

INTEGRATIVE MEDICINE IN AMERICA

How Integrative Medicine Is Being Practiced
in Clinical Centers Across the United States



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The Bravewell Collaborative

SITE SELECTION AND METHODS

- 60+ sites identified from Bravewell Clinical Network, Consortium of Academic Health Centers for Integrative Medicine and suggested by IM leaders
- 29 chosen to represent the field
 - Directed by MD, other doctoral level provider or nurse
 - In operation at least three years
 - Significant patient volume
 - Prior clinical contributions to the field
 - Sites only delivering non-conventional care not included
- Directors responded to REDCap-based questionnaire
- Site visits made by study team for qualitative data

WHO WE ARE

- AFFILIATIONS

- 27 centers affiliated with a specific hospital
- 26 centers affiliated with a healthcare system
- 25 centers affiliated with a medical school
- 1 center affiliated with a nursing college

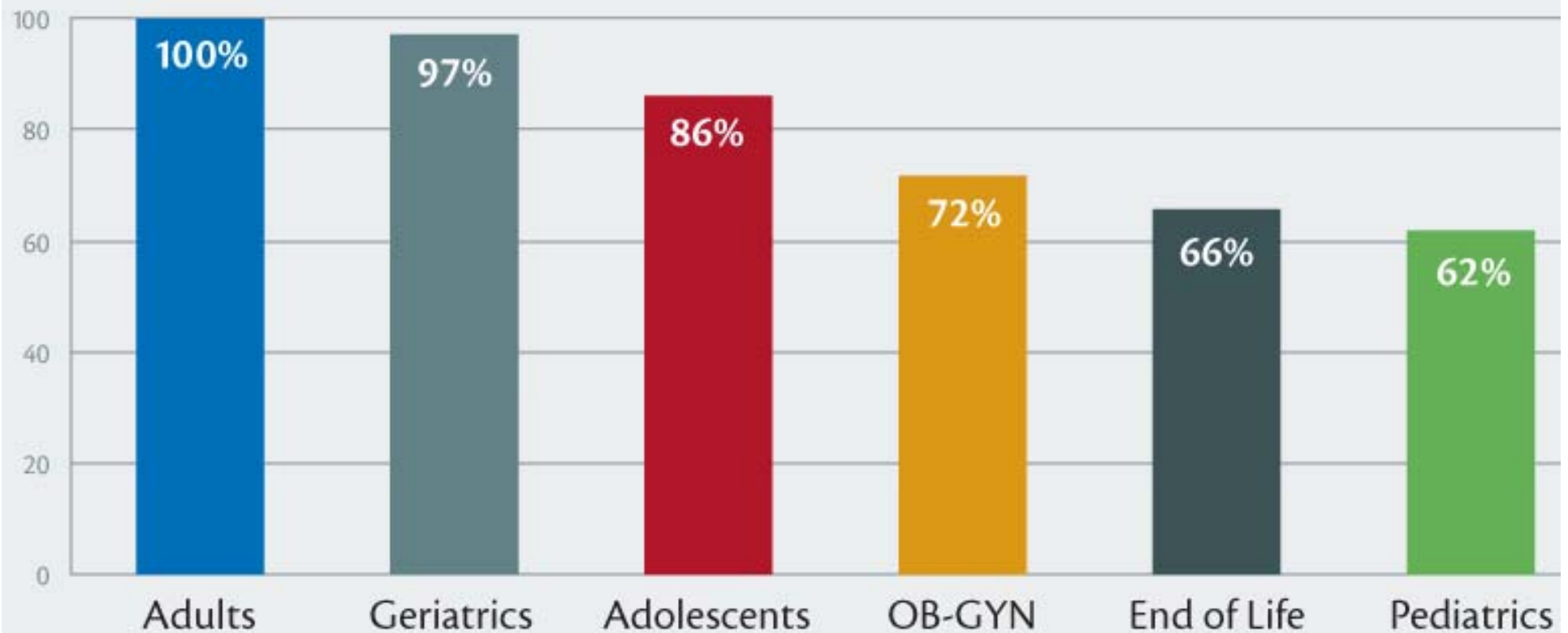
- CARE MODELS

- 26 offer consultative care
- 18 offer comprehensive care
- 13 offer primary care
- 15 offer inpatient services at affiliated hospital

- RESEARCH AND EDUCATION

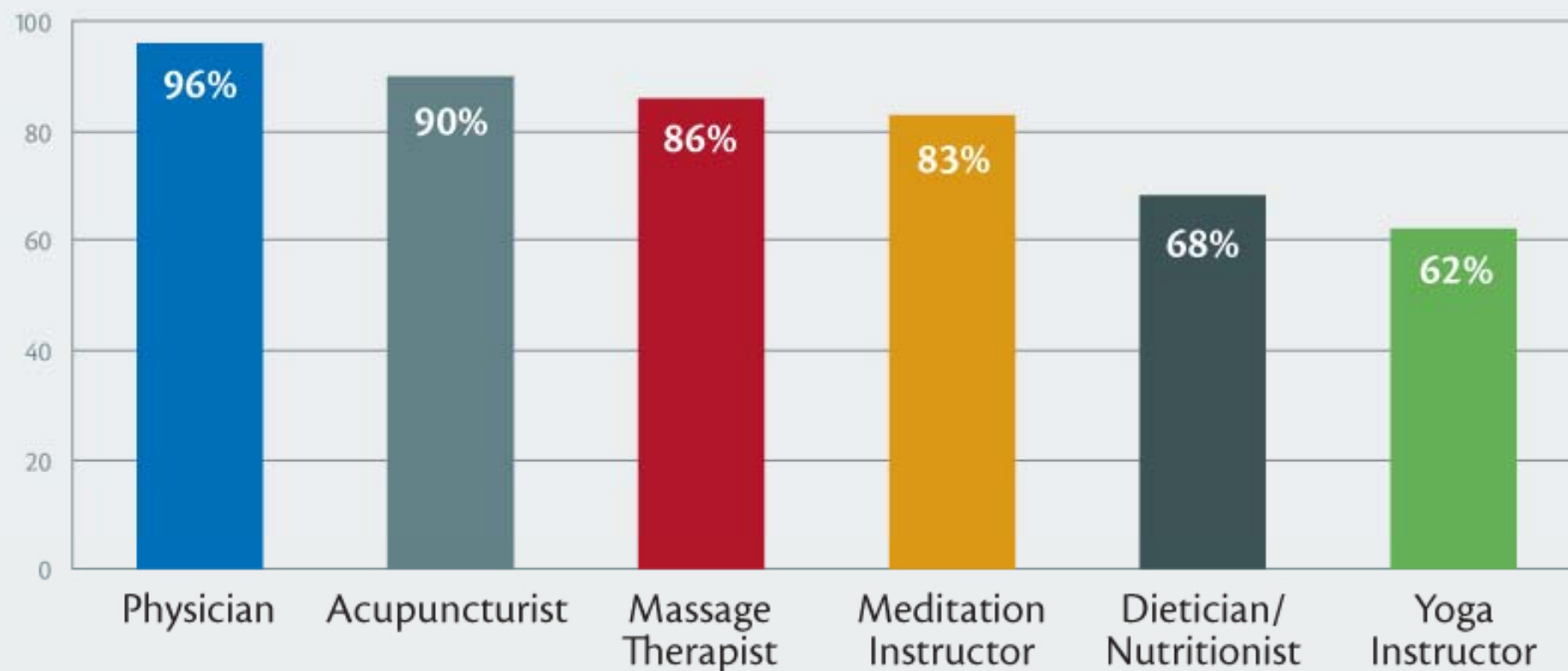
- 25 centers involved in research and 25 in provider education

Patient Populations Served at the Centers



SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 22.

Percentage of Centers Employing Specific Practitioners



NOTE: For the chart, meditation includes MBSR teachers; acupuncturist reflects all centers employing either an LAc or MD acupuncturist.

SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 19.

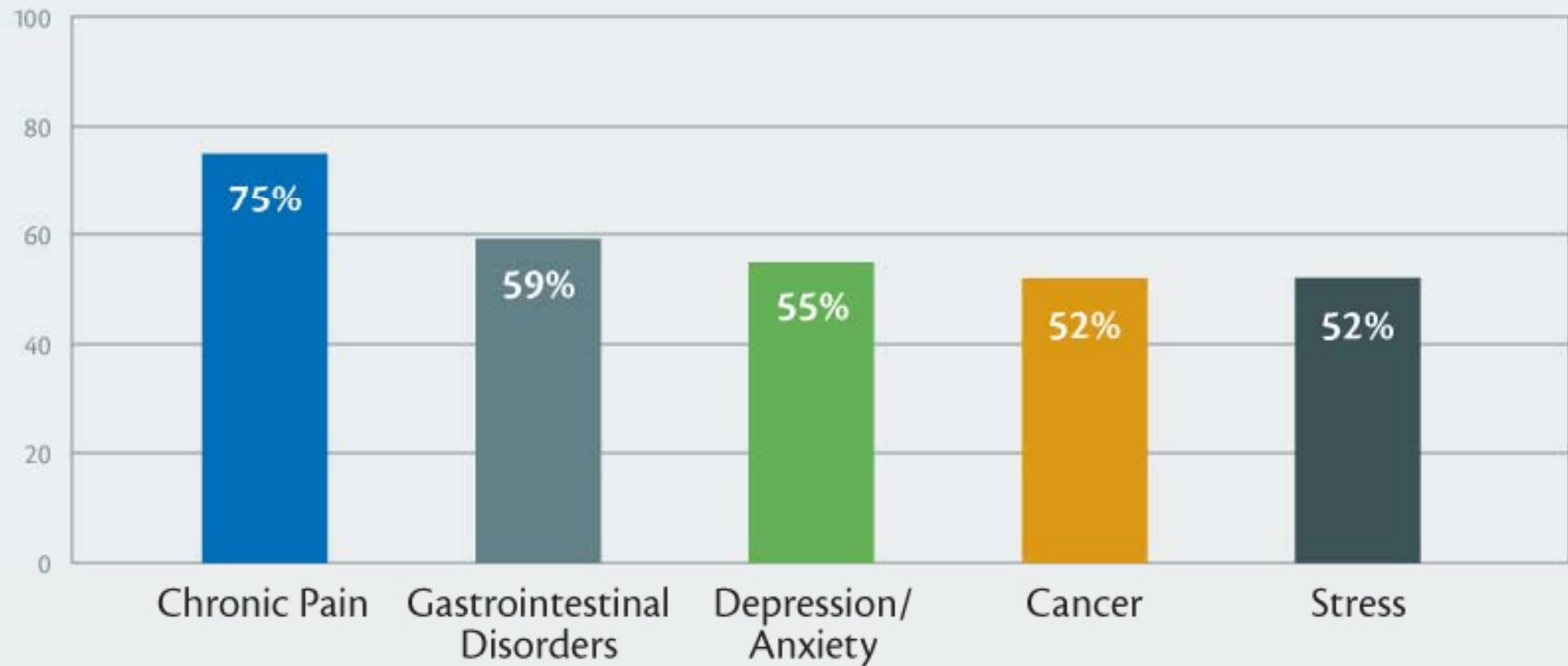
Percentage of Centers Employing the Following Practitioners Either Full or Part-time:

Physician	96%*	Hypnotherapist	41%
Massage Therapist	86%	Holistic Nurse	38%
Meditation Instructor	83%	Chiropractor	38%
Acupuncturist, LAc	79%	Pain Specialist	34%
MBSR Instructor	79%	Psychiatrist	34%
Dietician/Nutritionist	69%	Naturopath	28%
TCM Practitioner	62%	Physical Therapist	28%
Yoga Instructor	62%	Exercise Physiologist	24%
Psychologist	59%	Physician Assistant	21%
Healing Touch/Reiki Practitioner	55%	Health Coach	21%
Nurse Practitioner	55%	Osteopath	21%
Acupuncturist, MD	48%	Ayurvedic Practitioner	17%
Biofeedback Practitioner	45%	Homeopathy Practitioner	17%

THE NUMBERS GAME

- 29 Centers
 - Questioned about treatment of
- 20 Medical Conditions
 - Using
- 34 Interventions
- YIELDS A LOT OF NUMBERS!!!

Conditions for Which the Centers Report the Most Clinical Success



SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 34.

ALL CONDITIONS FOR WHICH THE CENTERS REPORT SUCCESS

Centers were asked which five of the 20 health conditions they believed their practitioners treated most successfully with integrative strategies. The table below shows the percentage of centers that stated the listed condition was among their top five most successfully treated conditions. (If a center did not treat a certain condition at all, it was not included in the numerical calculation.)

For every condition, at least 2 centers reported having success

Chronic Pain	75%	Allergies	17%
Gastrointestinal Disorders	59%	Diabetes	17%
Depression/Anxiety	55%	Immune Disorders	16%
Cancer	52%	Post-op	16%
Stress	52%	Pre-op	15%
Fatigue/Sleep Disorders	48%	Arthritis	14%
Fibromyalgia	42%	Heart Disease	13%
Acute Pain	35%	ADHD	11%
Headache	26%	Asthma	9%
Obesity	19%	Hypertension	7%

SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 39.

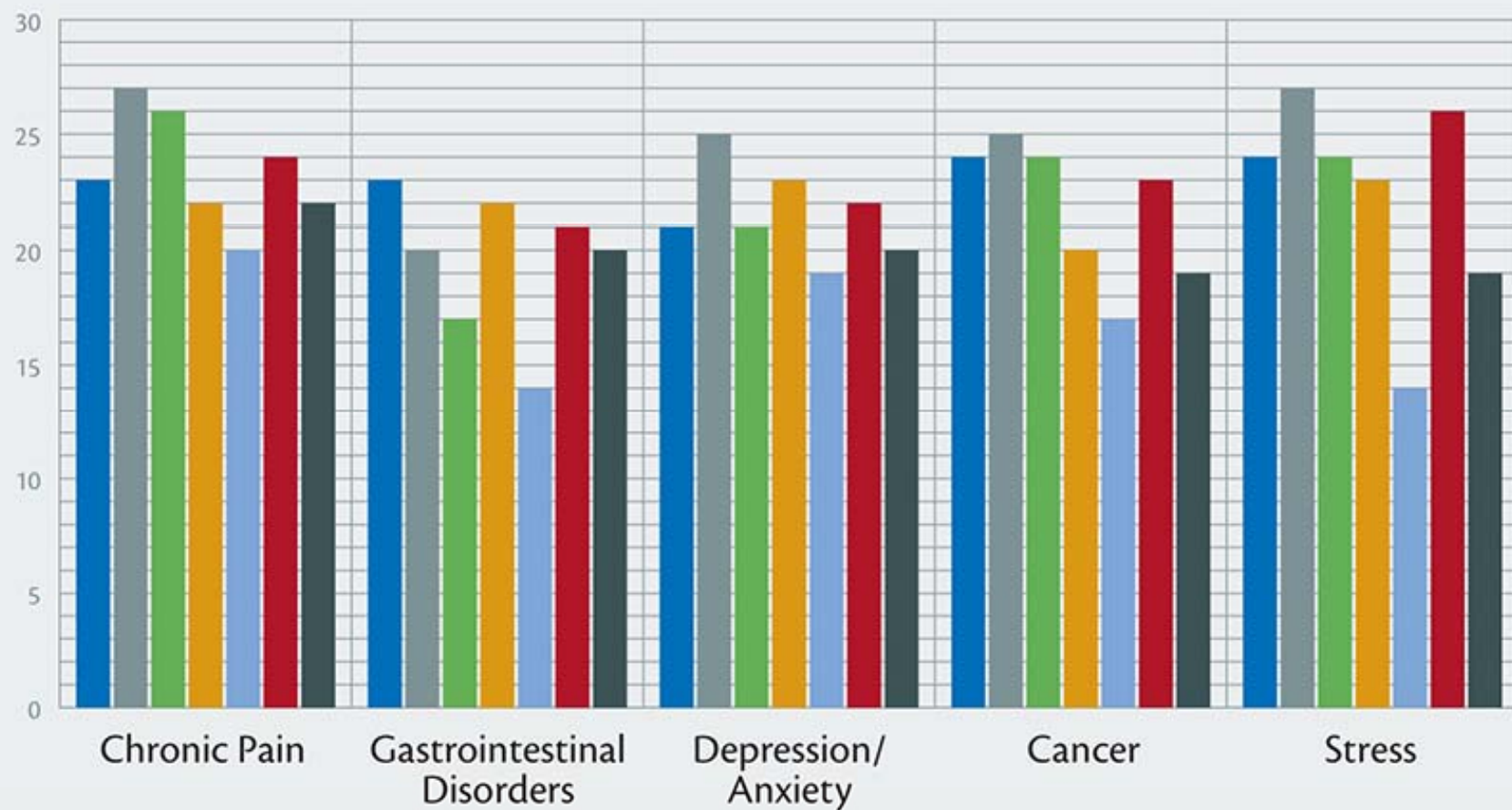
MOST WIDELY USED INTERVENTIONS

Intervention	No. of Responses
Food/Nutrition	441
Supplements	408
Yoga	375
Meditation	347
TCM/Acupuncture	338
Massage	331
Pharmaceuticals	310

SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 40.

- If all 29 centers had reported using an intervention for each of the 20 conditions, **580** would be the maximum number of responses
- F/N ranked **#1** in 14 conditions, yoga in 6, massage in 2 (AP and HA [tied with F/N]), meditation in FM (tied with F/N, yoga and supplements)

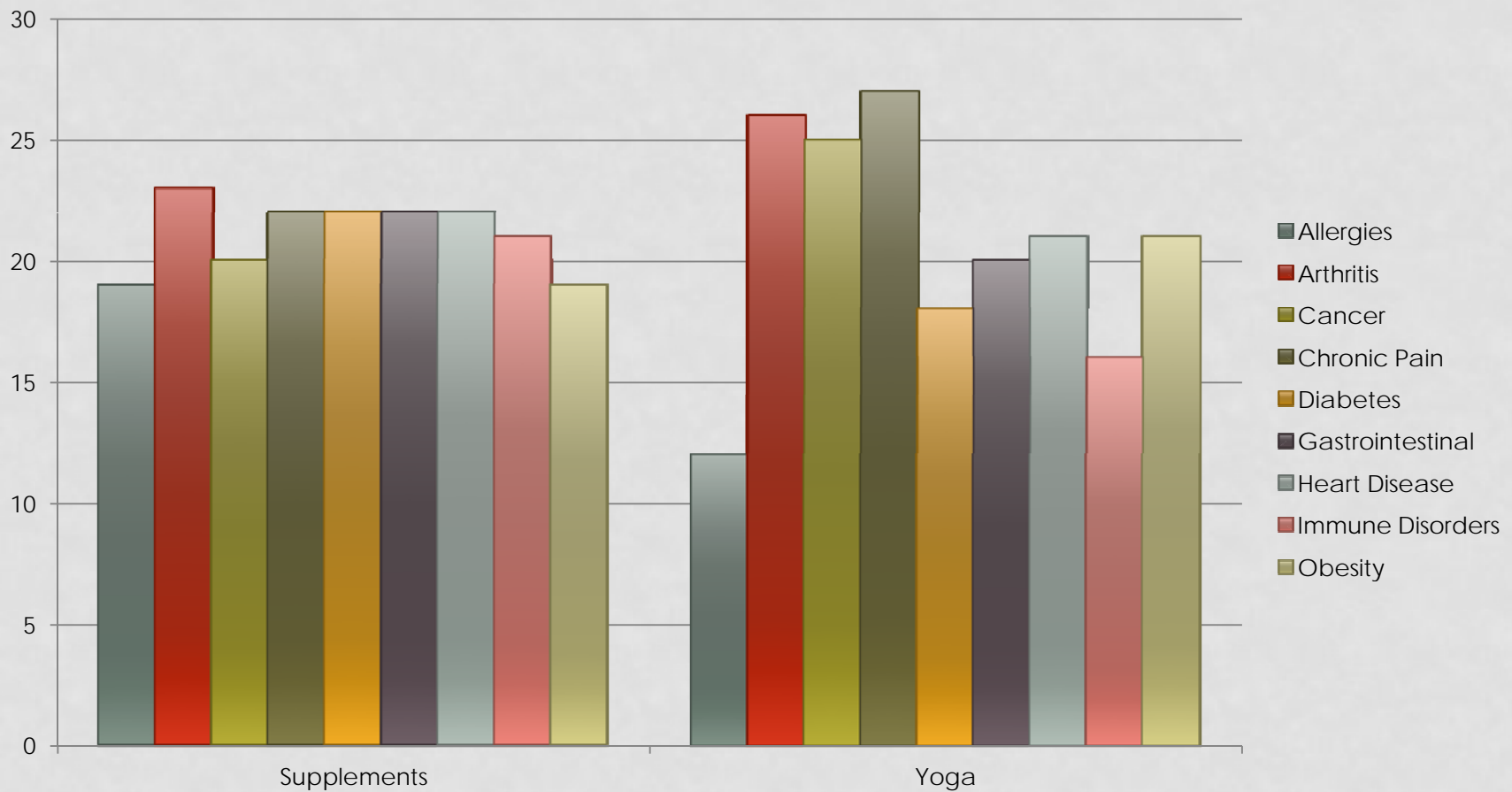
Therapies Used (by Number of Centers) for the Top Five Conditions



SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 41.

- Nutrition
- Yoga
- Massage
- Supplements
- Pharmaceuticals
- Meditation
- TCM/Acupuncture

FREQUENCY OF USE



Similarity of Treatments

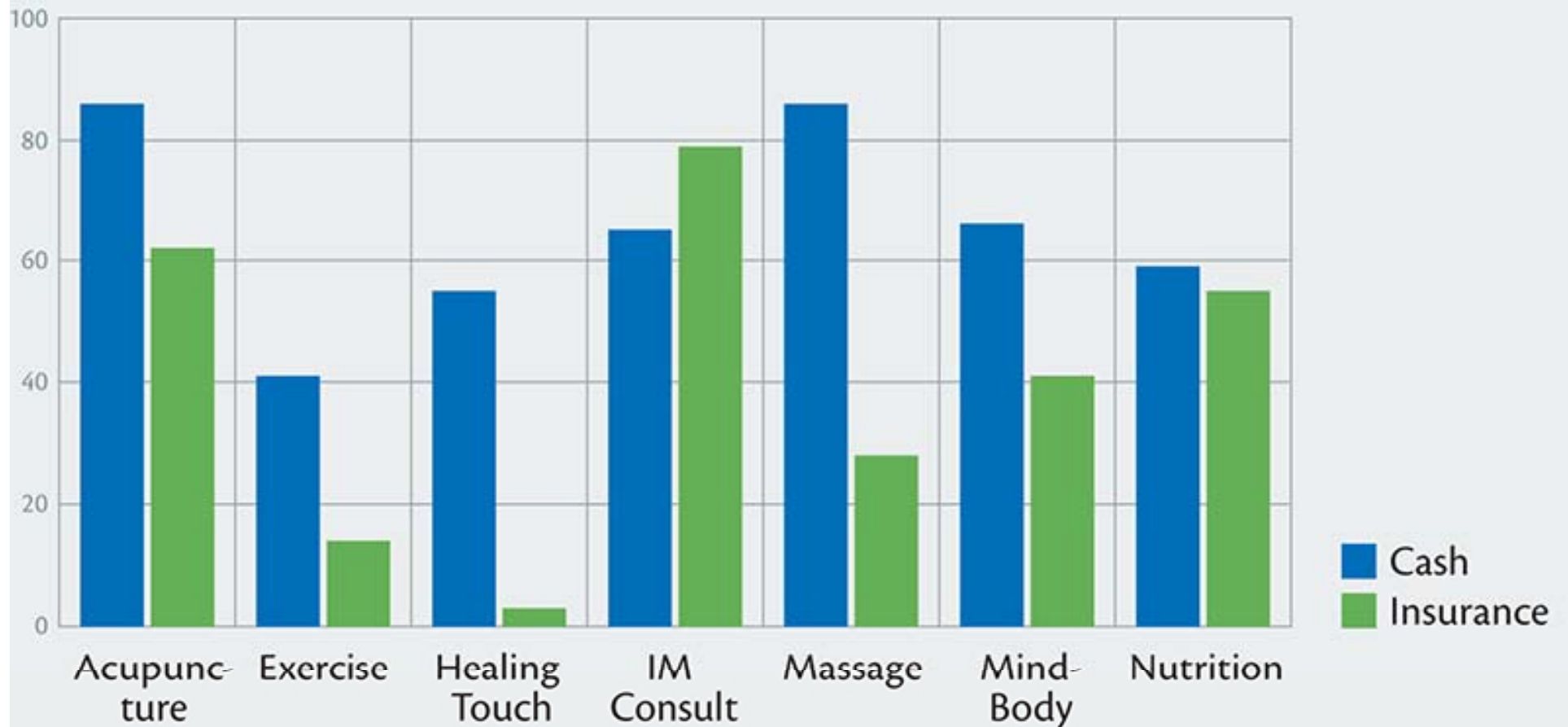
The higher the number, the more consistent the treatment was for the two conditions listed.

The Conditions that were Treated the Most Similarly are:	
Heart and Hypertension	.973
Heart and Diabetes	.946
Hypertension and Diabetes	.944
Pre-Op and Post-Op	.939
Fatigue/Sleep and Depression/Anxiety	.938
Stress and Depression/Anxiety	.936
Stress and Fatigue/Sleep	.925
The Conditions that were Treated the Least Similarly are:	
Allergies and Acute Pain	.371
Obesity and Acute Pain	.439
Immune Disorders and Acute Pain	.456

Concordance between sites in treating conditions was significant

SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 45.

Cash and Insurance Reimbursement



SOURCE: *Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States*, The Bravewell Collaborative, 2012, page 49.

CONCLUSIONS AND NEXT STEPS

- Integrative Medicine is an established part of healthcare in the US with increasing acceptance and demand
- Integrative Medicine is truly integrative
- Integrative Medicine is being practiced in diverse sites with high concordance for specific conditions suggesting practice is evidence-informed
- Prospective outcomes data and cost-effectiveness data should be collected
- Systems to further identify and share best practices among centers and practitioners should be developed