WHOLE HEALTH: CHANGE THE CONVERSATION

Advancing Skills in the Delivery of Personalized, Proactive, Patient-Driven Care

Example of a Personal Health Plan for Bob
Clinical Tool

This document has been written for clinicians. The content was developed by the Integrative Medicine Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health in cooperation with Pacific Institute for Research and Evaluation, under contract to the Office of Patient Centered Care and Cultural Transformation, Veterans Health Administration.

Information is organized according to the diagram above, the Components of Proactive Health and Well-Being. While conventional treatments may be covered to some degree, the focus is on other areas of Whole Health that are less likely to be covered elsewhere and may be less familiar to most readers. There is no intention to dismiss what conventional care has to offer. Rather, you are encouraged to learn more about other approaches and how they may be used to complement conventional care. The ultimate decision to use a given approach should be based on many factors, including patient preferences, clinician comfort level, efficacy data, safety, and accessibility. No one approach is right for everyone; personalizing care is of fundamental importance.
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Personal Health Plan for: Robert (Bob) S., DOB xx-xx-xxxx

Date:

Mission

To be physically well enough to actively participate in all the events that matter to me, like giving away my granddaughter at her wedding and standing in for the father-daughter dance, and spending time outside doing nature photography.

Brief Summary of Plan (Top Themes and Action Plan Items)

You have a lot you want to do with your life, but you say you are overwhelmed, especially because of all your chronic illnesses. You want help navigating the system to work with them all. Right now, your physical well-being and, specifically, how you eat and your activity level are your highest priorities. Your joy comes from photography, helping others, and feeling useful, and you will focus your efforts on what can help you do those things best for the next 12 months. You want to work with an Integrative Health Coach to make this happen.

Overall Health Goals

1. Improve nutrition and lose 20 pounds. Work with a nutritionist/dietician.
2. Increase physical activity. Create an exercise plan with a personal trainer. Be active (including hiking outdoors) for at least 3 hours a week. Consider a water exercise class.
3. Work in a more focused way on mental health using mind-body tools.

Assets/Positive Attributes

Bob, before we launch into some suggestions of other things you can do to improve your health, I want to take just a moment to acknowledge all that you are already doing. I appreciate that you are exploring different options online, and I look forward to discussing what you find there with you, hopefully giving you some useful advice based on my other patients’ experiences. I am struck by the importance of your relationships with your family and how clearly this shines through in your PHI as you describe helping your widowed daughter raise your grandchildren.

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.

Note your sleep patterns. Keep a sleep journal.

Pay attention to what you notice prior to a flashback, so that maybe it can get easier to predict when they will come.
Proactive Self-Care

- **Working the Body**
  As we agreed, start ramping up your exercise with the goal of getting 180 minutes (3 hours) each week. Go out hiking once or twice a week. Consider a yoga class with that teacher your daughter has been talking about.

- **Surroundings**
  Ask at the senior center for help with your wife's flowerbeds, or offer to pay your grandson to help. Set aside time at least once a week to tidy up your house.

- **Personal Development**
  Take those photography classes you have been wanting to take. Go out to church or to the senior center at least once a week. You kept mentioning dating again—trying that dating website might not be such a bad idea!

- **Food and Drink**
  See the nutritionist. Stop drinking sugary beverages like colas and iced tea. Only have caffeine once a day. I will refer you to the MOVE! program.

- **Recharge**
  Review the information on healthy sleep and make sure you follow the sleep hygiene steps. It is okay to continue with the melatonin, which you say has been working well for you. Keep following through with your counselor for the work with your PTSD.

- **Family, Friends, and Co-Workers**
  Keep fishing with your grandson. If you are up for it, try to give your son a call and reestablish connection.

- **Spirit and Soul**
  You lit up talking about your photography. Be sure to keep it up. Display some of your work at that gallery that was interested. Continue to pray. A Bible study group might be a great way to get more social contact and help you feel more spiritually connected.

- **Power of the Mind**
  As we discussed during your visit, there are many options. Talk with your counselor too. I would suggest you start with some deep breathing exercises. I will give you a handout for that. And talk to your psychologist about biofeedback, as we discussed.

Professional Care: Conventional and Complementary

- **Prevention**
  Up to date.

- **Testing**
  Follow up with the cholesterol tests and A1c as scheduled.

- **Medications and Supplements**
  Continue medications as prescribed. Okay to continue with dietary supplements (melatonin, glucosamine sulfate), as we discussed.

- **Treatment (Conventional and Complementary)**
  Blood pressure is up today—150/90. Start the new blood pressure medication. Return for a recheck in 2 weeks. Chiropractic is fine to continue, but I would be cautious with intensive approaches where a lot of force is applied to your lower back.
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- **Referrals**
  Will get nutrition and health coaching on board. Referral for sleep study as discussed.

- **Skill Building and Education**
  Do abdominal breathing, as we discussed. Practice mindful eating (see the handout I gave you).

- **Other Suggestions**
  We can talk next time about other options for GERD.

**Community: Support Team**

- **Principal Professionals**
  Primary Care Clinician
  Integrative Health Coach
  Personal Trainer
  Nutritionist

- **Personal Support Team**
  Your daughter, JoAnne
  Your buddy, Roger

**Follow-up (Next Steps)**

- Set up a visit with the Integrative Health Coach within 1 week.
- Start the MOVE! program.
- See a nutritionist.
- Follow up with sleep study per referral.
- See me again in 2 months. Return for nurse blood pressure check in 2 weeks. Will go over supplements in greater depth at that time.
- Complete your living will and power of attorney as we discussed.

**Whole Health: Change the Conversation Website**

Interested in learning more about Whole Health?
Browse our website for information on personal and professional care.


*This clinical tool was written by J. Adam Rindfleisch, MPhil, MD, Associate Professor and Director of the Academic Integrative Medicine Fellowship Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health, and Assistant Director and faculty for the VHA Whole Health: Change the Conversation clinical program.*