

Giving Healing a Voice

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SAMUELI INSTITUTE'S MISSION



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

HEALTH AND WELLBEING

THROUGH



RESEARCH



INNOVATION



EDUCATION

Samueli Institute Uncovers the Science of Healing

THROUGH



RESEARCH



INNOVATION



EDUCATION

FOR



INDIVIDUALS



ORGANIZATIONS

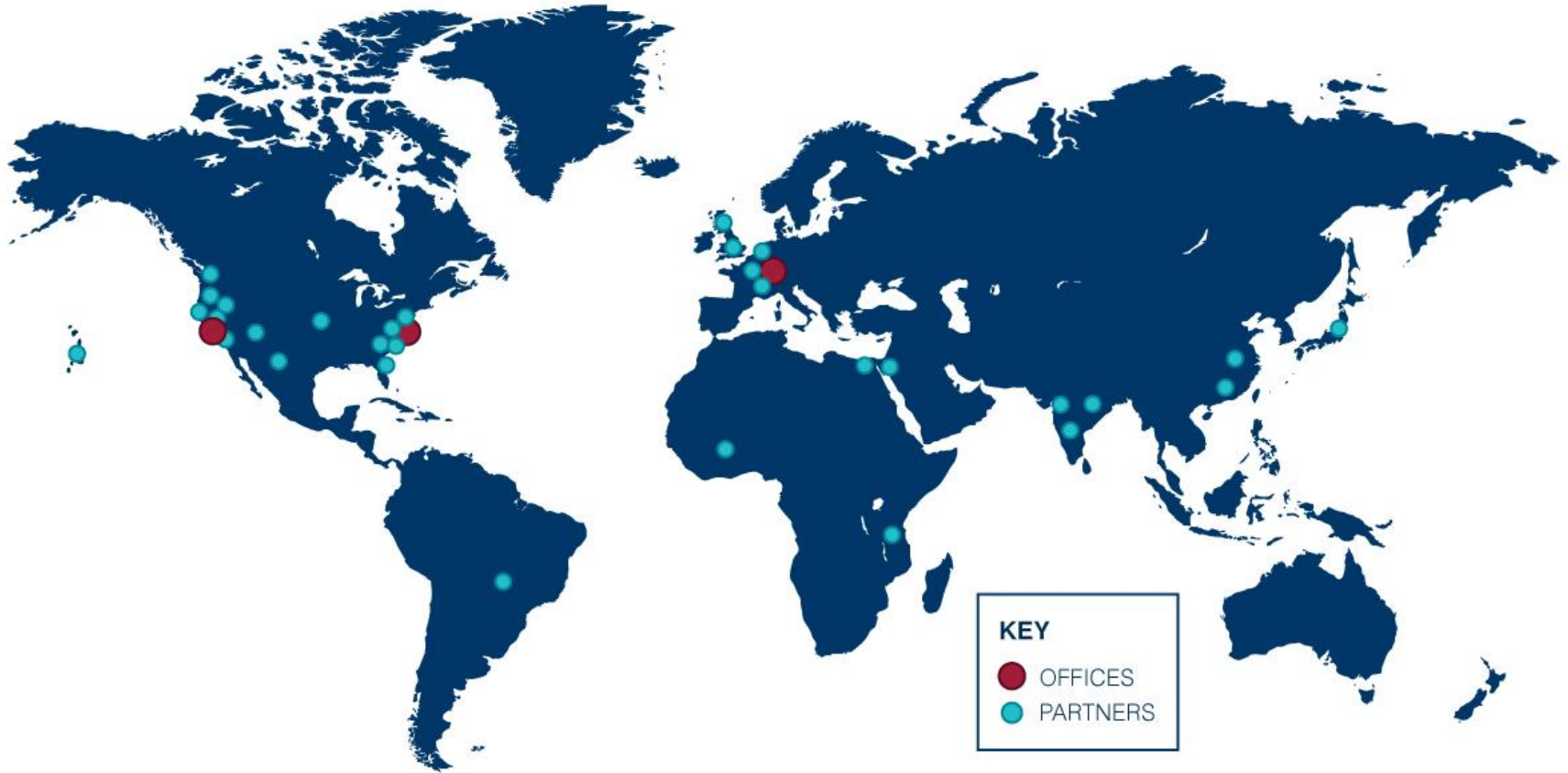


COMMUNITIES

TO

- Improve performance
- Achieve and maintain wellness
- Reduce chronic symptoms

International Dimensions



WHAT IS HEALING, EXACTLY?

**The process of recovery, repair
and return to wholeness.**

**Healing is how we recover, repair, restore and retain health
and wholeness in mind, body, spirit, community and
environment.**

Healing may or may not result in cure.

Two Approaches to Pain and Illness

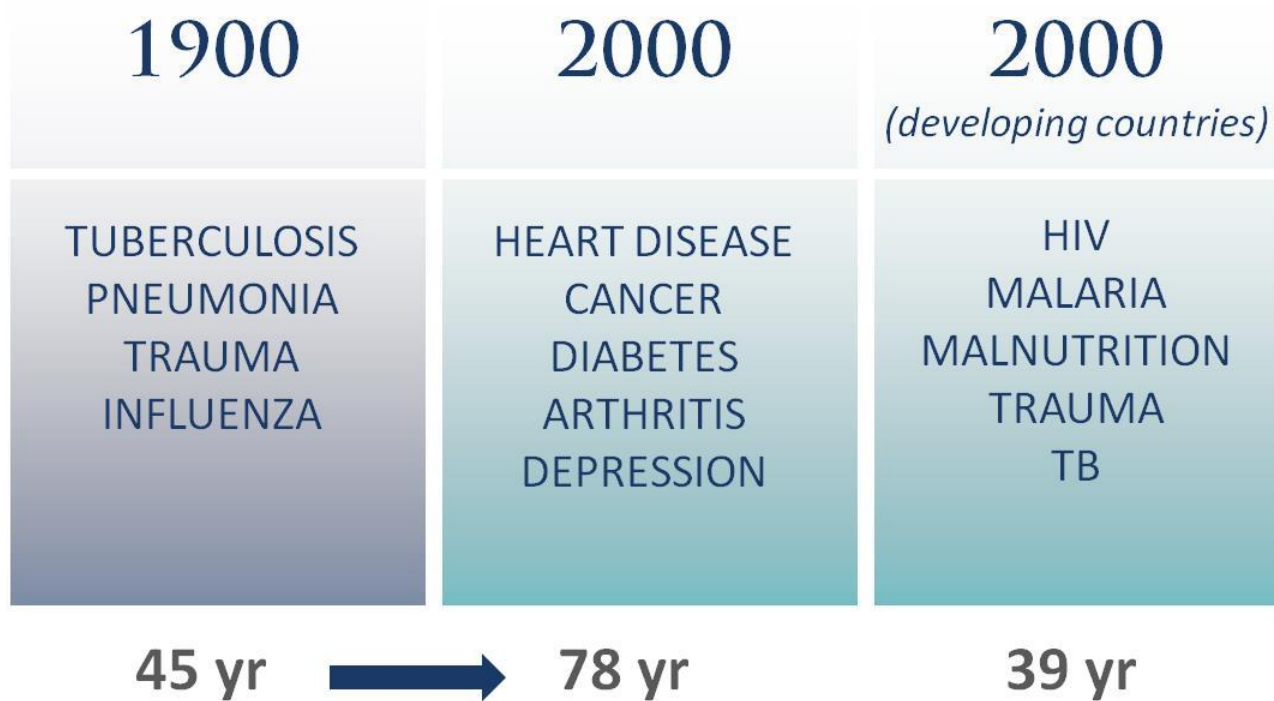


Healing the Spirit

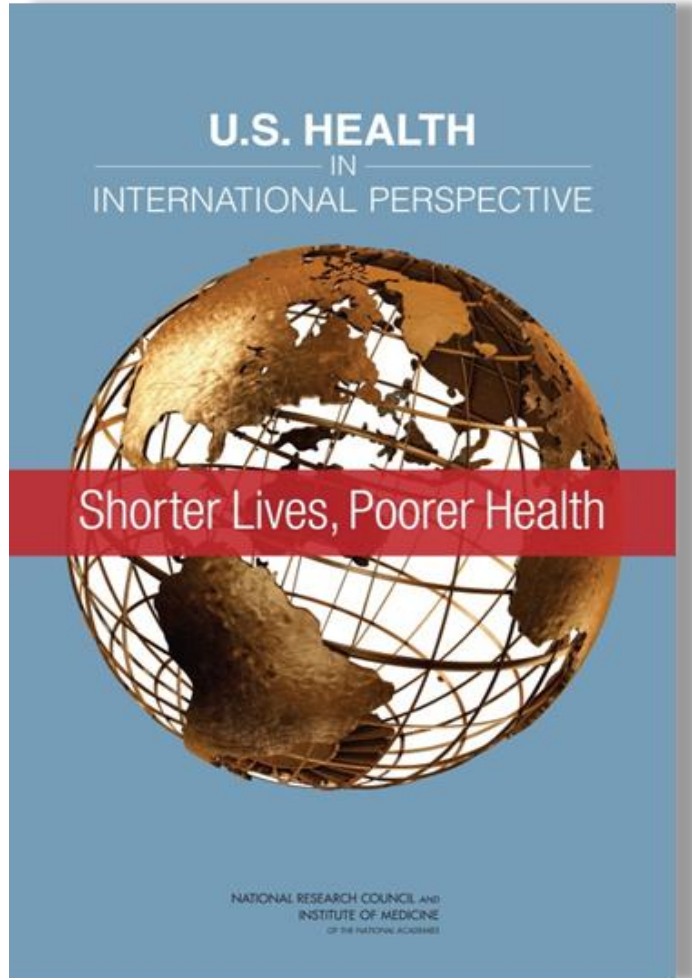




THE SUCCESS OF BIOMEDICINE



Does Our Health Care Systems Produce Health?

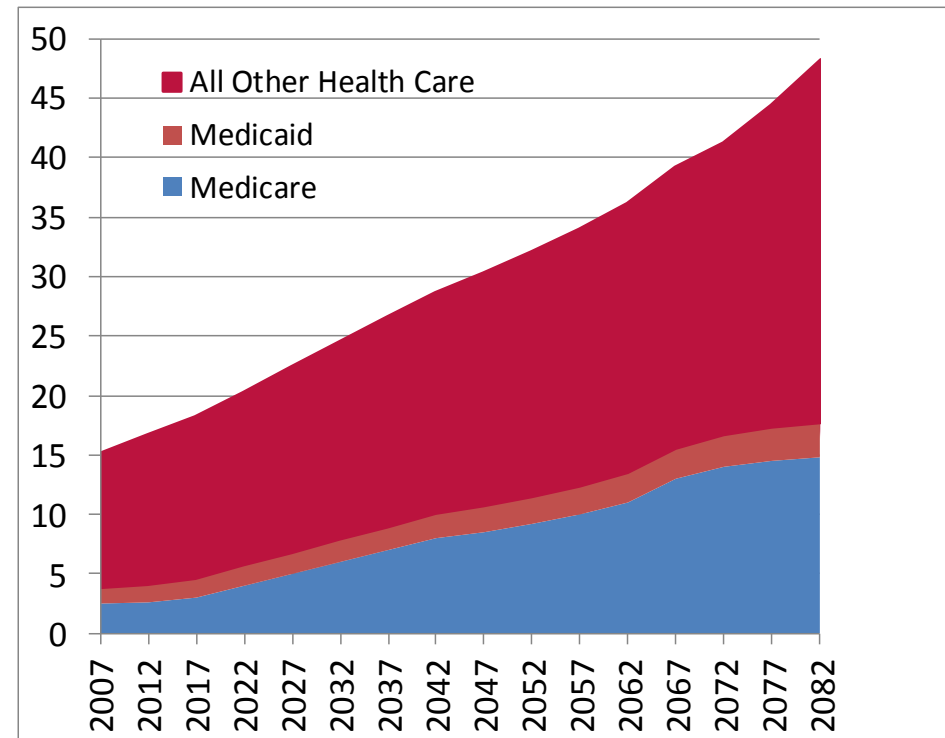


Shorter lives, poorer health: the national research council/institute of medicine report

Steven H. Woolf, MD, MPH
Center on Society and Health
Virginia Commonwealth University

Challenges to our Current Health Care System

- We are first in spending
- 37th in health
- 25% of the GNP by 2025
- 49% by 2082!
- The “baby boomers” have started turning 65 in 2011
- Health disparities increase

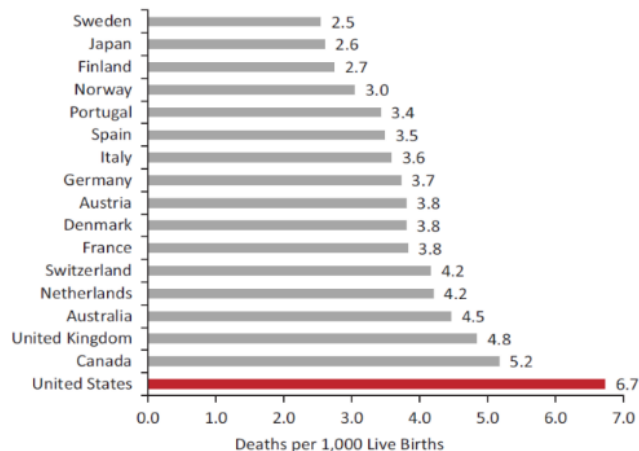
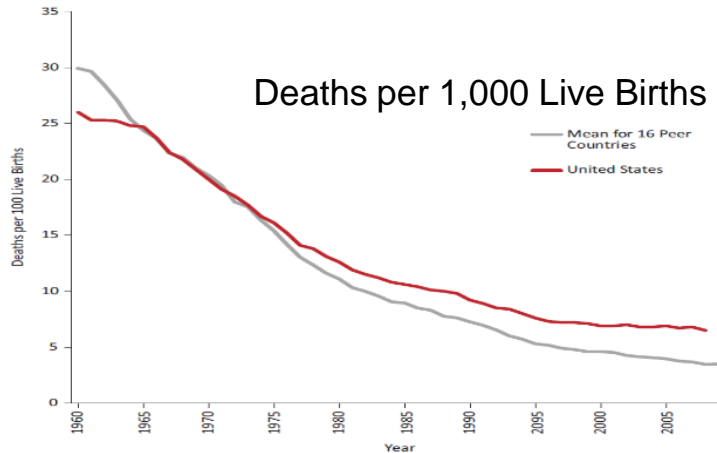


Our Future is at Risk

- The CDC estimates that 1 in 3 adults born after 2000 will develop Type II diabetes.
- Our life expectancy is declining compared to other countries
 - especially in women and people of color.

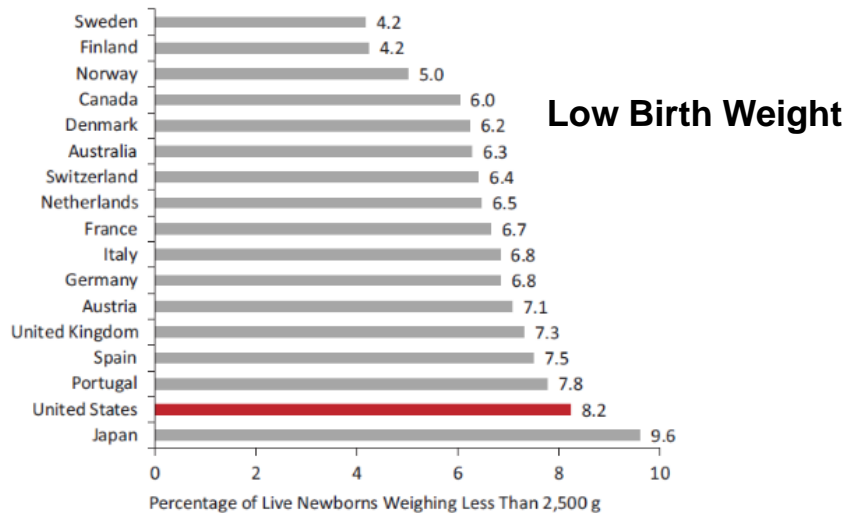


Infant Mortality in Peer Countries

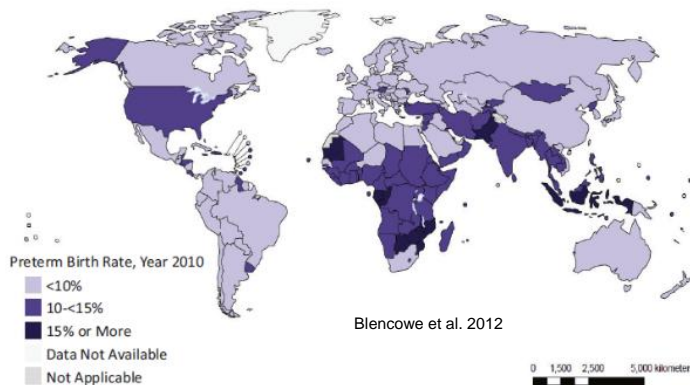


- From 2005-2009, the US had the **highest infant mortality rate** of the peer countries and the 9th highest in the OECD.
- Well-educated non-Hispanic whites and mothers have higher infant mortality rates in the US than those in other countries.
- Since the 1970s, US infant mortality has not kept pace with declines achieved by other countries.
 - US infant mortality declined by 20% from 1990-2010, but comparable high-income countries halved their rates.

Other Birth Outcomes

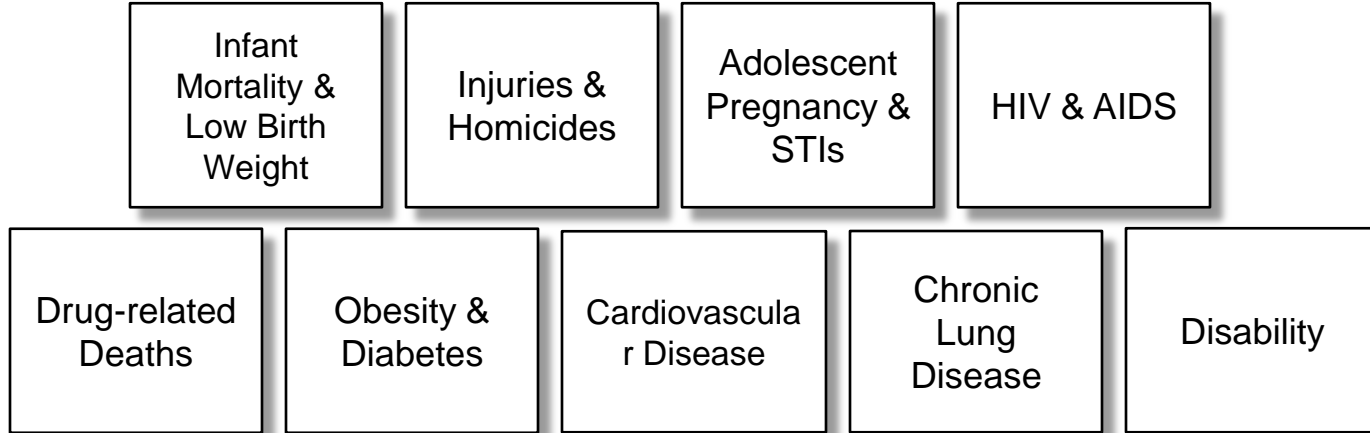


Global Preterm Birth Rates

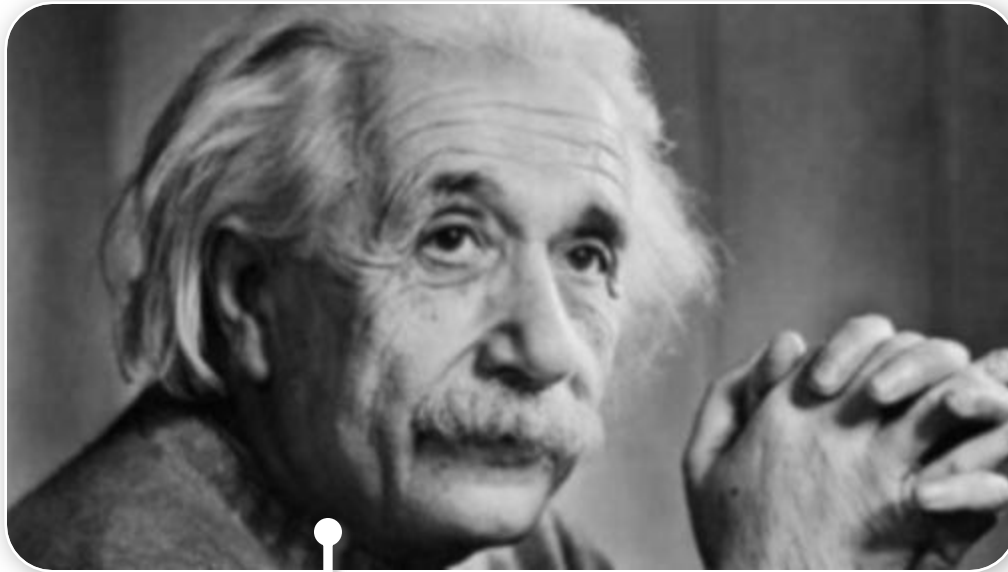


- The US low birth weight prevalence is the second highest of the peer countries.
- US stillbirths and perinatal mortality rates are also among the highest.
- A 2012 analysis found that the US **preterm birth rate (12%)** was **comparable to that of sub-Saharan Africa.**

Nine Areas of US Health Disadvantage



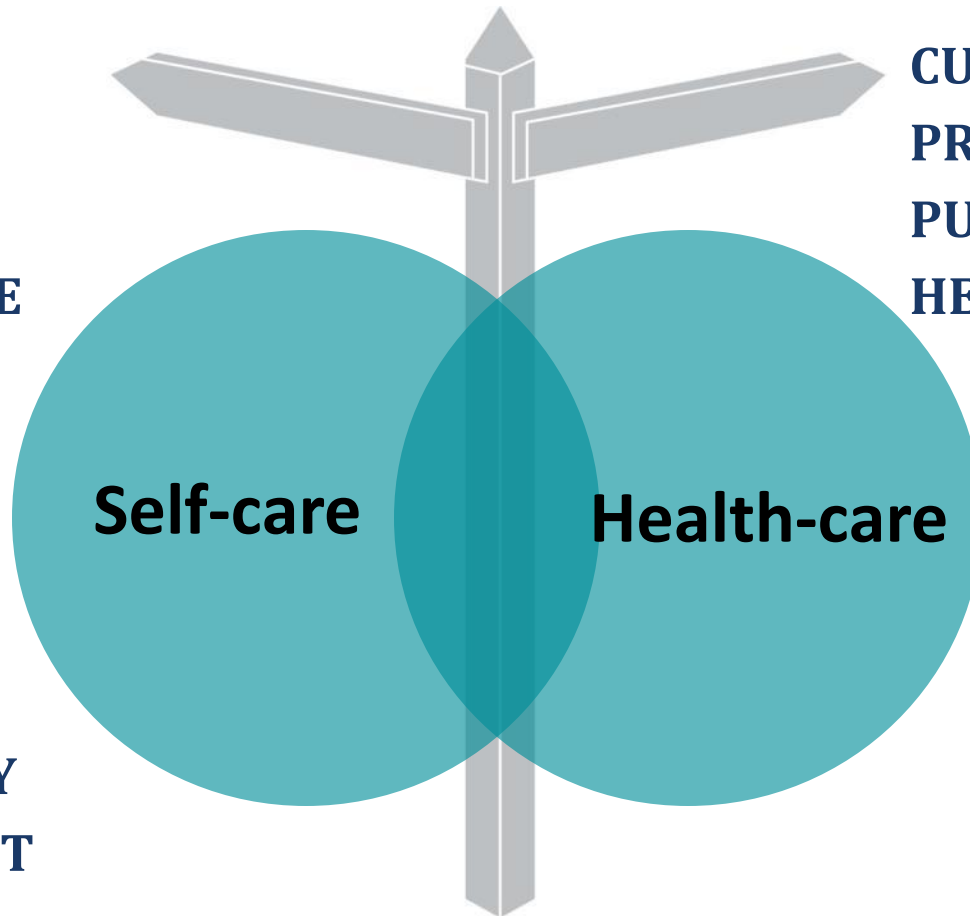
“No problem can be solved from the same kernel of consciousness that created it. We must learn to see the world anew.”



Albert Einstein

**HEALING
RESILIENCE
WELLBEING
PERFORMANCE**

**CURE
PREVENTION
PUBLIC HEALTH
HEALTH CARE**



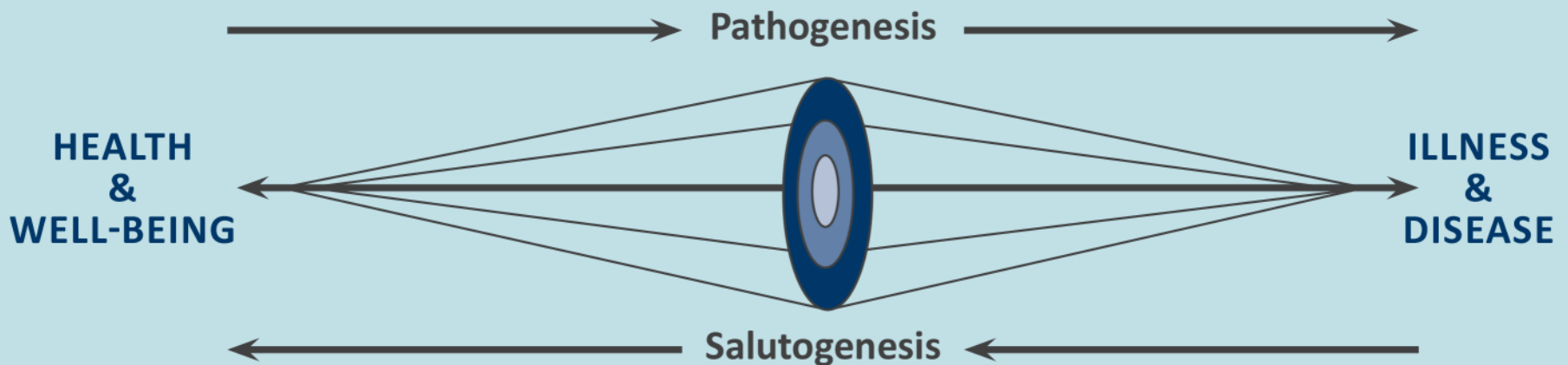
**COMMUNITY
DEVELOPMENT**

**MEDICAL
TREATMENT**

Salutogenesis

The Process of Healing

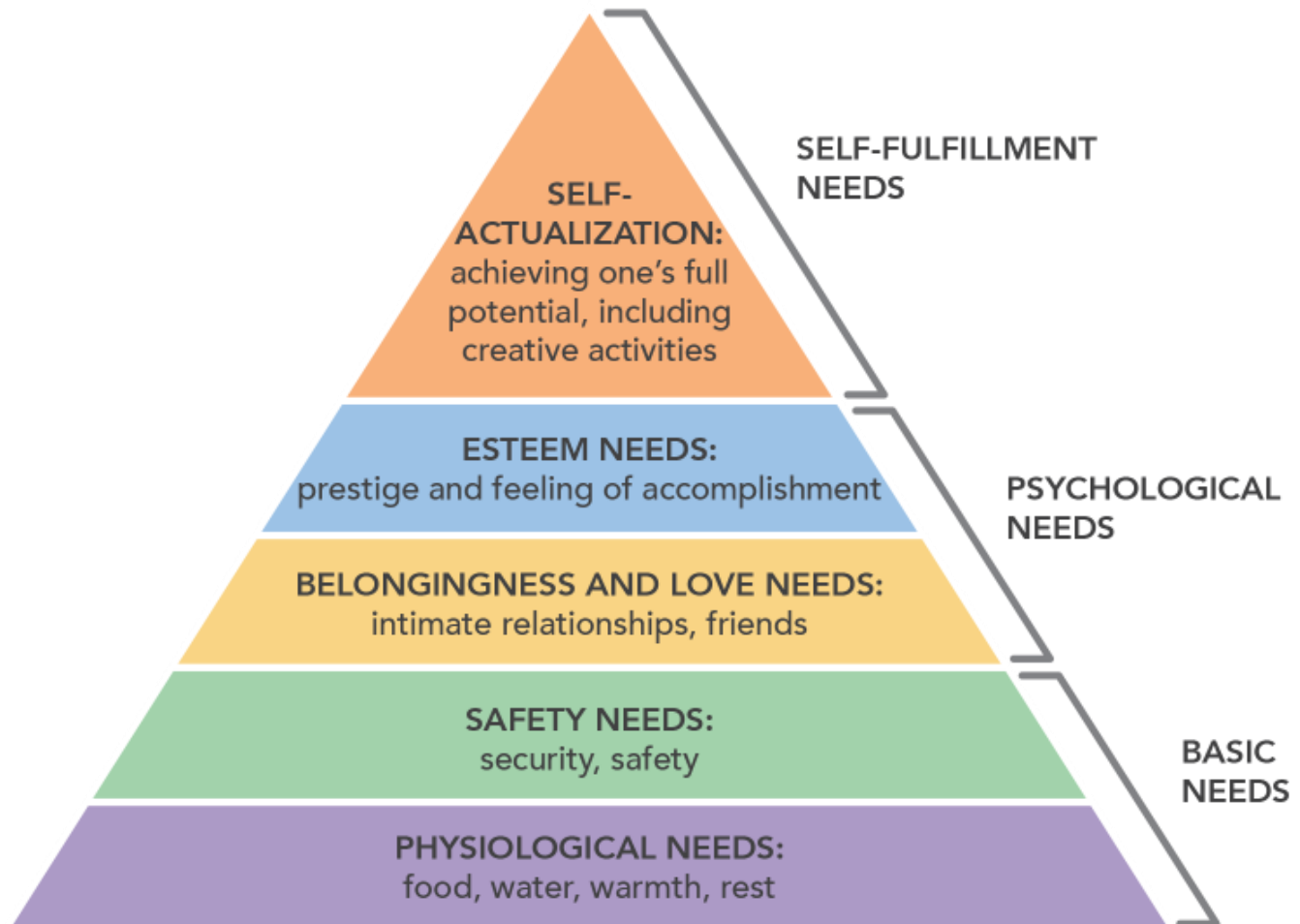
Pathogenesis: The mechanism by which a disease is caused.



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

What Creates Human Flourishing?

Maslow's Hierarchy

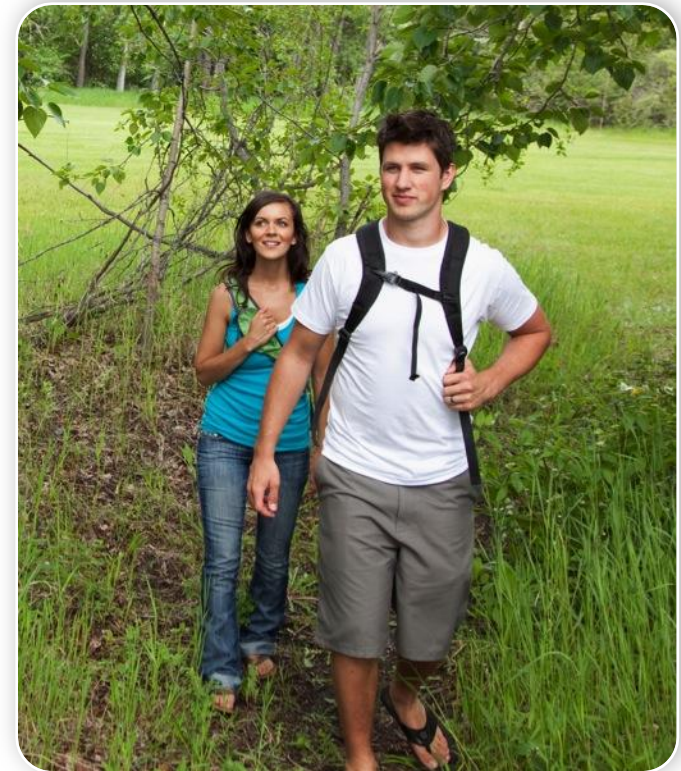
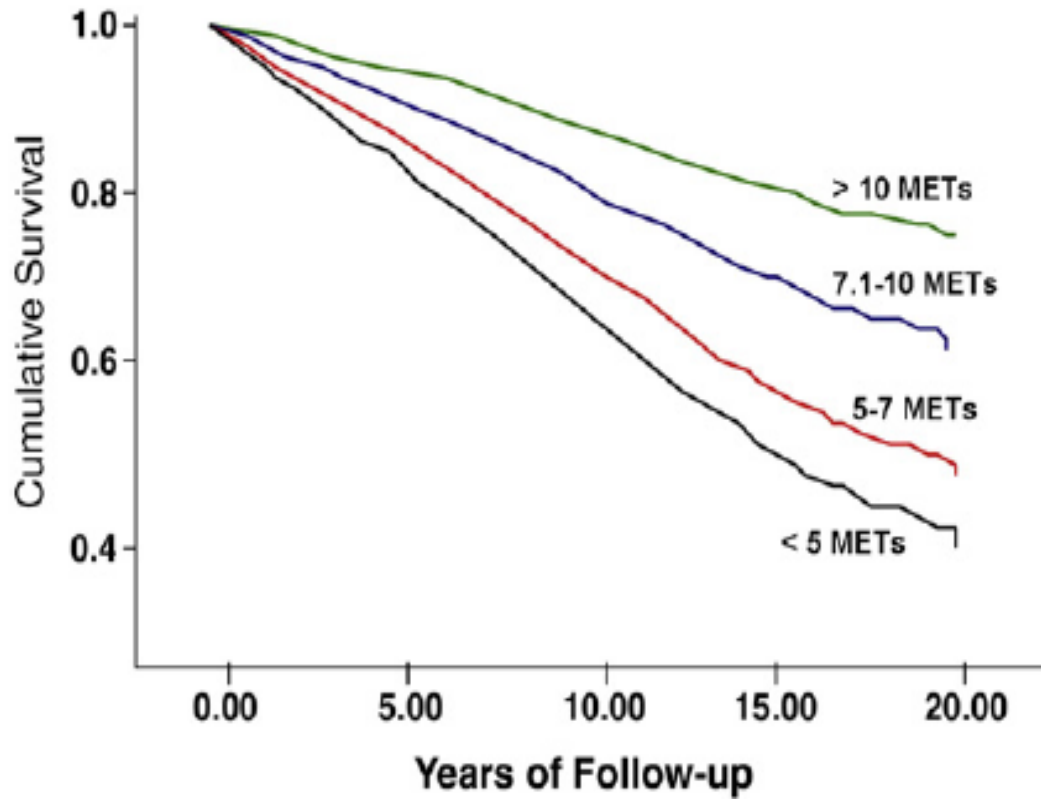


Core Components of Human Flourishing



Exercise and Physical Fitness

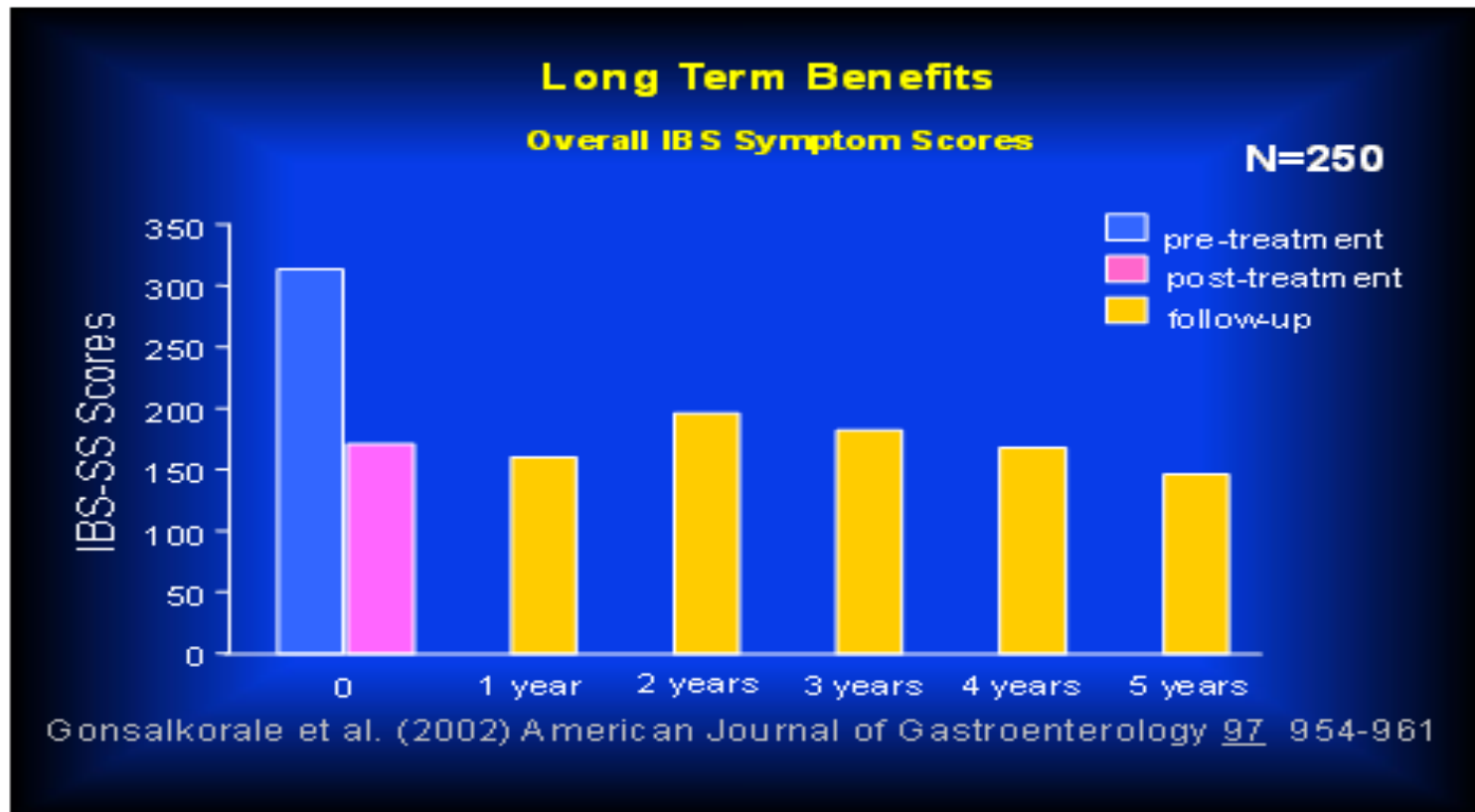
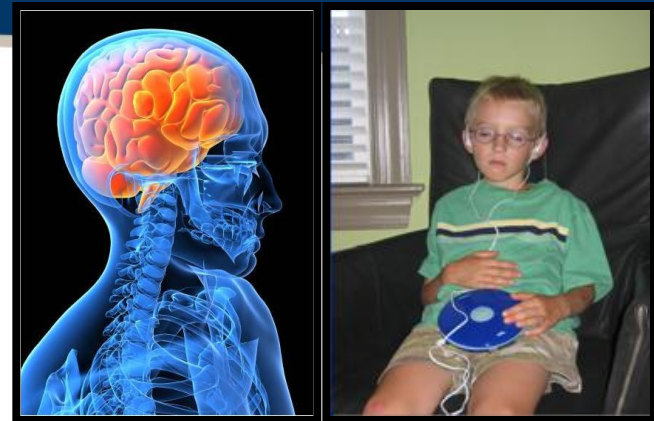
Sitting and Sleep are Equally Important



O'Keefe et al. Progress in Cardiovascular Diseases, 2011, 53 (3), 492-498.

Train the Brain

Simple, inexpensive approaches to training the mind in the management of medically unexplained conditions could reduce costs in 25-50% of all primary care visits.

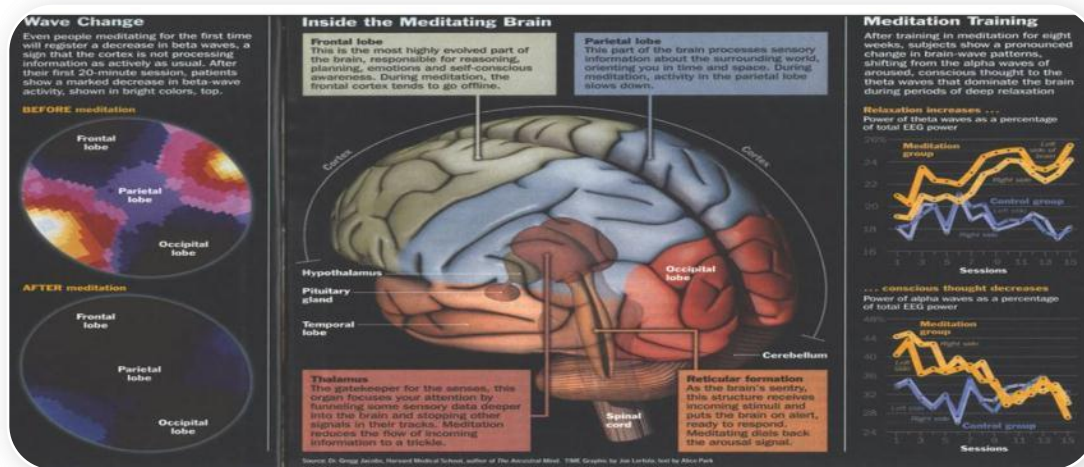


Mind-Body Practices and Mental Fitness

Changes our Stress Genes and our Brain

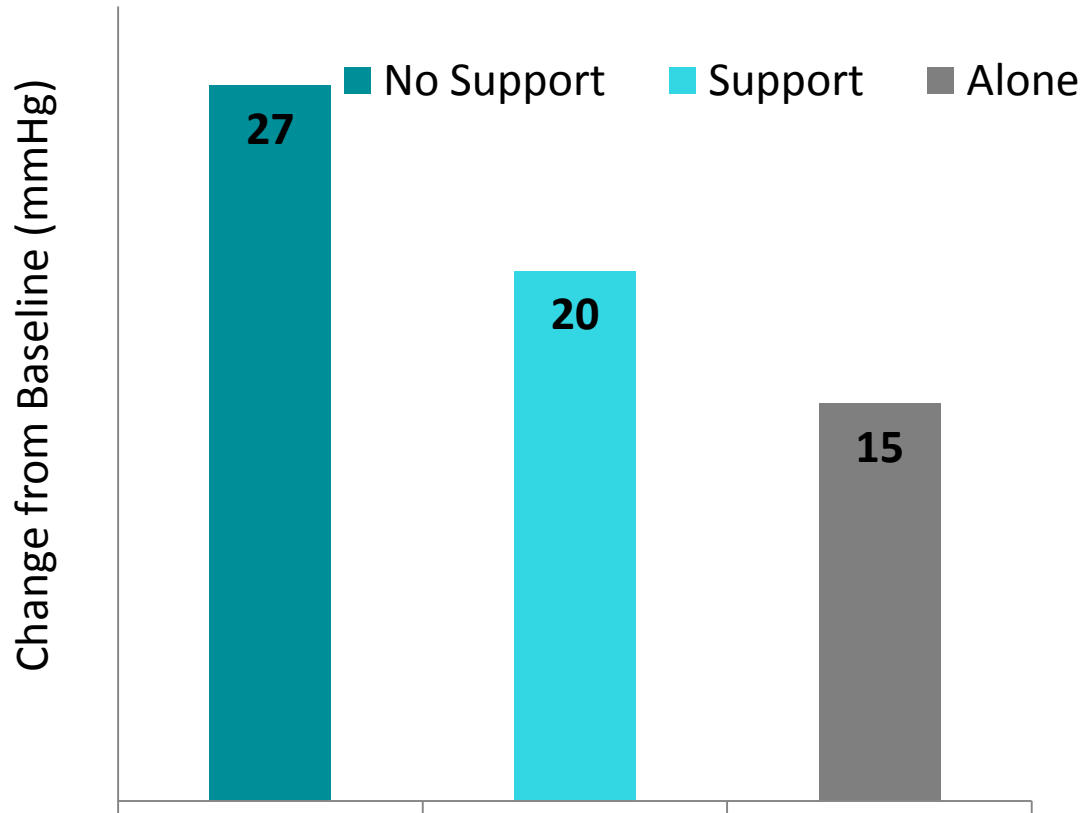
Relaxation is documented to improve:

- Decision-making
- Emotional regulation
- Productivity
- Behavior change
- Depression/anxiety
- Pain
- Sleep
- High blood pressure
- Diabetes
- and lowers cost



Dusek JA, Otu HH, Wohlhueter AL, et al. Genomic counter-stress changes induced by the relaxation response. *PLoS One*. 2008;3(7):e2576.

Social Support Lowers Cardiovascular Reactivity and Mortality



Lepore SJ et al. *Psychosomatic Med* 1993; 55:518-524

Empathy and Healing

The Washington Post

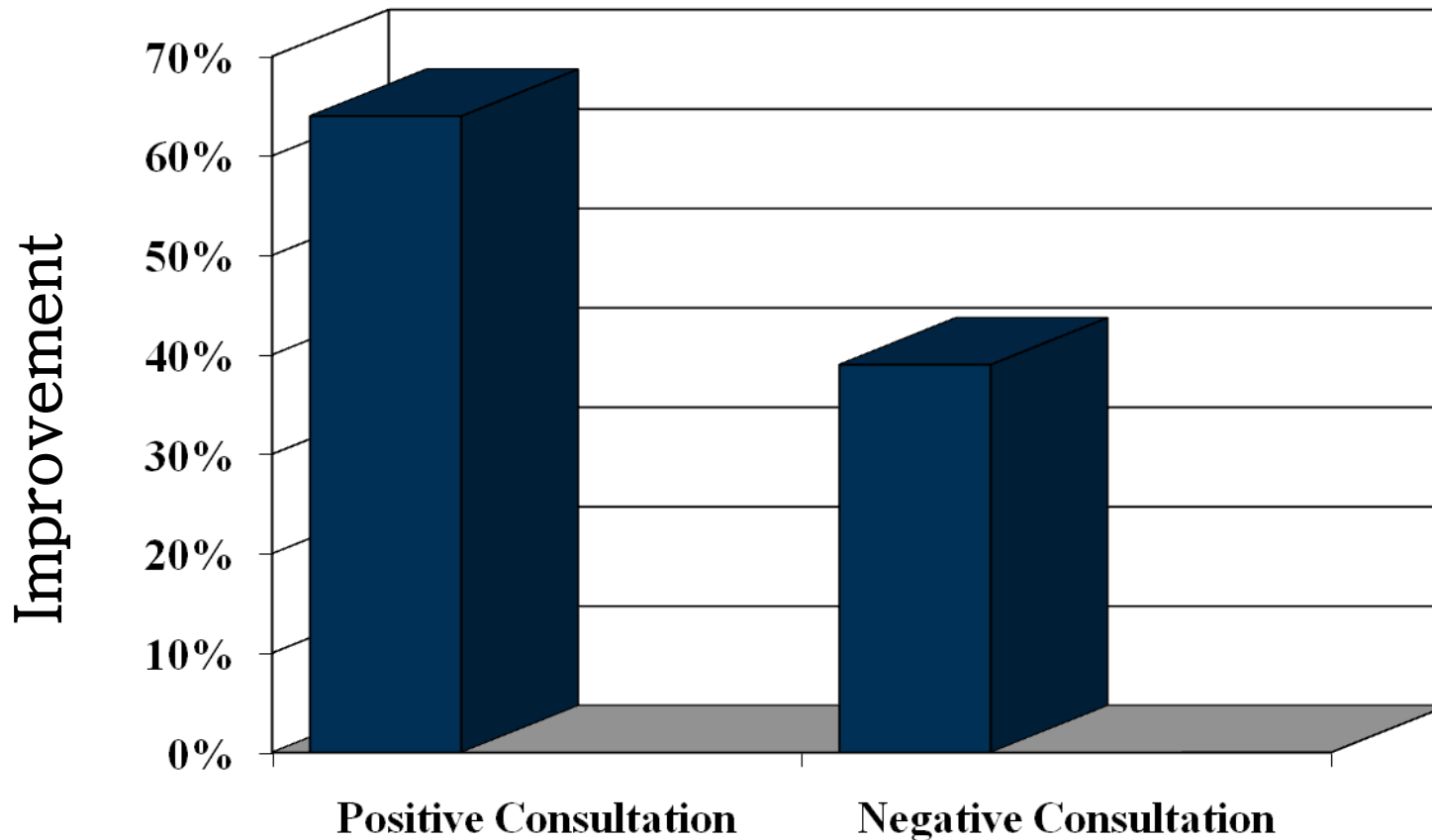
Teaching Hospitals How to Listen

One Woman Struggled to Convince Administrators That Staff Responsiveness – or Lack of It – Affects Patient Outcome

The Washington Post, December 12, 2006

http://www.youtube.com/watch?feature=player_detailpage&v=cDDWvj_q-o8

Effect of Type of Physician Consultation



Thomas KB. Br Med J.1987; 294: 1200-2.

Polypill or Polymeal?

statin + thiazide+ beta-blocker + ACE -inhibitor + folic acid + aspirin



wine, fish, dark chocolate, fruits, vegetables, garlic, and almonds

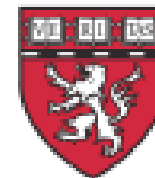


There is a paucity of investment in healing and integrative health care research and practice



Healthy Kitchens, Healthy Lives™

Caring for Our Patients and Ourselves



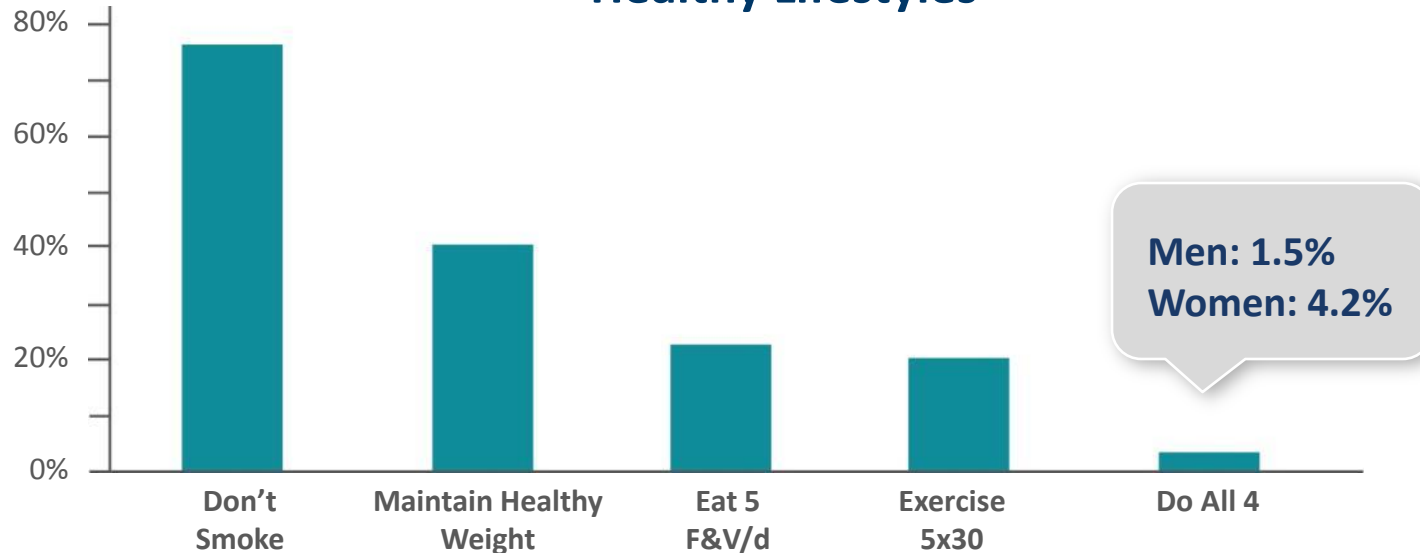
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Keeping People Healthy

Healthy Lifestyles



- 70% of premature death is lifestyle-related
- 50% of all illness & injuries in the last third of life can be eliminated by changing lifestyle

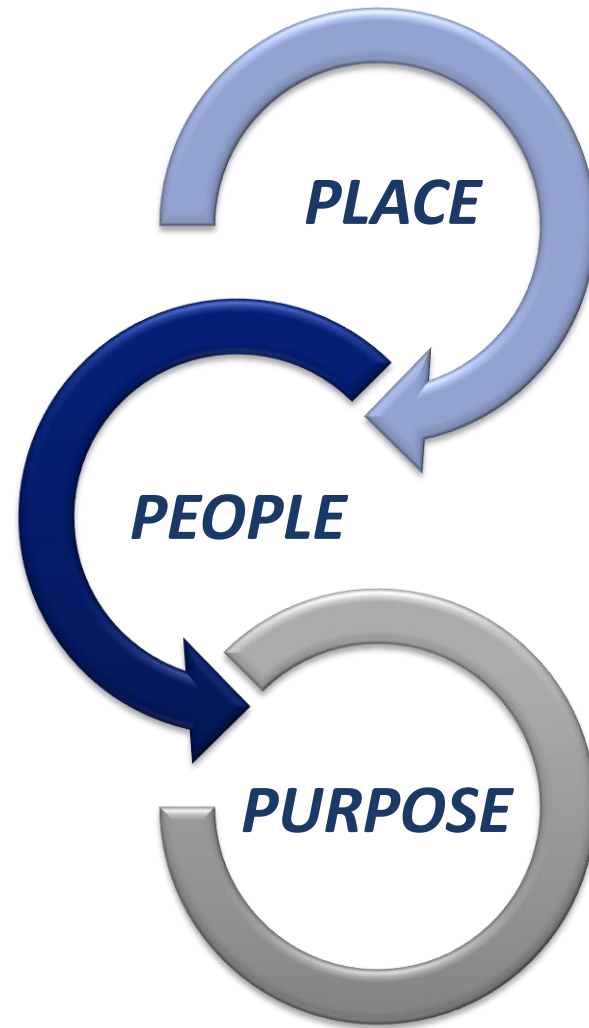
Reeves, Healthy Lifestyle Characteristics Among Adults in the United States, 2000, *Arch Intern Med*, 2005
Crowley & Lodge, *Younger Next Year*, Workmen Publishing Company, 2004

What are the Conditions for Change?

The conditions for cultural change are:

- 1) **WHY** - a common vision, agenda and plan; - why
- 2) **HOW** - mutually reinforcing activities
- 3) **WHAT** - shared measurement systems;
- 4) **TEAM** - continuous communication among the team; and
- 5) **ENVIRONMENT** - a backbone support organization.

John Kania & Mark Kramer. *Collective Impact. Stanford Social Innovation Review*. Winter 2011, p. 36-41.

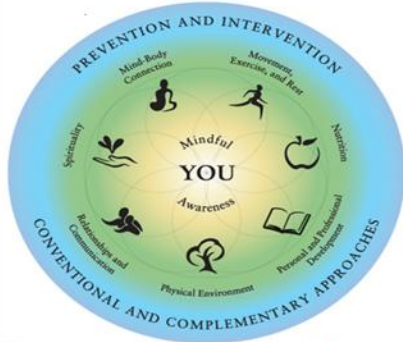


Customizing Whole Systems Wellbeing

National Prevention Strategy

Wellness Initiative for the Nation

Wheel of Health



Duke Integrative Medicine



ENVIRONMENT



WellBeing



Healthy People 2020

Ecologic Model of Health



Total Force Fitness

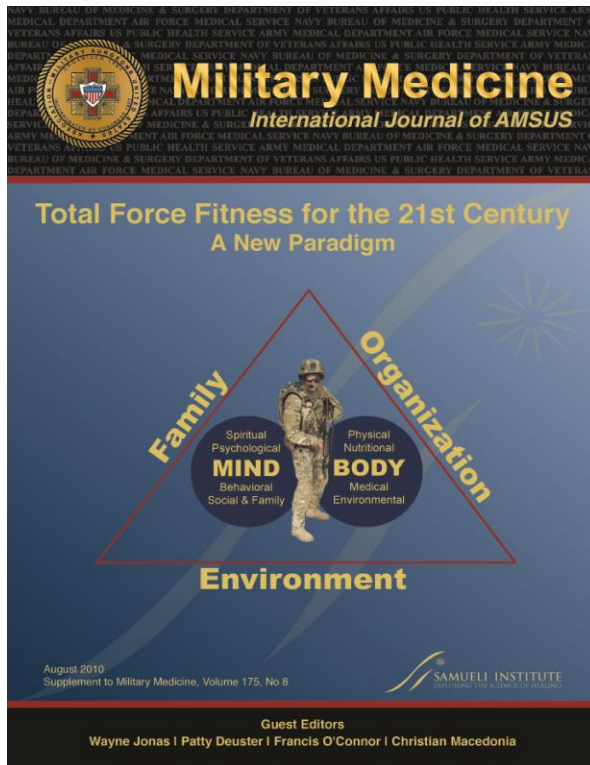


Optimal Healing Environments

INTERNAL	INTERPERSONAL	BEHAVIORAL	EXTERNAL
DEVELOPING HEALING INTENTION	EXPERIENCING PERSONAL WHOLENESS	CULTIVATING HEALING RELATIONSHIPS	CREATING HEALING ORGANIZATIONS
Expectation	Mind	Communication	Leadership
Hope	Body	Compassion	Mission
Understanding	Spirit	Social Support	Teamwork
Belief	Energy	Empathy	Technology
			PRACTICES HEALTHY LIFESTYLES
			APPLYING COLLABORATIVE MEDICINE
			BUILDING HEALING SPACES
			FOSTERING ECOLOGICAL SUSTAINABILITY
			Relaxation
			Family Centered
			Culturally Sensitive
			Color and Light
			Art & Architecture
			Alarms & Air
			Music & Sound
			Eco-Friendly
			Green
			Energy Efficient
			Nature

INNER ENVIRONMENTS TO OUTER ENVIRONMENTS

Whole-Systems Health in the Military

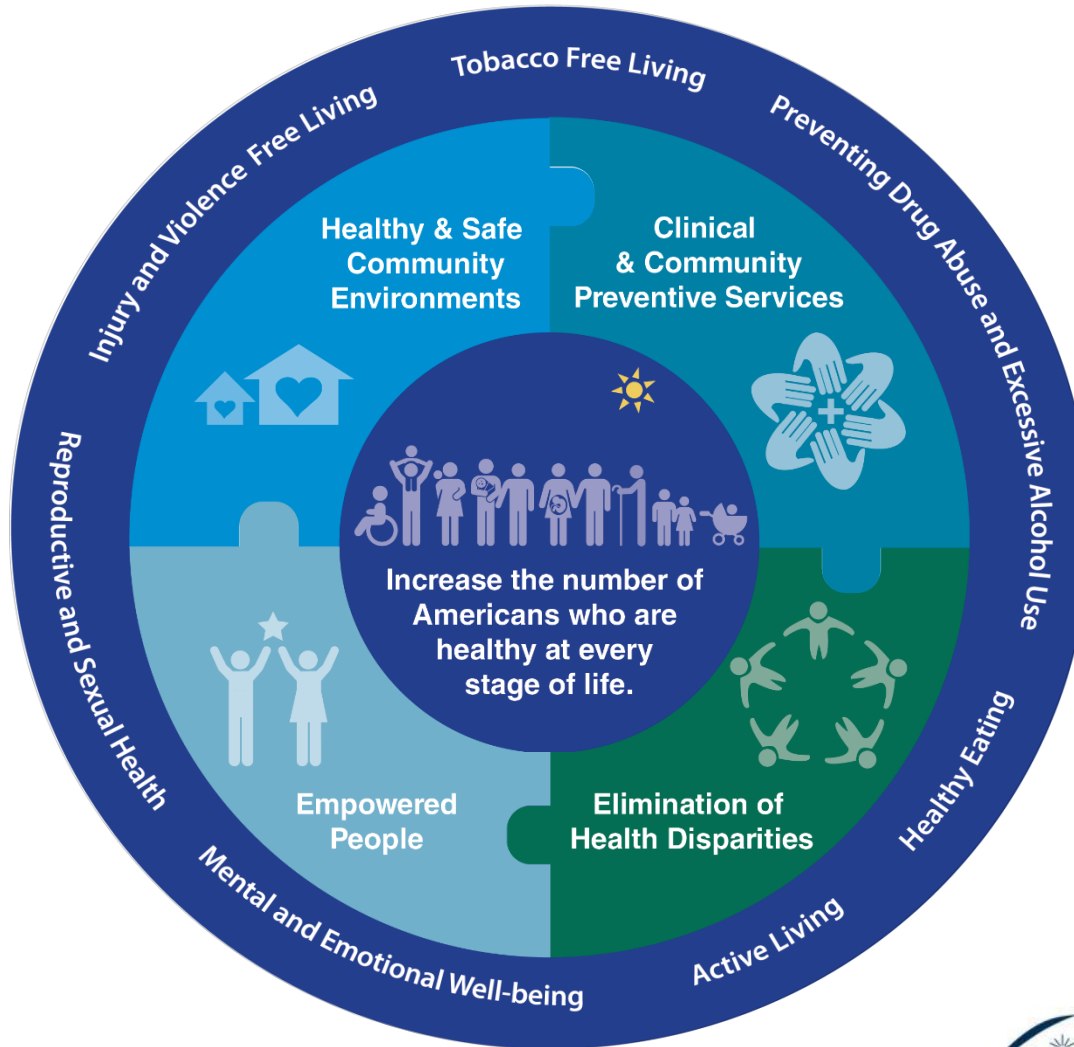


Example: Well Community Project Framework

Empowering communities and policy-makers to work together



NATIONAL PREVENTION STRATEGY



Wellness Initiative for the Nation



TOWARD OPTIMAL HEALING ENVIRONMENTS IN HEALTH CARE

SECOND AMERICAN SAMUELI SYMPOSIUM

RONALD A. CHEZ, KENNETH R. PELLETIER
AND WAYNE B. JONAS

A SUPPLEMENT TO THE

DEVELOPING HEALING RELATIONSHIPS

THIRD AMERICAN
SAMUELI SYMPOSIUM
RONALD A. CHEZ AND WAYNE B. JONAS

A SUPPLEMENT TO THE
JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE

DEFINITIONS AND STANDARDS IN HEALING RESEARCH

FIRST AMERICAN SAMUELI SYMPOSIUM

EDITED BY
WAYNE B. JONAS
CHEZ

Hospital-Based Integrative Medicine

A Case Study of the
Barriers and Factors Facilitating
the Creation of a Center



Ian D. Coulter • Marcia A. Ellison • Lara Hilton
Hilary J. Rhodes • Gerry Ryan

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REINVENTING The Patient Experience

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UNITED STATES
DEPARTMENT OF VETERANS AFFAIRS

Report of the Task Group for
INNOVATIVE FUTURE
BUILDING ENVIRONMENTS
FOR VA HEALTHCARE DELIVERY



Department of Veterans Affairs
Medical Center

EXECUTIVE SUMMARY - FINAL DRAFT | JANUARY 2009

HEALING, INTENTION AND ENERGY MEDICINE

Science, Research Methods and Clinical Implications

Edited by
WAYNE B. JONAS • CINDY CRAWFORD

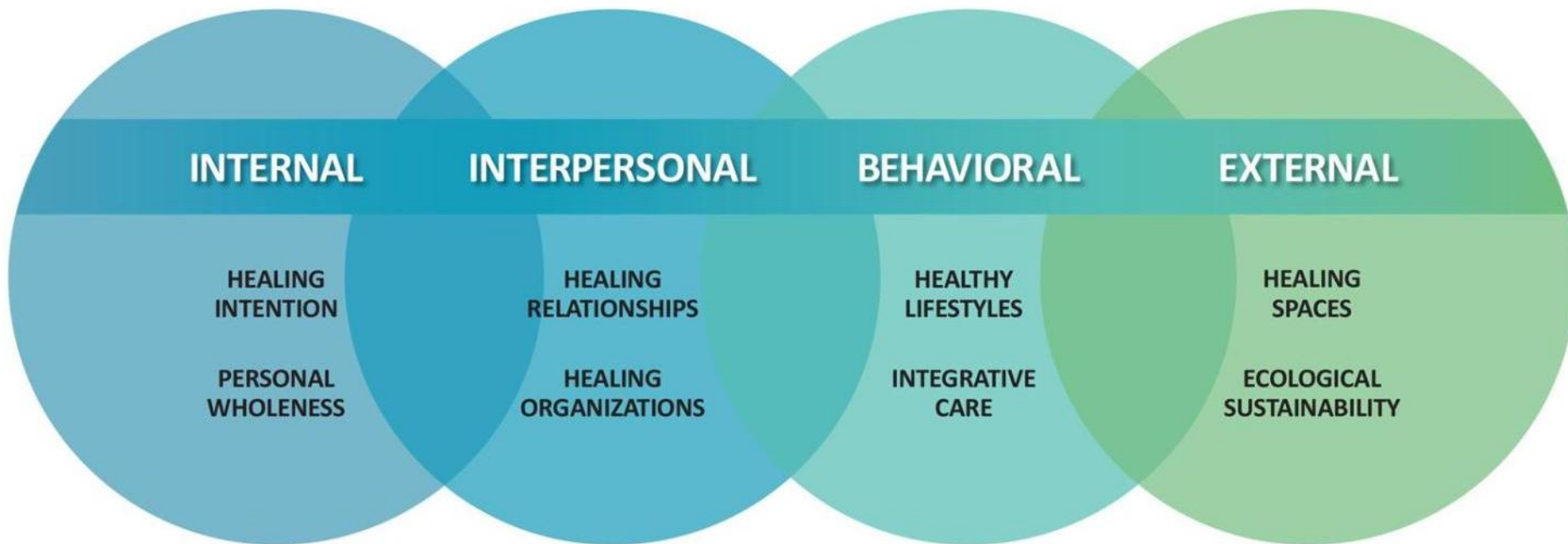
 UNIVERSITY OF MARYLAND
UMDNJ

Creating an Optimal Healing Environment

- **Take Measure** –
 - Assess your current culture as whole system
 - Assess yourself and readiness factors
- **Take Charge** –
 - Learn and understand healing concepts
 - Identify specific opportunities for change
- **Take Action** –
 - Implement healing initiatives in your worksite
 - Lead by example – self care is at the core of healing

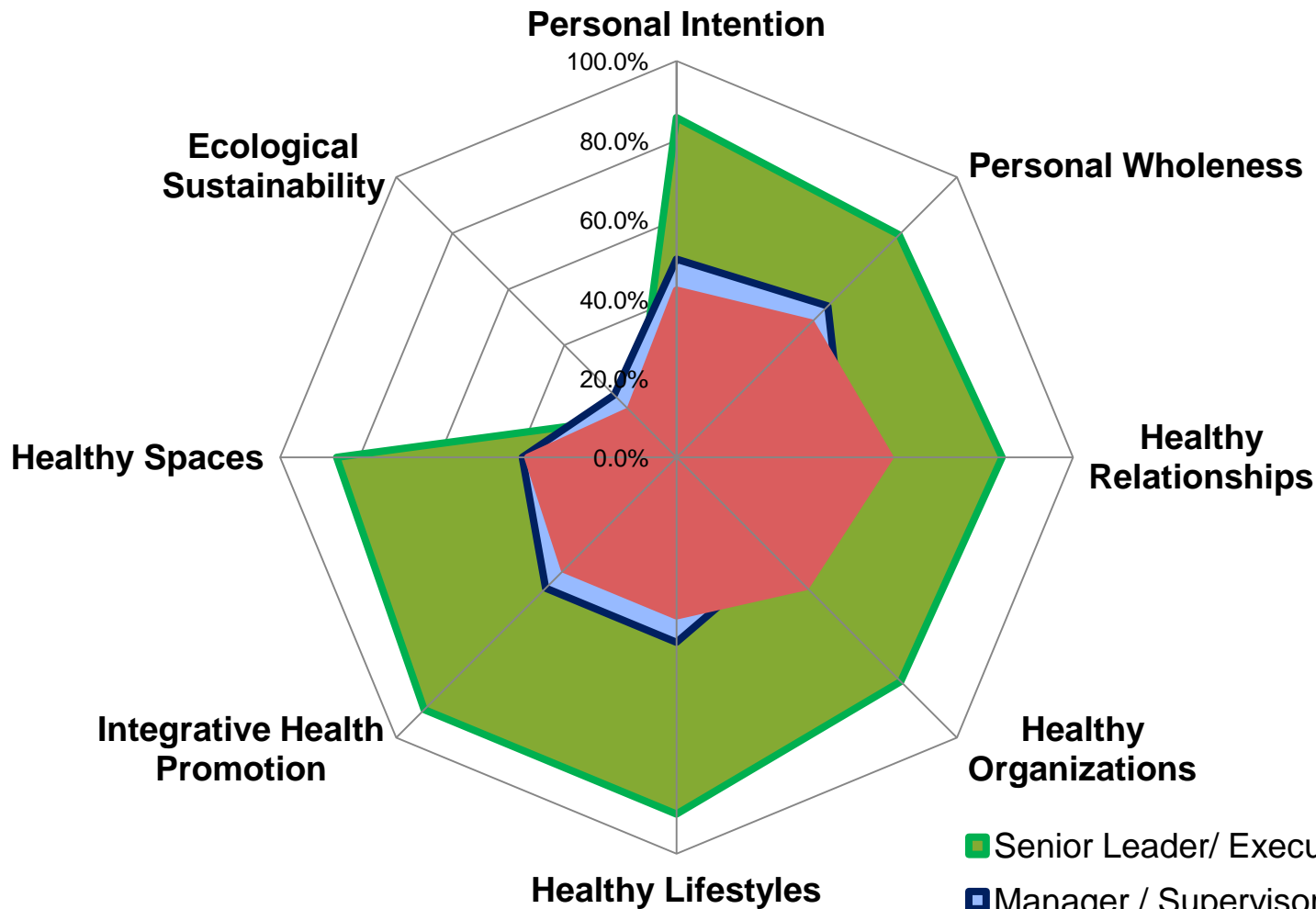
OPTIMAL HEALING ENVIRONMENTS

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



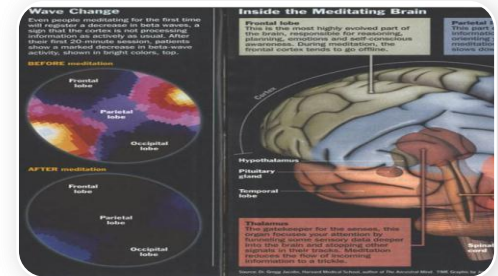
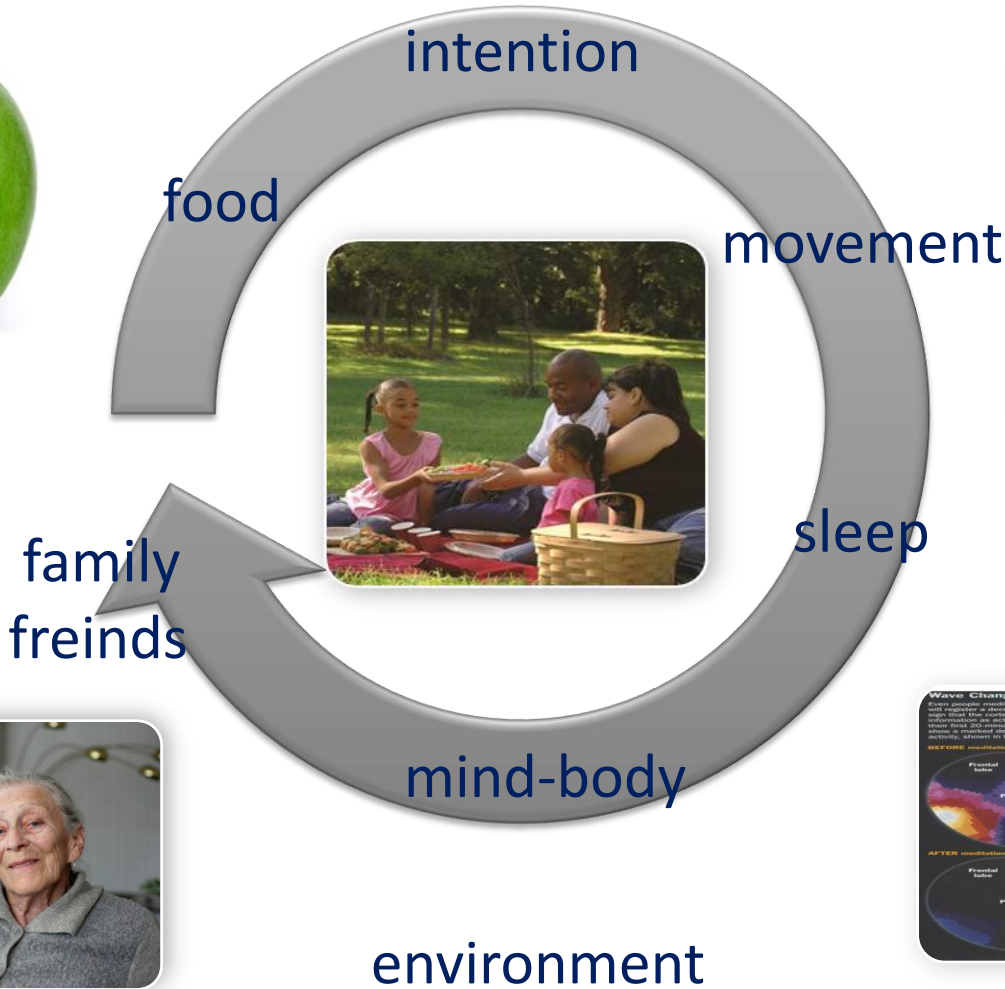
MAKING HEALING AS IMPORTANT AS CURING

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- Senior Leader/ Executive
- Manager / Supervisor
- Non-supervisory Employee

Personal Leadership in Self-Care











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