



# HOW HEALING WORKS

AND WHAT IT MEANS FOR HEALTHCARE



@DrWayneJonas

How do we get from  
*health care* to  
*health and wellbeing?*

# INTRODUCING JOE & SALLY



# SALLY'S HISTORY & SOAP



- Sally was an executive VP
- Had a car accident – CT, MRI, etc.
- Developed LBP – it persisted
  - NSAIDS and physical therapy
  - TENS – electrical stimulation
  - Injections with steroids
  - Opioids
- Behavioral medicine
- Opioid recovery

**OPIOID PRESCRIPTIONS** have increased by **60%** from 2000–2010

**OPIOID-RELATED DEATHS** to top **60,000** in 2017

**11.8 MILLION** Americans misused opioids



# NON-PHARMACOLOGICAL APPROACHES TO PAIN



American College of Physicians  
Leading Internal Medicine, Improving Lives



**U.S. FOOD & DRUG  
ADMINISTRATION**



Defining  
**EXCELLENCE**  
in the 21st Century



# COMPLEMENTARY AND INTEGRATIVE MEDICINE

- Therapeutic massage
- Yoga
- Acupuncture
- Spinal manipulation
- Mind-body



W B J

A professional photograph of a woman with curly hair in a white lab coat, smiling and holding a tablet, engaged in a conversation with a man with a beard. The background shows other people in a bright office setting.

# The Culture

# HOPE NOTE

## HEALING ORIENTED PRACTICES AND ENVIRONMENTS

**BODY & EXTERNAL**

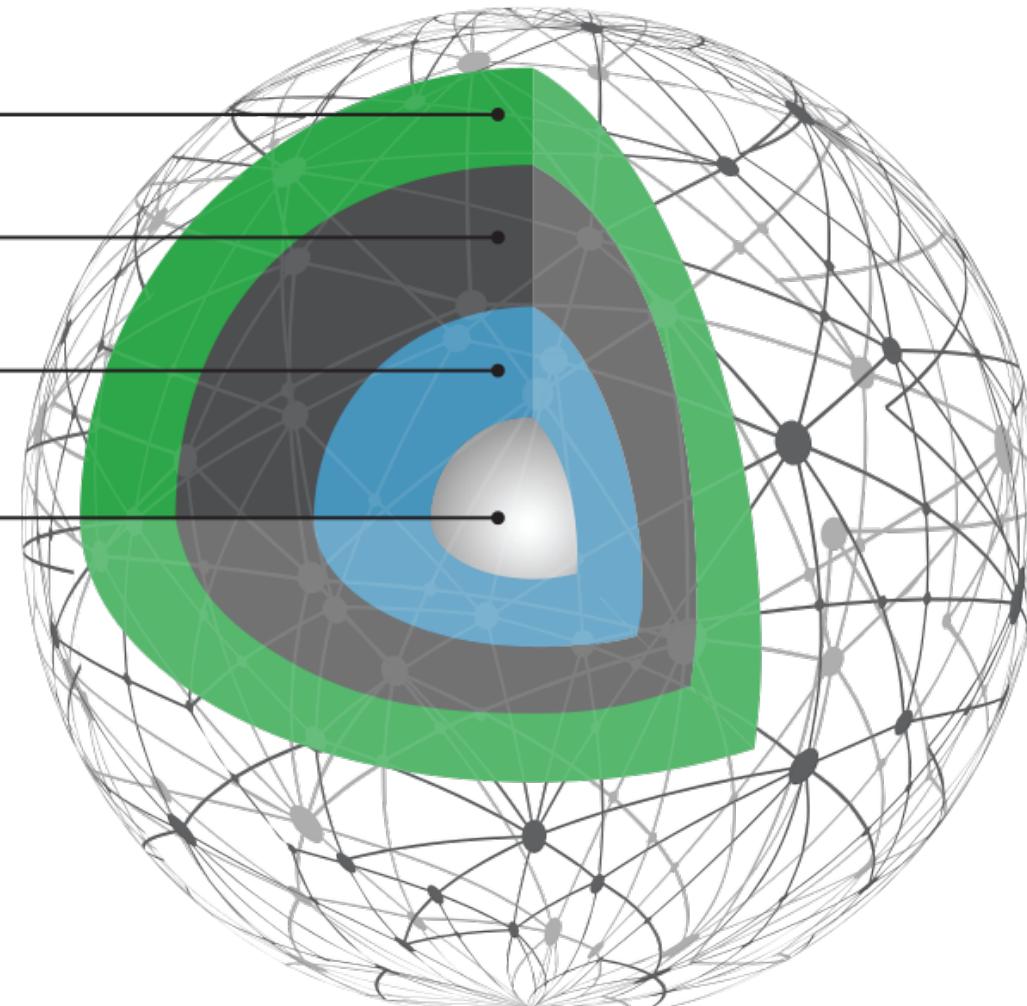
**BEHAVIOR & LIFESTYLE**

**SOCIAL & EMOTIONAL**

**SPIRITUAL & MENTAL**

Exploring a patient's personal  
determinants of health

Asking "What Matters"



# SALLY'S HOPE NOTE

*HEALING ORIENTED PRACTICES & ENVIRONMENTS*

## WHAT MATTERED FOR SALLY

- Medication management
- Heat and stretching
- Sleep and stress
- A place and time to heal
- Loss of purpose

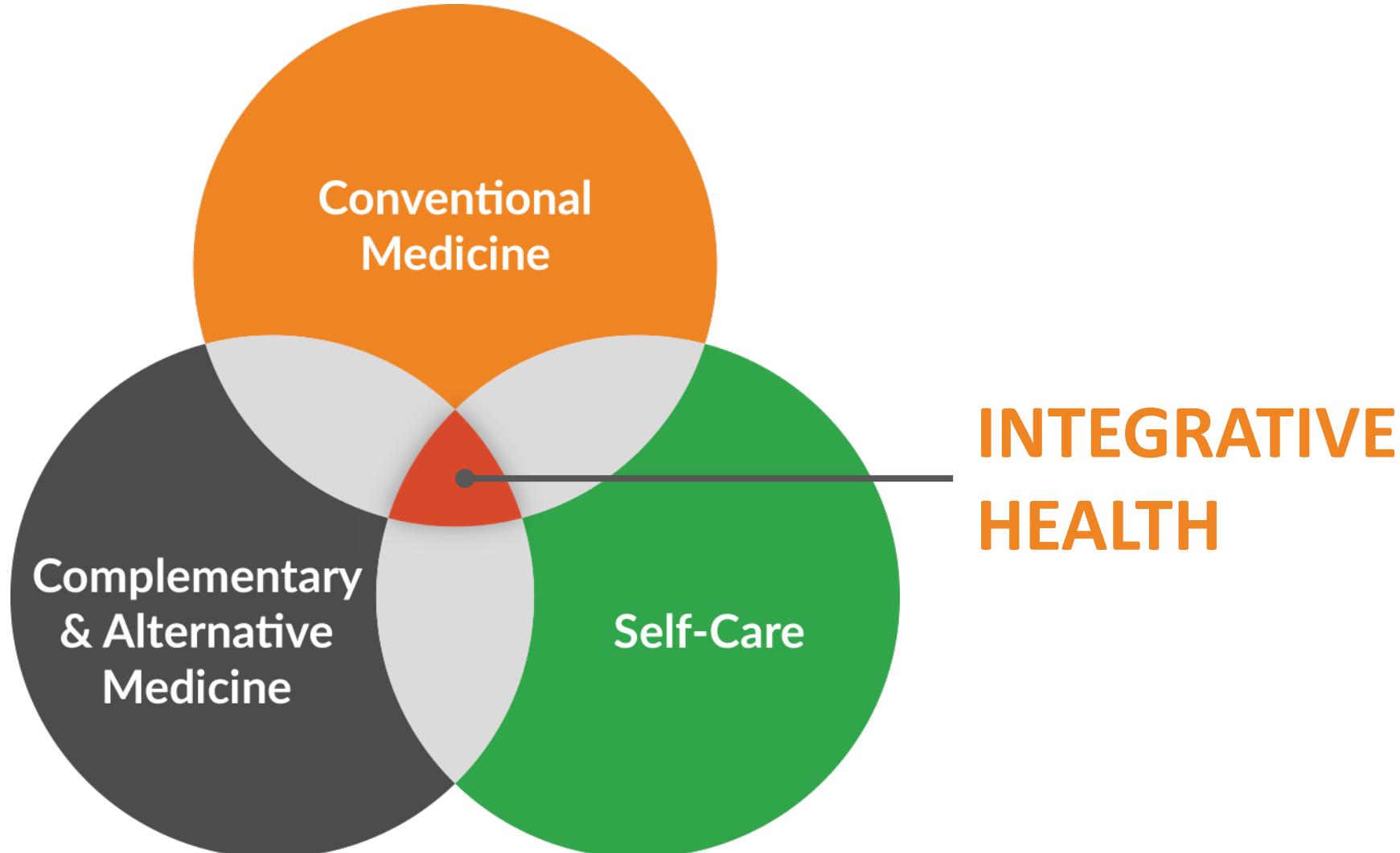


# SALLY'S TEAM



- Physician
- Pharmacologist
- Behaviorist/health coach
- Yoga therapist
- Her family
- Her body!

# A DIFFERENT TYPE OF HEALTH CARE



# JOE'S HISTORY



- 69 year old male in hospital with and MI
- Father with MI and 65 y/o – died at 75
- Stopped smoking at 35 y/o
- Hypertension since 42 y/o
- Gained weight in and after left Navy
- Type II DM showed up at 55 y/o
- Good medical care – full benefits



“From Scratch”



“Industrial food”

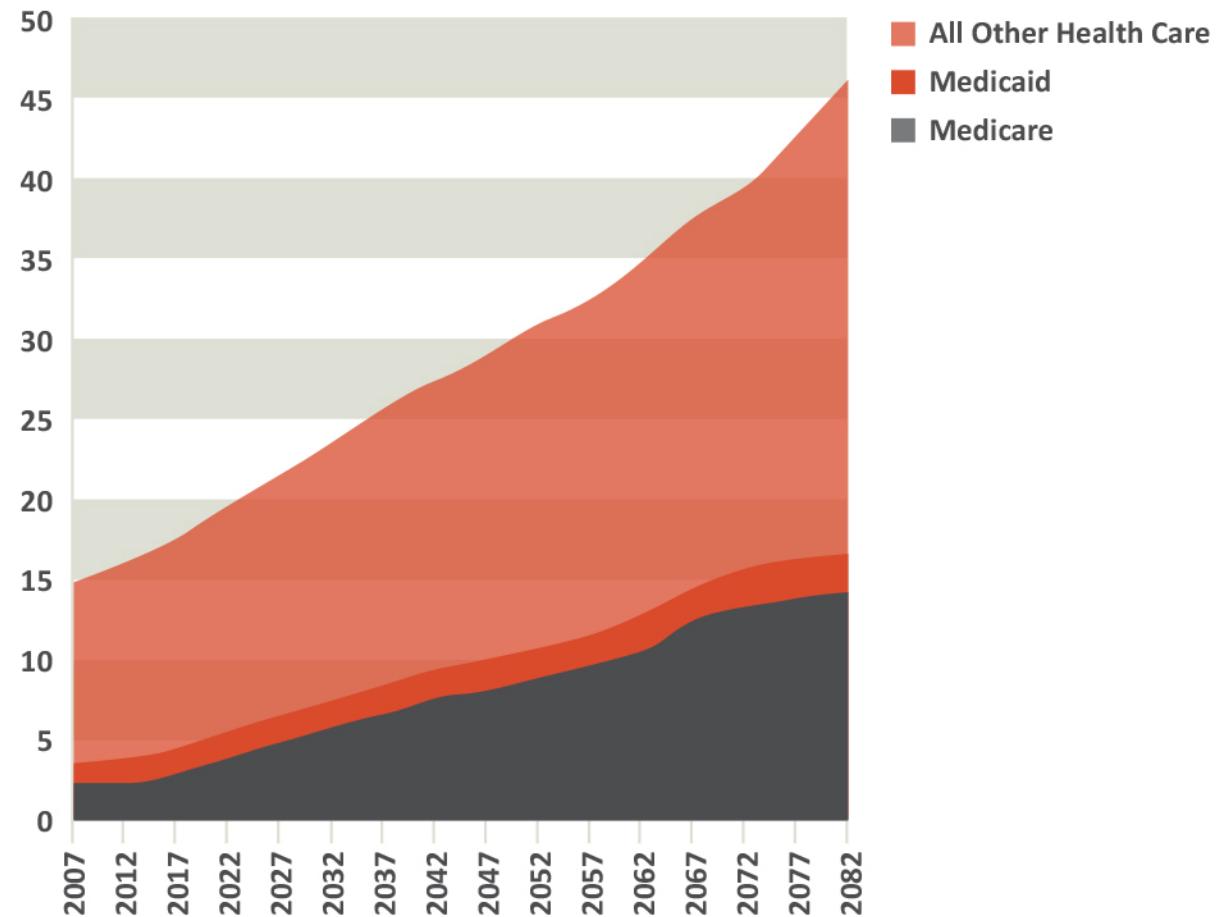
# JOE'S SOAPS



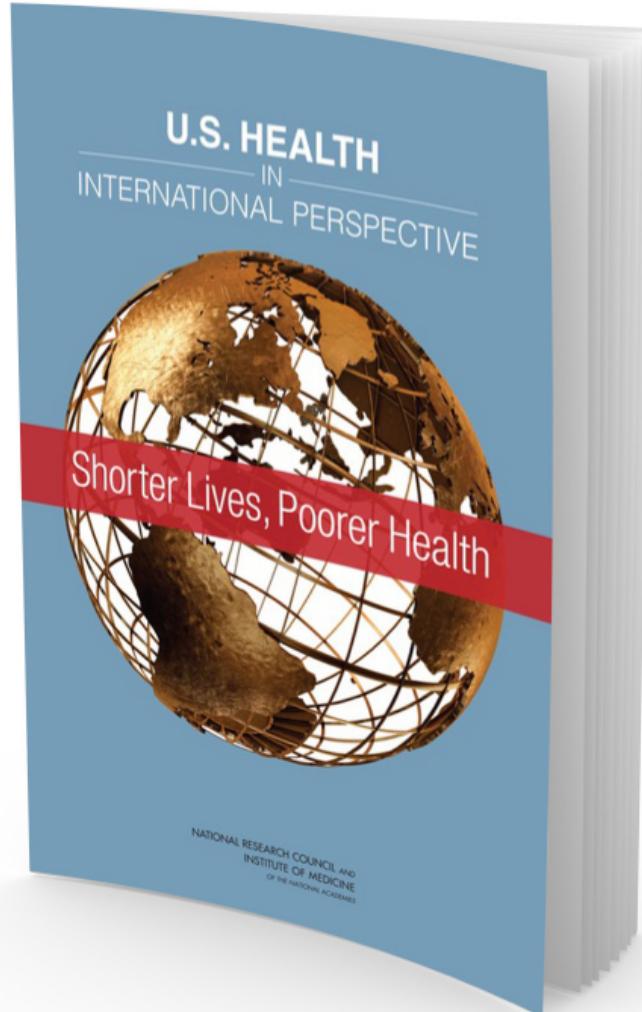
- Hypertension – HCTZ, ACE inhibitor
- Elevated LDL cholesterol – simistatin
- Type II DM – metformin
- Obesity – one visit with a dietician
- Now post an myocardial infarction
- Stent and a beta-blocker
- Cardiac rehabilitation – exercise

# CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

- We are **FIRST** in spending
- **37<sup>th</sup>** in health
- **25%** of the GNP by 2025
- Health disparities are **INCREASING**

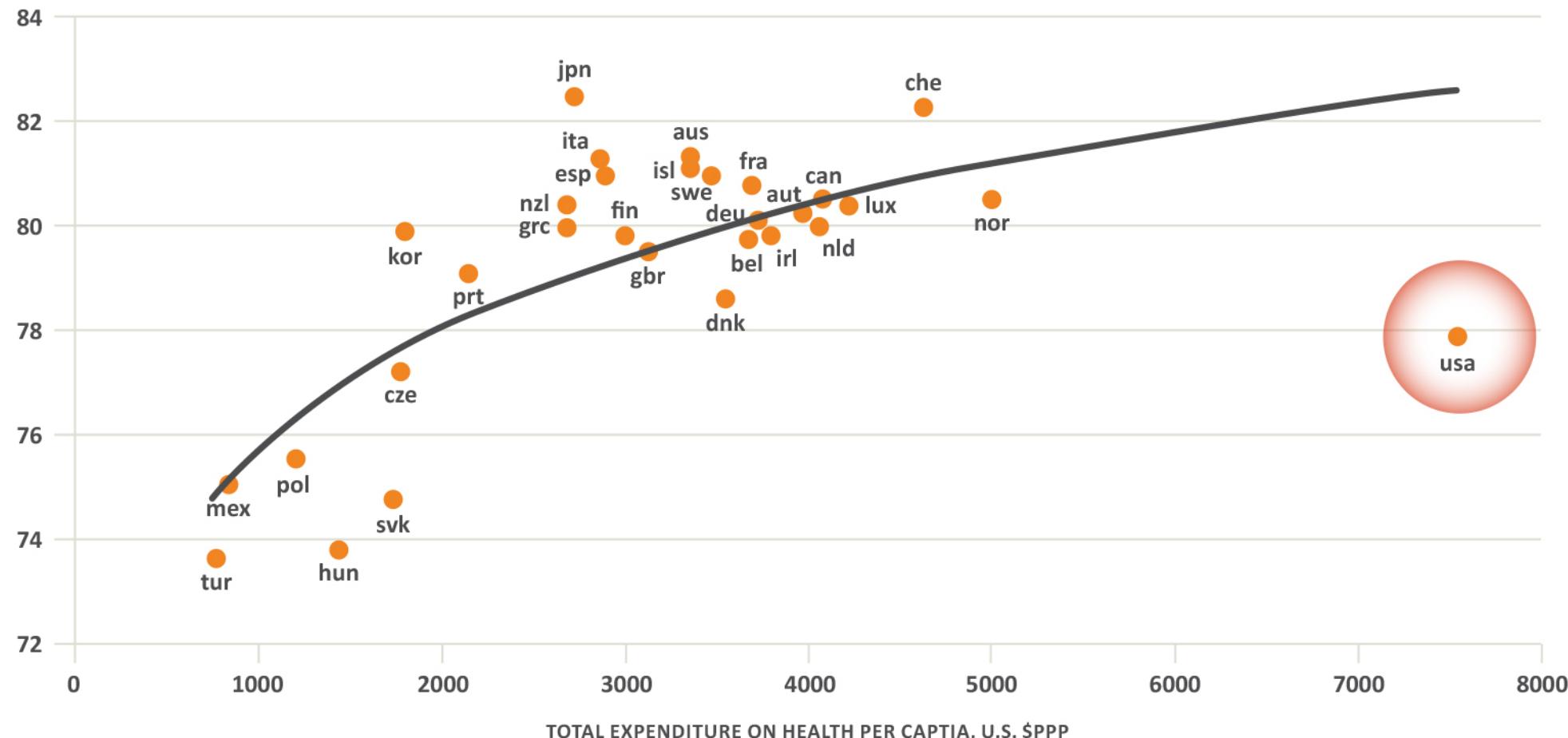


# NAS/IOM: SHORTER LIVES, POORER HEALTH



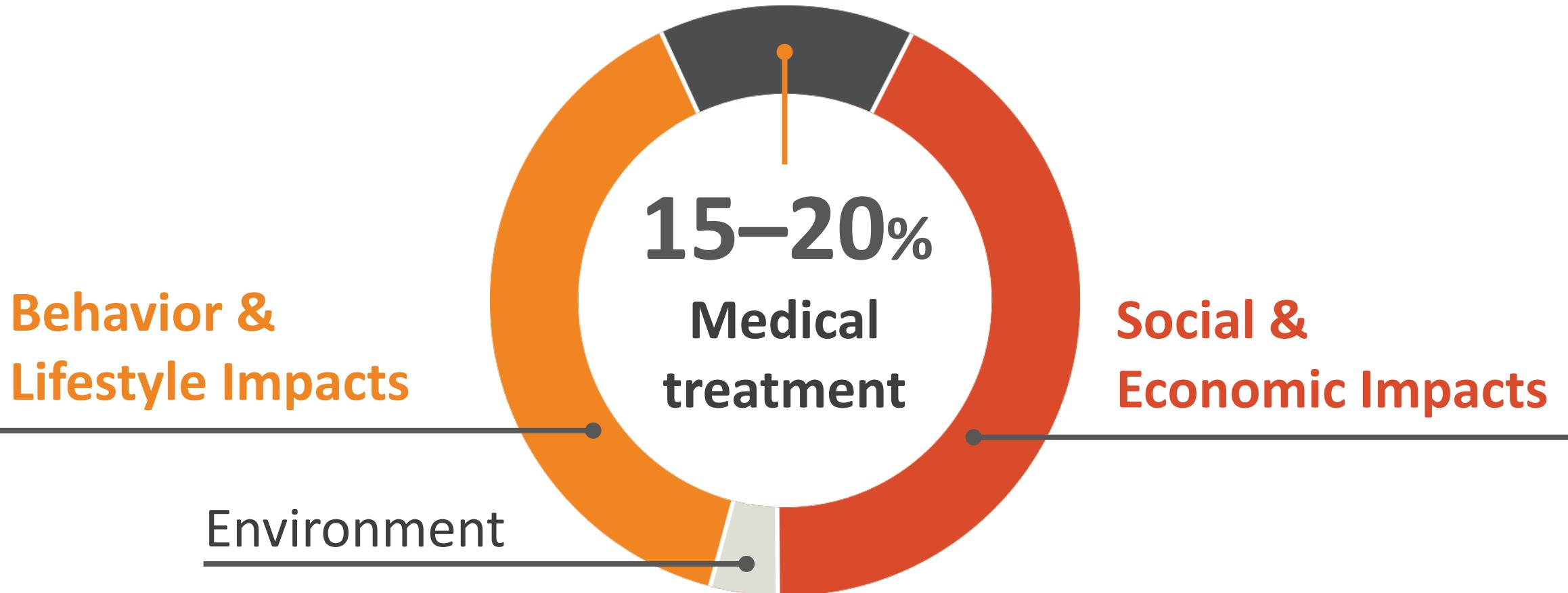
- Infant mortality
- Homicides and injuries
- HIV & AIDS
- Drug-related deaths
- Teen pregnancy & STIs
- Obesity & diabetes
- Heart & lung disease

# PER CAPITA HEALTH EXPENDITURES & LIFE EXPECTANCY



Source: Institute of Medicine. *For the Public's Health: Investing in a Healthier Future*. Committee on Public Health Strategies to Improve Health, Board on Population Health and Public Health Practice. Washington, DC: National Academies Press, 2012

# WHERE HEALTH COMES FROM



**Sources:**

McGinnis JM, Williams-Russo P, Knickman JR. The Case For More Active Policy Attention To Health Promotion. *Health Aff (Millwood)*. 2002 Mar-Apr;21(2):78-93. doi: 10.1377/hlthaff.21.2.78

Hood CM, Gennuso KP, Swain GR, Catlin BB. County Health Rankings: Relationships Between Determinant Factors and Health Outcomes. *Am J Prev Med*. 2016 Feb;50(2):129-35.

# JOE'S HOPE NOTE

*HEALING ORIENTED PRACTICES & ENVIRONMENTS*

## WHAT MATTERED FOR JOE

- Medication management
- Prevent further disease
- Fitness and food
- Family & friend support
- Giving back to society



# JOE'S TEAM



- Physician
- Pharmacologist
- Chef and nutritionist
- Health coach
- His family and friends
- His mind!

# HEALTH & WELLBEING



**ENCOURAGE** self-care

**INTEGRATE** conventional, complementary and lifestyle

**EVIDENCE SHOWS** that patients managing their care are healthier

Source: Hibbard JH, Greene J. What the evidence shows about patient activation: better health outcomes and care experiences; fewer data on costs. Health Aff (Millwood). 2013 Feb;32(2):207-14.



CAN WE DO THIS  
WITHIN OUR  
CURRENT SYSTEM?

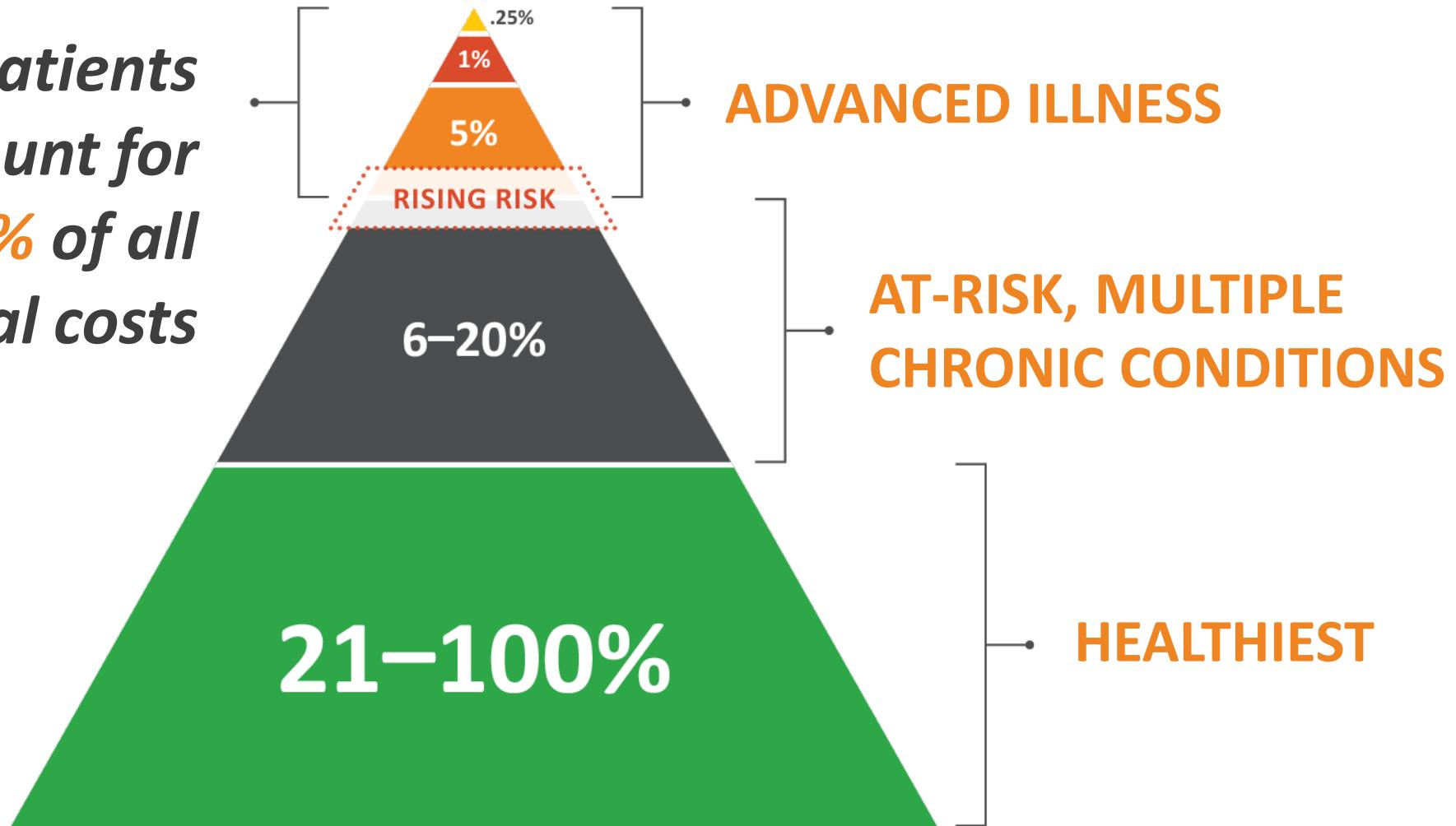


A photograph of four military personnel in a social setting. In the foreground, a man in a camouflage uniform and glasses looks directly at the camera. Behind him, another man in a camouflage uniform is leaning forward, also looking at the camera. In the background, two more men are visible; one is wearing glasses and looking towards the right, while the other is partially visible. They appear to be in a bar or restaurant with a television screen showing a game in the background.

## **INTEGRATIVE HEALTH IN THE MILITARY**

# THE COST OF CARE

**5% of patients  
account for  
50% of all  
medical costs**



# AREAS OF COST SAVINGS

## INTEGRATED CARE

- **Care coordination**
  - Hospital (re)admissions and ED visits
  - Primary care and specialists
  - Lab/ Imaging/ Prescriptions

## INTEGRATIVE HEALTH

- **Health promotion**
  - Lifestyle as prevention and treatment
  - Health coaches and IM practices
  - Lab/ Imaging/ Supplements

# ONE FOOT IN ONE FOOT OUT



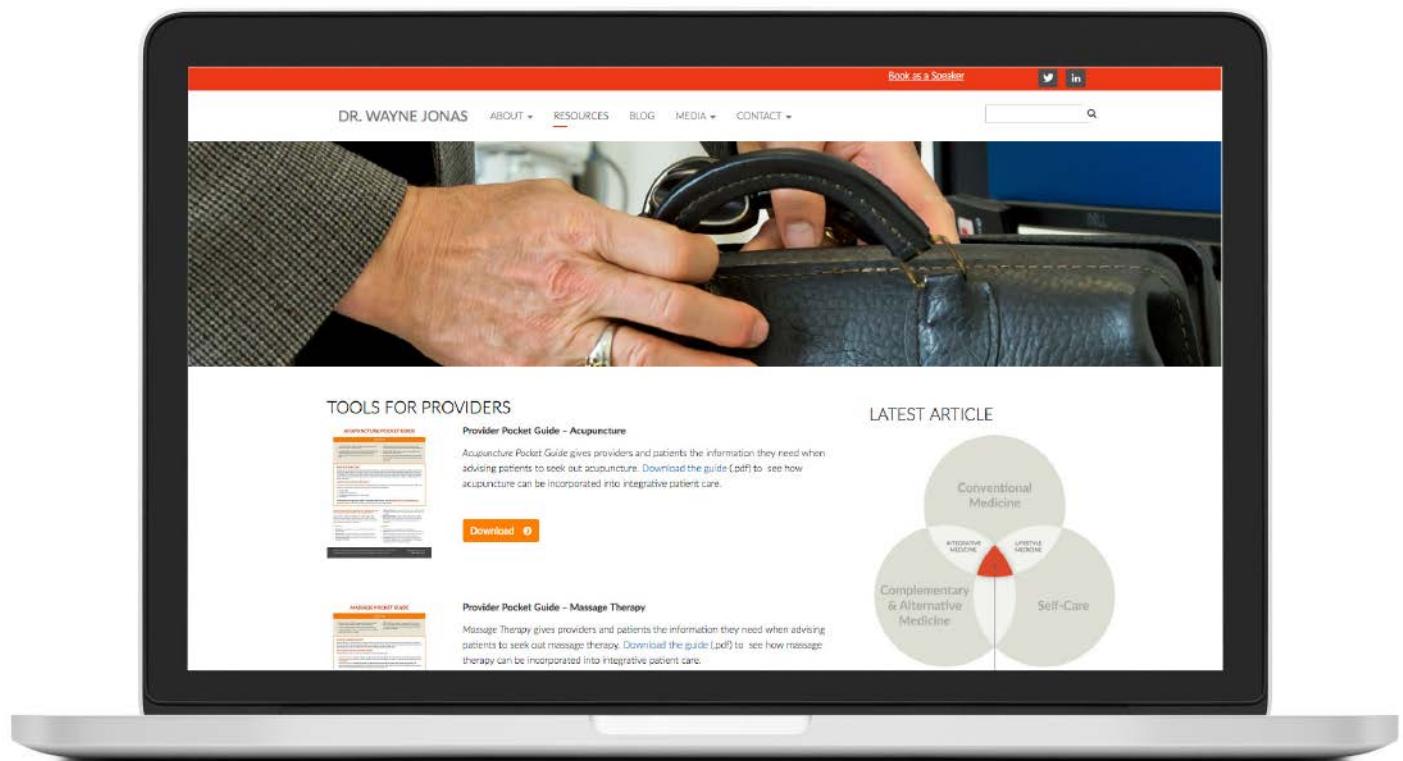
# WHAT YOU CAN DO

**CONTINUE STANDARD CARE — the care you already provide**

- **Do an Integrative Visit and HOPE Note**
  - Reframe questions and goals to address health determinants
- **Add Simple Methods**
  - Ear acupuncture, mind-body, nutrition, safe supplements
- **Advance Healing Technologies**
  - HRV Biofeedback, CES devices, behavioral apps, telehealth
- **Re-design Teams for Health**
  - Health coaching, team care, group visits, shared decisions

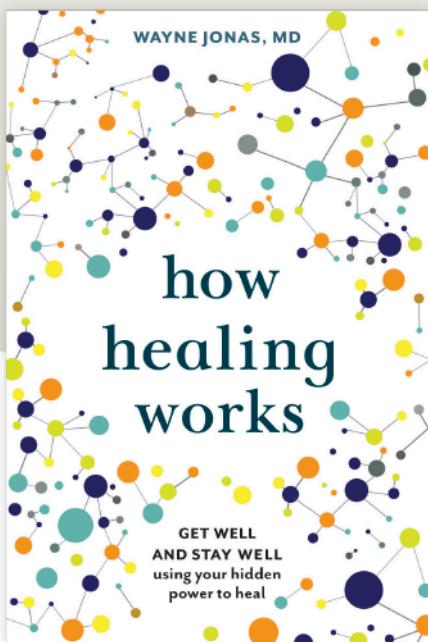
# HOW I CAN HELP

**DrWayneJonas.com**  
provides information  
and tools for  
physicians, health  
professionals and  
patients to improve  
health and wellbeing





Start Now



*DrWayneJonas.com*

*Text “healing” to 66866 for my monthly letter*