1 "This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UE1HP27710, Integrative Medicine: Empowering Communities through Interprofessional Primary Care Teams for \$1,699,998. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government."

# Purpose

- Advance the incorporation of competency- and evidence based integrative health (IH) curricula and best practices into primary care education and practice.
  - Meta-competencies
  - Core Curriculum
  - Web-site as repository of IH resources for inter-professional education and practice in primary care

# NCIPH Goals

1. Establish a national interprofessional leadership team (InPLT).
2. Develop core Integrative Health (IH) competencies for interprofessional primary care teams.
3. Establish the IM curricula content and resources for primary care education.
4. Create an accessible and interactive online infrastructure.
5. Develop patient education IH material and facilitate access to IH practitioners.

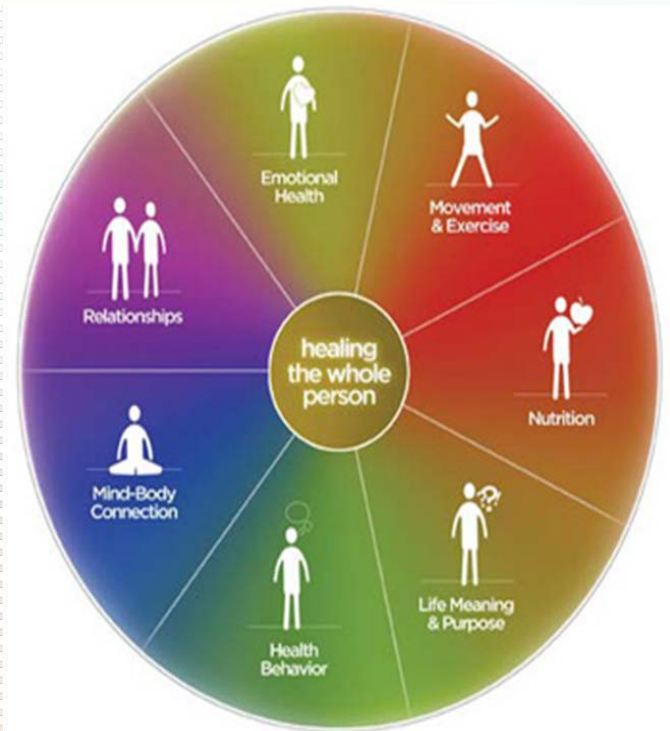
# NCIPH Website - [www.nciph.org](http://www.nciph.org)

- Newsletters
- NCIPH activities, e.g., Competencies, Upcoming Events
- Links to partner organizations and IH resources for healthcare professionals
- Patient portal/English - Patient Education Materials available
- Patient portal/Spanish - Patient Education Materials **COMING SOON!**
- Practitioner network for the underserved - **RECRUITING!**

**GOAL 3. DEVELOP A 45-HOUR  
INTERPROFESSIONAL IH ONLINE  
CURRICULUM FOR PRIMARY CARE  
EDUCATIONAL PROGRAMS.**



# Foundations in IH Course



- 35 Hours of online content based on:
  - Set of core IH competencies across primary care professions
  - Needs assessment results:
    - Content areas
    - Curriculum priorities

# IH Core Competencies For Primary Care Health Professionals

1. Practice patient-centered and relationship-based care.
2. Obtain a comprehensive health history which includes mind-body-spirit, nutrition, and the use of conventional, complementary and integrative therapies and disciplines
3. Collaborate with individuals and families to develop a personalized plan of care to promote health and well-being which incorporates integrative approaches including lifestyle counseling and the use of mind-body strategies.
4. Demonstrate skills in utilizing the evidence as it pertains to integrative healthcare.
5. Demonstrate knowledge about the major conventional, complementary and integrative health professions.
6. Facilitate behavior change in individuals, families and communities.
7. Work effectively as a member of an interprofessional team.
8. Engage in personal behaviors and self-care practices that promote optimal health and wellbeing.
9. Incorporate integrative healthcare into community settings and into the healthcare system at large.
10. Incorporate ethical standards of practice into all interactions with individuals, organizations and communities.



# Sub-Competencies - Contributing Disciplines

- Primary Care Residencies:
  - Family Medicine
  - Internal Medicine
  - Pediatrics
  - Preventive Medicine
- Nursing
- Pharmacy
- Public Health
- Licensed CIH Programs
  - Acupuncture and Oriental Medicine
  - Chiropractic
  - Naturopathic Medicine
- Behavioral Health
- Physician Assistants

# Needs Assessment Survey Respondents

| Educational Program            | N          | %          |
|--------------------------------|------------|------------|
| Licensed CIH Education Program | 168        | 39.8%      |
| Primary Care Residency         | 113        | 26.8%      |
| Nursing                        | 37         | 8.8%       |
| Pharmacy                       | 36         | 8.6%       |
| Public Health                  | 22         | 5.2%       |
| Other                          | 20         | 4.8%       |
| Behavioral Health              | 12         | 2.9%       |
| Midwifery                      | 8          | 1.9%       |
| Physician Assistant Program    | 6          | 1.4%       |
| <b>Total</b>                   | <b>422</b> | <b>100</b> |

- Licensed CIH Programs:
  - AOM n=62; 36.9%
  - DC n=54; 32.1%
  - ND n=20; 11.9%
  - LMT n=20; 11.9%
  - Other n=12; 7.2%
- Primary Care Residencies:
  - Family Medicine n=58; 51%
  - Pediatrics n=29; 26%
  - Internal Medicine n=18; 16%
  - Preventive Medicine n=7; 6%
  - Other Residency n=5; 4%

# Important to Cover in IM/IH Course

| Area  | Mean        | Area  | Mean |
|---|-------------|---|------|
| <b>Practitioner-patient communication</b>       | <b>4.75</b> | Environmental Medicine                                | 3.98 |
| <b>Patient-centered care</b>                    | <b>4.75</b> | Traditional healing practices for cultural competence | 3.93 |
| <b>Nutrition and diet</b>                       | <b>4.74</b> | Acupuncture/Traditional Chinese Medicine              | 3.87 |
| <b>Behavior change/Patient motivation</b>       | <b>4.73</b> | Botanicals  | 3.79 |
| <b>Physical activity/exercise</b>               | <b>4.66</b> | Manual medicine                                       | 3.74 |
| <b>Lifestyle counseling</b>                     | <b>4.65</b> | Whole systems CAM practices, e.g., Ayurveda           | 3.69 |
| Stress management                               | 4.61        | Spirituality  | 3.67 |
| Practitioner wellness/self-care                 | 4.44        | Naturopathic Medicine                                 | 3.64 |
| Vitamins and dietary supplements                | 4.17        | Energy medicine                                       | 3.31 |
| Mind-body techniques; e.g. hypnosis, meditation | 4.09        |   |      |

Scale: 1-not at all important to 5-very important  
N=422

# Top Ranked Content Areas to Include:

| Area                                      | N          |
|---|------------|
| <b>Nutrition and diet</b>                 | <b>302</b> |
| <b>Patient-centered care</b>              | <b>207</b> |
| <b>Physical activity/exercise</b>         | <b>192</b> |
| <b>Behavior change/Patient motivation</b> | <b>177</b> |
| <b>Lifestyle counseling</b>               | <b>178</b> |
| <b>Practitioner-patient communication</b> | <b>164</b> |

Scale: 1<sup>st</sup> to 5<sup>th</sup> N=416



# FOUNDATIONS IN INTEGRATIVE HEALTH COURSE CONTENT & PILOT STUDY

# Foundations in IH Course - Units

- Introduction to Integrative Health in Primary Care
- Prevention and Lifestyle Behavior Change
- Healthcare Professional Wellbeing
- Addressing Patients through an Integrative Lens in Primary Care
- Integrative Interventions
- Community Settings & Systems at Large
- Final Reflection



The screenshot displays the user interface for the 'Foundations in Integrative Health' course. At the top, the NCIPH logo and navigation links are visible. The main content area is divided into three columns. The left column contains a sidebar with navigation options like 'Home', 'My Account', and 'Help'. The middle column features a green header for the course title and a list of course modules with completion progress indicators. The right column includes a search bar, a 'Clean Water Cooler' section with a 'see all posts' link, a 'New Faculty Coordinator(s)' section, and a 'Certificate' section with instructions on how to view the certificate upon course completion.

**NCIPH** National Center for Integrative Primary Healthcare

My Account | Help | Log out

NCIPH Foundations in Integrative Health

Community hub  
Class Page

Final Exam Study Guide  
[Download the Study Guide PDF](#)

Pilot Site Leaders Dialogue  
Watch in the fall (1/2) (2 days)  
[Pilot Site Leaders - Group Discussion](#)

My course

- Edit Program
- Edit Certificates

Updates  
Media / resources

Classmates

My Account  
Info

### Foundations in Integrative Health

Coursework | [Join to view](#)

#### Course Modules

Intro to IHI in Primary Care  
0 of 2 lessons completed

Prevention and Lifestyle Behavior Change  
0 of 2 lessons completed

Healthcare Professional Wellbeing  
0 of 10 lessons completed

Addressing Patients through an Integrative Lens in Primary Care  
0 of 3 lessons completed

Integrative Interventions  
0 of 2 lessons completed

Community Settings and Systems at Large  
0 of 1 lessons completed

Final Reflection

#### Clean Water Cooler

[see all posts](#)

Laura Blomster posted [Discussion: Clean Water Cooler](#) 8 months ago

Barbara Bonarum posted [Completion: Clean Water Cooler](#) 8 months ago

#### New Faculty Coordinator(s)

#### Certificate

Upon course completion, the course certificate can be found by going to My Account > Certificates.

# FOUNDATIONS IN INTEGRATIVE HEALTH - COURSE DEMO

Tell us what **you** think!



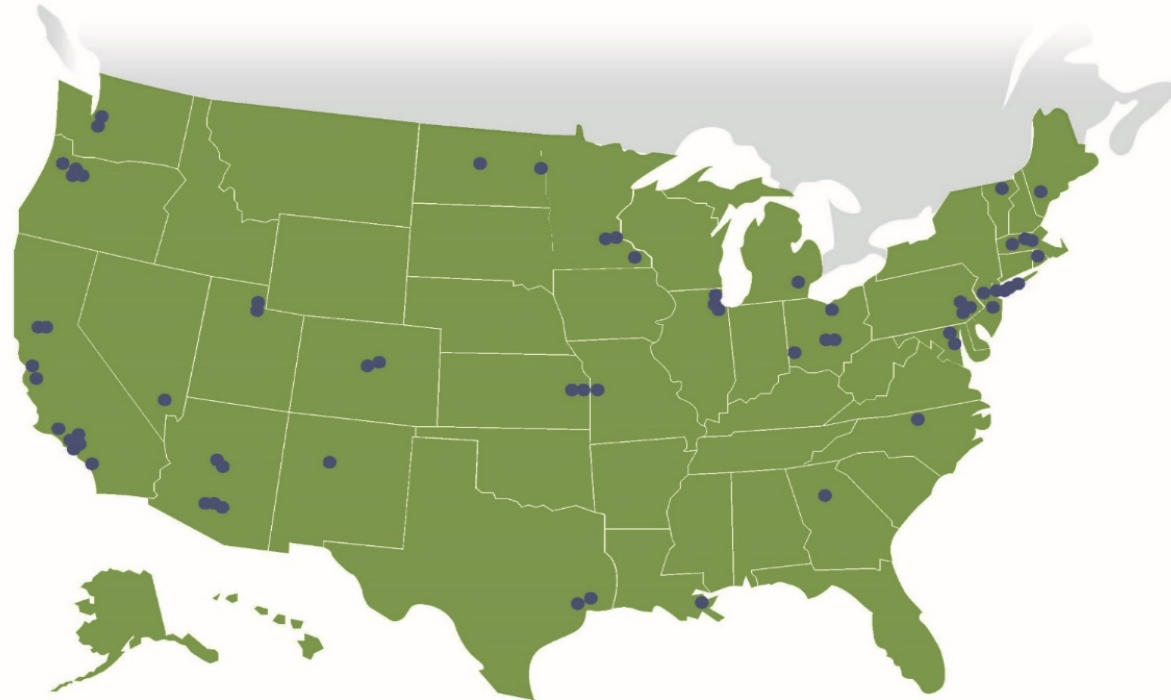
# FOUNDATIONS IN INTEGRATIVE HEALTH PILOT STUDY RESULTS



# Foundations in IH Course - Pilot Sites

**NCIPH** National Center for  
**Integrative**  
Primary Healthcare

● National Center for Integrative Primary Healthcare Locations



# Pilot Sites - Characteristics

- 79 Sites Enrolled
- 2,328 Participants
- 22 Specialities

| Characteristic    | N    | %   |
|-------------------|------|-----|
| Educational Sites | 1337 | 57% |
| Clinical Sites    | 991  | 43% |
|                   |      |     |
| Faculty           | 507  | 22% |
| Trainee           | 1821 | 78% |

# Pilot Sites - Specialty

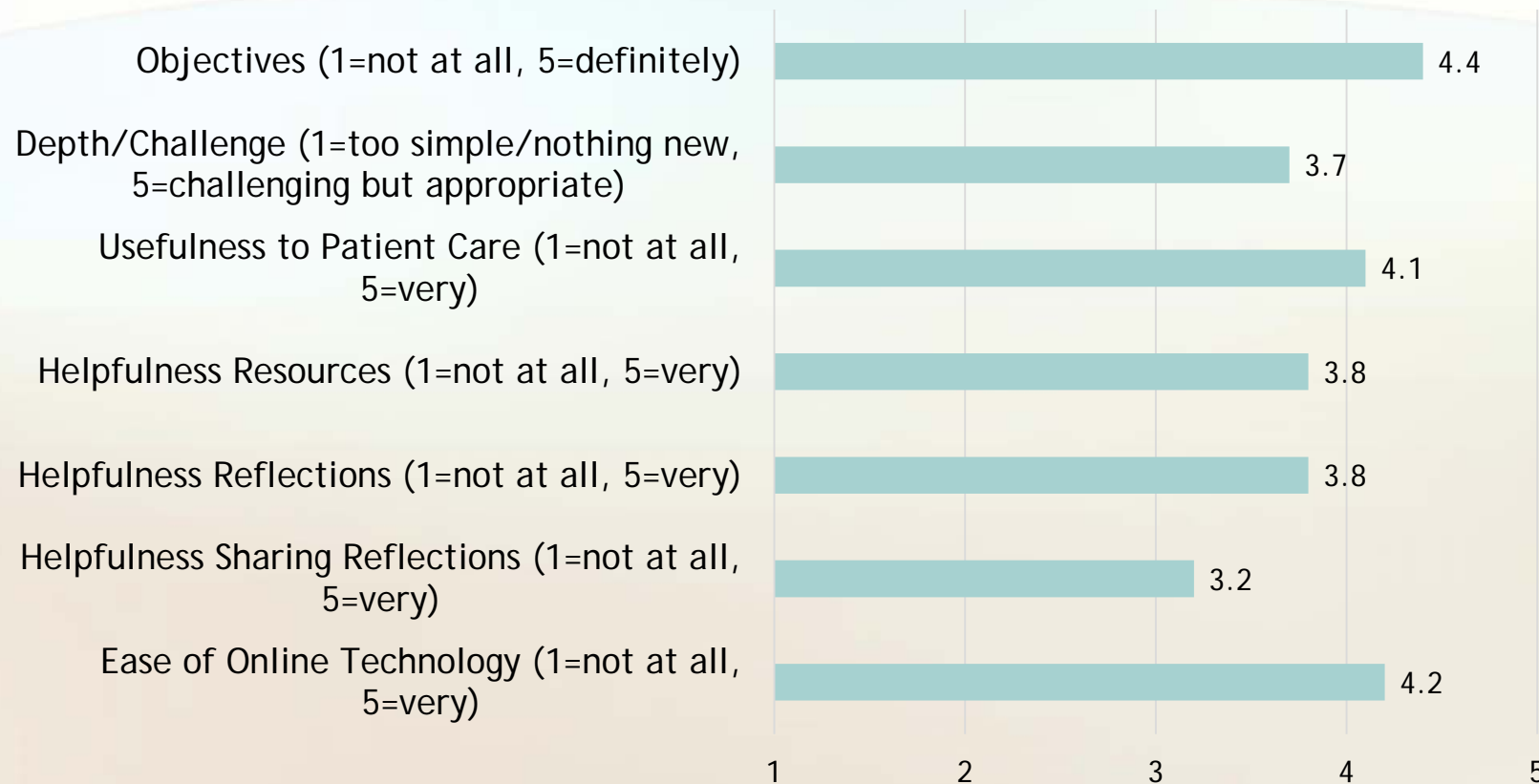
| Specialty                    | N   | Specialty              | N  |
|------------------------------|-----|------------------------|----|
| Clinical Sites               | 976 | Internal Medicine      | 32 |
| Integrative Medicine         | 375 | Physician Assistant    | 28 |
| Family Medicine              | 304 | Chiropractic           | 27 |
| Complimentary Integ Health   | 120 | Intern Med/Pharm       | 24 |
| Nursing                      | 116 | Prev Med/Public Health | 18 |
| Medical School               | 56  | Behavioral Health      | 17 |
| Primary Care                 | 48  | HRSA                   | 15 |
| Pharmacy                     | 44  | Psychiatry             | 9  |
| Preventive Medicine          | 43  | VA Med Ctr             | 4  |
| Fam, Prev and Occup Medicine | 35  | General Medicine       | 3  |
| Oriental Medicine            | 33  | Physical Therapy       | 1  |

# Completion by Program

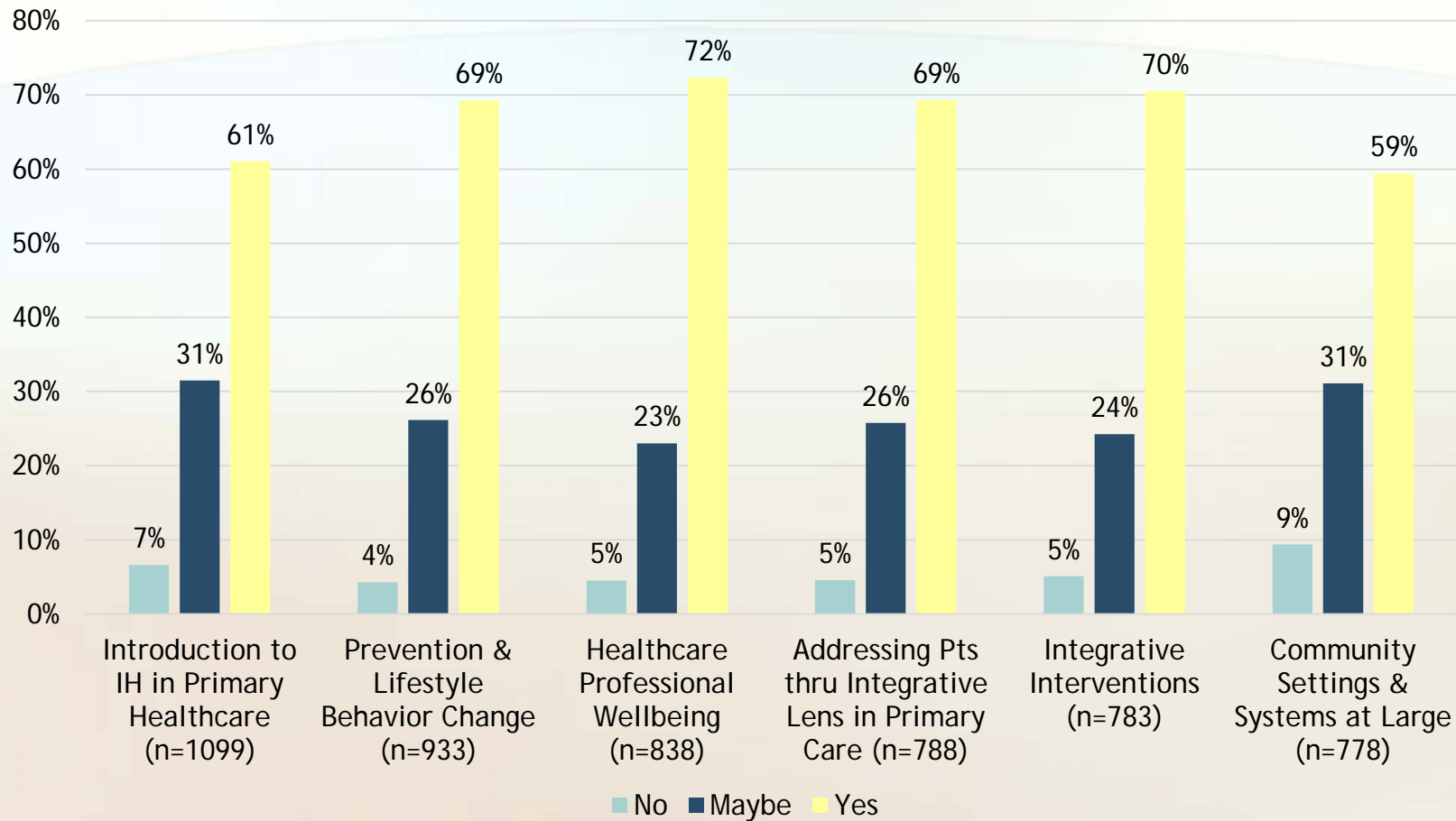
| Program           | Completed  |              | Did not finish |              | Withdrawn  |             | Total N     |
|-------------------|------------|--------------|----------------|--------------|------------|-------------|-------------|
|                   | N          | %            | N              | %            | N          | %           |             |
| Clinical Sites    | 218        | 22.0%        | 699            | 70.5%        | 74         | 7.5%        | 991         |
| Educational Sites | 461        | 34.5%        | 834            | 62.4%        | 42         | 3.1%        | 1337        |
| <b>Total</b>      | <b>679</b> | <b>29.2%</b> | <b>1533</b>    | <b>65.9%</b> | <b>116</b> | <b>5.0%</b> | <b>2328</b> |

# Unit Evaluation Ratings

## Ratings Averaged Across Units



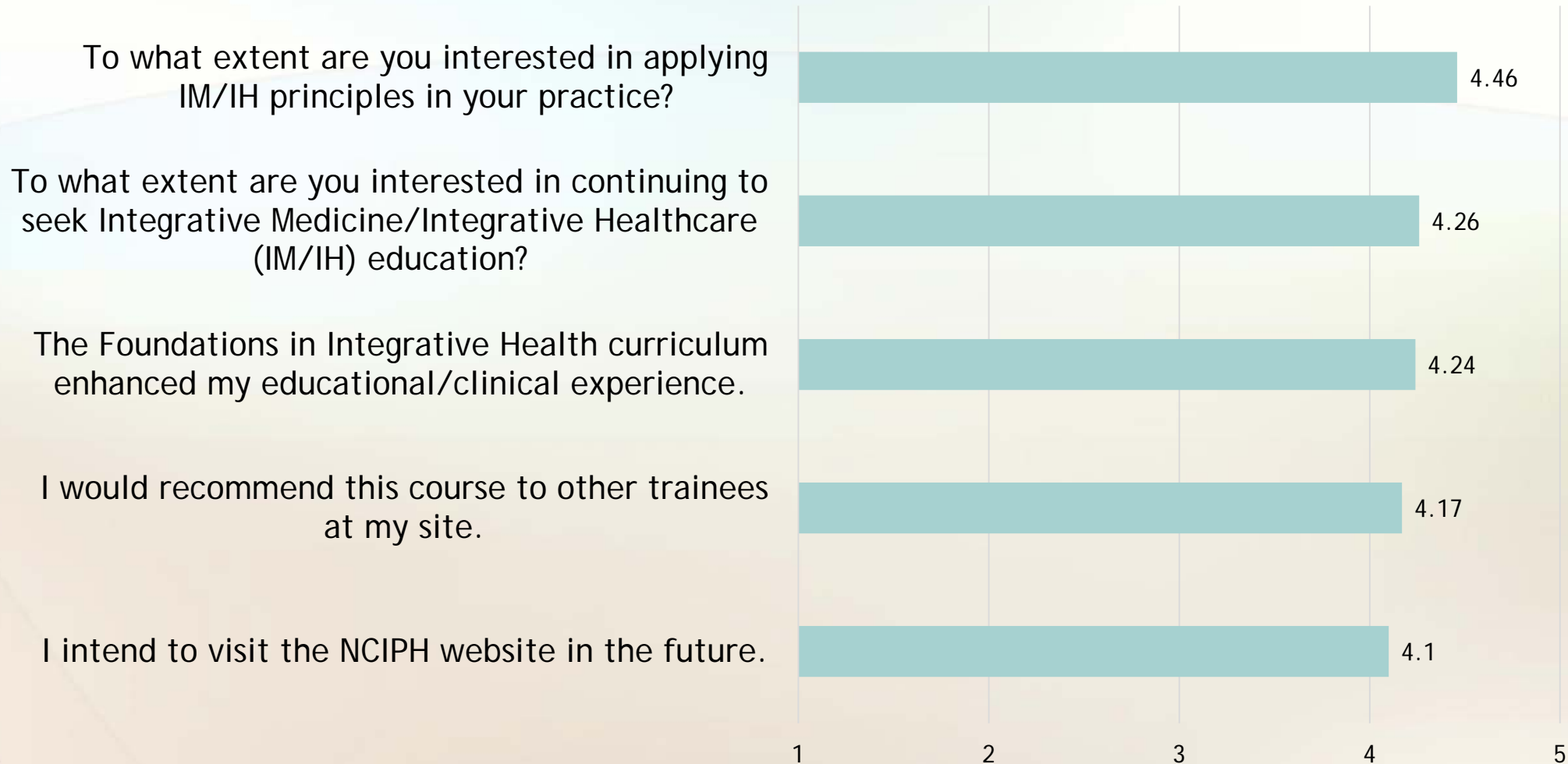
# Should Unit be Mandatory?





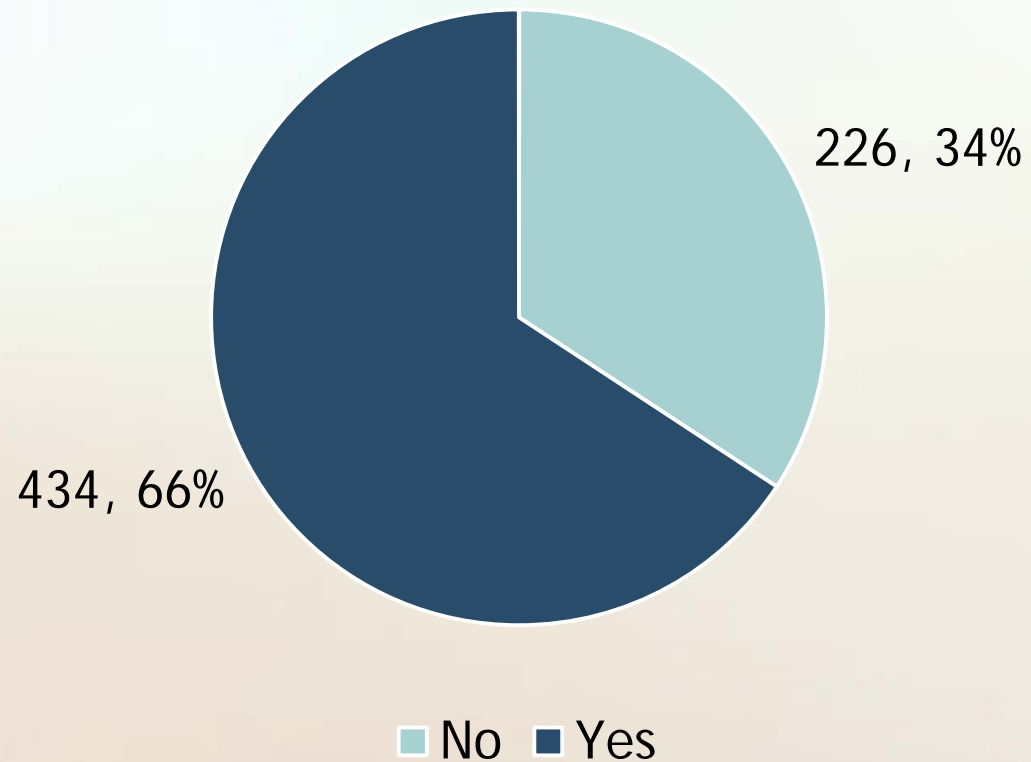
# FINAL EXIT SURVEY

# Exit Survey - N=660

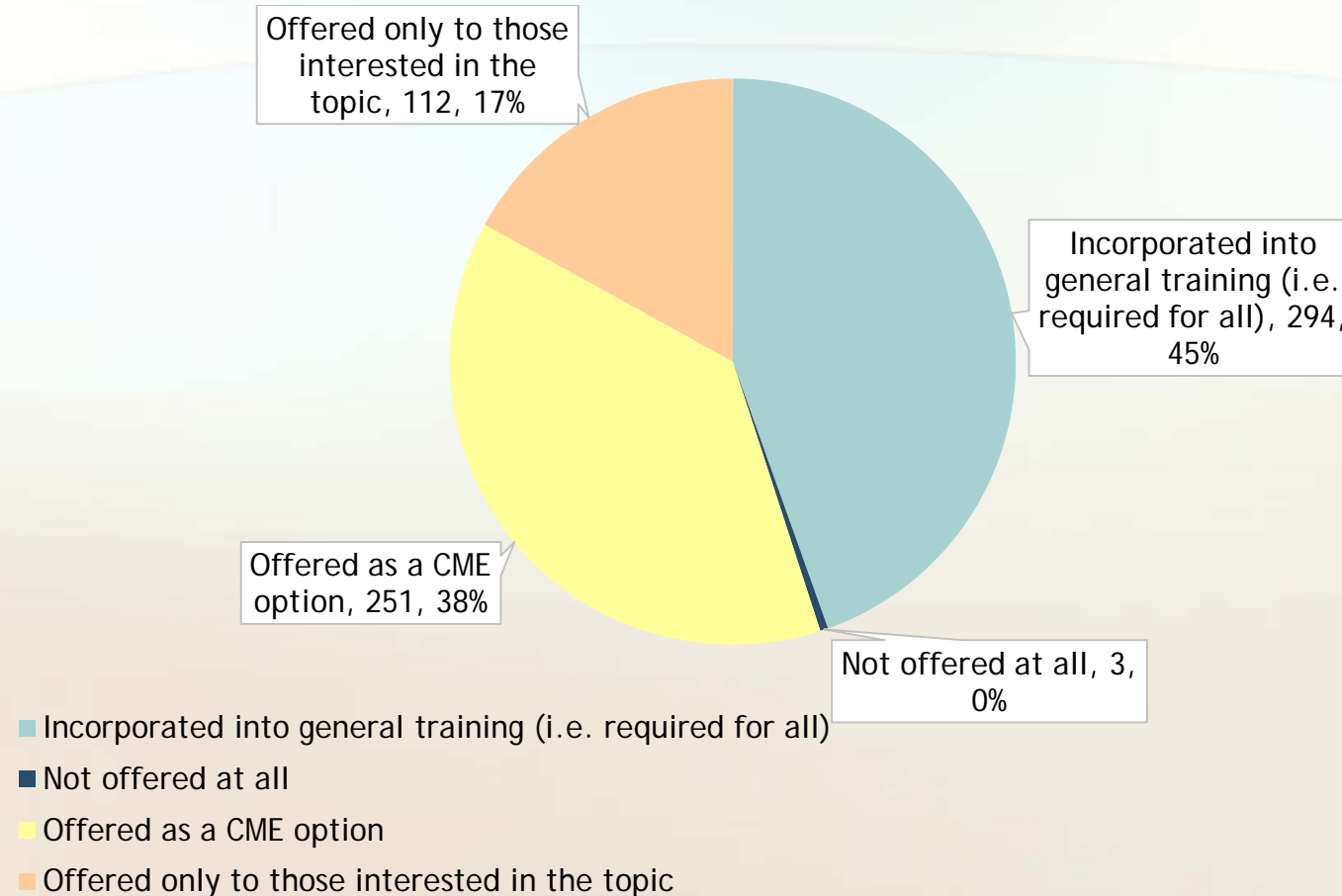




Have you incorporated new self-care practices into your life since the course began based on what you have learned in the course?



# In the future, the material in this course should be:





Pre-Post Changes  
**IMPACT ON LEARNER**

# Impact on Learner Summary

- Resiliency
  - Increased resiliency pre-post the WB unit
  - Increased resiliency pre-post the course
- Increased Empathy
- Increase in overall wellbeing

# Impact on Learner Summary

- Improved capability to perform self-care activities
- Wellness Behaviors
  - Increase in exercise, mind-body behaviors, days enjoying work, restful & 7-9 hrs sleep
  - Decrease in feeling overwhelmed at work
  - No change in diet items, prayer, healthy touch, number groups belong to, trouble staying asleep

# Impact on Learner Summary

- Interprofessional - Clinical Sites
  - Increase in attitude toward healthcare teams and healthcare teams improve quality of care
- Interprofessional - Educational Sites
  - Increase in positive professional identity
  - No change in other RIPLS learning scales



# Foundations in Integrative Health

## **REVISED COURSE**

# REVISED FOUNDATIONS COURSE

- Available online free-of-charge through 8/31/17
- Institutional Offering - Available now:
  - <https://www.surveymonkey.com/r/NCIPH2017Registration>
- Stand-alone Individual Unit Offering:
  - Educational Trainees and Practitioners can enroll
  - Seeking CME, CNE, Pharmacy CE
  - Available May



# FIH - Stand-alone Units

- Introduction to Integrative Health in Primary Care/Prevention and Lifestyle Behavior Change
- Healthcare Professional Wellbeing
- Addressing Patients through an Integrative Lens in Primary Care
- Integrative Interventions
- Community Settings & Systems at Large

# Contacts

- [info@nciph.org](mailto:info@nciph.org)
- Patricia Lebensohn, MD, PI
  - [plebenso@email.arizona.edu](mailto:plebenso@email.arizona.edu)
- Audrey Brooks, PhD, PD
  - [brooksaj@email.arizona.edu](mailto:brooksaj@email.arizona.edu)
- University of Arizona Center for Integrative Medicine
  - 520-626-5916

**Thank You!**

**Questions?**