

Optimal Healing Environments: Creating a Culture of Wellness

June 24, 2014 2:00 p.m. Eastern

Bonnie Sakallaris, Samueli Institute

Courtney Baechler, Penny George Institute for Health and Healing



Optimal Healing Environments: Shifting from Health Care to Health Creation

Bonnie R Sakallaris, PhD, RN
Vice President, Optimal Healing
Environments

June 24, 2014

SAMUELI INSTITUTE'S MISSION



To create a flourishing society through the scientific exploration of wellness and whole person healing.

HEALTH AND WELL-BEING

THROUGH



RESEARCH



INNOVATION



EDUCATION

Samueli Institute Uncovers the Science of Healing

THROUGH



RESEARCH



INNOVATION



EDUCATION

FOR



INDIVIDUALS



WARFIGHTERS



SYSTEMS

TO

- Improve Performance
- Reduce Chronic Symptoms
- Enhance Wellness

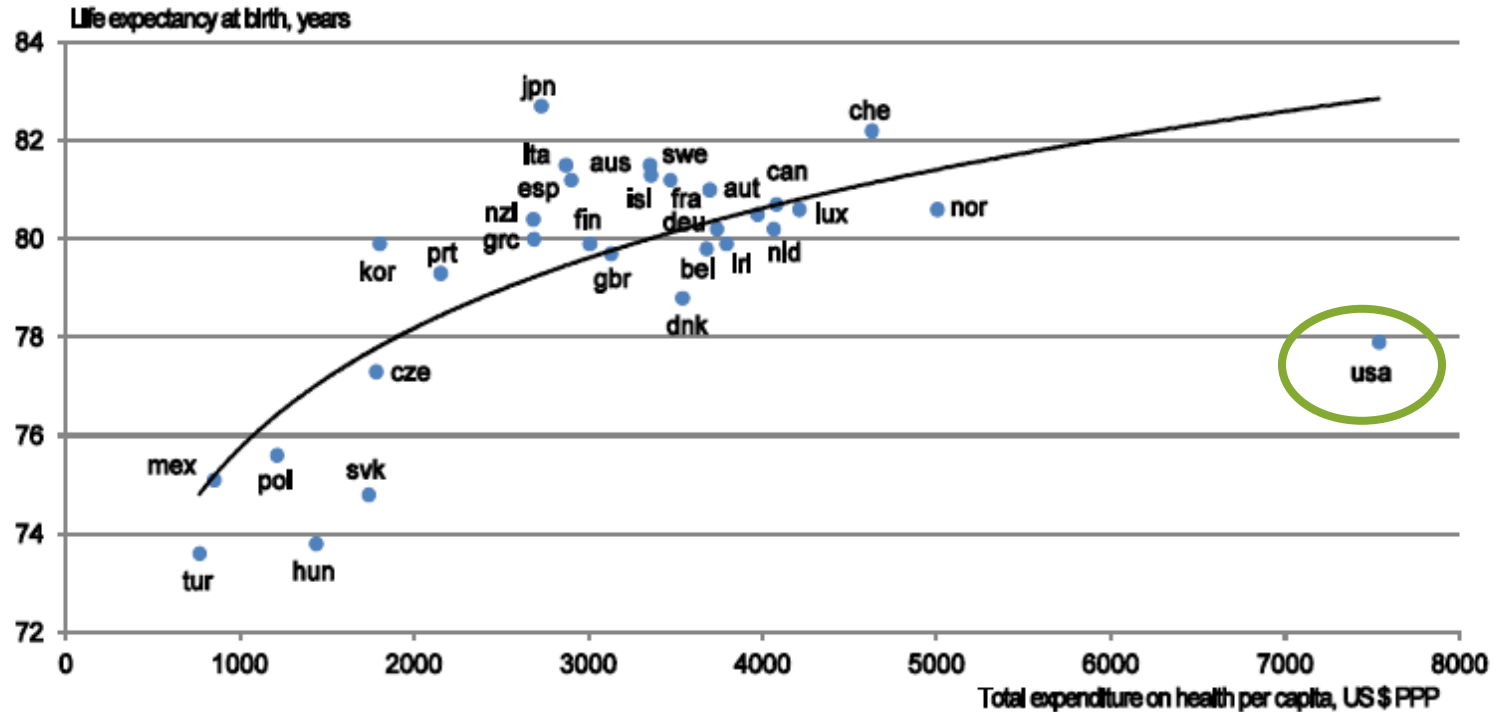
Our Future is at Risk



- The CDC estimates that 1 in 3 adults born after 2000 will develop Type II diabetes.
- For the first time in 100 years, life expectancy is declining.

The Health of the Nation: Poor Value for Money

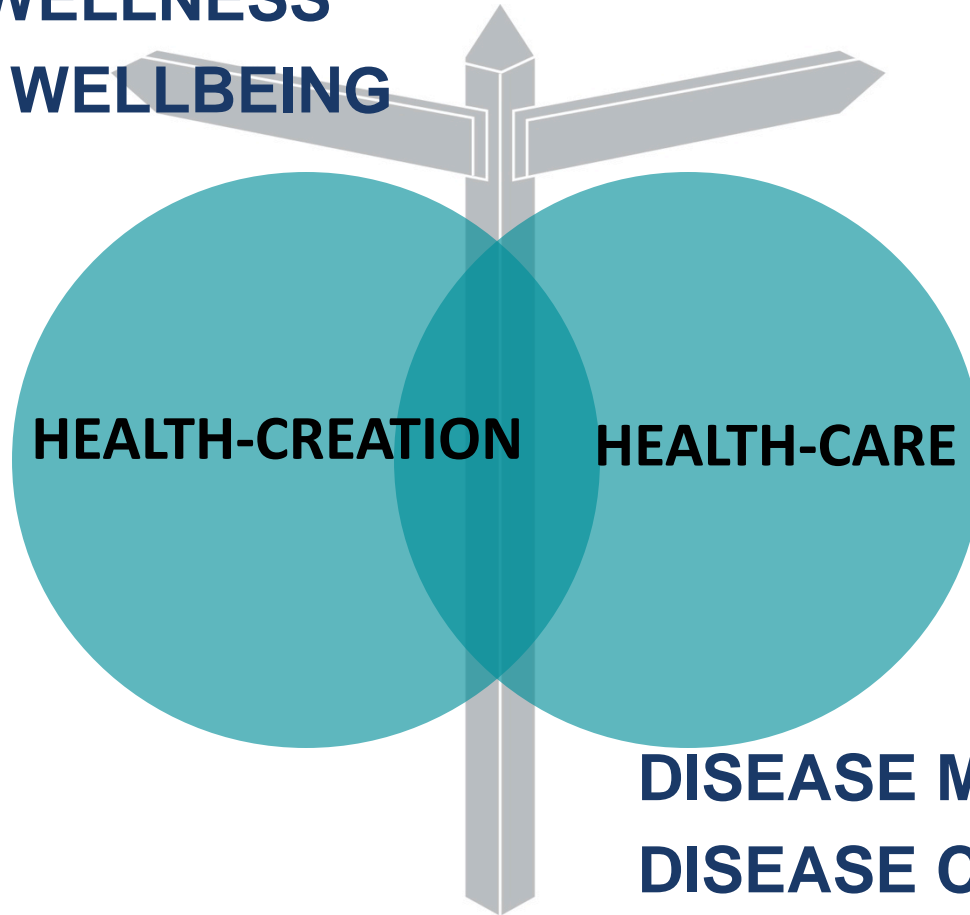
Figure 1. There are large differences in life expectancy and health care spending across OECD countries
2008¹



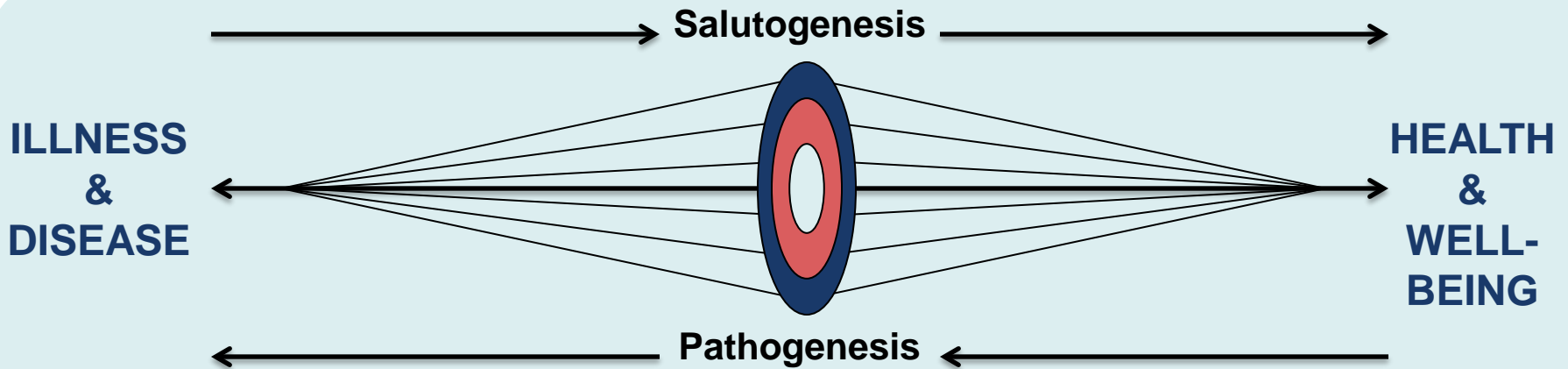
1. Or latest year available.

Source: OECD Health Data 2010.

**SELF-CARE
PERFORMANCE OPTIMIZATION
COMMUNITY WELLNESS
WORLD WIDE WELLBEING**



Salutogenesis: The process through which health and well-being are produced.



Pathogenesis: The mechanism by which a disease is caused.

**Health
Creation**

**Disease
Management**

Relationships

Coaching

Teaching

Self-Care

ER

X-ray

Laboratory

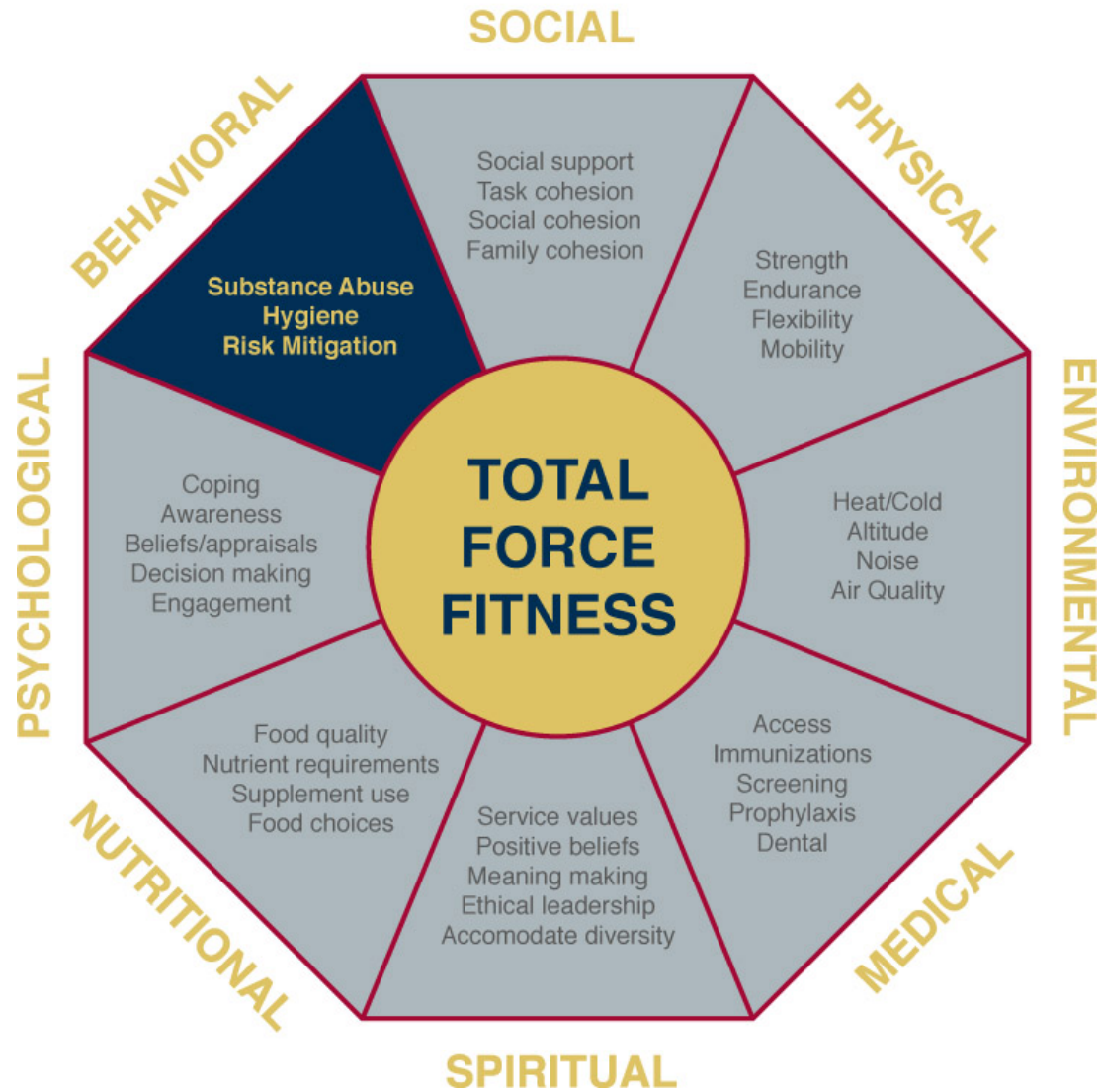
Medical Exams

Rehabilitation

Community Wellness



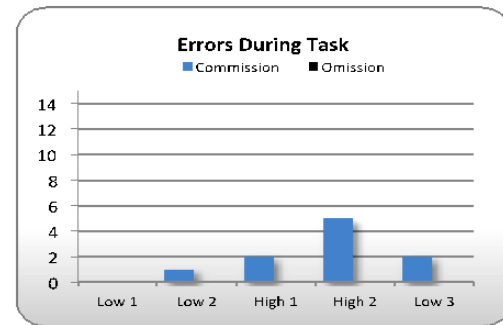
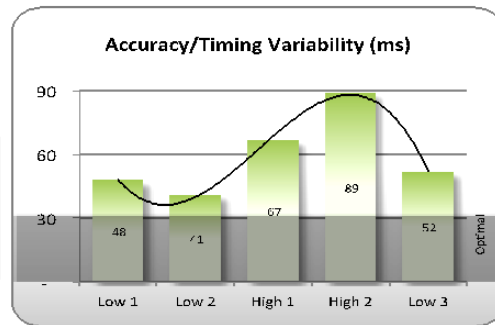
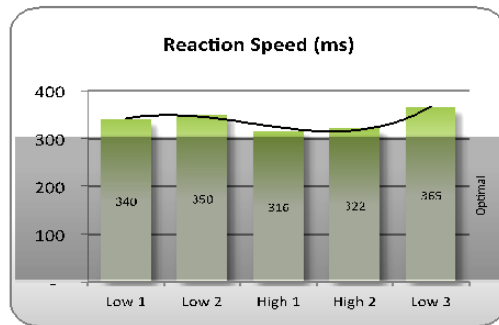
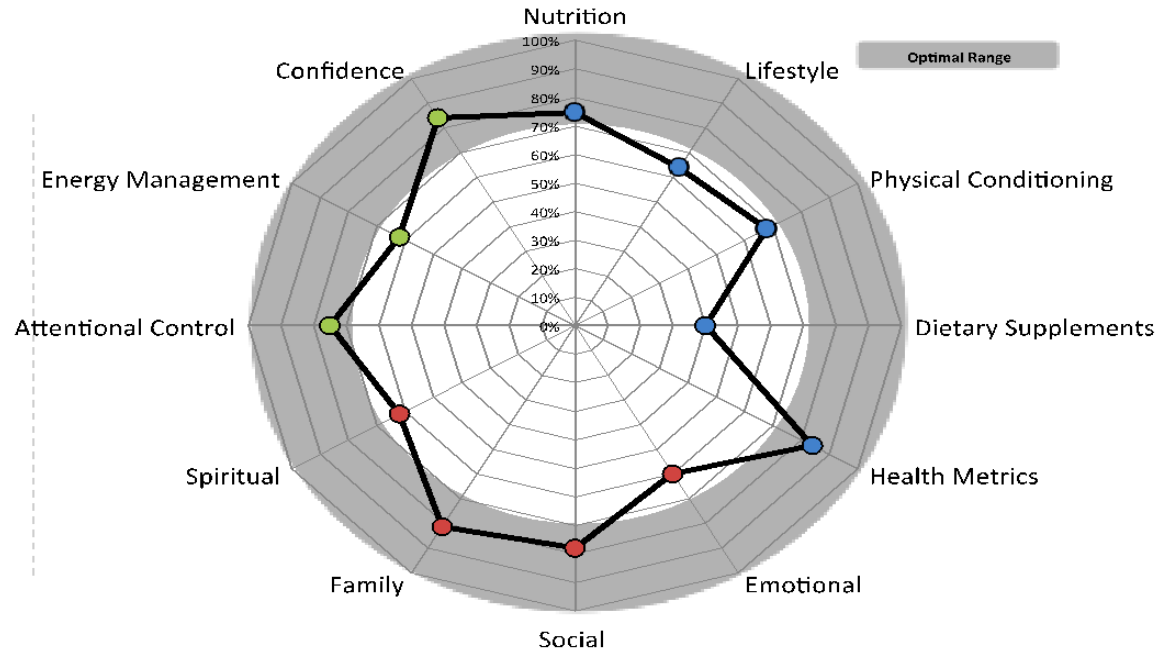
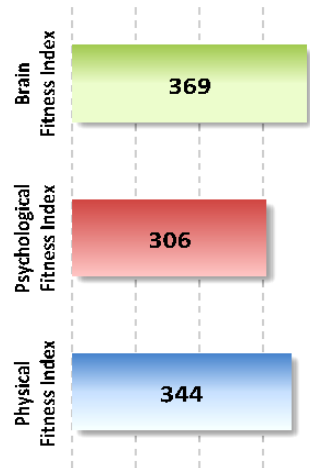
Community wellness is a way of life directed at achieving sustainable health, well-being, and socio-economic potential of the community and its members.



Sample, Soldier

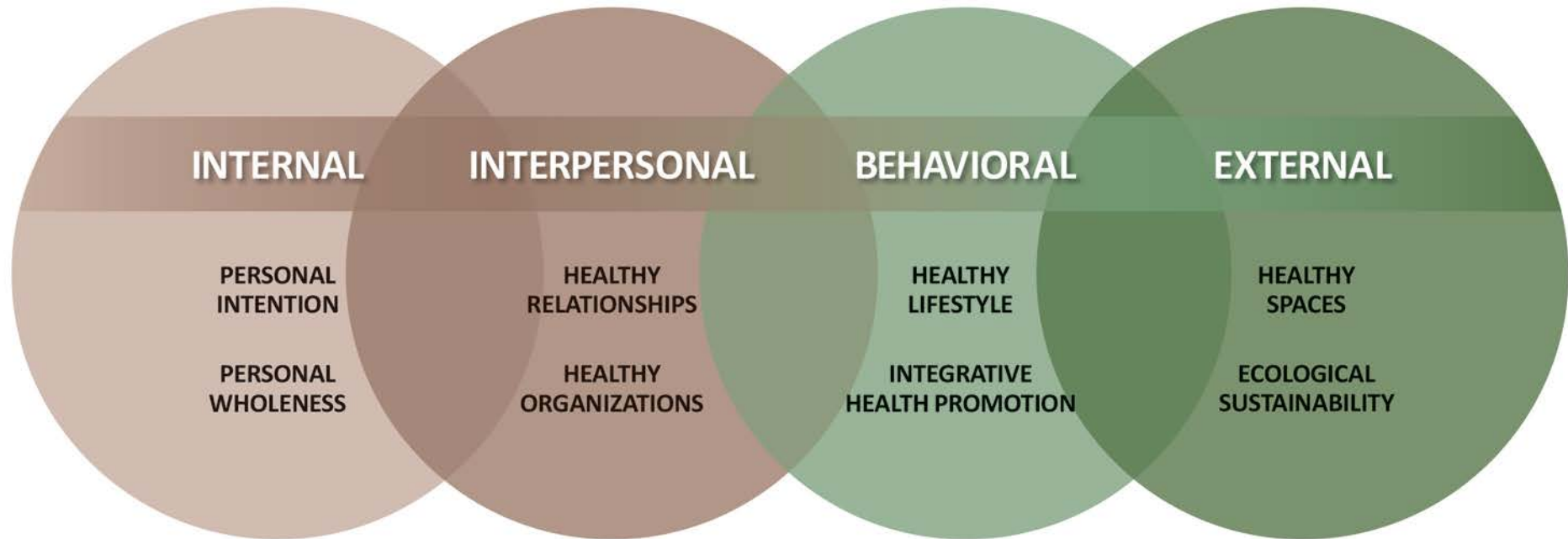
Training: Sniper
 Date: Tuesday, January 24, 12

Soldier Fitness Profile Index Scores



OPTIMAL HEALTHY WORKPLACES

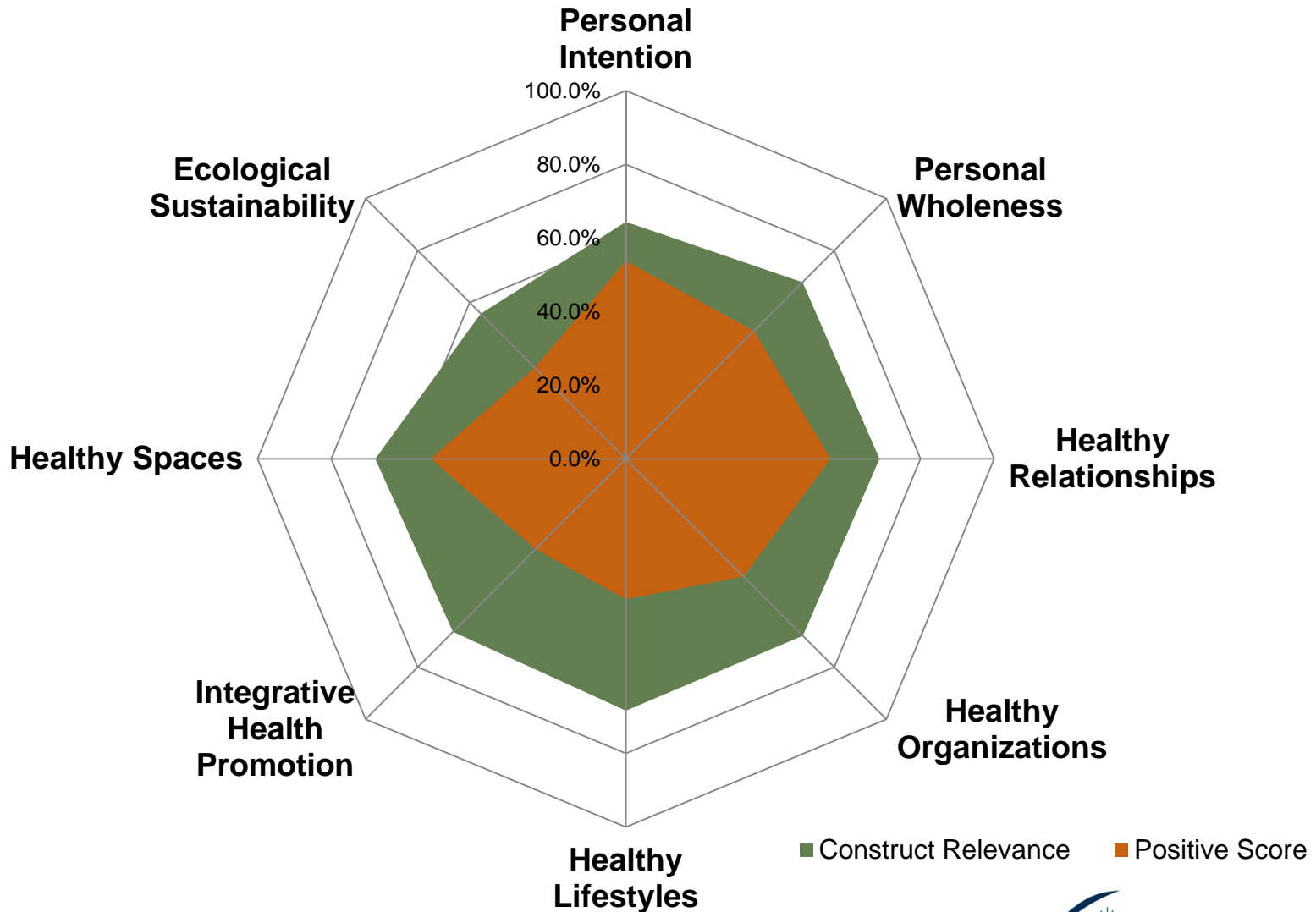
Support and stimulate health by addressing the social, psychological, physical, spiritual and behavioral components of health and well-being.



MAKING HEALING AS IMPORTANT AS CURING

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Optimal Healthy Workplace



OPTIMAL HEALING ENVIRONMENTS

Surround the individual with elements that facilitate the innate healing process.

INTERNAL

HEALING INTENTION

PERSONAL WHOLENESS

INTERPERSONAL

HEALING RELATIONSHIPS

HEALING ORGANIZATIONS

BEHAVIORAL

HEALTHY LIFESTYLES

INTEGRATIVE CARE

EXTERNAL

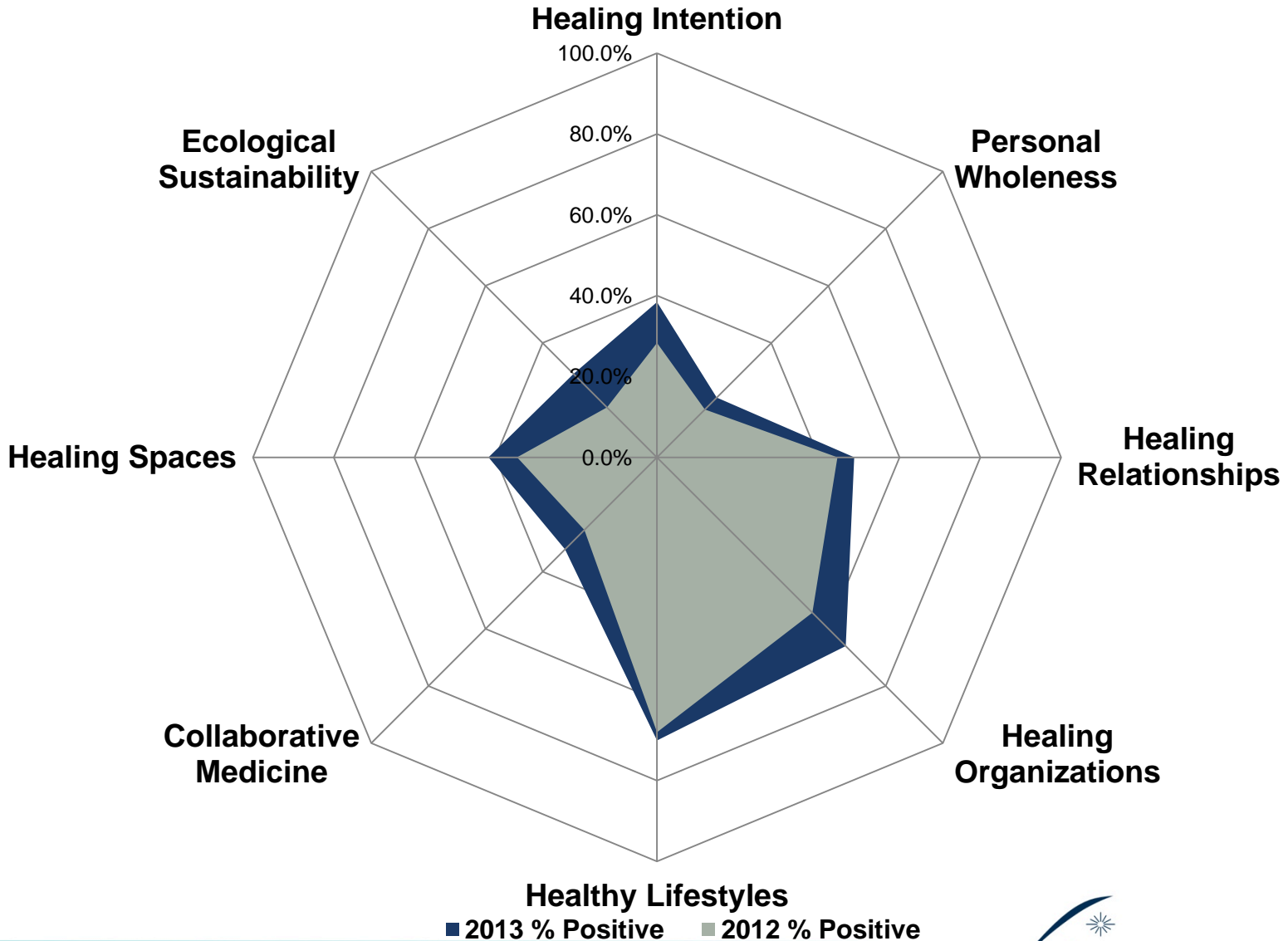
HEALING SPACES

ECOLOGICAL SUSTAINABILITY

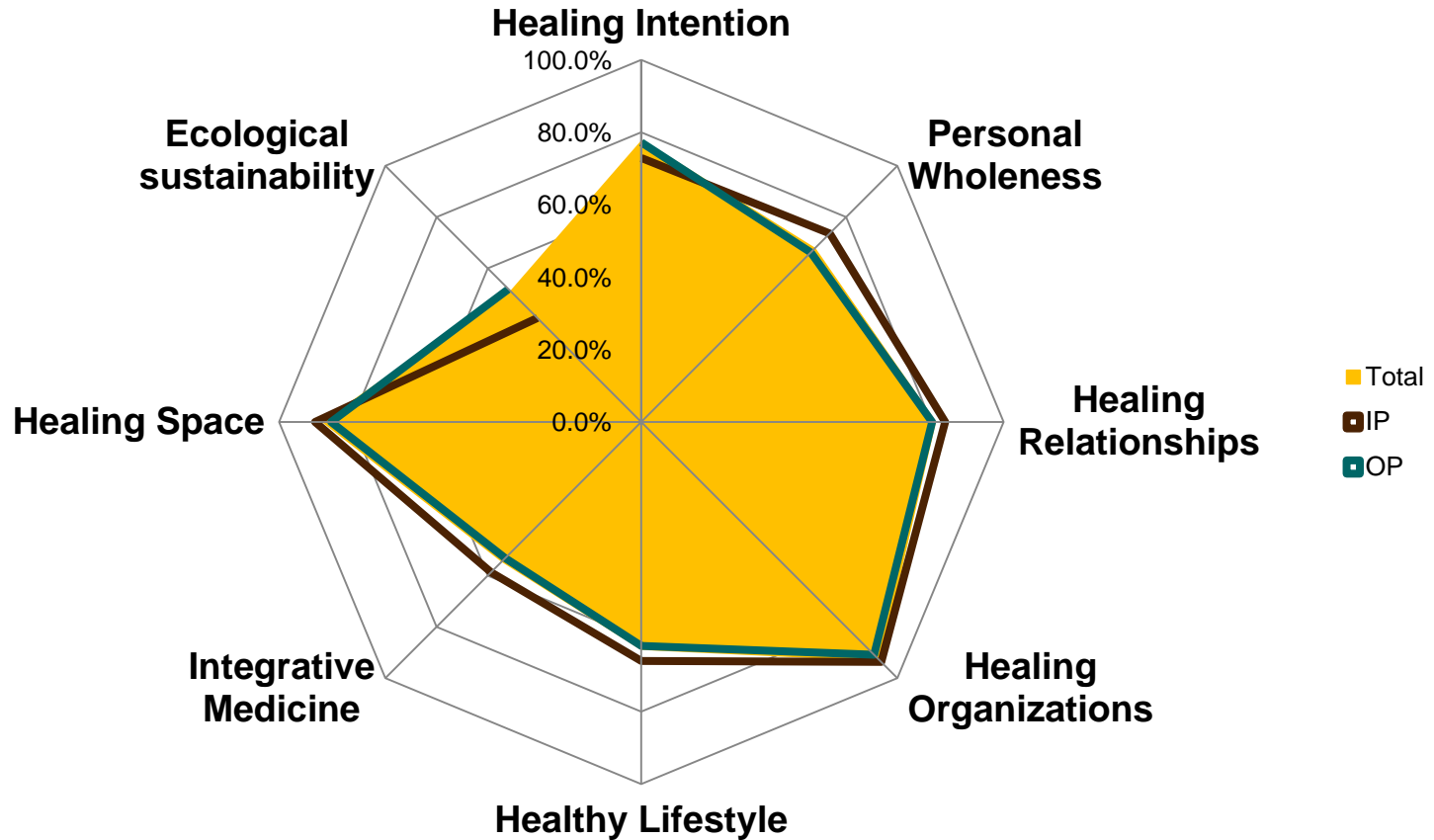
MAKING HEALING AS IMPORTANT AS CURING

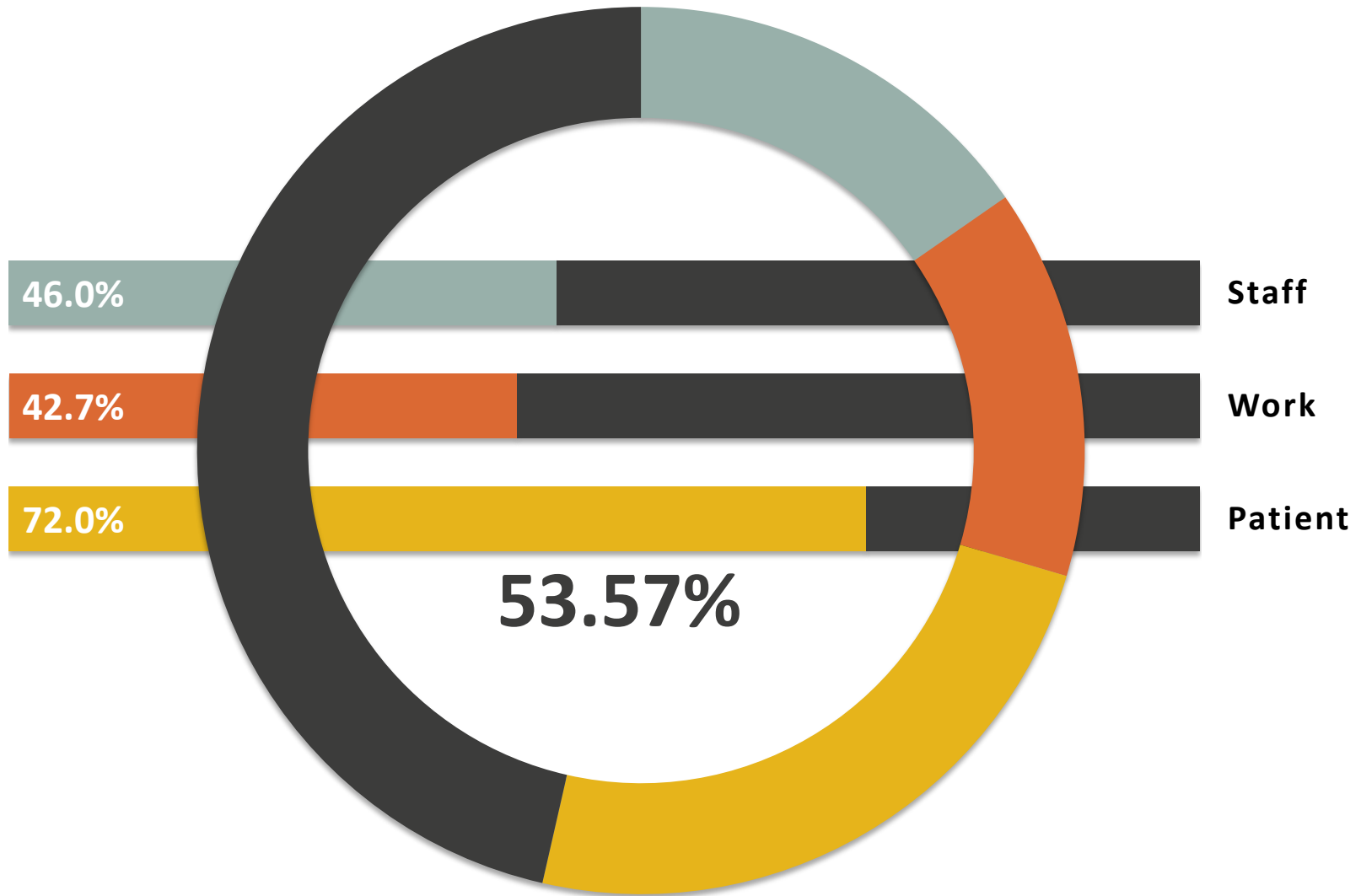
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Optimal Healing Environment



Patient Experience of Care







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Penny George Institute For Health and Healing

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Chief Wellness Officer
Vice President, Penny George Institute for Health and Healing
Allina Health



Mission

We combine leading medical practice with ancient healing wisdom, to optimize health and wellness in the whole person – body, mind and spirit.



The Penny George Institute History

- Founded in 2003 through philanthropic donations to promote Health and Wellness and act as a “living lab” for healthcare transformation
- Largest Integrative Health program in the country that is integrated within a health system
- March of 2012, designated an Allina Health Clinical Service Line
 - Prevention and Wellness Service Line



Penny George™ Institute for Health and Healing

- Inpatient (services began 2003)
- Outpatient Clinic (2004)
- LiveWell Fitness Center (2006)
- Integrative Health Research Center (2007)
- Cancer Center Unity Hospital (Oct 2010)
- Healthy Communities Partnership(2012)
- Learning and Development (2013)
- St Francis Hospital (2013)
- New Ulm Medical Center (2014)
- WestHealth Clinic (2014)



Penny George Institute for Health & Healing

Impetus for Change

- A minimum of 40% of all deaths in US attributed to four behaviors:
 - Poor nutrition
 - Inadequate levels of physical activity
 - Smoking and exposure to tobacco
 - Hazardous drinking
- Only about 5% of the US population lives without an identifiable risk factor
- For the first time ever, children in the US are expected to live shorter lives than their parents

Unsustainable Costs Unacceptable Outcomes

- 2.5 trillion spent in the current healthcare system (70% of spending) on lifestyle related diseases
- 4.3 trillion by 2023
- 16% of nation's GDP
- Double the amount of other developed nations
- US ranked 37th in the world in health outcomes

Here are ways in which some key body systems react.

1 NERVOUS SYSTEM

When stressed — physically or psychologically — the body suddenly shifts its energy resources to fighting off the perceived threat. In what is known as the “fight or flight” response, the sympathetic nervous system signals the adrenal glands to release adrenaline and cortisol. These hormones make the heart beat faster, raise blood pressure, change the digestive process and boost glucose levels in the bloodstream. Once the crisis passes, body systems usually return to normal.

2 MUSCULOSKELETAL SYSTEM

Under stress, muscles tense up. The contraction of muscles for extended periods can trigger tension headaches, migraines and various musculoskeletal conditions.

3 RESPIRATORY SYSTEM

Stress can make you breathe harder and cause rapid breathing — or hyperventilation — which can bring on panic attacks in some people.

4 CARDIOVASCULAR SYSTEM

Acute stress — stress that is momentary, such as being stuck in traffic — causes an increase in heart rate and stronger contractions of the heart muscle. Blood vessels that direct blood to the large muscles and to the heart dilate, increasing the amount of blood pumped to these parts of the body. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attack.

5 ENDOCRINE SYSTEM

Adrenal glands
When the body is stressed, the brain sends signals from the hypothalamus, causing the adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine — sometimes called the “stress hormones.”

Liver

When cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that would give you the energy for “fight or flight” in an emergency.

6 GASTROINTESTINAL SYSTEM

Esophagus

Stress may prompt you to eat much more or much less than you usually do. If you eat more or different foods or increase your use of tobacco or alcohol, you may experience heartburn, or acid reflux.

Stomach

Your stomach can react with “butterflies” or even nausea or pain. You may vomit if the stress is severe enough.

Bowels

Stress can affect digestion and which nutrients your intestines absorb. It can also affect how quickly food moves through your body. You may find that you have either diarrhea or constipation.



7 REPRODUCTIVE SYSTEM

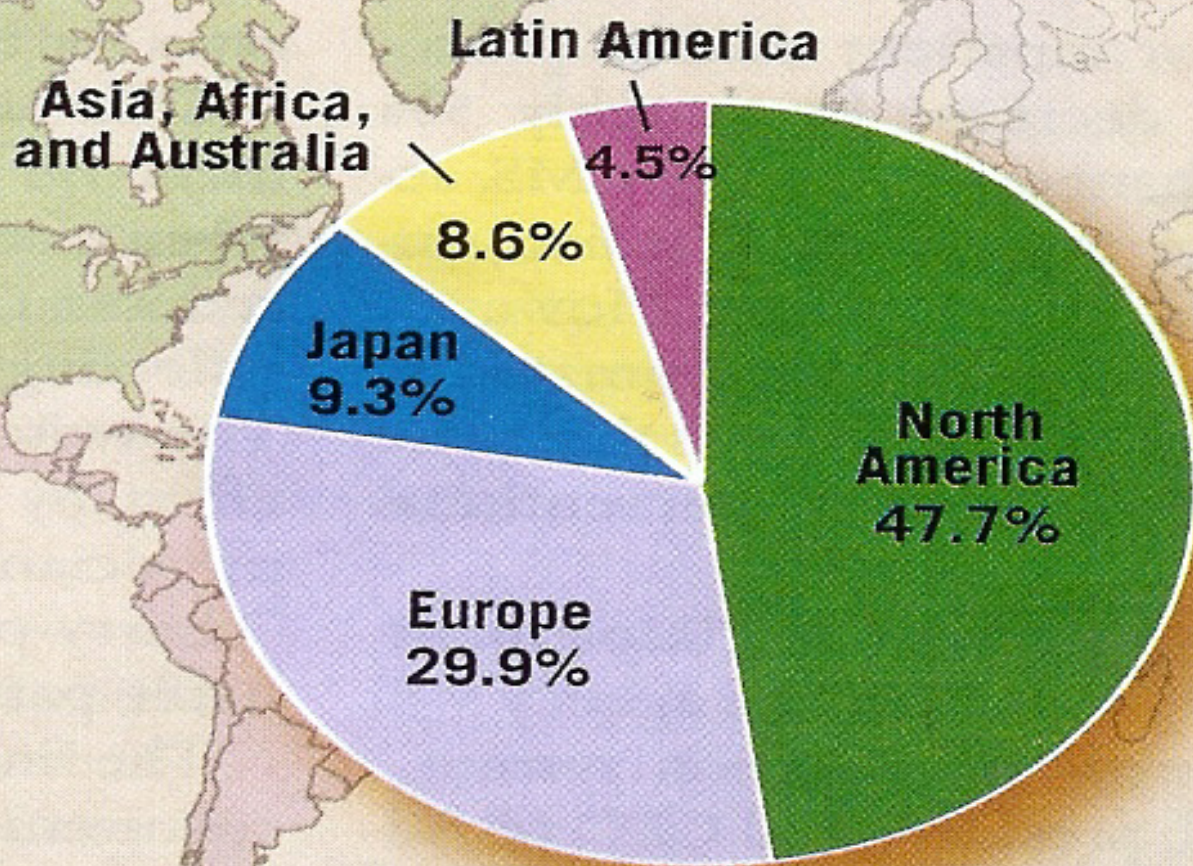
In men, excess amounts of cortisol, produced under stress, can affect the normal functioning of the reproductive system. Chronic stress can impair testosterone and sperm production and cause impotence.

In women stress can cause absent or irregular menstrual cycles or more-painful periods. It can also reduce sexual desire.

- 70-90% of all visits to health care are related to stress disorders

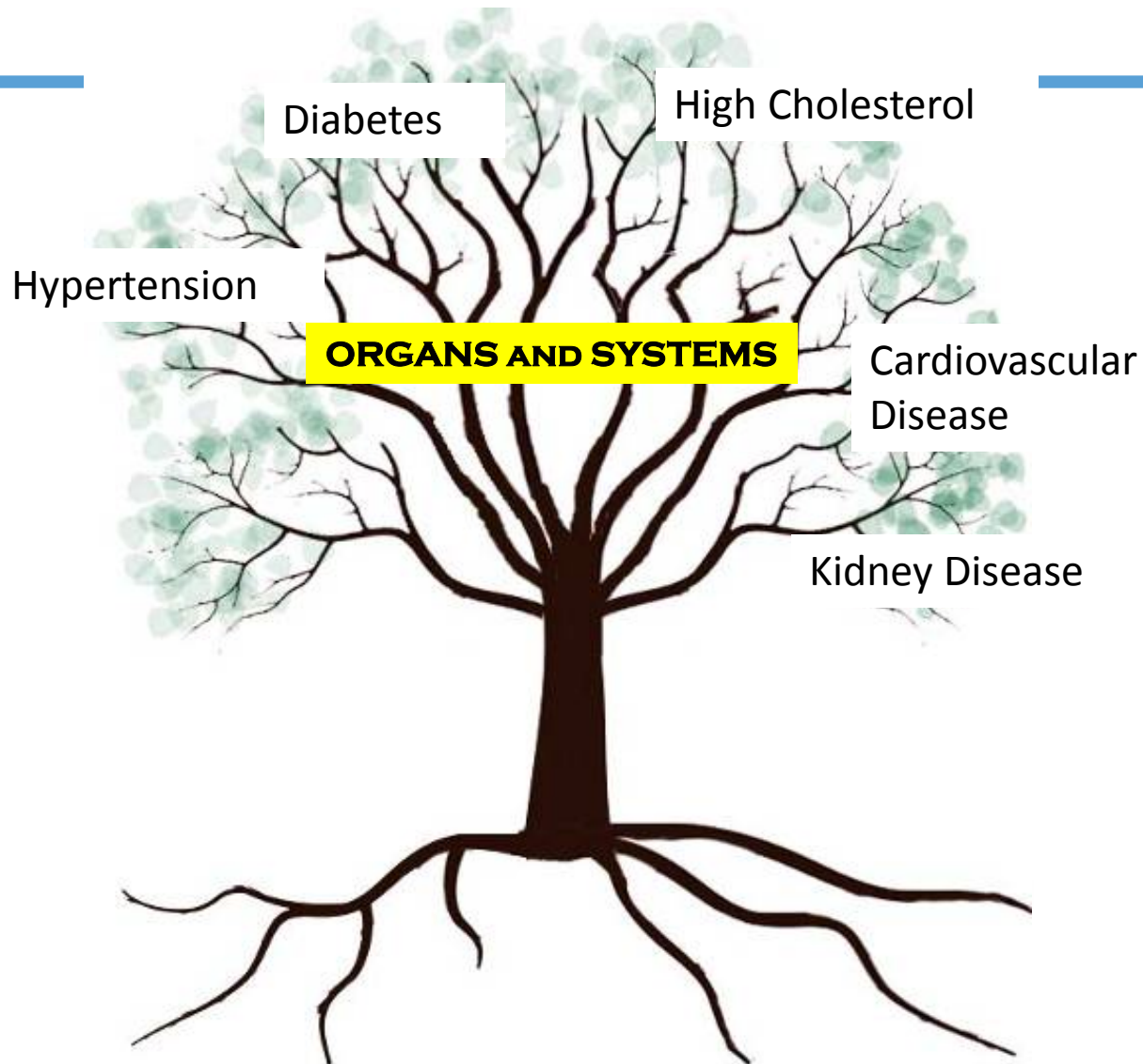
DATA WATCH

North America Makes Up Almost Half of All Global Pharmaceutical Sales



Source: 2006 data, IMS Health Inc.

The Current Healthcare Model



The Penny George Institute Vision

A HOLISTIC APPROACH

Engaging and Empowering the individual to be the principle change agent for health and healing



**Penny George Institute for Health and Healing
Prevention and Wellness Clinical Service Line**

Integrative Health

**Prevention /
Wellness**

Cross promotion and shared resources

**Outpatient
Clinics**

**Inpatient
Therapies**

**Learning and
Development**

**Healthy Behavior
Programs /
Fitness Center**

**Community
Health Program**

**Corporate
Wellness**

**Technology
Solutions**

Research

Database 7/1/09 to 12/31/12

- Overall database includes 12,899 hospital admissions where pre-IM intervention pain > 0 and both pre- and post-intervention pain scores (0-10 verbal scale) were available.
- CMS major diagnostic categories (MDCs) were calculated by dividing ICD-9CM principal diagnoses into several clinical populations.
 - Cardiovascular, Joint Replacement, Oncology.

Results: Cardiovascular

Pre- to post-IM therapy percent decrease in pain and anxiety scores

		Any Cardiovascular Disease
Any Treatment	No. Pain Obs	5,981
	% Decrease in Pain	46.5
	95% CI	(45.5 – 47.4)
	p-value	<0.001
	No. Anxiety Obs	3,109
	% Decrease in Anxiety	54.8
	95% CI	(53.7 – 55.9)
	p-value	<0.001

Results: Joint Replacement

Length of hospital stay by IM therapy status (n=3,834)

	No IM Therapy (n=1,696)	IM Therapy (n=2,138)	p-value
<i>Length of Stay (standard deviation)</i>	3.5 (2.0)	3.3(2.2)	0.004

Results: Joint Replacement

Pre- to post-IM therapy percent decrease in pain scores

		Any Joint Replacement
Any Treatment	No. Pain Obs	2,176
	% Decrease in Pain	49.9
	95% CI	(47.9 – 51.8)
	p-value	<0.001

Results: Oncology

Pre- to post-IM therapy percent decrease in pain and anxiety scores

		Any Cancer Site
Any Treatment	No. Pain Obs	1,514
	% Decrease in Pain	46.9
	95% CI	(45.1 – 48.6)
	p-value	<0.001
	No. Anxiety Obs	1,074
	% Decrease in Anxiety	56.1
	95% CI	(54.3 – 58.0)
	p-value	<0.001

Cost Analysis: Inpatient IM

GOAL:

- To examine whether the effect of pain reduction following an IM session would impact the total cost of the patient's hospitalization.
- We used a statistical technique (multiple regression) to estimate the relationship between a patient's reduction in pain and their total hospital cost.
- We compared this to the patient's cost without accounting for their reduction in pain.
- The result was an average savings of \$160 (per hospitalization) for all patients who received an IM session for relief of pain.

Health Exchange in MN

- Blue Print
- Partnered with Blue Cross Blue Shield MN
- Proactively reaches out to those with a BMI>25 or active smokers, engage with a health coach
- Integrative medicine services covered
- Resiliency Training covered
- Cost is most competitive in US

HCP Program Overview

- 13 Hospitals/Health Systems in MN and WI
- Each system received a 3-year grant to address community wellness
- Started in 2012 and rolled out in three cohorts
- Funded by Allina Health via grants administered through the George Family Foundation
- Rainbow Research is performing a program evaluation, focusing on social/organizational changes

Main Strategies

1 Enhance & strengthen local health care systems' role within local community wellness infrastructure & networks

2 Improve community member wellness by conducting annual screening & education

3 Develop strategies to sustain community health improvement efforts

Short Term Outcomes

- Increased collaboration among health systems & community organizations
- Improved health behaviors
- Implementation of policies & practices that promote wellness

Long Term Outcome

Improved Community Health

Local health care systems & communities collaborate to support health promotion policies & activities which result in:

- Improved community health
- Enhanced quality of life
- Increased health care affordability

Intermediate Outcomes

- Strengthened integration of health systems' role in community wellness infrastructure
- Improved health outcomes for community members
- Changes in health system, local business & community policies & systems to support community wellness
- Ongoing healthy system support & involvement in community wellness activities

Core components

- Create a continuum of wellness support
- Use baseline screenings to develop a community health index
 - Biometric testing
 - Health risk assessment
- Connect individuals to local resources
- Rescreen every twelve months
- Local program staff
 - Program ambassador – coordinate program activities
 - Wellness care guide – resource to participants and caregivers

Lives Covered

Organization	City, State	Population
Baldwin Area Medical Center	Baldwin, WI	3,957
Cuyuna Regional Medcial Center	Crosby, MN	3,000
District One Hospital	Faribault, MN	23,352
FirstLight Health System	Mora, MN	3,571
Grand Itasca Clinic & Hospital	Grand Rapids, MN	10,869
Hutchinson Area Health Care	Hutchinson, MN	14,178
Regina Medical Center	Hastings, MN	22,172
Rice Memorial Hospital	Willmar, MN	19,610
Ridgeview Medical Center	Waconia, MN	10,700
Riverwood Healthcare Center	Aitkin, MN	2,165
Buffalo Hospital	Buffalo, MN	15,453
Cambridge Medical Center	Cambridge, MN	8,111
River Falls Area Hospital	River Falls, WI	15,000
	Total	152,138



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Your Overall Health & Life Satisfaction



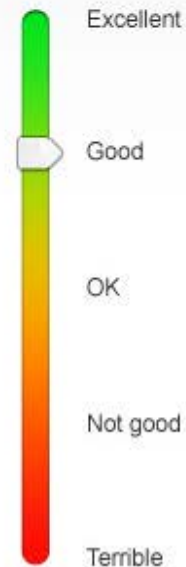
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In general, taking all things into account...

How would you rate your overall health?



How would you rate your satisfaction and happiness with your life?





Evaluation Questions

Community Change

1. How are HCP programs engaging and contributing to the community wellness infrastructure in each of their communities?
2. How did HCP program components contribute to improving community wellness?

Community Member Wellness

3. How have screenings and community program components contributed to improving participant health and wellness?

Sustainability

4. How have HCP communities developed and implemented policies, practices and changes to sustain a local community infrastructure?
5. What are lessons learned from this initiative that can inform the health field?

A Differentiator for Allina Health



The Role of Philanthropy





Questions?

Courtney.baechler@allina.com

Question?

Please type your question into the Chat Box or press
*6 to unmute your phone line and ask a question