Whole Health: Change the Conversation

Introduction to Personalized Health Planning

Personal Health Planning

The personalized health planning process partners with Veteran to achieve optimal health and well-being. This is a process of exploration, not just of the health issues of Veterans, but of their values and ideals.

Personal Health Planning-Organizing Principles

Patient Centered Care Model

Elements of Patient Centered Care

- Experience of Health Care
- Practice of Whole Health

Organizational Support Structures

* Personalized, Proactive, Patient-driven Care

Whole Health Assessment

Shared Goals

Personal Health Plan

Skill-Building & Support

- Whole Body
- Shared goals
- Personal Health Plan
- Skill-Building & Support

Mindful Awareness

Me

Personal Health Planning

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- Self-reflection
- Health risk assessment
- Clinical exam
- Life goals
- Health goals
- Personal mission
- Shared goals
- Self-care
- Professional care
- Skill building/education
- Consults/referrals
- Timeline and follow-up
- Education, training, and tools
- Healthcare teams
- Groups
- Family, friends
- Community
• What REALLY matters to you in your life?
• What brings you a sense of joy and happiness?
• On a scale of 1 to 5 with 1 being miserable and 5 being great where do you feel you are on the scale for:
  – Physical Well-Being?
  – Mental/Emotional Well-being?
  – Life: How is it to live your day to day life?
PHI can lead to a PHP – Veteran is engaged to take action

Personal Health Inventory (PHI) → Personal Health Plan (PHP)

Personal Health Planning – Organizing Principles
- Whole Health Assessment
- Shared Goals
- Personal Health Plan
- Skill-Building & Support

Skill-Building and Support

Local Site Specific Initiatives and Resources

Examples of How to Change the Conversation

Personalized Health Plan (PHP)
- Personal Mission
- Key Life and Health Issues
- Medical Interventions
  - Medication
  - Medical Tests
- Support Services
  - Family, Friends, and Support System
  - Homecare
  - Counseling
- Rehabilitation
  - Physical Therapy
- Professional Care
- Mental Health
- Substance Abuse
- Pain Management

Examples of How to Change the Conversation

Local Site Specific Initiatives and Resources
Questions from PHI – Vision Questions

- What REALLY matters to you in your life?
- What brings you a sense of joy and happiness?
- What is your vision of your best possible health?

3 Questions Form – Connecticut

Your health is very important. Your provider will have certain things he/she needs to discuss during your visit, and would also like to know what you would like to discuss.

1) Why is your health important to you?
2) Are there things that make it hard for you to take care of your health, and what could make it easier?
3) One thing I would like to accomplish during my visit with my provider today.

PHI/PHP Walla Walla VAMC

Whole Health (WH) Review of System-Boston

Treating the Whole Person: A Veteran's Perspective
Components of Self-Care: Assessment

Rate each area:

① I would like more information
② I am interested in setting a self-care goal
③ I would like more support in meeting my goal
④ I am working toward my goal
⑤ I achieved my goal / this area is a strength for me

Questions for Self-Reflection:

• What areas do you identify as a strength in your life? How do these areas of strength impact your health?
• What areas are you interested in setting a self-care goal? If you made progress in this area, would it impact any other areas?
• Do you see a relationship between any of these areas of self-care in your life?

Whole Health Goals Worksheet

• Mission, Aspiration, Purpose
• Proactive Self-Care
• My Goal
• My Resources
• Support

Example Questions to ask Veterans?

On pages 38-39 you will find examples of open-ended self-care questions to ask:

• Working your Body
• Surroundings
• Personal Development
• Food & Drink
• Recharge
• Family, Friends & Co-workers
• Spirit & Soul
• Power of the Mind

Questions to ask Veterans?

Brainstorm ...

Come up with 2-3 examples of questions that you can ask a Veteran as a follow-up to an area that they may choose to focus on for their self-care.