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# Mindful Medicine

MIND BODY MEDICINE IS INTEGRATED CARE

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OMNE SEPTEMBER 29, 2017

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# Disclosures

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I HAVE NO FINANCIAL RELATIONSHIPS TO DISCLOSE

“The body benefits from  
movement, and the mind benefits  
from stillness”



SAKYONG MIPHAM

# Gratitude

- I would like to thank my patients for the constant reminder of why this work is so important
- I thank the MGH/Harvard Medical School/Benson-Henry Institute for Mind Body Medicine for broad and deep inspiration, stellar science and evolutionary policy

# Today's Objectives

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- DEFINITION OF TERMS: GETTING OUR LANGUAGE ON THE SAME PAGE
    - WHY DOES THIS WORK MATTER, WHY WE MUST LEAD IT
      - DELIVERY ACROSS THE SPECTRUM OF CARE
        - TAKING CARE OF OURSELVES, OUR TEAMS
          - MINDFUL LEADERSHIP

## Definition of Terms

- **Mind Body Medicine:** a component of Complementary/Alternative Medicine (CAM). A philosophy and system of health practice based on the concept that the mind and the body work together for healing:
- A few examples:
- breathwork
- guided imagery
- meditation
- Mindfulness
- yoga, tai chi

## For Our Purpose today:

- Traditional Medicine=Western Medicine
- Nontraditional= CAM, acknowledging these are the traditional medicines of every ancient/indigenous culture

# Why Mind Body Medicine?

- Our current system of delivery, treating the sick, is not serving us fully. Costs are rising, indicators of good health are falling
- Surveys show most Americans are interested in and seeking forms of alternative care; in addition to Western medical interventions
- Evidence shows us, the impact is positive



## Fact: Why Patients Use Alternative Medicine Results of a National Study

- Surveys show that **most** Americans are interested in and seeking alternatives care in addition to Western medical intervention.
- The impact is a positive one:
  - shifting paradigms
  - holistic
  - focusing on on promoting health rather than curing illness

# Why Does it Matter?

- World Health Organization (WHO) defines health as "A state of complete physical, mental, and social well-being not merely the absence of disease . . ."
- The measurement of health and the effects of health care must include not only an indication of changes in the frequency and severity of diseases but also an estimation of well being and this can be assessed by measuring the improvement in the quality of life related to health care.
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- <http://www.who.int/healthinfo/survey/whoqol-qualityoflife/en/>

# WHOQOL100: Overall Quality of Life and General Health

- **Physical Health**
- **Energy and fatigue**
- **Pain and discomfort**
- **Sleep and rest**
- **Psychological**
- **Bodily image and appearance**
- **Negative feelings/Positive feelings**
- **Self-esteem**
- **Thinking, learning, memory and concentration**
- **Level of Independence**
- **Mobility**
- **Activities of daily living**
- **Dependence on medicinal substances and medical aids**
- **Work capacity**
- **Social Relations**
- **Personal relationships**
- **Social support**
- **Sexual activity**
- **Environment**
- **Financial resources**
- **Freedom, physical safety and security**
- **Health and social care: accessibility and quality**
- **Home environment**
- **Opportunities for acquiring new information and skills**
- **Participation in and opportunities for recreation/leisure**
- **Physical environment/Transport pollution/noise/traffic/climate)**
- **Religion/Spirituality/Personal beliefs**

# Mind Body Medicine: Leading the Redesign of Care Delivery

- Decrease stress
- Build resiliency
- Support well being
- Decrease reactivity, enhance responsiveness
- Require and support self care
- Improve self esteem/ self empowering
- “Promote healthcare environments that foster patient-centered, quality & safe care”

# MBM : Leading the Redesign of Care Delivery

- Low cost
- Low tech
- Portable
- Work in the present not the past or future
- Can be done anywhere
- Habit forming/sustainable
- Ready access

## Health Concerns that Improve or Benefit

- Chronic disease: DM, COPD, CHF
- Anxiety, PTSD, depression
- Chronic and Acute Pain
- Substance Use Disorder
- Stress reduction/ cortisol overload
- Insomnia
- Hyper-arousal
- Inflammatory response
- Isolation
- Memory
- Urologic pain
- Care giver burnout
- Anger management/reactivity
- Eating disorders
- Cancer
- Palliative/End of Life Care

# The Stress Response

- Any condition that results in an elevation of ACTH release from the anterior pituitary and/or cortisol release from the adrenal gland.
- Physical, emotional, or psychological factor may activate.
- A whole body response so fear, injury, anger, excitement, psychosis or some type of illness all cause the identical response

# Neuroplasticity

- Let's discuss some of the science
- Brain remodeling
- Sustainable change



# Mind Body Medicine

# Mind Body Medicine

- Shared Decision Making
- Is Choosing Wisely
- Is addressing Cost of Care
- Is integration of Behavioral and Physical Health
- Is Patient Centered
- Is portable across transitions, specialties and levels of care
- Addresses the burden of chronic disease
- Reduces anxiety, pain and SUD sx's: most common reasons for ED/hospitalization
- Is Transformative
- Is addressing Payment Reform
- Is team based
- Improves access by addressing core issues and readiness

## Some Potential Care Delivery Sites

- LTC/assisted living
- Telehealth
- Primary and specialty care
- Hospital/ ER
- Provider and team burnout
- Day surgery/Recovery
- Staff and Leadership support
- Urgent Care
- Veterans hospitals and care centers
- Home care
- CBO's
- BH care and hospitals
- SU clinics and care
- Delivery Room/ Nursery
- Primary care office
- School Based clinics

Self care- Team Care- Patient Care: Burn Out

# Medical versus Nursing Model of Care

# Mindful Leadership

- “If not us, who? If not now, when?” John F Kennedy or Hillel the Elder
- Affords us the balance required for leadership=Self Leadership, inner calm for outer influence
- The development of new habits
- The Conscious Pause: respond not react
- Recognition that others process differently
- Silencing the “yappers”

## Contact information

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