

Why Integrative Medicine and the Philosophy of Traditional Healing Systems Can Save the US Healthcare System

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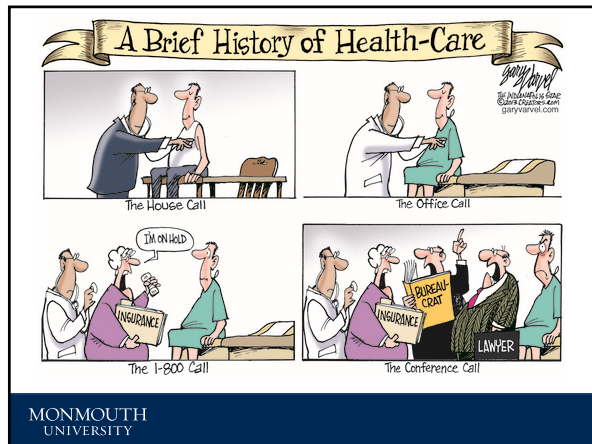
Content

- Status of the US healthcare system
 - Cost/quality
 - Opioid crisis
 - Payment
- Integrative medicine and health
 - Principles and practices
 - Research and evidence
 - Implementation

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Status of the US Healthcare System

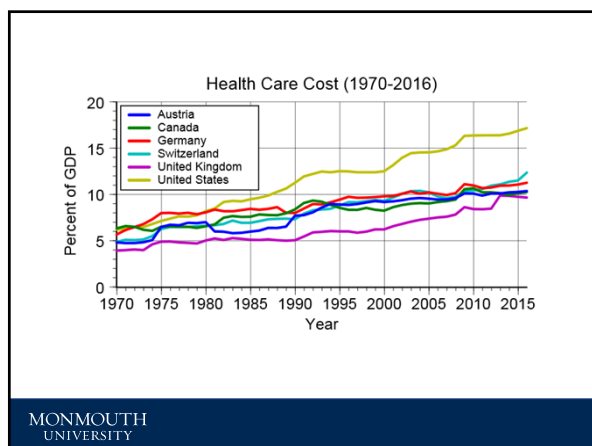
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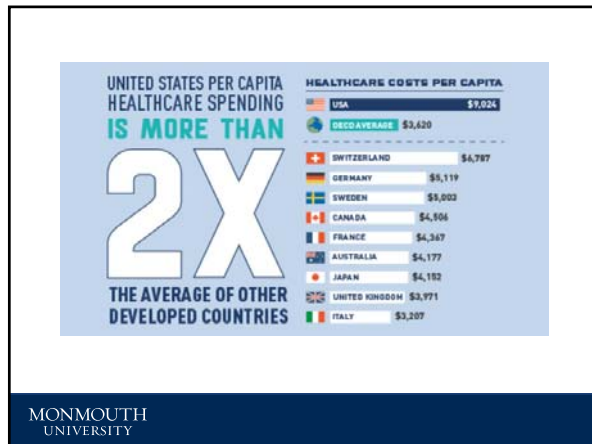


Current Status

- 'Crisis', #1 election issue
- High cost

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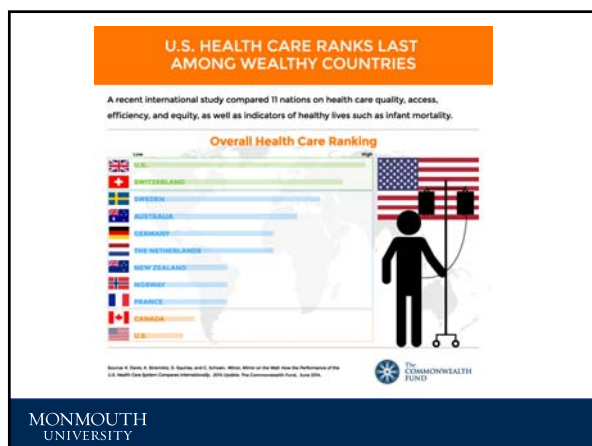




Current Status

- 'Crisis', #1 election issue
- High cost
- Sub par quality

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Current Status

- 'Crisis', #1 election issue
- High cost
- Sub par quality
- **Consumer dissatisfaction**

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Most Americans Believe Health Care is in Crisis

Seventy percent of Americans believe the country's health care system has major problems.

By Alexa Leland, Staff Writer Jan. 14, 2019, at 3:19 p.m.



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Consumer Dissatisfaction

West Health and Gallup study, 2019, qualitative interviews with consumers and healthcare industry experts, plus survey with 3,537 randomly selected adults:

- Americans express great concern about healthcare costs
 - 45% concerned that major health event will lead to bankruptcy
 - 77% concerned about significant and lasting damage to US economy
- Healthcare costs lack transparency
 - 47% do not know what the ER visit will cost before receiving care
 - 41% did not go to the ER due to cost in past 12 months
- Americans can't afford to make good health a priority
 - Americans borrowed \$88 Billion in past 12 months to pay for healthcare
 - 65 Million adults did not seek treatment due to cost in past 12 months

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Current Status

- 'Crisis', #1 election issue
- High cost
- Sub par quality
- Consumer dissatisfaction
- Opioid crisis (pain in America)

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Pain in America

- ~100 Million Americans are burdened by chronic pain
- Costs ~560-635 Billion annually
 - More than the **COMBINED** cost of diabetes, heart disease and cancer
- Will increase in the future due to aging population



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PAIN IN AMERICA




MORE PEOPLE LIVE WITH
CHRONIC PAIN THAN
**CANCER, HEART DISEASE,
AND DIABETES, COMBINED.**

Chronic pain	116M
Diabetes	30.3M
Heart disease	25.4M
Cancer	14.7M

Sources: National Institutes of Health (NIH),
Centers for Disease Control and Prevention (CDC),
Institute of Medicine


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Opioid Crisis



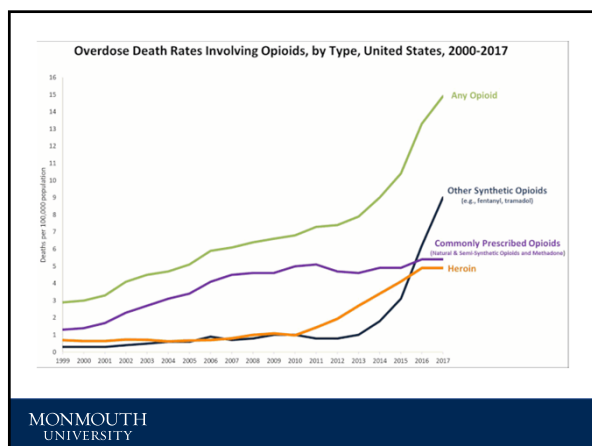
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Opioid Crisis



- Dramatic increase in overdose deaths
- 130 deaths/day
- High impact on unemployed and disabled workers in economically devastated industrial communities
 - Disproportionate effect on middle class whites in non-urban areas
 - Between 2007-14 opioid dependence rose by **3,203%** among privately insured patients in these communities

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Opioid Crisis – a US Issue

- As 4.6 % worlds population, US consumes 80% worlds opioid supply, 99% of global hydrocodone supply
- US prescribes 50 times more opioids that rest of world combined
- Even with prescribed opioids, 70% of patients still complain of moderate to severe pain post-operatively

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Current Status

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- **Perverse incentives (payment system)**

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US Health Insurance

- Medicaid – low socioeconomic population (~17% of the insured US population)
 - Households with incomes up to 138% of the federal poverty level can qualify (\$16,394 a year for an individual or \$33,534 for a family of four). Children up to age 6 and pregnant women qualify with income up to 160% of the FPL (\$38,880 for a family of four)
- Medicare – seniors (~18% of the insured US population)
 - >age 65 and paid Medicare taxes for >10 years
- Private insurance (~66% of the insured US population)
 - (per month ~\$321/person, \$833/family; annual deductible \$4358/person, \$7983/family)
- ~91% of the population has insurance
- Discrimination against government insured patients

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Fee For Service vs Value Based Reimbursement

- Fee for service – payment based on individual services delivered
 - **↑ intervention = ↑ profit**
 - ~75% of revenue
- Value based reimbursement – payment based on quality of services delivered
 - **↑ quality = ↑ profit**
 - Increased through the ACA (Obamacare)
 - Improve quality, lower costs
 - **Incentive for prevention and wellness (especially capitation and bundled payment models)**

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Current Status

- ‘Crisis’, #1 election issue
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- Consumer dissatisfaction
- Opioid crisis
- Perverse incentives
- **Critical mass of research evidence for effectiveness of integrative medicine, along with growing payment based incentive and consumer demand**

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Integrative Medicine and Health

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Integrative Medicine and Health

- Complementary and ~~Alternative~~ medicine (CAM)
- Complementary and integrative health (CIH)
- Traditional and complementary medicine
- Integrative medicine
- Integrative healthcare

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What is Integrative Medicine?

Academic Consortium for Integrative Medicine & Health (<https://imconsortium.org>)

Integrative medicine and health reaffirms the importance of the **relationship between practitioner and patient**, focuses on the **whole person**, is informed by **evidence**, and makes use of **all** appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve **optimal health and healing**.

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Duke Univ. Integrative Medicine

<https://dukeintegrativemedicine.org>

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, it uses the **most appropriate** interventions from an array of **scientific** disciplines to heal illness and disease and help people regain and **maintain optimum health**.

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- The patient and practitioner are **partners** in the healing process.
- **All factors** that influence health, wellness and disease are taken into consideration, including body, mind, spirit and community.
- Providers use all **healing sciences** to facilitate the **body's innate healing response**.
- Effective interventions that are **natural and less invasive** are used **whenever possible**.
- Good medicine is based in **good science**. It is inquiry driven and **open to new paradigms**.
- Alongside the concept of treatment, the broader concepts of health **promotion and the prevention** of illness are paramount.
- The care is **personalized** to best address the individual's unique conditions, needs and circumstances.
- Practitioners of integrative medicine **exemplify its principles** and commit themselves to self-exploration and self-development.

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Adapted from Healthy People 2020

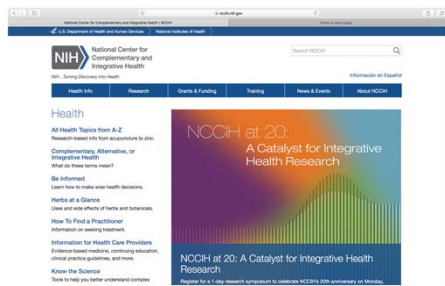
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Disciplines/Practitioners/Therapies

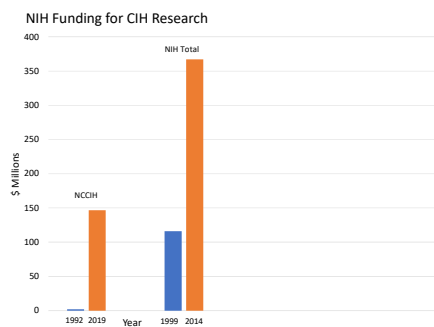
- The five licensed CIH professions
 - Chiropractic, acupuncture, massage therapy, naturopathy, midwifery
- Integrative physicians, functional medicine doctors
 - Family and social medicine (primary care) predominantly
- Holistic nursing
- Natural products – supplements, herbs, probiotics
- Movement therapies - Yoga, Tai Chi, Qi Gong
- Meditation
- Health coaching
- Nutrition/special diets
- Emerging - Reiki, reflexology, homeopathy, aromatherapy

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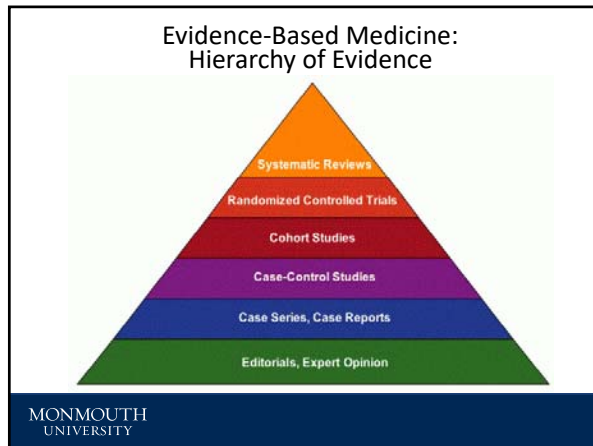
National Center for Complementary and Integrative Health (NCCIH)

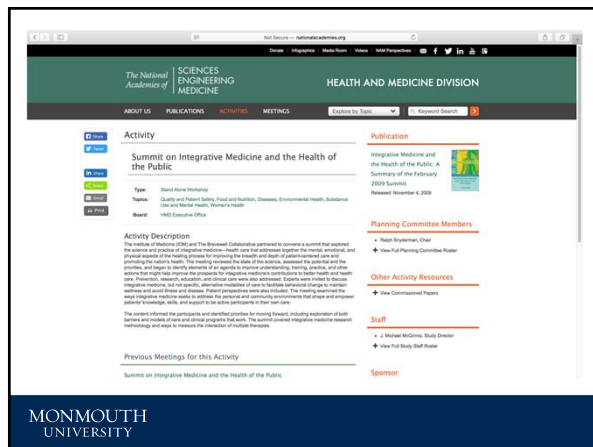


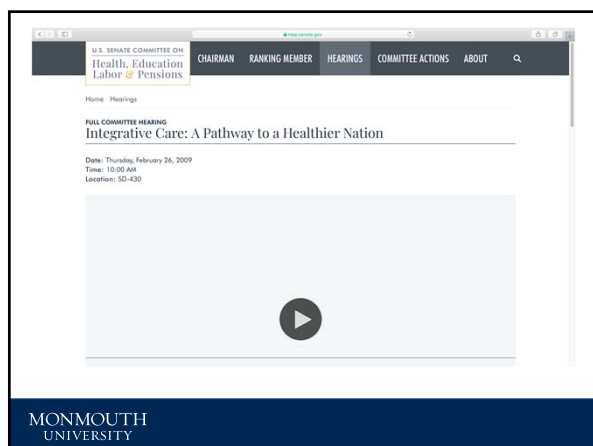
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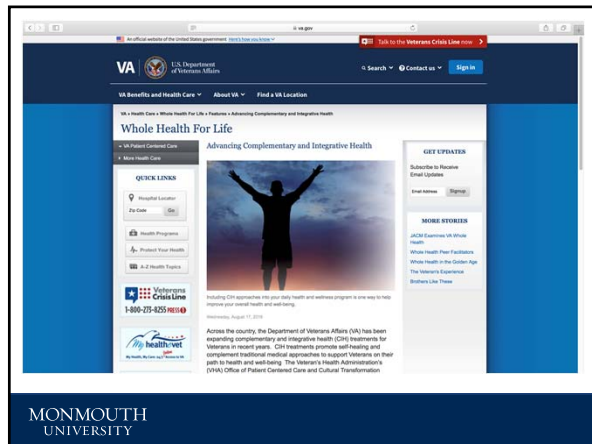


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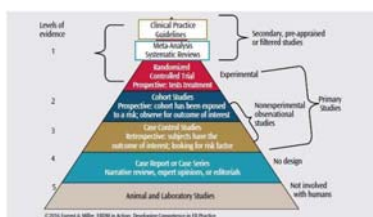
Addressing US Healthcare Issues

- **Prevention/wellness**
85% of US healthcare costs are associated with chronic lifestyle based preventable conditions
- **Patient empowerment/responsibility**
Improved patient satisfaction and quality of life
- **Mind-body – address psycho-emotional aspects of illness**
- **Safer/significantly less side effects**
- **Improve health of healthcare practitioners**
Physician burnout affects 60% of doctors
- **Lower cost**
As indicted by cost effectiveness studies

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Dissemination and Implementation?

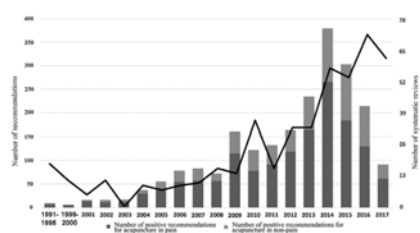
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 National Center for Complementary and Integrative Health

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Treatment Guidelines for Acupuncture



 National Center for Complementary and Integrative Health

Birch et al. 2018

Ongoing Challenges

- More cost effectiveness studies
- Payment
 - ↑ Private insurance coverage
 - ↑ Value based reimbursement
 - Medicare coverage
- Education of other healthcare providers
 - Follow best practice guidelines based on current research evidence
 - How and where to refer

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Veterans Administration


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Veteran Administration

- Largest healthcare system in the world
 - 322,030 FT healthcare professionals and support staff
 - 1,255 healthcare facilities
- Established the Office of Patient Centered Care and Cultural Transformation
- **Whole Health** model - considers the full range of physical, emotional, mental, social, spiritual, and environmental influences in Veterans' lives
- Move away from 'find and fix' disease care to one guided by the individual needs of the Veterans
- Implemented five prioritized CIH therapies – yoga, chiropractic, acupuncture, meditation and Tai Chi

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VA Whole Health Model



Me + Self Care + Professional Care + Community = Whole Health

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