

Survey of Integrative Medicine Centers Released

The Bravewell Collaborative recently released *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinics Across the Nation*, a study of the patient populations and health conditions most commonly treated with integrative strategies.

In a survey of leading U.S. integrative medicine centers, 75 percent reported success using integrative practices to treat chronic pain and more than half reported positive results for gastrointestinal conditions, depression, cancer and chronic stress. “With chronic health issues costing the U.S. economy more than \$1 trillion a year, it’s essential to find the most effective ways to treat and prevent the most prevalent conditions,” said Donald Abrams, MD, co-author of the report and professor of clinical medicine at the University of California San Francisco. “This report demonstrates how an integrative approach is being used to improve patient outcomes.”

Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person’s health. Employing a personalized strategy

that considers the patient’s unique conditions, needs and circumstances, integrative medicine uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help people regain and maintain optimal health.

“This report illustrates the great potential of integrative medicine to help prevent illness and foster lifelong health,” explained Christy Mack, President of The Bravewell Collaborative. “These approaches not only treat the whole person, but also empower individuals to be active participants in their health care.”

Major Findings

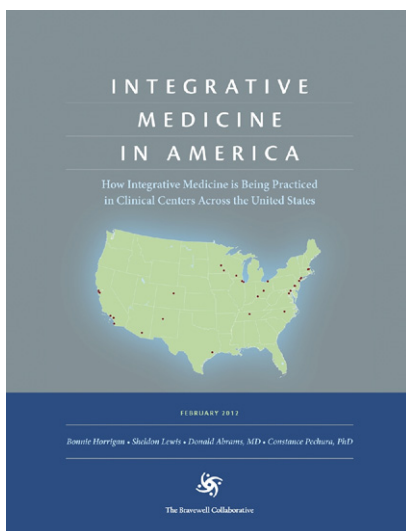
Some of the major findings include:

- All of the centers in the study reported being affiliated with a hospital, a health care system, and/or a medical or nursing school
- The integrative centers use three models of care delivery, which are not mutually exclusive: 26 of the 29 centers (90%) offer consultative care; 18 centers (62%) offer comprehensive care; and 13 centers (45%) offer primary care
- Fifteen centers (51%) offer in-patient services in the hospitals to which they are affiliated
- The entire spectrum of patient populations is addressed—all the centers provide services to adults; 28 centers (97%) offer geriatric services; 25 centers (86%) provide adolescent care; 21 centers (72%) offer OB-GYN services; and 18 centers (62%) provide pediatrics
- Overall, 63% of patients seen are self-referred. However, 38% of the centers receive more than one-half of their patients from within their own healthcare system
- The care patients receive is individualized—27 centers (93%) create a unique health plan for their patients and 26 centers (90%) involve the family in patient care
- Twenty-one centers (72%) use electronic medical records

- The most frequently employed practitioners at integrative medicine centers are, in descending order, physicians, massage therapists, meditation instructors, and acupuncturists
- The interventions prescribed most frequently across all conditions, in descending order, are: food/nutrition; supplements; yoga; meditation; TCM/acupuncture; massage; and pharmaceuticals
- The top five conditions for which the centers perceive integrative medicine to be most successful are, in descending order: chronic pain; gastrointestinal conditions; depression; stress; and cancer.

Participating Centers

- Alliance Institute for Integrative Medicine
- Arizona Center for Integrative Medicine
- Cancer Treatment Centers of America
- The Center for Integrative Medicine at the University of Colorado
- Center for Life University of New Mexico
- Cleveland Clinic Center for Integrative Medicine
- Continuum Center for Health and Healing
- Duke Integrative Medicine
- 11th Street Family Services of Drexel University
- GW Center for Integrative Medicine
- Greenwich Hospital Integrative Medicine Program
- Institute for Health & Health at California Pacific Medical Center
- Jefferson-Myrna Brind Center of Integrative Medicine
- Marino Center for Integrative Health
- University of Maryland Center for Integrative Medicine
- Integrative Medicine Program, Mayo Clinic
- Integrative Medicine Center at MD Anderson Anderson Cancer Center
- Northwestern Integrative Medicine
- OSU Center for Integrative Medicine



Bravewell Survey

- UCSF Osher Center for Integrative Medicine
- Osher Clinical Center
- Penny George Institute for Health and Healing
- Scripps Center for Integrative Medicine
- Simms-Mann Health and Wellness Center at Venice Family Clinic
- Center for Integrative Medicine and Wellness at Stamford Hospital
- Stanford Center for Integrative Medicine
- Susan Samueli Center of Integrative Medicine
- University of Wisconsin Integrative Medicine
- Vanderbilt Center for Integrative Health.

The full report is available from The Bravewell Collaborative at <http://www.bravewell.org>.

Dossey Receives Lifetime Achievement Award

On November 18, 2011, the Global Health Institute awarded Larry Dossey, MD, with its Courage in Integrative Medicine Award for Lifetime Achievement. The award, which conferred a significant cash honorarium, was presented by Joseph Pierce Farrell, the Director of the Institute, and James Gordon, MD, last year's awardee, during a special dinner event in Palm Beach, Florida.

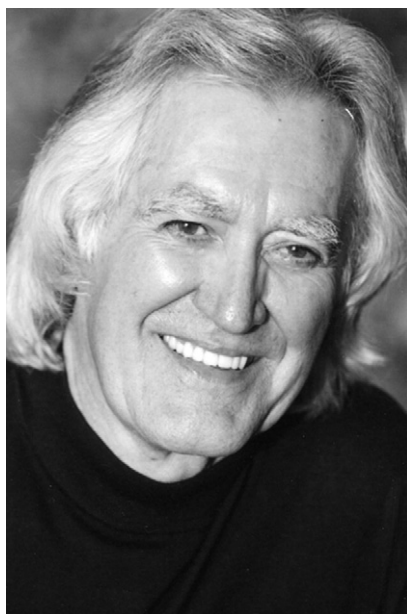
The Global Health Institute (<http://www.ghifoundation.org>) is an international organization that works to educate health professionals, students, and the media community on the discoveries, cutting-edge therapies, and emerging knowledge that is shaping the integration of healthcare. Through collaborative efforts with medical schools, academic institutions, and other nonprofit organizations, the Institute is collaborating in research projects that are generating a body of empirical evidence that demonstrates the viability and efficacy of integrating medicine for better patient outcomes.

Dr. Dossey

The author of 11 books and numerous articles, Dr. Dossey is the Executive Editor of *EXPLORE: The Journal of Science and Healing*. The primary quality of all of Dr.

Dossey's work is scientific legitimacy. He has lectured all over the world, including major medical schools and hospitals in the United States, such as Harvard, Johns Hopkins, Cornell, the Universities of Pennsylvania, California, Washington, Texas, Florida, Minnesota, and the Mayo Clinic.

The impact of Dr. Dossey's work has been both widespread and remarkable. His books have been translated into 30 languages. Before his book *Healing Words* was published in 1993, only three U.S. medical schools had courses devoted to exploring the role of religious practice and prayer in health; currently, around 90 medical schools have instituted such courses, many of which use Dr. Dossey's works as textbooks. In his 1989 book *Recovering the Soul*, he introduced the concept of "nonlocal mind"—mind unconfined to the brain and body, mind spread infinitely throughout space and time. Since then, "nonlocal mind" has been adopted by many leading scientists as an emerging image of consciousness. Dr. Dossey's ever-deepening explication of nonlocal mind provides a legitimate foundation for the merging of spirit and medicine, the ramifications of which call for no less than the reinvention of medicine.



Larry Dossey, MD

Chesney Elected Vice Chair of the Consortium

At its most recent annual meeting, members of the Consortium of Academic Health Centers for Integrative Medicine elected UCSF Osher Center director Margaret Chesney, PhD, as its incoming vice chair. Chesney will succeed Ben Kligler, MD, MPH, as chair in late 2013.

"I feel deeply honored to be asked by my colleagues to serve the Consortium as vice chair," said Dr. Chesney. "I first learned about the Consortium in 2003 when there were 23 members and now, that number has more than doubled to 50! This growth reflects the increasing interest and presents us all with challenges but marvelous opportunities to make a difference in advancing integrative health and medicine."

Chesney stated that one of the first objectives that Dr. Kligler, members of the Steering Committee, and she were already working toward is to propose some changes to the Consortium's governance. "This is in order to respond to our remarkable growth, increase our efficiency and provide greater service to our members," she said.

Dr. Chesney

As director of the UCSF Osher Center for Integrative Medicine, Margaret A. Chesney



Margaret Chesney, PhD

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