Whole Health for Pain and Suffering

Pain pays the income of each precious thing.

– Shakespeare

Prepared Under Contract to the VHA by Pacific Institute for Research & Evaluation with the University of Wisconsin-Madison.

June 30, 2017
AGENDA

DAY 1 MORNING: BEGINNING AT THE CENTER OF THE CIRCLE OF HEALTH

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<th>Time</th>
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<tr>
<td>7:30am – 8:00am</td>
<td>Registration</td>
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<td>8:00am – 10:00am</td>
<td><strong>1. New Perspectives on Pain and Suffering</strong></td>
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<td></td>
<td>• Welcome</td>
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<tr>
<td></td>
<td>• Pain and Suffering: A Serious Problem</td>
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<td></td>
<td>• A Brief Introduction to Whole Health</td>
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<td>• Integrative Health in the VHA and Beyond</td>
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<td>• Site Overview – Local Resources</td>
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<td>• A Moment to Reflect: Pain and Suffering in Your</td>
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<td>Work</td>
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<td>• Large Group Introductions</td>
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<td>10:00am – 10:15am</td>
<td>Break</td>
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<td>10:15am – 11:15am</td>
<td><strong>2. Patient Vignette: Chronic Pain</strong></td>
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<td>• Deconstructing Pain</td>
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<td>• The Power of You</td>
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<td>• “BREATHE OUT” A Mindful Awareness Tool</td>
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<td>• The PHP Process and Pain Care – Essential Elements</td>
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<td>• The Big Questions and Setting Shared Goals</td>
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<td>• National Pain and Whole Health Resources</td>
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<td>11:15am – 11:45am</td>
<td>VA Success Stories: Atlanta</td>
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<td>11:45am – 12:15pm</td>
<td><strong>3. Mindful Awareness</strong></td>
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<td>• Mindful Awareness to Ease Suffering: Principles and Research</td>
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<td>• Mindful Awareness Experiential: Mindful Eating</td>
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<td>• Mindful Awareness in Your Practice</td>
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<td>12:15pm – 1:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm – 1:45pm</td>
<td><strong>4. Self-Care and Pain: An Overview</strong></td>
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<td>• Self-Management: Keys to Coping</td>
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<td>• Circles of Empathy: Care for the Caregiver</td>
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<td>• Burnout and Resilience</td>
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<td>• Mindful Awareness Experiential: Body Scan</td>
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<td>1:45pm – 3:00pm</td>
<td><strong>5. Patient Vignette: Arthritis</strong></td>
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<td>• Around the Circle: Arthritis</td>
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<td>• Eating to Reduce Pain: Diet and Inflammation</td>
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<td>• Elimination Diets</td>
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<td>• The Microbiome and Other Nutrition Tools</td>
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<td>• Working the Body: Exercise, Yoga, Tai Chi</td>
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<td>• Dietary Supplements for Inflammation</td>
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<td>3:00pm – 3:15pm</td>
<td><strong>Break</strong></td>
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<td>3:15pm – 3:45pm</td>
<td><strong>VA Success Story: Washington, DC</strong></td>
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<td>3:45pm – 4:30pm</td>
<td><strong>6. Patient Vignette: Fibromyalgia</strong></td>
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<td>• Around the Circle: Fibromyalgia</td>
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<td>• Working the Body</td>
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<td>• Food and Drink</td>
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<td>• Recharge</td>
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<td>• Family, Friends and Coworkers</td>
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<td>• Spirit and Soul</td>
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<td>• Power of the Mind</td>
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<td>• Emotional Trauma and Pain</td>
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<tr>
<td>4:30pm</td>
<td><strong>Adjourn</strong></td>
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# Whole Health for Pain and Suffering

**Day 2 Morning: Integrative Health: Expanding Possibilities**

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<th>Time</th>
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<td>7:30am – 8:00am</td>
<td>Registration</td>
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<td>8:00am – 9:00am</td>
<td><strong>7. Patient Vignette: Back/Neck Pain I - Acupuncture</strong></td>
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<td>• Acupuncture: Principles and Practice</td>
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<td>• Acupuncture Research</td>
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<td>• Battlefield Acupuncture: State of the Art</td>
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<td>9:00am – 9:45am</td>
<td><strong>8. Mind-Body Skills I</strong></td>
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<td>• The Relaxation Response and Breathing Exercises</td>
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<td>• Psychotherapies</td>
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<td>• Meditation</td>
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<td>• Mindful Awareness Experiential: Breathing Exercise</td>
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<td>• Chiropractic, Osteopathy, Massage</td>
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<td>• Manual Therapy Demo</td>
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<td>• Around the Circle: Back/Neck Pain</td>
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<td>10:45am – 11:00am</td>
<td>Break</td>
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<tr>
<td>11:00am – 11:45am</td>
<td><strong>10. Mind-Body Skills II</strong></td>
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<td>• Progressive Muscle Relaxation</td>
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<td>• Autogenic Training</td>
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<td>• Guided Imagery</td>
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<td>• Biofeedback</td>
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<td>• Hypnosis</td>
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<td>• Journaling, Nature and Music</td>
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<td>• Mindful Awareness Experiential: Biofeedback</td>
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<td>11:45am – 12:30pm</td>
<td>Lunch</td>
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<td>12:30pm – 1:30pm</td>
<td><strong>11. Patient Vignette: Headache</strong></td>
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<td>• Around the Circle: Headaches</td>
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<td>• Headaches – Nutrition and Supplements</td>
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<td>• Small Group Exercise: Personal Health Plan Writing</td>
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<td>Practice</td>
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<td>1:30pm – 1:45pm</td>
<td><strong>Movement Break (Yoga or Qigong)</strong></td>
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<td>1:45pm – 2:45pm</td>
<td><strong>12. It Starts With Me, It’s Completed With Us</strong></td>
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<td>• Creating Pain Teams</td>
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<td>• Follow Up</td>
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<td>• Shared/Group Visits</td>
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<td>• Whole Health Coaching and Whole Health Partner</td>
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<td>Programs</td>
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<td>• Elevator Speech</td>
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<td>• Local Resources – Brief Revisit</td>
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<td>• Panel Discussion: Using the Circle in Your Practice</td>
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<td>2:45pm – 3:00pm</td>
<td><strong>Break</strong></td>
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<td>3:00pm – 4:15pm</td>
<td><strong>13. Whole Health for Pain in Your Practice</strong></td>
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<td>• Chronic Pain Case Revisited</td>
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<td>• Implementation</td>
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<td>4:15pm – 4:30pm</td>
<td><strong>Closing Exercise, Wrap-Up</strong></td>
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<td>4:30pm</td>
<td><strong>Adjourn</strong></td>
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</table>
Russell Lemmon is Medical Director at the UW Health Northeast Family Medical Center and an Assistant Professor at the University of Wisconsin – Madison Department of Family Medicine and Community Health. He completed his medical training at the Chicago College of Osteopathic Medicine and the MacNeal Hospital Family Medicine Residency in Illinois. Following residency he served as a family physician in the U.S. Air Force, stationed at Luke Air Force Base in Arizona. While on active duty he was the medical director for the family medicine department and was deployed as a physician with the Special Forces in Iraq. Dr. Lemmon completed training in medical acupuncture while in the Air Force and used this modality to treat military personnel in both the United States and Iraq. After four years on active duty, he spent three years in private practice before joining the faculty at the UW School of Medicine and Public Health.

In addition to working with family medicine residents, he maintains an active practice in family medicine, osteopathic manipulation and acupuncture. Dr. Lemmon is also pursuing additional training in integrative medicine through the UW Academic Integrative Medicine Fellowship program.

Shilagh Mirgain is a Senior Psychologist and Clinical Assistant Professor in the Department of Orthopedics and Rehabilitation, UW School of Medicine and Public Health. She received her PhD at the University of Illinois at Urbana-Champaign in Clinical and Community Psychology, completed her clinical internship at the University of Wisconsin Department of Psychiatry and her postdoctoral fellowship at Stanford University Department of Psychiatry.

Dr. Mirgain is a frequent contributor to CBS 3 News in Madison and Wisconsin Public Radio, speaking on health, wellness, and peak performance. Often called on to represent UW in the media, she writes and speaks on mind-body skills to foster optimal health. She was featured on the TODAY show discussing skills to cultivate well-being and greater happiness in the workplace.
WHOLE HEALTH FOR PAIN AND SUFFERING

In her practice, Dr. Mrgain uses both individual and group formats to treat patients with a variety of medical conditions and adjustment issues. She is one of the sports psychologists to the UW Badger athletes. She is a co-author on the recently published article in Pain Medicine, Mindfulness Meditation and Cognitive Behavioral Therapy Intervention Reduces Pain Severity and Sensitivity in Opioid-Treated Chronic Low Back Pain: Pilot Findings from a Randomized Controlled Trial. She also serves on the faculty for the UW Annual Comprehensive Pain Board Review Symposium.

J. ADAM RINDFLEISCH, MPHIL, MD

J. Adam Rindfleisch is Medical Director of the University of Wisconsin Integrative Health Program and Associate Professor at the University of Wisconsin Department of Family Medicine & Community Health. He graduated from the College of Idaho and completed a Masters of Philosophy at Oxford University. He attended Johns Hopkins University School of Medicine and completed his family medicine residency at the University of Wisconsin – Madison.

In 2005, Adam completed the University of Arizona Online Integrative Medicine Fellowship and a UW Fellowship in Academic Integrative Health. For 11 years, in the role of Integrative Health Fellowship Director, he developed a comprehensive Integrative Health curriculum for fellows, residents and faculty colleagues. Adam has an integrative primary care practice and routinely does integrative health consultations. Adam’s interests include dietary supplements, mind-body medicine, clinician self-care, and shamanism. His wife Kirsten, also a family physician, and Adam have two sons and a dog who thinks he is a person.

MARITÉ HAGMAN, MPH, AEH

Marité Hagman received her Master of Public Health with a health policy and medical ethics focus from the UCLA School of Public Health. She worked with Kaiser Permanente establishing hospital ethics committees and developing a regional medical ethics program, and at the State Medical Society of Wisconsin, where she directed a team in developing state and national policies. A personal experience of treatment-resistant illness led Marité to explore alternative modalities and mind, body and spirit healing, and to pursue a four-year energy healing program, during the years when she was raising three children. Through her private healing practice, she supported individuals with personal transformation. She also co-
WHOLE HEALTH FOR PAIN AND SUFFERING

authored a year-long Coming of Age program designed to help youth explore their values and spiritual beliefs. More recently, Marité returned to systems work at the University of Wisconsin Department of Family Medicine and Community Health as the program manager under contract with the Veterans Health Administration to support system transformation to a Whole Health model of care, and also received certification as an organizational trainer for the HeartMath Institute.
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ABOUT THE COURSE

*Whole Health for Pain and Suffering: An Integrative Approach* is an advanced clinical education course designed to support any VA clinician working with patients who experience pain in its various forms. Pain management is an important focus in the eyes of lawmakers and the general public. As treatment protocols increasingly steer away from the use of opioids, it is clear that clinicians need to receive education on evidence-informed, safe, and effective non-pharmaceutical approaches. Caring for patients in pain is taxing to clinicians and increases their burnout risk. Therefore, the course also incorporates not only formal didactics, but also experiential exercises and reflection on one’s own Whole Health care needs. In addition to discussing a variety of pain-related clinical tools, participants will prepare to more fully implement the Whole Health approach to pain into their practices. Special emphasis will be placed on the nature of suffering, which encompasses how a person responds to the experience of pain and the capacity to reflect on life purpose and meaning with pain and suffering as one part of that exploration. Even if those with pain cannot “get rid of” their pain signal per se, they can learn ways to work with pain and become more empowered in their response to it.

During this program, you will be invited to:

- Consider pain and suffering in the broader context of modern health care
- Reflect on what you need for your own well-being as you provide care to people with severe pain
- Learn about how non-specific variables can influence outcomes for people with pain
- Try out an array of practices designed to enhance mindful awareness
- Consider how the power of the mind can influence pain care, with experiential learning opportunities, including breathing exercises and biofeedback
- Understand more about functional approaches to pain diagnoses
- Broaden your knowledge about mind-body therapies, acupuncture (especially Battlefield Acupuncture), and manual therapies, among others
- Explore local and national resources related to the Whole Health approach to pain and suffering
This course will help you to:

- Acquire a larger array of skills participants can use for pain management in their practices
- Describe how mind-body approaches and self-management can support coping and well-being for people with pain
- Become familiar with key research and practical issues related to the use of integrative health in pain care
- Learn complementary integrative health approaches for the care of headache, back pain, osteoarthritis, myofascial pain, and chronic pain
- Understand the efficacy and safety of different modalities, including manual therapies, acupuncture, nutrition, and mind-body approaches
- Become familiar with the Circle of Health as it applies to pain care
MODULE 1. NEW PERSPECTIVES ON PAIN AND SUFFERING

NATIONAL PAIN AND GENERAL WHOLE HEALTH RESOURCES

This document provides a review of VA pain related and Whole Health-related resources with information about the following:

- The PACT Pain Roadmap
- A variety of primary websites
- Whole Health online courses
- Several VA Community of Practice calls; and
- An online community of practice called VA Pulse offered by the VA Office of Patient Centered Care & Cultural Transformation.

Those resources specific to the Whole Health approach to care are identified with the Circle of Health.

THE PACT PAIN ROADMAP

This excellent document contains multiple guidelines and links which allow you to assess your facility, clinic, or team’s approach to pain and to consider a range of approaches for pain care. For more information, see the PACT Roadmap for Managing Pain, available at:


PRIMARY WEBSITES

VHA PAIN MANAGEMENT RESOURCES

- The main webpage has information to register for the monthly call, “Spotlight on Pain Management.” Register at:
  http://www.va.gov/painmanagement/
- Opioid Safety Toolkit is available at:
  http://www.va.gov/PAINMANAGEMENT/Opioid_Safety_Initiative_Toolkit.asp
- Contents include:
  o Effective Treatments for PTSD: Consider Cognitive Behavioral Therapy (CBT) as First Line Treatment (for clinicians)
  o PTSD Overview (for patients)
  o Effective Treatments for PTSD: Helping Patients Taper from Benzodiazepines (for clinicians)
  o Benzodiazepines Overview (for patients)
Consent Form for Long-Term Opioid Therapy for Pain
Taking Opioids Responsibly (Patient Information Guide on Long-Term Opioid Therapy for Chronic Pain)

- Pain management materials for providers are available at: http://www.va.gov/PAINMANAGEMENT/For_Providers.asp
- Contents include:
  - Psychological Treatment of Chronic Pain Presentation

DEFENSE & VETERANS CENTER FOR INTEGRATIVE PAIN MANAGEMENT (DVCIPM)

Website available at: http://www.dvcipm.org
- The Joint Pain Education Project (JPEP) group has a great video, “Understanding Pain,” which can be helpful for patients. Available at: http://www.dvcipm.org/clinical-resources/joint-pain-education-project-jpep-1/educational-videos
- Check out the “Clinical Resources,” as well. You can access the JPEP manual’s table of contents and contact information if you would like to request more information.

VA PATIENT CENTERED CARE

Internet site for Veterans and their families, as well as clinicians: http://www.va.gov/patientcenteredcare/
- Personal Health Inventory. You can link to the MyStory: Personal Health Inventory (PHI) webpage. Follow the link above to the section “What Matters Most to You? Personal Health Inventory” for a downloadable copy of the PHI. You can access the PHI directly at: http://www.va.gov/PATIENTCENTEREDCARE/resources/personal-health-inventory.asp. On this page, you also can also access the brief version of the PHI.
- Whole Health Videos. You can link to key videos related to a variety of Whole Health topics, including mindful awareness, at: http://www.va.gov/PATIENTCENTEREDCARE/resources/multimedia/index.asp
- Overview of Whole Health Education:
http://vaww.infoshare.va.gov/sites/opcc/Pages/education.aspx

- VA Whole Health Subject Guide – online VA access journals, books, databases and articles:
  http://www.va.gov/LIBRARY/Subject/Whole_Health.asp
- OPCC&CT SharePoint. Links to all Whole Health courses, including Eating for Whole Health, Whole Health for Pain and Suffering, Whole Health in Your Practice, Whole Health in Your Life, and Whole Health Coaching:
  http://vaww.infoshare.va.gov/sites/OPCC/Whole%20HealthClinical%20Courses/Forms/AllItems.aspx

WHOLE HEALTH ONLINE COURSES

Available through either TMS or TRAIN:
- An Introduction to Complementary Approaches (VA TMS Item Number: 29890) - This virtual training is designed for clinical members of the health care team, as well as non-clinical staff interested in learning more about complementary approaches. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.
- Clinician Self-Care: You in the Center of the Circle of Health (VA TMS Item Number: 29697) - This virtual training is designed for clinical members of the health care team. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.
- Mindfulness (VA TMS ID: 31300) - This virtual training is designed for anyone interested in learning more about Mindfulness. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.

WHOLE HEALTH LIBRARY WEBSITE

A compendium of online Whole Health documents for clinicians and Veterans:
http://projects.hsl.wisc.edu/SERVICE/

- Under the “Key Resources” tab, you will find documents like the Personal Health Inventory and the Passport to Whole Health, a 200-page resource guide with chapters about each part of the Circle of Health.
- Under the “Courses” tab, you will find the manual and PowerPoints for the Whole Health for Pain and Suffering course, as well as and a variety of additional materials specific to the course.
The “Educational Overviews and Clinical Tools” tab features over 200 with information on the practice of Whole Health. These materials are for clinicians. For an extensive review of the Educational Overviews and Clinical tools relevant to pain care, please see the final section of this resources document on page 9.

The” Veteran Handouts” tab features materials for Veterans. These have been reviewed by a national group of Veterans, as well as by VA clinicians. A number of handouts are posted and many are in development, as noted on the website.

THE SAMUELI INSTITUTE

This group has collaborated with the military on a number of research projects and evidence reviews. Link to information on acupuncture in the military, chiropractic, and an article on whether or not self-management and complementary integrative therapies are of benefit at: http://www.samueliinstitute.org/research-areas/military-medical-research/mmr-focal-areas/pain.html

SPECIALTY CARE ACCESS NETWORK – EXTENSION FOR COMMUNITY (SCAN ECHO).

- A VA Fact Sheet about SCAN ECHO is available at: http://www.va.gov/HEALTH/docs/Specialty-Care-Access-Network.pdf
- To learn more, you can watch the video at: https://www.youtube.com/watch?v=i-JU298C1ss

PAIN AND WHOLE HEALTH COMMUNITY OF PRACTICE CALLS

PAIN PACT COMMUNITY OF PRACTICE CALL

- Focuses on pain management, with many presentations related to Whole Health. Monthly call on 3rd Friday at 12:30 ET
  VANTS: 1-800-767-1750 # 74609
  Adobe Connect link available at: http://va-eerc-ees.adobeconnect.com/pactcop
  Previous presentations are recorded and archived on SharePoint
  Contact: Ilene.Robeck@va.gov or Stephen.Eraker@va.gov

SPOTLIGHT ON PAIN MANAGEMENT

- Monthly call on 1st Tuesday at 11:00 ET. Sign up at: http://www.va.gov/painmanagement/

WHOLE HEALTH: CONTINUE THE CONVERSATION COMMUNITY OF PRACTICE CALL

- Whole Health learning and skill-development, subject matter experts, and best practices Monthly call on 1st Thursday at 2:00 ET
  VANTS: 1-800-767-1750, Access Code 43351
  Adobe Connect link available at: http://va-eerc-ees.adobeconnect.com/wh_cop/
Previous recordings and materials since the call began in May 2014 are available on the COP SharePoint site.

**WHOLE HEALTH COACHING COMMUNITY OF PRACTICE CALL**

- Whole Health coaching education and skill-development, subject matter experts, and best practices
- Monthly call on 4th Thursday at 2:00 ET
- VANTS: 1-800-767-1750, Access Code 43351

**A REVIEW OF ALL OFFICE OF PATIENT CENTERED CARE AND CULTURAL TRANSFORMATION CALLS**

- OPCC&CT SharePoint – Community of Practice Calls
  - Available at: [http://vaww.infoshare.va.gov/sites/OPCC/COP/default.aspx](http://vaww.infoshare.va.gov/sites/OPCC/COP/default.aspx)

**AN ONLINE WHOLE HEALTH COMMUNITY OF PRACTICE**

- VA Pulse. This is an online site to link you to the national Whole Health community. A great way to share information, ask questions of others, and search through previous discussions, etc.  [https://www.vapulse.net](https://www.vapulse.net)

**THE WHOLE HEALTH LIBRARY WEBSITE**

As noted above, the Whole Health Library Website can be found at: [http://projects.hsl.wisc.edu/SERVICE/](http://projects.hsl.wisc.edu/SERVICE/)

Located under the “Courses” tab are the course materials for *Whole Health for Pain and Suffering: An Integrative Approach*.

Additionally, the site hosts thirty-five written modules, each with an educational overview and a number of “point-of-care” clinical tools based on the Circle of Health can be found under the “Educational Overviews and Clinical Tools” tab.

There are five modules specifically related to pain care including:

- Module 26: Chronic Pain
- Module 27: Headache
- Module 28: Low Back Pain
- Module 29: Myofascial Pain
- Module 30: Self-Management of Chronic Pain
Listed below are the clinical tools associated with these five modules, as well as a subset of the more than 200 clinical tools on the website most relevant to pain care. See the “Educational Overviews and Clinical Tools,” tab for the entire library.

**MODULE 4: MINDFUL AWARENESS CLINICAL TOOLS**
- Bringing Mindful Awareness into Clinical Work
- Mindful Awareness Practice in Daily Living
- Practicing Mindful Awareness with Patients: 3-Minute Pauses
- Going Nowhere: Keys to Present Moment Awareness

**MODULE 5: WORKING YOUR BODY CLINICAL TOOLS**
- Yoga: Looking Beyond “The Mat”
- Prescribing Movement
- Improving Flexibility

**MODULE 6: SURROUNDINGS CLINICAL TOOLS**
- Ergonomics

**MODULE 7: PERSONAL DEVELOPMENT CLINICAL TOOLS**
- Values
- Creating a Gratitude Practice
- Forgiveness: The Gift We Give Ourselves

**MODULE 8: FOOD AND DRINK CLINICAL TOOLS**
- The Anti-Inflammatory Diet
- Mindful Eating

**MODULE 9: RECHARGE CLINICAL TOOLS**
- Hints for Encouraging Healthy Sleep
- A Natural Approach to Sleep, Stress and Insomnia

**MODULE 12: POWER OF THE MIND CLINICAL TOOLS**
- Meditation
- Working with Our Thinking
- Therapeutic Journaling
- Clinical Hypnosis
- Biofeedback
- Imagery
- Autogenic Training
- Progressive Muscle Relaxation
- Progressive Relaxation
- Breathing
• The Power of Breath: Diaphragmatic Breathing
• Power of the Mind: Additional Resources

MODULE 13: CLINICIAN SELF-CARE CLINICAL TOOLS
• Work-Life Balance (WLB): Tips and Resources
• Burnout, Part 1: Origins
• Burnout, Part 2: Solutions
• Give Me a Break: How Taking Breaks from Work Leads to Whole Health
• Healing the Healer: Writing Your Own Health Plan
• Ways to Enhance Resilience and Prevent Burnout

MODULE 14: INTRODUCTION TO COMPLEMENTARY APPROACHES CLINICAL TOOLS
• Tips for Working with Complementary Approaches in Your Practice
• Deciding if an Approach Is Worth Using: The ECHO Mnemonic
• Acupuncture and Traditional Chinese Medicine
• Massage Therapy
• Osteopathic Medicine

MODULE 15: DIETARY SUPPLEMENTS: AN OVERVIEW CLINICAL TOOLS
• How to Read a Dietary Supplement Label
• Dietary Supplement Information Resources
• Choosing an Effective and Safe Dietary Supplement

MODULE 19: ENDOCRINE HEALTH CLINICAL TOOLS
• Glycemic Index

MODULE 26: CHRONIC PAIN CLINICAL TOOLS
• Supplements for Pain
• Acupuncture and Pain
• Non-Drug Approaches to Chronic Pain

MODULE 27: HEADACHE CLINICAL TOOLS
• Headache

MODULE 28: LOW BACK PAIN CLINICAL TOOLS
• Low Back Pain
• Mindfulness Meditation for Low Back Pain

MODULE 30: SELF-MANAGEMENT OF CHRONIC PAIN CLINICAL TOOLS
• Working with Pain-Related Thoughts
• Working the Body in Chronic Pain: What Clinicians Need to Know
• Diaphragmatic Breathing to Assist with Self-Management of Pain
Communicating about Chronic Pain: Instructions for Clinicians
Goal Setting for Pain Rehabilitation
A Pain Flare Management Plan: Suggestions to Offer Patients

MODULE 35: SUBSTANCE USE CLINICAL TOOLS

- Substance Use Disorders
- Substance Use Disorder Treatment: Complementary Approaches
- Recovery-Based Mutual Self-Help Groups
- Reducing Relapse Risk
- Tobacco Use Disorders
Where Are You on the Spectrum of Integrative Care?

Take a moment to consider the following questions:

- How often do patients, colleagues, or family members bring up the topic of complementary therapies with you?
- How do you feel when they do? Angry? Uncertain? Frustrated? Enthusiastic? Interested? Does this vary depending on which therapy is being discussed?
- Where would you place yourself on the “Spectrum of Integrative Care” (see below), and why?

It might be instructive to compare your responses with those of your colleagues.

This material is excerpted from the Introduction to Complementary Approaches module written by J. Adam Rindfleisch, MPhil, MD, which is available on the Whole Health Library Website, http://projects.hsl.wisc.edu/SERVICE/, as described in the manual document page 7, under module one.
A MOMENT TO REFLECT AND INTRODUCTIONS

A MOMENT TO REFLECT: PAIN AND SUFFERING IN YOUR WORK

*Few things a doctor does are more important than relieving pain... pain is soul destroying. No patient should have to endure intense pain unnecessarily. The quality of mercy is essential to the practice of medicine; here, of all places, it should not be strained.*  — Marcia Angell

Take a few minutes to jot down thoughts related to the following questions. After that, you will be asked to find a partner. Introduce yourself. You will each have a few minutes to share your answers. Only share to the degree you are comfortable doing so.

1. Why did you choose to work in health care? Would you repeat that decision knowing what you know now?

2. When it comes to working with people who are in pain and are suffering, how do you feel?

3. What is the most rewarding moment you have ever had related to pain care?

4. What do you personally need to be able to offer better pain care in your practice?
GUIDE TO INTRODUCING YOURSELF TO THE GROUP

This room is filled with a variety of clinicians. There is a lot of wisdom in the group. Please take a moment (20-30 seconds per person) to introduce yourself to the larger group.

Please briefly share the following information:

- Your name
- Your role at the VA
- Something you find especially helpful when working with people who are suffering
- An interest, hobby, favorite pastime, or something your co-workers may not know about you

Examples:

“Hello, my name is Sarah Miller. I am an RN for Women’s Health. I have become a big fan of biofeedback myself, and I recommend it for patients sometimes. I play the tuba in an all-nurses marching band.”

“Hi. My name is John Johnson. I am an interventional pain physician. I have been trained in Battlefield Acupuncture and I use it with my Veterans experiencing pain. In my spare time, I raise alpacas.”
 MODULE 2. PATIENT VIGNETTE: CHRONIC PAIN

VIGNETTE – ELENA

Elena is a 55-year-old retired Army officer. After retiring from active duty five years ago, she began working for a nearby Air Force base in a high level administrative position. She began seeing a primary care physician three years ago, but does not come in frequently because she has historically been in good health. In the past year, however, she has developed ongoing neck pain and right knee pain. An X-ray and MRI of her neck showed some degenerative changes but were otherwise normal. An X-ray of her right knee showed some osteoarthritis. Traditional over-the-counter analgesic medications provided minimal relief. Six weeks of physical therapy was also not helpful. Because of these treatment failures, she was seen in pain management and started on short and long-acting pain medications. Although this does help her pain when she takes it, her function has not improved. The medications cause some fatigue. Despite these limitations, she is concerned about stopping the opioid medication because it is the only thing she has found to be even temporarily helpful.

As a clinician, you are aware that reducing prescription opioids is increasingly seen as important to providing better pain care, and there is increased attention within VHA to find ways to reduce use of prescription opioids. You want to offer Elena other alternatives, but it is not clear which ones will work, or which ones will be covered by your VA facility. You are starting to feel worn down.

Elena feels the pain is having a negative impact on her life, as the neck pain is making driving her car and riding her bike more difficult. In addition, the mild depressive symptoms that she had dealt with intermittently in her life to this point have become more persistent over the past few months. Her sleep quality is decreasing and she has gained 10 pounds in the past year. She is frustrated with these negative changes and poor treatment options and is looking for a better approach to her health.

This case study and associated PHI and PHP are excerpted from the Chronic Pain module written by Russell Lemmon, DO, which is available on the Whole Health Library Website, http://projects.hsl.wisc.edu/SERVICE/, as described in the manual document page 7, under module one.
Your Personal Health Inventory

1. What really matters to you in your life?
   I want to feel I am making a positive impact in the world around me.

2. What brings you a sense of joy and happiness?
   - Being around my 2 children and 2 grandchildren
   - Being active in the outdoors, such as hiking

3. On the following scales from 1-5, with 1 being miserable and 5 being great, circle where you feel you are on the scale

   **Physical Well-Being:**
   
   1  2  3  4  5
   Miserable Great

   **Mental/Emotional Well-Being:**
   
   1  2  3  4  5
   Miserable Great

   **Life: How is it to live your day-to-day life?**
   
   1  2  3  4  5
   Miserable Great

Where You Are and Where You’d Like to Be

For each of the following areas, consider where you are now and where you would like to be. All the areas are important. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. Some areas are strongly connected to other areas, so you may notice some of your answers seem the same. Try to fill out as many areas as you can. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.
### Working the Body: “Energy and Flexibility”

- **Includes** movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

- **What are the reasons you choose this number?**

  *Being active is important to me. I have always enjoyed hiking and biking and have not been able to do that very much in the past year. That is really frustrating.*

- **What changes could you make to help you get there?**

  *I don't know. I don't feel safe riding my bike right now due to not being able to turn my neck, and hiking is harder because of my knee pain.*

### Recharge: “Sleep and Refresh”

- **Includes** getting enough rest, relaxation, and sleep.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

- **What are the reasons you choose this number?**

  *I still get sleep, but it is not as good. This has been making my days harder. My energy level has decreased significantly.*

- **What changes could you make to help you get there?**

  *I'm not sure.*

### Food and Drink: “Nourish and Fuel”

- **Includes** eating healthy, balanced meals with plenty of fruits and vegetables each day, drinking enough water and limiting sodas, sweetened drinks, and alcohol.

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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

- **What are the reasons you choose this number?**

  *I still get fruits and vegetables but have been eating junk food more in the past few months. I think I'm just getting lazy, but planning has been more of a chore.*

- **What changes could you make to help you get there?**

  *I could cut back on the junk food, I guess.*
### Personal Development: “Personal Life and Work Life”

“Personal Life and Work Life” includes learning and growing, developing abilities and talents, and balancing responsibilities where you live, volunteer, and work.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where you would like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I enjoy my job but don’t have the same satisfaction as when I was on active duty.

What changes could you make to help you get there?

- Not sure.

### Family, Friends, and Co-Workers: “Relationships”

“Relationships” includes feeling listened to and connected to people you love and care about, and the quality of your communication with family, friends, and people you work with.

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<th>Where you would like to be?</th>
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</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I love my family and feel the relationships are good, but in the past few months I haven’t called them as much because my mood has been down.

What changes could you make to help you get there?

- Make more of an effort to connect with my family.

### Spirit and Soul: “Growing and Connecting”

“Growing and Connecting” includes having a sense of purpose and meaning in your life, feeling connected to something larger than yourself, and finding strength in difficult times.

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</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I really felt a sense of mission when on active duty. I felt my job was important. I enjoy the job now but don’t have the same feeling that I am serving a greater cause.

What changes could you make to help you get there?
**Surroundings:** “Physical and Emotional” includes feeling safe, having comfortable, healthy spaces where you work and live, quality of the lighting, color, air, and water, and decreasing unpleasant clutter, noises, and smells.

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<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

1 like where I live and work. No problems.

**Power of the Mind:** “Strengthen and Listen” includes tapping into the power of your mind to heal and cope and using mind-body techniques like relaxation, breathing, or guided imagery.

<table>
<thead>
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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I have never used these kinds of techniques and wouldn’t know where to start. I think I have always been good at dealing with stress.

What changes could you make to help you get there?
Professional Care

Prevention: On a scale of 1-5, circle the number that best describes how up to date you are on your preventive care such as flu shot, cholesterol check, cancer screening, and dental care.

1  2  3  4  5
Not at all  A little bit  Somewhat  Quite a bit  Very Much

Clinical Care: If you are working with a healthcare professional, on a scale of 1-5, circle the number that best describes how well you understand your health problems, the treatment plan, and your role in your health.

1  2  3  4  5
Not at all  A little bit  Somewhat  Quite a bit  Very Much

☐ I am not working with a healthcare professional.

Reflections

1. Now that you have thought about all of these areas, what is your vision of your best possible health? What would your life look like? What kind of activities would you be doing? The best case is that I am able to stay active, have great communication with my family, be able to manage my stress well, and have activities in my life that give me a sense of purpose.

2. Are there any areas you would like to work on? Where might you start? The things that seem the most important to me are communication with family and being active, and those are both areas that can use improvement.

- I do not have a good feeling for what treatment options I have or how to use complementary therapies.

- I do not have a good understanding of how relaxation or mind-body practices can help my pain and don't have a good method to manage stress. I think I have always been able to do fine, so I haven't developed any ongoing habits in this area.
PHP FOR ELENA

Personal Health Plan

Mission: To live with a sense of purpose and service while maintaining connectedness with my family and the outdoors.

Brief Summary of the Plan:
You are in need of more pain control options that you can begin in the short term. You are motivated to cut down on your use of opioid medications but need alternatives to help when your pain worsens. Acupuncture could be a good option for you for this purpose. In addition, you identified several areas within your control that have an impact on your pain and quality of life. Areas such as sense of purpose, mindful awareness, and sleep quality are areas that have worsened in recent months and are likely contributing to your experience. Part of your long-term health plan will be addressing these important areas of your life.

Overall Health Goals:
- Start walking outdoors with the overall goal of being able to hike in nature again.
- Improve sleep quality.
- Learn acceptance of elements of your life that are out of your control.
- Learn ways to control pain without opioids.

Mindful Awareness:
Begin with experiencing a mindfulness practice at home using the mindfulness CD given at the clinic visit. Consider joining a Mindfulness Based Stress Reduction group. Local instructors can be located at: http://www.umassmed.edu/cfm/stress/index.aspx.

Dear Elena,

It was a pleasure meeting with you last week at the VA Medical Center. You sought consultation for developing a plan for overall health and well-being and specifically to develop a comprehensive treatment plan for chronic pain.

We are committed to partnering with you to provide comprehensive treatment for your pain while optimizing your well-being throughout the process. Included in this letter is your Personalized Health Plan, which represents your personal values, priorities, and vision for your health and well-being based on your responses during your initial personal health planning visit.

Partnering with you, your health care team has developed team recommendations to support you on the road to optimal health and well-being. All members of your health care team can now refer to this plan as your overall strategy for your health and be sure our treatment plans align with your priorities and with each other.

Sincerely,

Your Whole Health Team
Proactive Self Care

Personal Development
In an effort to further explore your sense of purpose at this stage of your life, consider areas of interest that perhaps you were not able to pursue when you were on active duty. Have you always wanted to deepen an interest in art, music, writing, or something else? Consider areas where you can direct your passions or find new ones.

Food and Drink
Begin keeping a food and drink diary. Check out the food diary on MyHealtheVet at http://www.myhealth.va.gov. Make it a goal to include as many fruits and vegetables in your diet as possible. Depending on your intake of healthy fats, consider supplementation of omega-3 fatty acids.

Recharge
Develop a sleep hygiene routine. Limit caffeine in general, but particularly after noontime. Avoid drinking alcohol near bedtime. If sleep issues persist, consider using the guided imagery and hypnosis techniques that we reviewed together. (To support this recommendation, the clinician can see the following clinical tools: Hints for Encouraging Healthy Sleep, Imagery, and Clinical Hypnosis.)

Spirit and Soul
You have expressed a void since separation from active duty, which is quite common. Your sense of service is inspiring, and it seems you could use a new outlet for this trait. Consider what opportunities would allow you to connect with something bigger than yourself. This could be related to a current or new passion. Direct your energies toward your family as well as to other outlets that feel meaningful to you. As you do so, work on reframing your pain experience and treatment.

SMART Goal
“I will increase my exercise by walking in my neighborhood four days a week, for 30 minutes, starting next Monday. I will walk on Monday, Wednesday, Friday, and Sunday.”

Support Team

<table>
<thead>
<tr>
<th>Principal Professionals</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary care clinician</td>
<td>• Sister</td>
</tr>
<tr>
<td>• Acupuncturist</td>
<td>• Best friend</td>
</tr>
<tr>
<td>• Personal trainer</td>
<td></td>
</tr>
</tbody>
</table>
## Professional Care

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Medications/Supplements</th>
<th>Testing/Treatments</th>
<th>Referrals</th>
<th>Skill building and education</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Up to date</td>
<td>- VA medications</td>
<td>- Acupuncture</td>
<td>- Acupuncturist</td>
<td>- Sleep hygiene</td>
</tr>
<tr>
<td></td>
<td>- Non-VA medications</td>
<td>- Walking</td>
<td></td>
<td>- Nutrition</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Mindfulness based stress reduction</td>
</tr>
</tbody>
</table>

### Follow-Up (Next Steps)
- Start walking daily.
- Schedule an evaluation with an acupuncturist.
- Consider the above suggestions to see what resonates with you.
- Follow up with us within the next 2 months to check in on your progress.
MODULE 5. PATIENT VIGNETTE: ARTHRITIS

VIGNETTE – FRANK

Frank is a 53-year-old retired Army officer who presents to discuss worsening bilateral knee pain and hand pain. He has known osteoarthritis in his knees which has been treated in the past by ibuprofen and physical therapy. These treatments did not help and he was given a trial of daily oxycodon. Although this does help his pain when he takes it, his function is not improved. The medications cause fatigue as well. Most recently his family physician offered him a steroid injection in his knees. He is considering this option, but is frustrated by an option that seems a short-term fix. In addition to pain, Frank has hypertension, is overweight, and is complaining of increasing stomach pain.

Since retiring from the Army, Frank has worked in construction management. He still spends a lot of time on job sites, and is having increased difficulty doing this. He is concerned that he may need to shift more of his job into the office, as he likes the outdoor aspect of his job. Frank is married and has two teenage children. He loves outdoor activities, with hiking and kayaking being some of his favorites. Hiking has been more difficult in the past two years. He has also found that he is kayaking less as well.

Frank would like to discuss what additional treatment options could help with his knee and hand pain.

This case study and associated PHI and PHP were written by Russell Lemmon, DO, Assistant Professor, Department of Family Medicine and Community Health, University of Wisconsin-Madison School of Medicine and Public Health and Medical Director for UW Health Northeast Family Medicine Center.
Use this circle to help you think about your whole health

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

<table>
<thead>
<tr>
<th>Physical Well-Being</th>
<th>1 Miserable</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 Great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental/Emotional Well-Being:</td>
<td>1 Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5 Great</td>
</tr>
<tr>
<td>Life: How is it to live your day-to-day life?</td>
<td>1 Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5 Great</td>
</tr>
</tbody>
</table>

What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

*I want to be able to travel with my wife and enjoy the next several years while my teenage children are still at home.*
Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

<table>
<thead>
<tr>
<th>Area of Whole Health</th>
<th>Where I am Now (1-5)</th>
<th>Where I Want to Be (1-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working the Body: “Energy and Flexibility” Moving and doing physical activities like wheeling, walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Recharge: “Sleep and Refresh” Getting enough rest, relaxation, and sleep.</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Food and Drink: “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Personal Development: “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Family, Friends, and Co-Workers: “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Spirit and Soul: “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Surroundings: “Physical and Emotional” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Power of the Mind: “Relaxing and Healing” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Professional Care: “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

I want to be outdoors with my family in my spare time. I want to finish my career continuing to work outdoors. I would like to find other ways to spend my time as my kids leave the house.

Are there any areas you would like to work on? Where might you start?

The biggest glaring weakness is my activity level. I don’t know how to be more active with the knee pain that I have. Also, my eating habits are not good. This is mostly due to bad habits, and I think I can change this.

After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.
Your Personal Health Plan

Mission: Excel at being a father, husband and enjoy the outdoors.

Brief Summary of the Plan:
You note the need to improve several areas of self-care, including nutrition, movement, sleep and being mindful. These are all very doable, and could have a significant impact on your pain. We will initially focus on these self-care areas in order to help you achieve your health goals. In addition, we can consider acupuncture to help with your pain.

Overall Health Goals:
- Enjoy the outdoors
- Travel
- Start some kind of exercise/movement

Assets/Positive Attributes:
Great relationships and support system. Good relationship with primary clinician.

Mindful Awareness:
You expressed a desire to improve this aspect of your health. You can begin a mindfulness practice quite simply using free online resources or phone apps. There are resources available at http://www.fammed.wisc.edu/integrative

Dear Frank,

It was a pleasure meeting with you last week at the VA Medical Center. You sought consultation for developing a plan for your overall health and well-being, specifically to develop a comprehensive treatment plan for your diagnosis of knee and hand osteoarthritis.

We are committed to partnering with you to provide comprehensive treatment for your diagnosis of osteoarthritis while optimizing your well-being throughout the process. Included in this letter is your Personalized Health Plan, which represents your personal values, priorities and vision for your health based on your responses during your initial personal health planning visit.

In partnership with you, your health care team has developed team recommendations to support you on the road to optimal health and well-being. All members of your health care team can now refer to this plan as your overall strategy for your health, and ensure that our treatment plans align with your priorities and with each other.

Sincerely,

Your Whole Health Team
## Proactive Self Care

<table>
<thead>
<tr>
<th>Working Your Body</th>
<th>Exercising with arthritis can be frustrating given your previous level of activity. Check out <a href="http://www.arthritis.org">www.arthritis.org</a> for some ideas. I recommend a physical therapy evaluation to strengthen the muscles around your knees. For something different, consider Tai Chi, which can be an excellent exercise in patients with arthritis.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surroundings</td>
<td>Your home surroundings are good. Consider adding more natural surroundings whenever possible. Even if you are not able to hike as you once did, you may enjoy being outdoors. Try to schedule a kayaking outing.</td>
</tr>
<tr>
<td>Personal Development</td>
<td>You recognize that you are in a time of transition, having retired from the Army, and soon your kids will be out of the house. Consider exploring a new hobby, or planning travel with your wife.</td>
</tr>
<tr>
<td>Food and Drink</td>
<td>Some people find a connection between diet and arthritis-related pain. Keep a food, drink, and pain diary and note whether there is a correlation between pain and diet. Focus on cooking at home with plenty of fruits and vegetables. Follow recommendations from the anti-inflammatory diet.</td>
</tr>
<tr>
<td>Recharge</td>
<td>Develop a sleep hygiene routine. If sleep issues persist, consider using the guided imagery and hypnosis techniques that we reviewed together.</td>
</tr>
<tr>
<td>Family, Friends and Co-Workers</td>
<td>You note relationships as a strength in your life. Try to build on this strength and maintain these relationships.</td>
</tr>
<tr>
<td>Spirit and Soul</td>
<td>You have expressed a void since separation from active duty, which is quite common. Consider what opportunities would allow you to connect with something bigger than yourself. This could be related to a current or new passion. Direct your energies toward your family as well as to other outlets that feel meaningful to you. As you do so, work on reframing your pain experience and treatment.</td>
</tr>
<tr>
<td>Power of the Mind</td>
<td>You note this as an area you would like to improve. Start a regular mindfulness practice. Start slow with just 5 minutes per day. There are many ways to further a mindfulness practice. Consider what method makes most sense for you—take a class? Read a book? Use free online resources?</td>
</tr>
</tbody>
</table>

## Support Team

<table>
<thead>
<tr>
<th>Principal Professionals</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary Care Clinician</td>
<td>• Spouse</td>
</tr>
<tr>
<td></td>
<td>• Children</td>
</tr>
<tr>
<td></td>
<td>• Friends</td>
</tr>
</tbody>
</table>
### Professional Care

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Medications/Supplements</th>
<th>Testing/Treatments</th>
<th>Referrals</th>
<th>Skill building and education</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Up to date</td>
<td>• Initiate a taper of oxycodone</td>
<td>• Trial of acupuncture</td>
<td>• Physical Therapy</td>
<td>• Learn about options for a mindfulness practice.</td>
</tr>
</tbody>
</table>

### Follow Up (Next Steps)

- Commit to walking daily, even if only for short durations
- Schedule an OMT visit
- Find a yoga class in your area
- Schedule a visit with a counselor. Discuss whether CBT is a good option for you
- Try melatonin 3mg 2 hours before bedtime to help improve sleep
Jennifer is a 37-year-old woman with a diagnosis of fibromyalgia syndrome who would like to talk about further treatment options for her chronic pain. She was diagnosed with fibromyalgia seven years ago, approximately six months after returning from an Air Force deployment to Afghanistan. Prior to that, she intermittently had episodes of mild depression that resolved without medications, and she also suffered from frequent migraine headaches. While on her deployment, she developed pain in her neck, back and both legs, which persisted. This was associated with headaches, persistent fatigue, and non-restorative sleep. She was medically retired from the Air Force five years ago due to her persistent pain and fatigue, which had resulted in an inability to do her job as an air traffic controller. Previous treatments have included gabapentin, amitriptyline, nonsteroidal anti-inflammatory drugs (NSAIDs), Tylenol, and intermittent short acting opioids. She is frustrated because none of these have made her pain go away. She liked the opioids the best but admits that they did not relieve her pain much either.

Jennifer determined the following initial health goals:

- Focusing her limited energy on things that make her happy
- Improving her pain control, even if she cannot be completely cured
- Improving the quality of her sleep
- Gradually building her daily energy reserves.

She agreed that a multi-faceted approach was the best and that she needed to find ways to enjoy herself now, in the moment, as opposed to continuing to put her life on hold until some point in the future when her pain goes away. She resisted pursuing exercise, but it was stressed how important this aspect of treatment is. She agreed to start walking five minutes per day. She was interested in how acupuncture might address multiple aspects of her symptoms, even if it meant only temporary relief. She was referred to an acupuncturist for further treatment. Given her interest in relaxation exercises, she was also referred for a class on mindfulness meditation. Between the exercise and mindfulness, the hope was that she would be able to take better control of her symptoms. She also agreed to join a fibromyalgia support group to learn how others deal with issues similar to hers.

In terms of medications and supplements, she elected to restart a tricyclic antidepressant, as this had the best evidence among conventional treatments. Nortriptyline was chosen based on its better side effect profile. She was also started on vitamin D and magnesium supplements. In order to improve the quality of her family time, she decided to schedule some time with her children in the mornings when her energy level was better. She agreed to more regular follow-up with her care team to increase her chances of achieving her new goals.
This case study and associated PHI and PHP are excerpted from the Myofascial Pain module written by Russell Lemmon, DO, which is available on the Whole Health Library Website, http://projects.hsl.wisc.edu/SERVICE/, as described in the manual document page 7, under module one.
PHI FOR JENNIFER

Your Personal Health Inventory

1. What really matters to you in your life?
   
   My 2 kids and parents

2. What brings you a sense of joy and happiness?
   
   Spending time with my 2 kids
   - Swimming
   - Solving problems

3. On the following scales from 1-5, with 1 being miserable and 5 being great, circle where you feel you are on the scale.

   **Physical Well-Being:**
   
   1 2 3 4 5
   
   Miserable Great

   **Mental/Emotional Well-Being:**
   
   1 2 3 4 5
   
   Miserable Great

   **Life: How is it to live your day-to-day life?**
   
   1 2 3 4 5
   
   Miserable Great

Where You Are and Where You’d Like to Be

For each of the following areas, consider where you are now and where you would like to be. All the areas are important. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. Some areas are strongly connected to other areas, so you may notice some of your answers seem the same. Try to fill out as many areas as you can. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.
### Working the Body: “Energy and Flexibility” includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1  2 3 4 5</td>
</tr>
</tbody>
</table>

**What are the reasons you choose this number?**

- **When I run or swim my pain gets worse.**

**What changes could you make to help you get there?**

- *I don’t know. I would like to be more active.*

### Recharge: “Sleep and Refresh” includes getting enough rest, relaxation, and sleep.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
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<tr>
<td>1 2 3 4 5</td>
<td>1  2 3 4 5</td>
</tr>
</tbody>
</table>

**What are the reasons you choose this number?**

- **I am exhausted but have trouble sleeping.**

**What changes could you make to help you get there?**

- *Maybe taking some strong sleeping medications.*

### Food and Drink: “Nourish and Fuel” includes eating healthy, balanced meals with plenty of fruits and vegetables each day, drinking enough water and limiting sodas, sweetened drinks, and alcohol.

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<tr>
<td>1 2 3 4 5</td>
<td>1  2 3 4 5</td>
</tr>
</tbody>
</table>

**What are the reasons you choose this number?**

- **I eat fruits and vegetables regularly throughout the day, and I am a healthy weight.**

**What changes could you make to help you get there?**

- *Maybe cut back on caffeine.*
### Personal Development: “Personal Life and Work Life” includes learning and growing, developing abilities and talents, and balancing responsibilities where you live, volunteer, and work.

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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
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<tr>
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</tr>
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</table>

What are the reasons you choose this number?

I don’t have the energy to pursue interests.

What changes could you make to help you get there?

### Family, Friends, and Co-Workers: “Relationships” includes feeling listened to and connected to people you love and care about, and the quality of your communication with family, friends, and people you work with.

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What are the reasons you choose this number?

I think my family and friends are sick of my complaining about pain. I avoid calling my family because I don’t want to annoy them.

What changes could you make to help you get there?

I would like to call my parents and my family more often.

### Spirit and Soul: “Growing and Connecting” includes having a sense of purpose and meaning in your life, feeling connected to something larger than yourself, and finding strength in difficult times.

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<td>1 2 3 4 5</td>
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</table>

What are the reasons you choose this number?

Since leaving my job, I don’t feel that my life has much purpose.

What changes could you make to help you get there?

I would like to work again, but I don’t have the energy to do so.
### Surroundings: “Physical and Emotional”

“Physical and Emotional” includes feeling safe, having comfortable, healthy spaces where you work and live, quality of the lighting, color, air, and water, and decreasing unpleasant clutter, noises, and smells.

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<td>2</td>
<td>2</td>
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<tr>
<td>3</td>
<td>3</td>
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<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

*I think my home is fine.*

What changes could you make to help you get there?

*N/A.*

### Power of the Mind: “Strengthen and Listen”

“Strengthen and Listen” includes tapping into the power of your mind to heal and cope and using mind-body techniques like relaxation, breathing, or guided imagery.

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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
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<tr>
<td>3</td>
<td>3</td>
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<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

*I do not have experience with this formally, but I have enjoyed doing relaxation exercises in the past.*

What changes could you make to help you get there?

*I would like to learn more about this, but I am skeptical of this really helping my pain.*
Professional Care

**Prevention:** On a scale of 1-5, circle the number that best describes how up to date you are on your preventive care such as flu shot, cholesterol check, cancer screening, and dental care.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Not at all</td>
<td>A little bit</td>
<td>Somewhat</td>
<td>Quite a bit</td>
<td>Very much</td>
</tr>
</tbody>
</table>

**Clinical Care:** If you are working with a healthcare professional, on a scale of 1-5, circle the number that best describes how well you understand your health problems, the treatment plan, and your role in your health.

<p>| | | | | |</p>
<table>
<thead>
<tr>
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<th></th>
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</table>

☐ I am not working with a healthcare professional.

**Reflections**

1. Now that you have thought about all of these areas, what is your vision of your best possible health? What would your life look like? What kind of activities would you be doing?

   *I would like to have more energy to do more during the day. I would like to spend more time with my kids. I would like to work again, but in the meantime I think I need other ways to focus my energy.*

2. Are there any areas you would like to work on? Where might you start?

   *I would like to learn how to use relaxation exercises or other ways to use my mind to better control my symptoms. I would like to find ways to have better control over my symptoms. I am willing to try anything to help better control my pain.*
Your Personal Health Plan

Mission: To be able to be active with and take care of my children.

Brief Summary of the Plan:

Increase movement, improve sleep, and reduce pain through a multi-modal approach.

Overall Health Goals:

- Focus your limited energy on things that make you happy.
- Improve your pain control, even if this means it will not be cured.
- Improve the quality of your sleep.
- Gradually build your daily energy reserve.

Assets/Positive Attributes:

You have a loving family and two beautiful daughters.

You have a home you are proud of.

You have shown that you are a productive employee and that you may be able to work again in the future.

Mindful Awareness:

We will work together to help you reach your health goals. Being aware of the love you have for your daughters and family will help give you the energy needed to make these positive changes. We will mobilize our VA team to help you get there.

Dear Jennifer,

It was a pleasure meeting with you last week at the VA Medical Center. You sought consultation for developing a plan for your overall health and well-being, specifically to develop a comprehensive treatment plan for your diagnosis of fibromyalgia.

We are committed to partnering with you to provide comprehensive treatment for your diagnosis of fibromyalgia while optimizing your well-being throughout the process. Included in this letter is your Personalized Health Plan, which represents your personal values, priorities, and vision for your health based on your responses during your initial personal health planning visit.

In partnership with you, your health care team has developed team recommendations to support you on the road to optimal health and well-being. All members of your health care team can now refer to this plan as your overall strategy for your health and ensure that our treatment plans align with your priorities and with each other.

Sincerely,

Your Whole Health Team
## Proactive Self Care

<table>
<thead>
<tr>
<th><strong>Working Your Body</strong></th>
<th>Start walking 5 minutes a day. Once you are walking more regularly, we will work on getting you back in the pool to swim, since that brings you joy.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Surroundings</strong></td>
<td>It is great that you have a home you like. You seem to be doing well in this area.</td>
</tr>
<tr>
<td><strong>Personal Development</strong></td>
<td>You report that you enjoy solving problems, but you currently do not have enough energy to do this. As we work together on helping you get better, start to think what activities or work you could pursue that would allow you to do more of the problem solving you enjoy.</td>
</tr>
<tr>
<td><strong>Food and Drink</strong></td>
<td>You are already doing a good job with your nutrition. Continue to eat multi-colored whole foods, including vegetables, fruits, and whole grains. Good sources of protein are beans, nuts, fish, and lean meat. Avoid excess inflammatory foods such as red meat, dairy, and sugar. Minimize sweets and “white” foods such as bread and pasta.</td>
</tr>
<tr>
<td><strong>Recharge</strong></td>
<td>We will start nortriptyline 25 mg at bedtime to improve your sleep and reduce your pain severity. Getting more movement during the day will also help your sleep.</td>
</tr>
<tr>
<td><strong>Family, Friends and Co-Workers</strong></td>
<td>Join the fibromyalgia support group we discussed. Plan on spending time with your kids in the morning when you have the most energy.</td>
</tr>
<tr>
<td><strong>Spirit and Soul</strong></td>
<td>You mentioned that since leaving your job, your life does not have much purpose. Let’s start by focusing on your children, since they are clearly very important to you. With time, you may find the energy and confidence to explore working again. We have excellent resources that can help with vocational training when you are ready.</td>
</tr>
<tr>
<td><strong>Power of the Mind</strong></td>
<td>Since you are interested in improving your relaxation skills, we will get you enrolled in a Mindfulness Meditation class.</td>
</tr>
</tbody>
</table>

## Support Team

<table>
<thead>
<tr>
<th><strong>Principal Professionals</strong></th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary Care Clinician</td>
<td>• Your children and parents.</td>
</tr>
<tr>
<td>• Acupuncturist</td>
<td></td>
</tr>
</tbody>
</table>

## Professional Care

<table>
<thead>
<tr>
<th><strong>Prevention</strong></th>
<th><strong>Medications/Supplements</strong></th>
<th><strong>Testing/Treatments</strong></th>
<th><strong>Referrals</strong></th>
<th><strong>Skill building and education</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Consider keeping a journal so you can learn what is associated with good and bad days.</td>
<td>• Nortriptyline 25 mg at bedtime</td>
<td>• 25-Hydroxy vitamin D level</td>
<td>• Acupuncture</td>
<td>• Mindfulness Meditation class</td>
</tr>
<tr>
<td></td>
<td>• Magnesium citrate 500 mg daily</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Adam is a 28-year-old Veteran who was medically separated from the Army two years ago. He was healthy prior to four years ago, when he was involved in an IED attack while deployed in Iraq. During the attack, he was thrown from his vehicle causing acute cervical disc herniations. He was stabilized until getting to Germany, where he underwent an urgent cervical fusion. He ultimately needed a revision surgery on his neck as well. He was medically separated from the Army due to ongoing chronic pain that did not allow him to return to his infantry unit.

Adam continues to struggle with neck pain as well as lower back pain. His treatments have included physical therapy, water-based therapy, and several medications. He is currently being treated with sertraline, gabapentin, zolpidem, and OxyContin. He has difficulty sleeping, feels fatigued daily, has a depressed mood and has erectile difficulties. He has also gained 20 pounds over the past two years. He is frustrated by his current health and would like to discuss treatments focused on decreasing pain and become more active.

This case study and associated PHI and PHP were written by Russell Lemmon, DO, Assistant Professor, Department of Family Medicine and Community Health, University of Wisconsin-Madison School of Medicine and Public Health and Medical Director for UW Health Northeast Family Medicine Center.
Personal Health Inventory

Use this circle to help you think about your whole health

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

<table>
<thead>
<tr>
<th></th>
<th>Physical Well-Being</th>
<th>Mental/Emotional Well-Being:</th>
<th>Life: How is it to live your day-to-day life?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Miserable</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>2 Miserable</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
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<td>4</td>
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</tr>
<tr>
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<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>5 Miserable</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What do you live for? What matters to you? Why do you want to be healthy?

Write a few words to capture your thoughts:

*I would like to be a better father and husband. I feel like I am tired or feeling miserable all the time. I would love to get more active, spend more time outside, and play with my children.*
Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

<table>
<thead>
<tr>
<th>Area of Whole Health</th>
<th>Where I am Now (1-5)</th>
<th>Where I Want to Be (1-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Working the Body:</strong> “Energy and Flexibility” Moving and doing physical activities like wheeling, walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td><strong>Recharge:</strong> “Sleep and Refresh” Getting enough rest, relaxation, and sleep.</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td><strong>Food and Drink:</strong> “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td><strong>Personal Development:</strong> “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td><strong>Family, Friends, and Co-Workers:</strong> “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td><strong>Spirit and Soul:</strong> “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td><strong>Surroundings:</strong> “Physical and Emotional” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td><strong>Power of the Mind:</strong> “Relaxing and Healing” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td><strong>Professional Care:</strong> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

**Reflections**

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

*My best self starts with a sense of mission. I feel like I have lost some of this after separating from the Army. That involves being a good father and a good husband to my wife. I was very active before my injury, and would like to find activities that I can do without worsening my pain.*

Are there any areas you would like to work on? Where might you start?

*I feel that I have a lot of areas to work on. Maybe I would start with trying to get better sleep, because I feel like the fatigue is a big problem. And finding some way to help me get through my day regarding the pain would be great.*

*After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.*
Dear Adam,

It was a pleasure meeting with you last week at the VA Medical Center. You sought consultation for developing a plan for your overall health and well-being.

We are committed to partnering with you to provide comprehensive treatment for your diagnosis while optimizing your well-being throughout the process. Included in this letter is your Personalized Health Plan, which represents your personal values, priorities, and vision for your health based on your responses during your initial personal health planning visit.

In partnership with you, your health care team has developed team recommendations to support you on the road to optimal health and well-being. All members of your health care team can now refer to this plan as your overall strategy for your health and ensure that our treatment plans align with your priorities and with each other.

Sincerely,

Your Whole Health Team

---

**Personal Health Plan**

**Mission:** To reduce my daily pain level and to become more functional in my daily life and work life.

**Brief Summary of the Plan:**

You are willing and motivated to explore complementary treatment options for your chronic pain. We will start with focusing on the areas that affect you the most: sleep, fatigue, and how your pain level affects your life.

**Overall Health Goals:**

- Decrease pain level and improve function
- Decrease current medications
- Improve sleep
- Improve fatigue level

**Mindful Awareness:**

Begin with experiencing a mindfulness practice at home using CDs or online resources. Also explore the following link for information about MBSR teachers and programs in your area.

# Proactive Self Care

## Working Your Body

<table>
<thead>
<tr>
<th></th>
<th>Start with some exercise daily. Walking is often the simplest to start with. Look into yoga or tai chi classes that are available in your area. These would be excellent modalities to address your back pain over the long term. Given your history of surgery, having an instructor for these activities would be ideal.</th>
</tr>
</thead>
</table>

## Surroundings

<table>
<thead>
<tr>
<th></th>
<th>Plan to de-clutter your bedroom and transform it into a peaceful and private place for rest and relaxation.</th>
</tr>
</thead>
</table>

## Personal Development

<table>
<thead>
<tr>
<th></th>
<th>Your spend most of your time either dealing with your pain, or with your family. Your family is obviously a priority, but you may find it helpful to have a hobby or activity that you enjoy for you. What hobby have you always wanted to explore? Is there a book you can read on this topic?</th>
</tr>
</thead>
</table>

## Food and Drink

<table>
<thead>
<tr>
<th></th>
<th>Focus on cooking at home with plenty of fruits and vegetables. Follow recommendations from the anti-inflammatory diet.</th>
</tr>
</thead>
</table>

## Recharge

<table>
<thead>
<tr>
<th></th>
<th>Incorporate sleep hygiene techniques including relaxation exercises such as breath work or meditation. Given that you have had such difficulty with this area, you can also consider supplementing with melatonin, 3-5mg taken 2 hours before bedtime.</th>
</tr>
</thead>
</table>

## Family, Friends, and Coworkers

<table>
<thead>
<tr>
<th></th>
<th>You have a great support system in your immediate family, but you have lost touch with friends after leaving the military. Try to contact a friend this week that you have wanted to connect with.</th>
</tr>
</thead>
</table>

## Spirit and Soul

<table>
<thead>
<tr>
<th></th>
<th>You have expressed a void since separation from active duty, which is quite common. Consider what opportunities would allow you to connect with something bigger than yourself. This could be related to a current or new passion. Direct your energies toward your family as well as to other outlets that feel meaningful to you. As you do so, work on reframing your pain experience and treatment.</th>
</tr>
</thead>
</table>

# Support Team

<table>
<thead>
<tr>
<th>Principal Professionals</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary care clinician&lt;br&gt; • Counselor&lt;br&gt; • Integrative health coach</td>
<td>• Spouse&lt;br&gt; • Friends</td>
</tr>
</tbody>
</table>
# Professional Care

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Medications/Supplements</th>
<th>Testing/Treatments</th>
<th>Referrals</th>
<th>Skill building and education</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Up to date</td>
<td>• Plan to initiate medication taper in the next 4-8 weeks</td>
<td>• OMT; then consider massage, acupuncture</td>
<td>• Counseling • Warm water therapist • MBSR program • Art therapist • Integrative health coach</td>
<td>• Nutrition • Relaxation and breathing techniques</td>
</tr>
</tbody>
</table>

## Follow-Up (Next Steps)

- Telephone visit with PCP in one week to discuss progress
- Schedule Integrative Health Coaching sessions
- Enroll in MBSR program
- Initiate warm water therapy and art therapy
- Schedule appointment with counselor
- Schedule with either acupuncturist, massage therapist, or osteopathic physician
MODULE 11. PATIENT VIGNETTE: HEADACHE

VIGNETTE – MIKE

Mike is a 33-year-old Iraq war Veteran who receives his care at the VA. Mike has suffered from chronic headaches, both migraine and tension-type, since he returned from Iraq in 2004. He has tried many pharmacological treatments for his headaches, including beta-blockers, tricyclic antidepressants, gabapentin, nonsteroidal anti-inflammatory drugs (NSAIDs), Tylenol, triptans, antiemetics and opioids. His friend, who had success with acupuncture, recommended that Mike consider something similar for his pain. He reports having “past problems” with opioids and wants to avoid them if at all possible.

Mike suffers from tension headaches most days of the week and has migraines 1-2 times weekly. He currently takes propranolol and uses sumatriptan and occasional hydrocodone as needed to abort his pain. He sees a counselor on a weekly basis and has a psychiatrist who follows him for his posttraumatic stress disorder (PTSD). His psychiatrist prescribes fluoxetine. He has been frustrated by the medication side effects, including fatigue, dizziness, nausea, and impotence, especially given that he does not feel that his symptoms are well controlled. After speaking with his friend, Mike decided to schedule an appointment with his primary care clinician to further explore other treatment options. Prior to his appointment, he was asked to complete a Personal Health Inventory (PHI).

This case study and associated PHI and PHP are excerpted from the Headache module written by Amy Bauman, DO, which is available at the Whole Health Library Website, http://projects.hsl.wisc.edu/SERVICE/, as described in the manual document page 7, under module one.
Your Personal Health Inventory

1. What really matters to you in your life?
   
   My wife and son are the most important people in my life. I want to be there for them. I worry that my health will make it difficult to support my family in the future.

2. What brings you a sense of joy and happiness?
   
   Since returning from Iraq, life has never been the same for me. I witnessed the deaths of many friends. I now have PTSD, which often makes it difficult for me to function.

3. On the following scales from 1-5, with 1 being miserable and 5 being great, circle where you feel you are on the scale

   **Physical Well-Being:**
   
   1  2  3  4  5
   
   Miserable  Great

   **Mental/Emotional Well-Being:**
   
   1  2  3  4  5
   
   Miserable  Great

   **Life: How is it to live your day-to-day life?**
   
   1  2  3  4  5
   
   Miserable  Great

Where You Are and Where You’d Like to Be

For each of the following areas, consider where you are now and where you would like to be. All the areas are important. In the “Where you are” box, briefly write the reasons you chose your number. In the “Where you want to be” box, write down some changes that might make this area better for you. Some areas are strongly connected to other areas, so you may notice some of your answers seem the same. Try to fill out as many areas as you can. You do not have to write in every area or in all the areas at one time. You might want to start with the easier ones and come back to the harder ones. It is OK just to circle the numbers.
**Working the Body:** “Energy and Flexibility” includes movement and physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I work out at the gym a few times a week. I mostly lift weights. I have found that I have lost a lot of strength and gained weight over the last few years.

What changes could you make to help you get there?

I think I would probably benefit from something like yoga. I also don’t do much cardio. There is a cycling class at the gym that I am interested in trying.

---

**Recharge:** “Sleep and Refresh” includes getting enough rest, relaxation, and sleep.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I have terrible sleep. I have trouble falling asleep and wake up throughout the night. I often have nightmares. I probably only get a total of 4 hours a night.

What changes could you make to help you get there?

I need to find a way to turn my mind off at night. I do counseling, but still struggle. I would like some ideas on this.
### Food and Drink: “Nourish and Fuel”

“Nourish and Fuel” includes eating healthy, balanced meals with plenty of fruits and vegetables each day, drinking enough water and limiting sodas, sweetened drinks, and alcohol.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I rarely eat breakfast and sometimes skip lunch. I drink 2–3 cups of coffee a day and 1–2 sodas. My wife cooks, so we don’t eat out very often.

What changes could you make to help you get there?

I need to eat more regular meals and drink less caffeine.

### Personal Development: “Personal Life and Work Life”

“Personal Life and Work Life” includes learning and growing, developing abilities and talents, and balancing responsibilities where you live, volunteer, and work.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

I constantly feel overwhelmed by responsibilities at home and at work. I used to volunteer and really enjoyed it but stopped after I came home from Iraq.

What changes could you make to help you get there?

I need help finding a way to reduce the stress in my life and to balance my work life with my personal life. I would love to get back into volunteering.
**Family, Friends, and Co-Workers:** "Relationships" includes feeling listened to and connected to people you love and care about, and the quality of your communication with family, friends, and people you work with.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

Where would you like to be?

| 1 | 2 | 3 | 4 | 5 |

What are the reasons you choose this number?

I feel disconnected from people in my life. This is really hard for me. I often feel like I cannot relate. My fatigue, headaches, and problems with erectile issues have made my sex life very difficult.

What changes could you make to help you get there?

I need to work on my communication. I also need to make more effort to spend time with people and to get to know people at work. I am currently working with a counselor on this. I also need to work on intimacy with my wife.

**Spirit and Soul:** "Growing and Connecting" includes having a sense of purpose and meaning in your life, feeling connected to something larger than yourself, and finding strength in difficult times.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

Where would you like to be?

| 1 | 2 | 3 | 4 | 5 |

What are the reasons you choose this number?

I'm not a very religious person. I don't currently feel connected to something that brings me purpose and meaning. I do remember feeling this way with my unit in Iraq. I have also felt this way when I am outdoors and taking photographs.

What changes could you make to help you get there?

I would like to spend more time in nature. I used to go on walks with my wife and found this to be very soothing.
### Surroundings: “Physical and Emotional”

includes feeling safe, having comfortable, healthy spaces where you work and live, quality of the lighting, color, air, and water, and decreasing unpleasant clutter, noises, and smells.

<table>
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<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

*I am lucky in that my wife keeps a comfortable and healthy home and my office is also very pleasant.*

What changes could you make to help you get there?

*I don’t feel I need to make any changes here.*

---

### Power of the Mind: “Strengthen and Listen”

includes tapping into the power of your mind to heal and cope and using mind-body techniques like relaxation, breathing, or guided imagery.

<table>
<thead>
<tr>
<th>Where you are: Rate yourself on a scale of 1 (low) to 5 (high)</th>
<th>Where would you like to be?</th>
</tr>
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<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>1 2 3 4 5</td>
</tr>
</tbody>
</table>

What are the reasons you choose this number?

*I constantly struggle to turn off my thoughts and have not found a good way to cope with this.*

What changes could you make to help you get there?

*I am interested in learning relaxation, breathing, and guided imagery techniques.*
Professional Care

**Prevention:** On a scale of 1-5, circle the number that best describes how up to date you are on your preventive care such as flu shot, cholesterol check, cancer screening, and dental care.

1. Not at all
2. A little bit
3. Somewhat
4. Quite a bit
5. Very much

**Clinical Care:** If you are working with a healthcare professional, on a scale of 1-5, circle the number that best describes how well you understand your health problems, the treatment plan, and your role in your health.

1. Not at all
2. A little bit
3. Somewhat
4. Quite a bit
5. Very much

☐ I am not working with a healthcare professional.
Reflections

1. Now that you have thought about all of these areas, what is your vision of your best possible health? What would your life look like? What kind of activities would you be doing?

   In my healthiest state, I would be free of headaches, sleeping through the night, and would feel comfortable and at ease at home and at work. I would have a healthy diet and exercise routine. I would spend time outside in nature and get back into photography. I would have meaningful relationships with friends and family. I would also be able to cope more easily during the difficult times.

2. Are there any areas you would like to work on? Where might you start?

   I would like to improve my diet and caffeine intake. I’d also like to increase my aerobic work-outs and add yoga. I’m interested in learning meditation, relaxation, and breathing techniques. I’d like to spend more time in nature with my wife and son.
PHP FOR MIKE

Your Personal Health Plan

Mission: To be healthy enough to enjoy day-to-day life with my wife and son and to enjoy time outdoors and immersed in my photography.

Brief Summary of the Plan:
You have a lot you want to do with your life, but you say you are overwhelmed, especially because of your chronic headaches. You want help navigating the system to explore additional treatment options. You have been working with a psychiatrist and mental health provider for assessments and counseling, in addition to taking our prescribed medications. Right now, you state that your physical well-being and your relationships with your wife and son are your highest priorities. You have shared that your joy comes from photography, nature, and time with your family. You want to work with a Whole Health coach to focus your efforts over the next 12 months.

Overall Health Goals:
- Improve nutrition and focus on eating regular meals and decreasing caffeine intake. Work with a nutritionist or dietitian through MOVE.
- Increase aerobic physical activity by adding cycling three times per week. Create an exercise plan with a personal trainer, and meet with the trainer twice a month. Consider yoga classes.
- Learn how to incorporate mind-body tools into daily life through exercises taught by mental health providers.

Assets/Positive Attributes:
- A supportive spouse and family
- Photography

Dear Mike,

It was a pleasure meeting with you last week at the VA Medical Center. You sought consultation for developing a plan for your overall health and well-being, specifically to develop a comprehensive treatment plan for your diagnosis of headaches.

We are committed to partnering with you to provide comprehensive treatment for your diagnosis while optimizing your well-being throughout the process. Included in this letter is your Personalized Health Plan, which represents your personal values, priorities, and vision for your health based on your responses during your initial personal health planning visit.

In partnership with you, your health care team has developed team recommendations to support you on the road to optimal health and well-being. All members of your health care team can now refer to this plan as your overall strategy for your health and ensure that our treatment plans align with your priorities and with each other.

Sincerely,

Your Whole Health Team
Mindful Awareness

- Practice paying more attention to what your body tells you through symptoms. This will include watching to see if you are truly hungry before you eat and practicing mindful eating at the beginning of each meal.
- Note your sleep patterns, and keep a sleep journal: the hours you sleep, times you wake up, dreams, or flashbacks.
- Pay attention to what you notice just before a flashback, so you can learn more about the patterns. This may make it easier for you to predict when they will come. Continue to learn ways to keep yourself safe when they occur.

Proactive Self Care

| Working Your Body | As we agreed, continue weight lifting 3 times per week, and add cycling 3 times per week for a minimum of 30 minutes at a time. Add yoga classes 1-2 times per week. This can be done at home with a DVD or through the classes offered at your gym. Go out hiking once or twice a week. You agreed that you could benefit from the help of a personal trainer and would like to improve your body image and sex life. I will refer you to the MOVE program and hope that you can also talk more with your counselor about these concerns. |
| Sur roundings | I am glad that you like your current home and work environment. We discussed the safety of your home, as we do with all Veterans. You have shared that you do not keep a gun at home because of the flashbacks. This is a good idea and will prevent an accident from occurring. I ask that you keep me updated if this changes, and I will continue to check in with you. |
| Personal Development | Sign up for volunteering through the Boys and Girls Club in your neighborhood. |
| Food and Drink | See the dietitian through the MOVE Program. Work on reducing your caffeine intake by tapering to decaffeinated coffee. Aim for no more than 1 cup per day in the morning. I would recommend stopping the soda. |
| Spirit and Soul | You lit up talking about nature and photography. Take time every week to go out with your wife and son to spend time in nature. Bring your camera and share your love for photography with your son. |
| Recharge | Review the information on healthy sleep and make sure you follow the sleep hygiene steps. I would recommend adding melatonin, 2 mg of the extended release form, which often helps with sleep. Keep following through with your counselor for the work with your PTSD. Consider the sleep study referral. |
**Family, Friends & Co-Workers**

It is clear to me that you care deeply about your wife and want to keep your relationship with her a priority. I would consider bringing her to a counseling appointment and in a safe place being able to tell her more about what you are experiencing and your desire for a better sex life. Maybe you can learn to open up to her more and allow her to offer some support in your life. Increasing your support system at this time seems important; do this in a way that is comfortable and safe for you.

**Proactive Self Care**

**Power of the Mind**

As we discussed during your visit, there are many ways to explore the mind-body connection. You can talk with your counselor about options, too. I would suggest you start with some deep breathing exercises as I demonstrated with you. I will give you a handout for that. Talk to your psychologist about biofeedback, guided imagery and relaxation.

**Support Team**

<table>
<thead>
<tr>
<th>Principal Professionals</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Primary care clinician</td>
<td>• Wife, Lisa (most support)</td>
</tr>
<tr>
<td>• Psychiatrist</td>
<td>• Friends (casual friends)</td>
</tr>
<tr>
<td>• Mental health clinician</td>
<td>• Parents (although does not rely on them)</td>
</tr>
<tr>
<td>• Whole Health coach</td>
<td></td>
</tr>
<tr>
<td>• Dietitian</td>
<td></td>
</tr>
</tbody>
</table>
### Professional Care

<table>
<thead>
<tr>
<th>Prevention</th>
<th>Medications/Supplements</th>
<th>Testing/Treatments</th>
<th>Referrals</th>
<th>Skill building and education</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Up to date&lt;br&gt;• Blood pressure up at 150/90; return for re-check in 2 weeks</td>
<td>• Continue medications as prescribed&lt;br&gt;  o Lisinopril&lt;br&gt;  o Tylenol as needed&lt;br&gt; • Add melatonin for sleep&lt;br&gt; • Add riboflavin and magnesium for migraines&lt;br&gt; • We can phase out your headache medications as these other approaches help you feel better</td>
<td>I have provided you with information about osteopaths in town who do spinal manipulative therapy (SMT) and craniosacral therapy (CST) treatments. I am glad your psychologist is using some of the techniques we discussed that are helpful for PTSD, pain, and some of your other concerns.</td>
<td>• Nutrition and health coaching on board.&lt;br&gt; • Follow-up with that sleep study as discussed.</td>
<td>• Breathing techniques&lt;br&gt; • Mindful eating&lt;br&gt; • Consider completing your living will and Power of Attorney for Health Care as we discussed.</td>
</tr>
</tbody>
</table>

### Follow-up (Next Steps)

- Call to set up an initial appointment with the Whole Health coach (within 1 week).
- Register for the MOVE program and meet with the dietitian (within 1 week).
- Schedule an appointment with an osteopath in town for SMT or CST.
- Follow-up with the sleep study referral (within the next month).
- Return to see the nurse for a blood pressure check (in 2 weeks).
- See me again in 2 months, and we will go over additional supplements in depth at that time.
HEALTH PLANNING TEMPLATE

ASSESSMENT

What really matters to __________. His/her mission, aspiration, purpose. What s/he wants their health for.

Health risk assessment(s)

Clinical Assessment

SHARED GOALS

Overall life and health goals:

PLAN

Mindful Awareness:

Self-Care

- Working the Body
- Food and Drink
- Power of the Mind
- Rest and Sleep

Family, Friends, and Coworkers
Spirit and Soul
Surroundings
Personal Development

Professional Care:

- Prevention
- Treatment Plans (include conventional and complementary approaches)
- Pharmaceuticals and Supplements

SKILL BUILDING AND SUPPORT

- Skill-building and Education
- Team Members (healthcare team, family of choice, friends, and community)

NEXT STEPS

- Consults/Referrals (includes complementary approaches)
- Follow Up (include community resources)
HEALTH PLANNING WORKSHEET

Assessment

Name:

What really matters. What you want your health for:

Key notes from the PHI:

(Health risk assessment(s) and Clinical Assessment could be included here, but they can’t really be done in a classroom exercise.)

Shared Goals

Life goals, health goals, SMART goals:
Plan Details – Based on the Circle of Health

Mindful Awareness:

Self-Care: (you don't necessarily have to have something for every category)

- Working the Body
- Food and Drink
- Power of the Mind
- Rest and Sleep
- Family, Friends, and Coworkers
- Spirit and Soul
- Surroundings
- Personal Development
Professional Care:

Prevention

Treatment Plans (include conventional and complementary approaches)

Pharmaceuticals and Supplements

Skill Building and Support

Education and team members needed:

Next steps (consults, referrals, follow up, community resources):

MODULE 13. WHOLE HEALTH FOR PAIN IN YOUR PRACTICE

STRATEGIES FOR IMPLEMENTATION DISCUSSION

The intention for this exercise is to create clear and constructive action plans that can be shared with your Facility Leadership, OPCCCT Leadership and/or other participants at this course.

1. Discuss and list your ideas/strategies for implementing Whole Health into your work team(s).

2. Identify clear goals and action steps. What will be your timeframe?

3. How will you know that you are successful?
4. For sustainable change toward Whole Health, what support do you need?

5. What challenges might arise? How might you address them?
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### Acceptance and Commitment Therapy

Developed within a coherent theoretical and philosophical framework, Acceptance and Commitment Therapy (ACT) is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, changing or persisting in behavior in the service of chosen values.

Based on Relational Frame Theory, ACT illuminates the ways that language entangles clients into futile attempts to wage war against their own inner lives. Through metaphor, paradox, and experiential exercises clients learn how to make healthy contact with thoughts, feelings, memories, and physical sensations that have been feared and avoided. Clients gain the skills to re-contextualize and accept these private events, develop greater clarity about personal values, and commit to needed behavior change. For more information on ACT, visit the review offered by the Association for Contextual Behavioral Sciences.

### Acupuncture

The term “acupuncture” describes a family of procedures involving the stimulation of anatomical points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation. For more information on acupuncture, please refer to “Acupuncture: In Depth,” from the National Center for Complementary and Integrative Health, or see the Whole Health clinical tool, “Acupuncture and Traditional Chinese Medicine.”
Battlefield Acupuncture

The Battlefield Acupuncture technique is a unique auricular (ear) acupuncture procedure developed in 2001 by then Air Force Colonel Richard Niemtzow, M.D, to train Physicians, Physician Assistants, Nurse Practitioners, and other providers to treat pain throughout the MHS and VHA. This technique provides a much needed alternative in cases where the initiation or continuation of opioid analgesics is deemed clinically risky, in cases where current medications and other therapies are not working, and cases where the existence of and potential for substance abuse, addiction and tolerance issues make medication therapies impractical. For more information, see “Battlefield Acupuncture” on the Defense & Veterans Center for Integrative Medicine Pain Management.

Biofeedback

Biofeedback uses information from physiological monitoring devices to teach individuals how to consciously regulate physiological functions (e.g. brainwaves, skin temperature, heart rate) and is often used to induce the relaxation response. For more information, see the section on Biofeedback within the “Relaxation Techniques for Health” on the National Center for Complementary and Integrative Health website or the Whole Health clinical tool “Biofeedback.”

Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a blend of two therapies: cognitive therapy (CT) and behavioral therapy. CT was developed by psychotherapist Aaron Beck, M.D., in the 1960’s. CT focuses on a person’s thoughts and beliefs, and how they influence a person’s mood and actions, and aims to change a person’s thinking to be more adaptive and healthy. Behavioral therapy focuses on a person’s actions and aims to change unhealthy behavior patterns.

CBT helps a person focus on his or her current problems and how to solve them. Both patient and therapist need to be actively involved in this process. The therapist helps the patient learn how to identify distorted or unhelpful thinking patterns, recognize and change inaccurate beliefs, relate to others in more positive ways, and change behaviors accordingly. For more information on CBT, please refer to the National Institute for Mental Health’s website on Psychotherapies.

Chiropractic

Chiropractic is a health care profession that focuses on the relationship between the body’s structure—mainly the spine—and its functioning. Although practitioners may use a variety of treatment approaches, they primarily perform adjustments (manipulations) to the spine or other parts of the body with the goal of correcting alignment problems, alleviating pain, improving function, and supporting the body’s natural ability to heal itself. For more information on
chiropractic, please see “Chiropractic: In Depth” from the National Center for Complementary and Integrative Health website.

**Guided Imagery**

Guided imagery involves a series of relaxation techniques followed by the visualization of detailed images, usually calm and peaceful in nature. If used for treatment, the individual will visualize their body free of the specific problem or condition. Sessions are typically 20 to 30 minutes in length, and may be practiced several times a week. For more information on guided imagery, please see the VA’s website on Visualization or the Whole Health clinical tool on “Imagery.”

Footnote: [https://nccih.nih.gov/health/providers/camterms.htm](https://nccih.nih.gov/health/providers/camterms.htm)

**Hypnosis**

Hypnosis is an altered state of consciousness characterized by increased responsiveness to suggestion. The hypnotic state is attained by first relaxing the body, then shifting attention toward a narrow range of objects or ideas as suggested by the hypnotist or hypnotherapist. The procedure is used to effect positive changes and to treat numerous health conditions including ulcers, chronic pain, respiratory ailments, stress, and headaches. For more information, please see “Hypnosis” from the National Institute for Health website or the Whole Health clinical tool “Clinical Hypnosis.”

Footnote: [https://nccih.nih.gov/health/providers/camterms.htm](https://nccih.nih.gov/health/providers/camterms.htm)

**Massage**

Massage therapy encompasses many different techniques. In general, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body. They most often use their hands and fingers, but may use their forearms, elbows, or feet. For more information on massage therapy, please see “Massage Therapy for Health Purposes” from the National Center for Complementary and Integrative Health website or the Whole Health clinical tool, “Massage Therapy.”

Footnote: [https://nccih.nih.gov/health/massage](https://nccih.nih.gov/health/massage)

**Meditation**

Meditation refers to a group of techniques, most of which started in Eastern religious or spiritual traditions. In meditation, a person learns to focus his attention and suspend the stream of thoughts that normally occupy the mind. This practice is believed to result in a state of greater physical relaxation, mental calmness, and psychological balance. Practicing meditation can change how a person relates to the flow of emotions and thoughts in the mind. For more information on
meditation, please see “Meditation: In Depth” from the National Institute for Health website or the Whole Health clinical tool, “Meditation.”

Footnote: https://nccih.nih.gov/health/providers/camterms.htm

**Mindfulness**

Mindfulness is a form of meditation where the focus of attention is on what is being experienced in the present moment, without reacting to or judging that moment. For more information on mindfulness-based stress reduction, visit the National Institute for Health’s website on MBSR or the Whole Health Educational Overview, “Mindful Awareness.”

**Music Therapy**

The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship in order to improve and maintain physical, cognitive, emotional and social functioning, as well as promotes health and optimizes well-being. To learn more about the effectiveness of music therapy, see the overview, “Musical Training and the Brain” from the National Center for Complementary and Integrative Health.

**Tai Chi**

Tai chi is a mind-body practice that originated in China as a martial art. A person doing tai chi moves his body slowly and gently, while breathing deeply and meditating (tai chi is sometimes called “moving meditation”). Many practitioners believe that tai chi helps the flow throughout the body of a proposed vital energy called “qi.” A person practicing tai chi moves her body in a slow, relaxed, and graceful series of movements. One can practice on one’s own or in a group. The movements make up what are called forms (or routines). For more information on tai chi, visit the “Tai Chi and Qi Gong” website from the National Center for Complementary and Integrative Health.

Footnote: https://nccih.nih.gov/health/providers/camterms.htm

**Yoga**

Yoga combines breathing exercises, physical postures, and meditation to calm the nervous system and balance body, mind, and spirit. Usually performed in classes, sessions are conducted once a week or more and roughly last 45 minutes. For more information, please visit the National Center for Complementary and Integrative Health’s website, “Yoga: In Depth” or see the Whole Health clinical tool, “Yoga: Looking Beyond the “Mat.”

Footnote: https://nccih.nih.gov/health/providers/camterms.htm
Integrative Health Strategies

“Practice Health for Life”

Resources list:

◊ VA Pain Management
◊ NCP Stress Management
◊ VA Chiropractic
◊ OPCC & CT Whole Health
◊ HAIG survey on Complimentary and Integrative Heal
◊ National Center for Complimentary and Integrative Health (NCCIH)

Integrative Health Coordinating Center

VHA Office of Patient Centered Care & Cultural Transformation
vhaopccitintegrativehealth@va.gov

The Whole Health approach places the Veteran at the center. Non-pharmacologic approaches may be offered to assist Veterans in managing chronic pain and optimizing their well-being. Click here to learn more about some of the integrative health services listed below.
MODULE 2. PATIENT VIGNETTE: CHRONIC PAIN

COMPONENTS OF PROACTIVE HEALTH & WELL-BEING MODEL: THE “CIRCLE OF HEALTH”

To learn more visit:
http://www.va.gov/PatientCenteredCare/
THE PHP PROCESS ("THE UMBRELLA") AND PAIN CARE ESSENTIAL ELEMENTS

Whole Health Personal Health Planning

<table>
<thead>
<tr>
<th></th>
<th>The Six Essential Elements of Good Pain Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Educate Veterans and Families</td>
</tr>
<tr>
<td>2</td>
<td>Educate and Train Team Members</td>
</tr>
<tr>
<td>3</td>
<td>Use Non-Pharmacological Modalities</td>
</tr>
<tr>
<td>4</td>
<td>Use Tests and Therapies Rationally</td>
</tr>
<tr>
<td>5</td>
<td>Bring the Team Together</td>
</tr>
<tr>
<td>6</td>
<td>Use Appropriate Metrics</td>
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</tbody>
</table>
Defense and Veterans Pain Rating Scale

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No pain</td>
</tr>
<tr>
<td>1</td>
<td>Hardly notice pain</td>
</tr>
<tr>
<td>2</td>
<td>Notice pain, does not interfere with activities</td>
</tr>
<tr>
<td>3</td>
<td>Sometimes distracts me</td>
</tr>
<tr>
<td>4</td>
<td>Distracts me, can do usual activities</td>
</tr>
<tr>
<td>5</td>
<td>Interrupts some activities</td>
</tr>
<tr>
<td>6</td>
<td>Hard to ignore, avoid usual activities</td>
</tr>
<tr>
<td>7</td>
<td>Focus of attention, prevents doing daily activities</td>
</tr>
<tr>
<td>8</td>
<td>Awful, hard to do anything</td>
</tr>
<tr>
<td>9</td>
<td>Can’t bear the pain, unable to do anything</td>
</tr>
<tr>
<td>10</td>
<td>As bad as it could be, nothing else matters</td>
</tr>
</tbody>
</table>

DEFENSE AND VETERANS PAIN RATING SCALE

Your Pain is Real and Complex

An imbalance in any of these areas will affect your pain:
- Sleep
- Family and Friends
- Spirit and Soul
- Working Your Body
- Surroundings
- Food and Drink
- Personal Development

Therefore, the Empower Veterans Program takes a

Whole Health Wellness Approach

(see the Wheel of Health on the right)
EVP Goal

Empower Veterans Program coaches Veterans with chronic pain to live a fuller life by moving toward their own Wellness goals.

By participating in EVP, several providers/coaches will work with you for maximizing your Whole Health.

The Wheel of Health pictured on the back illustrates the various factors that can impact you as a whole person.

What Veteran Alumni are saying:

"I wish I did this years ago"

"Pain is no longer in control of my life"

"I’m not so angry anymore."

"EVP Staff really cares!"

"EVP is the best thing the VA has given me"

Veterans in EVP will participate in each of the following group classes:

Whole Health
addresses issues which often get neglected with chronic pain but which can greatly affect our wellness. Each session begins with Mindfulness practice.

ACT (Acceptance and Commitment Therapy)
helps us keep our focus on what is really important to us, and helps us progress towards our values and goals.

Mindful Movement
Led by physical therapists to learn body awareness and feeling safe in movement. Activities fit for all ability levels are designed to enhance movement. Movement is life. Improve the quality of movement and you improve the quality of life.

The three parts are effective when practiced daily at home – as each Veteran learns to be the quarterback of his/her own healthcare team and move towards goals for a fuller life.

10 Weeks of Training

Classes will take place nearly every week. Classes meet every week for three hours, at the same time and day of the week for 10 weeks. Check-in is 30 minutes before the class times provided below.

Class Times:

Monday 10:30 am - 1:30 am
Tuesday 8:30 am - 11:30 am
12:30 pm - 3:30 pm
Wednesday 8:30 am - 11:30 am
12:30 pm - 3:30 pm
Thursday 8:30 am - 11:30 am
12:30 pm - 3:30 pm
Friday 10:30 am - 1:30 pm

Don’t miss this opportunity!

Check-out EVP

at a

Meet & Greet

Monday
8:30 am - 9:30 am
250 North Arcadia Avenue
Decatur, GA 30030

Reserve your space now by calling:
404.321.6111, 1-3344
“Empower Veterans Program” (EVP) System Redesign is a Quality Improvement intervention for better and safer chronic pain management. EVP is modeled to be sustained through avoided costs.

EVP goals are Whole Health and Well-Being, the opposite of illness, for each Veteran with chronic pain. EVP is an intensive, integrated self-care training program for functional restoration for Veterans with “high impact” chronic pain. “High impact” chronic pain usually has a bio-medical component, and always has clinically significant dysfunctions in at least one of the following areas of a person’s whole being: psychological; social; and existential/spiritual. These dysfunctions produce real pain through shared Central Nervous System (CNS) pathways.

In healthcare systems throughout the USA, many patients with chronic pain remain dysfunctional on Long Term Opioid Therapy. To meet the needs of thousands of Veterans, EVP integrates adequate doses of evidence informed interventions (Behavioral Health, Physical Therapy, and Whole Health Educational Coaching). VISN 7 granted FY14 funds to launch EVP for training in a Fuller Life as well as for beginning a High Risk opioid assessment and tapering clinic. The training portion for EVP allows Atlanta VA Health System to hire over 11 FTEs for investing 30-40 hours of coaching and clinical services for up to 600 Veterans annually. A group of 8-12 Veterans makes up one training cohort; each cohort explores EVP as a group for three hours each week, for 10 total weeks. Additional individualized care is promoted by mid-week calls or 1:1 face to face coaching. One training teamlet can facilitate 8 concurrent weekly cohorts; a teamlet is a Psychologist, a Chaplain or Social Worker, and a Physical Therapist. The current eight EVP training facilitators are:

- 2 Behavioral Health Therapists using Acceptance and Commitment Therapy (values based, mindful, behavioral therapy);
- 1 Social Worker and 2 Chaplains using VHA’s Office of Patient Centered Care’s “Wheel of Health” self-care areas and exploring issues of building relationships and of meaning in suffering;
- 3 Physical Therapists with Mindful Movement / Neuro-Plasticity training (to de-sensitize the sensitized nervous system through body awareness, posture and feeling safe in movement);

Remaining staff are 1 each: Pain Specialist-Internist/Director; Social Worker; Program Support Specialist.

Simple business case modeling in FY14 demonstrated cost avoidance in less than three years based on predicted unnecessary: opioids; extra Pharmacy Staff; non-value added Emergency Room visits; and extra Urine Drug Testing. Fuller “Balanced Scorecard” measures include: long term Veteran and staff satisfaction; multiple measures of function, measures of depression and acceptance; utilization of VHA and Choice services; and markers for accidental overdose (such as the Opioid Safety Initiative).

Single site implementation began early 2015. First full time team of facilitators began training in summer of 2015. Manualized training will be available to start intensive mentoring of other VHA facilities to spread EVP by early 2017.
Veterans who completed EVP note how the training continues to help improve their function and quality of life. They are inviting fellow Veterans to come and learn new ways of thinking and living to thrive in spite of chronic pain. Many have stopped using canes and walkers, and most have mindfully started regular fitness routines.

Preliminary analysis of clinical assessments for the first 154 EVP graduates’ (which must be viewed cautiously) shows statistically and clinically significant decreases in: pain interference; catastrophizing; depression; and anxiety. Furthermore, statistically significant increases were seen in: physical activity engagement; self-rating of physical health and psychological well-being; and Timed-Up- and-Go-test. Iterative improvement of EVP will continue based on the Model for Improvement.

Common Veteran and spouse feedback includes: “The pain is not in control anymore”; “I’m not angry anymore”; “I no longer think about [ending my life]”; “my husband is getting out with family and friends again”; and “This is the best thing the VA has given me!”
<table>
<thead>
<tr>
<th>EVP Whole Health</th>
<th>EVP ACT</th>
<th>EVP Mindful Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exploration of self-care &amp; Mindfulness Practice</td>
<td>Acceptance &amp; Commitment Therapy</td>
<td>Aware and feeling safe</td>
</tr>
</tbody>
</table>

**Week 1**
- **Assessment; Orientation** (Opioids and procedures have failed many; Well-Being Self-Care discovery and practice can help everyone; Group Formation; Wheel of Health and Personal Health Inventory (PHI); and Breathing Practice)
- **Mindful Breathing & Power of the Mind for a Fuller Life & Mindful Breathing**
- **Exploring Values** Orient to ACT Introduction to Values -values card sort
- **Understanding Pain; Neuro-Muscular Re-Education (NMR): Noticing Differences; Posture & “Reset Button”**

**Week 2**
- **Mindful Breathing & Food & Drink and a Fuller Life & Mindful Eating**
- **Values, Goals, and Taking Action** Values Clarification &worksheet -Heading west/globe
- **Motion Is Lotion Exercises (MILEs): MILE 1; NMR: Head & Eyes; Posture & Chairs**

**Week 3**
- **Mindful Breathing & Recharge (Sleep Cognitive Behavioral Tx tips) & Observer-self practice**
- **Getting Moving** Barriers/Flexibility -waves and bubbles Committed Action -post-it note exercise
- **MILEs 1 & 2; NMR: Head & Eyes; Posture & Pillows**

**Week 4**
- **Observer-self practice & Personal Development (Possible decisions toward an increasingly mindful life) & Gratitude Practice**
- **Analyzing Pain Control Strategies** Creative Hopelessness -Rings of Suffering
- **MILEs 1, 2 & 3; NMR: Towels & Feet; NMR: Rising from a chair Posture & Footwear**

**Week 5**
- **Self-Compassion practice & Spirit and Soul (& Act of Conscious Kindness) & Brief Observer Self**
- **Tricks of the Mind** Self-as-Context -bus -chess board
- **MILEs 1, 2, 3 & 4; NMR: Core Posture & Workstations**

**Week 6**
- **Self-Compassion practice & Community (Building Relationships via Listening) & Leaves on Stream**
- **Pain, Mood, and Functioning** -Pain cycle -jelly donut -polygraph; Pacing
- **MILEs 1, 2, 3, 4 & 5; NMR: Holding the Ball; Posture & Lifting**

**Week 7**
- **Gratitude Practice & Emotional Surroundings (Forgiveness vs Hook) & Mindful Breathing**
- **Acceptance and Willingness** -serenity prayer -blinders -unwanted party guest
- **MILEs 1-5; NMR: Holding the Ball & Mindful Standing; Tai Chi**

**Week 8**
- **Self-Compassion practice & Meaning in Suffering & Gratitude Practice**
- **Maintaining Progress** Values Declaration Relapse Prevention
- **MILEs 1-5; NMR: Holding the Ball & Stepping in 3 directions; Yoga**

**Week 9**
- **Assessment and Graduation Celebration & 5:3:1 Practice (Compassion, Gratitude, Act of Kindness) and aftercare offerings: iMove then YMCA or ...**
MODULE 3. MINDFUL AWARENESS

MINDFULNESS EVIDENCE MAP

The bubble plot broadly summarizes mindfulness intervention systematic reviews published to February 2014 and shows the clinical conditions addressed in reviews (bubbles), the estimated size of the literature (y-axis), the effectiveness trend according to reviews (x-axis), and the number of reviews (bubble size) per clinical condition. Colors: green (various mindfulness interventions), pink (MBSR), purple (MBCT), blue (MBSR+MBCT), and yellow (unique mindfulness-based intervention).

MBSR=Mindfulness-Based Stress Reduction; MBCT=Mindfulness-Based Cognitive Therapy
MODULE 4. SELF-CARE AND PAIN: AN OVERVIEW

LIFESTYLE SKILLS FOR CHRONIC PAIN, UW GROUP VISIT BROCHURE

This five-part series provides skills and interventions helpful in managing chronic pain. These sessions are facilitated by UW Health Pain Treatment and Research Center health psychologists. The sessions can be taken in any order based on your availability or as prescribed by your physician.
Lifestyle Skills for Chronic Pain
This five-part series provides skills and interventions that are helpful in managing chronic pain. The sessions can be taken in any order based on your availability or as prescribed by your physician.

Our 5-Part Series

1. Understanding the Mechanisms of Chronic Pain
   This session is designed specifically for you and your family members and/or significant others to help them learn about the latest information on chronic pain. It includes information on distinguishing among the various types of pain and how pain operates in your system. You will also learn ways to manage a chronic pain condition and how to make lifestyle changes.

2. Setting Effective Goals for Pain Rehabilitation
   Well-defined goals can help you effectively communicate with your physician about your treatment plan. This session provides information on setting effective goals, so that you can measure your progress in your pain rehabilitation. You will also learn about a behavioral technique called progressive muscle relaxation to influence the physiology of your pain.

3. Fundamentals of Activity Pacing
   Making lifestyle changes to better manage your pain can be challenging. This session will provide you with tools to change habits that get in the way of completing your daily activities. You will learn a strategy on how to complete tasks more effectively. You will also learn a behavioral technique called autogenics, a form of self-hypnosis, to start influencing the physiology of your pain.

4. Radical Acceptance: A Method of Redesigning your Life with a Pain Condition
   This session will provide you with a pathway to better accept living with a chronic pain condition. Some of the common barriers that get in the way will be identified. You will learn a behavioral technique called guided imagery to start influencing the physiology of your pain.

5. Mindfulness-Based Cognitive Therapy
   Learning how to be present as a method of identifying tension or problematic thoughts associated with a pain problem has been proven to improve coping with chronic pain. This session will introduce you to a mindfulness approach to managing your chronic pain. You will also learn a variety of brief relaxation techniques to start influencing the physiology of your pain.

Getting Started
Prior to participating in this series, your physician may require an initial health psychology evaluation to assist with your treatment planning. During this initial visit, the health psychologist will conduct an evaluation to better understand your needs.

The lifestyle skills series is covered by many health insurance plans. Contact your plan for specific benefit information.

To register for this series, or for additional information, please contact Michele at (608) 890-6646 or visit uwhealth.org/pain.

Pain Treatment and Research Center
Health Psychologist

Shilagh A. Migran, PhD
Dr. Migran utilizes a biopsychosocial approach to the management of chronic pain. Treatment may include individual sessions, couples counseling or group therapy. Dr. Migran specializes in cognitive-behavioral therapy, biofeedback, hypnosis, guided imagery, stress management and other forms of relaxation training.

Dr. Migran completed her graduate training at the University of Illinois at Urbana-Champaign, her clinical internship at the University of Wisconsin Hospital and Clinics, Department of Psychiatry and her postdoctoral fellowship at Stanford University, Department of Psychiatry, Behavioral Medicine Clinic.

Norann Richard, PhD
Dr. Richard's interventions are focused on cognitive-behavioral and interpersonal approaches to the management of pain and chronic health conditions. She also specializes in the management of health and secondary psychological issues, anxiety and stress management, group-based interventions, adjustment to new diagnoses, relaxation and meditation.

Dr. Richard completed her graduate training at Simon Fraser University in British Columbia, Canada, her residency at the University of Alberta Hospital/Glenrose Rehabilitation Hospital, and her postdoctoral fellowship at the University of Wisconsin Hospital and Clinics.
CIRCLES OF HEALTH AND RESILIENCE

VHA Office of Patient Centered Care & Cultural Transformation

[Diagram of Circles of Health and Resilience]

VHA / Office of Patient Centered Care & Cultural Transformation    Revised June 30, 2017
TAI CHI EVIDENCE MAP

The bubble plot summarizes Tai Chi systematic reviews published to February 2014 and depicts the clinical conditions addressed in reviews (bubbles), the estimated size of the literature (y-axis), the effectiveness trend according to reviews (x-axis), and the number of systematic reviews (bubble size) per clinical condition.

Integrative Health & Wellness
DC VAMC Patient Centered Care

THE IHW PROGRAM AT THE WASHINGTON, DC VETERANS AFFAIRS MEDICAL CENTER IS PLEASED TO OFFER A NUMBER OF INTEGRATIVE WELLNESS GROUPS

- Gentle Yoga
- iRost Yoga Nidra & Meditation
- Tailored Group Acupuncture
- Integrative Nutrition Workshops
- T’ai Chi & Qigong
- Whole Health Group
- Wellness Massage
- MBSR
- Integrative Medicine Physician Clinic

If you are interested in these services, please ask your provider to place a consult for the Integrative Health and Wellness (IHW) Program. After your provider places the consult, you will be contacted to schedule an orientation session. Attending the orientation is mandatory before participating in IHW Program services. Orientation length: Approximately 1 hour.

Integrative Health and Wellness Program at the DC VAMC
Room 1E 390 Phone: (202) 745-8000 x 53882

Instructions for Providers
To place a consult for the Integrative Health and Wellness Program, please use the instructions on the back of this flyer. Any VA provider can submit a consult to the IHW program. In order to complete the submission and have access to all the available services, clearance from a medical provider is REQUIRED.
Providers can follow these easy instructions to submit a consult for a Veteran who wants to participate in the Integrative Health and Wellness (IHW) Program Groups.

1. In CPRS, select the Veteran being referred
2. Select the “Consults” tab on the bottom of the screen
3. At the top of the screen, select “Action” then “New...” then “Consult”
4. Under “Consult to Service/Specialty” place the consult for “Integrative Health and Wellness Consult”
5. Click the “Accept Order” button
6. Select “Continue” after reading the details on the Service Prerequisites screen

7. Complete all the fields of the consult.
   Be sure to indicate whether the veteran is:
   • accompanied by a caregiver or service animal
   • Wheelchair-bound

Clearance to participate from a Medical Provider is REQUIRED. If you are not a medical provider, notify the PCP to get clearance for the Veteran to participate.

Identify any conditions IHW providers should be aware of (ex: spinal cord injury) and the reason for referral.

Select all services recommended for the Veteran.

If referring for the integrative medicine physician, please provide your @va.gov email address.

Your referral will be sent to the IHW program coordinator and the Veteran will be contacted to be scheduled for the mandatory orientation session.
Integrative Health and Wellness (IHW) Program

Quotes from DC VAMC Veterans Participating in the IHW Program:

- "I now have a positive outlook of things to come. Everyone should participate in this program." (Finally have a positive outlook)
- "I didn't believe acupuncture could do that until it happened to me." (Less pain, better sleep)
- "Stress level is down — Thank you for this. Please keep up the great work offered by this program for Veterans in need of relief." (Stress level down)

The IHW Program

The Integrative Health and Wellness (IHW) Program offers integrative and holistic services which aim to support the entire person, not just one symptom at a time. They work alongside standard medical treatments and have been shown to improve quality of life and functioning for Veterans with diverse medical and mental health conditions. As a Patient Centered Care program, participation in the IHW program is patient-driven and completely voluntary.

Evaluations

All Veterans participating in the IHW Program will be required to fill out questionnaires during their enrollment for clinical purposes. Periodically, we may ask you to complete additional questionnaires to ensure that we are providing the best possible care for Veterans in our program.

Acupuncture is just one of the services available!
Welcome to IHW

To participate in the IHW Program you must be enrolled at the DC VA Medical Center. Your provider can then submit an Integrative Health and Wellness consult.

After the consult is placed, you will be contacted to attend our program orientation (lasts for 1 hour). If you or your provider have questions, please contact the IHW main office at the number below.

At the orientation you receive more information about each of the services available. You will have the opportunity to ask questions and you are asked to complete a questionnaire for the clinical providers.

Integrative Health and Wellness Program at the Washington DC VA Medical Center
Phone: 202-745-8000 ext. 53882
Room: 1E 390
www.washingtondc.va.gov/wellness

TAILORED GROUP AURICULAR ACUPUNCTURE
Veterans with complex health concerns, stress, fatigue, and sleep difficulties may find relief with acupuncture. In this group, an experienced provider administers acupuncture needles to different points in the body called acupuncture points. In our groups, 5 acupuncture points on each ear are used. Our group auricular acupuncture is designed to restore balance and bring calmness to Veterans. This service is currently available in a drop-in setting, no appointment is necessary. All groups last for 1 hour, please arrive early for seating.

MEDITATION GROUP
Veterans with stress and sleep concerns may find relief with meditation. This guided meditation group is designed to increase relaxation and improve overall wellbeing.

IREST® YOGA NIDRA
Veterans with chronic stress and mental health concerns may benefit from guided meditation like IRest® Yoga Nidra. This practice induces deep relaxation and restoration and helps manage negative emotions and thought patterns.

GENTLE YOGA
Veterans with chronic pain may benefit from movement yoga. In this practice, Veterans combine gentle stretching with breath control to improve their well-being. Poses can be adapted for those with limited range of motion or mobility.

QIGONG & TAI CHI
Veterans experiencing pain, stress, balance issues, and limited mobility may benefit from movement groups like Qigong and Tai Chi.

Qigong is a traditional Chinese medicine discipline with roots in China dating back more than 2,000 years. Qigong practice focuses on aligning the breath with movement and increasing internal awareness to promote healing. Contemporary Qigong practice is influenced by traditional meditation and exercise as well as modern health and science principles.

Tai Chi is a meditation that uses soft movements practiced by tens of thousands of people around the world. Tai Chi is found by many to foster peace of mind, improved health and improve overall sense of wellbeing.

MINDFULNESS BASED STRESS REDUCTION (MBSR) GROUP
Mindfulness-Based Stress Reduction (MBSR) is an eight week program of weekly 2 1/2 hour classes. The program is designed for Veterans with stress, medical conditions, and/or psychological distress who are interested in taking better care of themselves, feeling a greater sense of balance, and living life more fully. The classes provide instruction and practice in mindfulness, mindful breathing, mindfulness meditation, gentle stretching, and mindful communication among other topics.

WHOLE HEALTH EDUCATION
Veterans looking for strategies to address their physical and mental well-being may benefit from Whole Health Education. This group runs for 10 weeks and will focus on teaching, discussing and using new tools to support health and well-being. This includes new approaches to the mind and emotions, creating an energetic body, nutrition, sleep, pain, and spiritual well-being, among other areas.

WELLNESS MASSAGE
Veterans with chronic pain may find relief through massage. Massage is available as an individual appointment for a 90 minute session. Massage is only available on Tuesdays and is not a drop-in service. To request a massage, please call or stop by 1E 390 on Monday. We do not schedule for weeks in advance. Appointments are made on a first-come-first-serve basis, there is a limit of two massage appointments per person per month.

INTEGRATIVE NUTRITION
Veterans with a variety of health concerns, such as pain, digestive issues, diabetes, high blood pressure, stress, and fatigue, may benefit from our integrative nutrition groups.

Drop in Integrative Nutrition Workshop: This group provides Veterans with Whole Health Education specifically regarding the basic science of how nutrients affect mood and behavior.

Integrative Nutrition 8 Week Group: Integrative Nutrition is an eight-week class series that provides Veterans with an understanding of key nutritional concepts that support a healthy mind and body. The class places special emphasis on connections between food intake and mood, emotions, stress, and energy levels. By the end of the eight weeks, veterans will increase their confidence in selecting healthy foods, food combinations, and snacks. Participants will also dispel myths about which proteins, fats and carbohydrates are truly healthy, and create a food journal to apply class material to real life.

INTEGRATIVE MEDICINE CLINIC
The integrative medicine physician is available for individual appointments to help address your health concerns and meet your well-being goals. For this service, your referring provider must request this service on your consult.
# Integrative Health And Wellness Program

## Weekly Group Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mindfulness Based Stress Reduction</strong> (MBSR)</td>
<td>Tailored Group Acupuncture</td>
<td>Tailored Group Acupuncture</td>
<td><em>Rest Yoga Nidra Meditation</em></td>
<td>Women's Self-Discovery Workshop</td>
</tr>
<tr>
<td><strong>9 Week Group</strong></td>
<td>9:00-10:30</td>
<td>10:00-11:30</td>
<td>8:00-9:00am Room 1E-390</td>
<td>2:00-3:30pm Room 1E-390</td>
</tr>
<tr>
<td>8:00-10:30am Room 1E-390</td>
<td>Room 3B 114</td>
<td>Room 3B 114</td>
<td>Room 1E-390</td>
<td>Room 1E-390</td>
</tr>
<tr>
<td>Next group starting 10/17/2016</td>
<td><strong>Wellness Massage</strong></td>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Tailored Group Acupuncture</strong></td>
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<tr>
<td></td>
<td>9:00am—2:00pm (30 minute sessions)</td>
<td>10:00-11:30</td>
<td>10:00-11:30am Room 1E-390</td>
<td>10:00-11:30am Room 1E-390</td>
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<tr>
<td></td>
<td>Room 1E-390</td>
<td>Room 3B 114</td>
<td>Room 3B 114</td>
<td>Room 3B 114</td>
</tr>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td></td>
</tr>
<tr>
<td>1:00-2:00pm Room 1E-390</td>
<td>12:00-1:00pm Room 1E-390</td>
<td>2:30-4:00pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
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<tr>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td>1:00-2:30pm Room 3B 114</td>
<td>2:00-3:00pm Room 1E-390</td>
<td>2:30-4:00pm Room 1E-390</td>
<td>2:00-3:30pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td><strong>T'ai Chi</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>T'ai Chi</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td>3:00-4:00pm Room 1E-390</td>
<td>2:30-4:00pm Room 1E-390</td>
<td>3:00-4:00pm Room 1E-390</td>
<td>2:00-3:30pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td><strong>Tailored Group Acupuncture</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>T'ai Chi</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td>4:00-5:00pm Room 1E-390</td>
<td>2:30-4:00pm Room 1E-390</td>
<td>3:00-4:00pm Room 1E-390</td>
<td>2:00-3:30pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td><strong>Whole Health Pathway</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>T'ai Chi</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td>3:00-4:30pm Room 1E-390</td>
<td>2:30-4:00pm Room 1E-390</td>
<td>3:00-4:00pm Room 1E-390</td>
<td>2:00-3:30pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td><strong>Next group starting 8/17/2016</strong></td>
<td><strong>Nutrition Workshop</strong></td>
<td><strong>Whole Health Pathway</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td></td>
<td><strong>T'ai Chi</strong></td>
<td>3:00-4:30pm Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
<tr>
<td></td>
<td>3:30-4:30pm Room 1E-390</td>
<td>Room 1E-390</td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
<td><strong>Women's Self-Discovery Workshop</strong></td>
</tr>
</tbody>
</table>

*Please arrive at least 15 minutes prior to the group start time to sign in on the attendance sheet. The group will begin and no additional participants will be admitted after either 1. The room is full or 2. 10 minutes past the group start time.

*If you are interested in a closed, multi-week group, please attend on the scheduled start date. After Week 1, participants must wait until the next cycle.

The Integrative Health and Wellness Program is located in 1E-390

*We can be reached at: (202) 745-8000 x53882

As of 7/21/2016
MODULE 7. PATIENT VIGNETTE: BACK/NECK PAIN I—ACUPUNCTURE

ACUPUNCTURE EVIDENCE MAP

The results for the clinical indication Pain are presented in the bubble plot and a text summary below. The bubble plot summarizes the results of 59 systematic reviews for 21 distinct indications relevant to the outcome pain [search date: March 2013].

Legend: The bubble plot shows an estimate of the evidence base for pain-related indications judging from systematic reviews and recent large RCTs. The plot depicts the estimated size of the literature (y-axis, number of RCTs included in largest review), the estimated effect (x-axis), and the confidence in the estimate (bubble size).
Module 11. Patient Vignette: Headache

Brief PHI

Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your values and aspirations. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community.

Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

<table>
<thead>
<tr>
<th>1 Miserable</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 Great</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Well-Being</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5 Great</td>
</tr>
<tr>
<td>Mental/Emotional Well-Being</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5 Great</td>
</tr>
<tr>
<td>Life: How is it to live your day-to-day life?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Miserable</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5 Great</td>
</tr>
</tbody>
</table>

What do you live for? What matters to you? Why do you want to be healthy?
Write a few words to capture your thoughts:
Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. The goal is not to be perfect in all areas. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

<table>
<thead>
<tr>
<th>Area of Whole Health</th>
<th>Where I am Now (1-5)</th>
<th>Where I Want to Be (1-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Working the Body:</strong> “Energy and Flexibility” Moving and doing physical activities like wheeling, walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Recharge:</strong> “Sleep and Refresh” Getting enough rest, relaxation, and sleep.</td>
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<td></td>
</tr>
<tr>
<td><strong>Food and Drink:</strong> “Nourish and Fuel” Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Personal Development:</strong> “Personal life and Work life” Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Family, Friends, and Co-Workers:</strong> “Relationships” Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spirit and Soul:</strong> “Growing and Connecting” Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Surroundings:</strong> “Physical and Emotional” Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Power of the Mind:</strong> “Relaxing and Healing” Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.</td>
<td></td>
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</tr>
<tr>
<td><strong>Professional Care:</strong> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.</td>
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</tr>
</tbody>
</table>

**Reflections**

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

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Are there any areas you would like to work on? Where might you start?

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After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.
Notes:
Notes:
Notes:
Notes:
DAY 1 – PULSE CHECK
Whole Health for Pain and Suffering

We value your input, and it will shape how we plan the rest of the course.

1) Please rate the following sections of Day 1:

<table>
<thead>
<tr>
<th>MODULE</th>
<th>Poor</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Perspectives on Pain and Suffering</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Intros, Pain Care and Whole Health Overview</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patient Vignette: Chronic Pain</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>The Power of You, PHP Process, The Big ?s &amp; Goals</td>
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<td></td>
</tr>
<tr>
<td>Mindful Awareness</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Mindful Awareness Principles, Mindful Eating</td>
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</tr>
<tr>
<td>Lunch</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Self-Care and Pain</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Keys to Coping, Burnout and Resilience</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patient Vignette: Arthritis</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Diets, Microbiome, Working the Body, Supplements</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Patient Vignette: Fibromyalgia</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Around the Circle of Health</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>OVERALL MATERIAL ON DAY ONE</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

2) What about the course today (Day 1) was most helpful to you?

3) What about the course today (Day 1) could be even better?

4) Other feedback and helpful suggestions: