Faculty Non-Disclosure Information

In the past 12 months, I have had no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in this CME activity.

I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.
Objectives

1. To define healing and a healing-oriented model in health care and compare it with cure-oriented practices

2. To describe the components that facilitate and stimulate healing in an optimal healing environment (OHE)

3. To illustrate research on healing and outline future needs for the investigation of healing environments for children and their families

4. Examine the science and don’t lose sight of the miracle of healing
“I think you should be more explicit here in step two.”
What Contributes to the Human Healing Process?

- Lifestyle Behavior
  - Psychological Resilience
  - Optimum Nutrition and Substance Use
- Integrative Medicine
  - Physical Exercise and Sleep
  - Social Integration
- Healing Environment
- Systems Wellness

ENVIROMENT
Designing the Outer with the Inner and the Inter in Mind
AT THE INTERFACE OF SCIENCE AND HEALING

• How can we build a science of healing so that our behaviors and practices are based on good evidence?

• How can we integrate and apply that evidence in medicine and health care?
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.
Optimal Healing Environment

A system and place comprised of people, behaviors, treatments and their psychological and physical parameters.

Its purpose is to provide conditions that stimulate and support the inherent healing capacities of the participants, their relationships and their surroundings.
Developing Healing Intention

**Awareness:** The habitual practice of attention to the present and its full complexity.

**Intention:** The conscious determination to improve the health of another person or oneself.

**Expectation:** Belief and anticipation of improvement.

**Hope:** The expectation that a desired goal can be achieved.
This Is Your Brain Under Hypnosis

The Washington Post, Nov 22, 2005
The Sick Role and Healing

The sick role = dis-empowered

- Belief
  - expectancy in healing
  - management of intention
- Hope
  - confidence, competence
  - belief congruency – listening
- Meaning
  - of illness and suffering
  - what does it mean to recover?
The Case of Marette

- Diagnosed as having Lupus Erythematosus at age 11 years
- Bleeding due to an antibody to factor II
- Pain and Anxiety
- On Cyclophosphamide (CY) with major side effects
- Was conditioned with a rose scent
- Able to reduce by 50% the amount of CY needed to stay in remission
- Did well for over 8 years, eventually only having to imagine a rose to maintain remission

Case Courtesy of Karen Olsen, M.D. (Case Western)
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.

![Graph showing long-term benefits of training the brain](image)

*Long Term Benefits*

*Overall IBS Symptom Scores*

- N=250

*Gonsalkorale et al. (2002) American Journal of Gastroenterology 97, 954-961*
Neural Immune Connections


Integrative Neural Immune Program
http://neuralimmune.nih.gov/index.html
Optimal Healing Environments
Making Healing as Important as Cure

Interpersonal
- Cultivating Healing Relationships
  - Enhance Caring
- Creating Healing Organizations
  - Enhance Culture

OHE
- Leadership
- Mission
- Teamwork
- Technology

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Cultivating Healing Relationships

Consist of two domains that involve those designated clinical or socio-cultural.

1. Primary domain is social support and service for the household, family, friends, support groups and community.

2. Therapeutic alliance: the embodied social and psychological interactions between healer and healee that facilitate healing.
Social Support and Adolescent Cancer Survivors

• A review and critical analysis of studies of social support in adolescent cancer survivors was conducted.

• Findings from this review indicate that support from parents (especially the mother) and friends were extremely important and that the adolescents were satisfied with family support. Support from friends was described as less satisfactory.

• There is a need for further research in social support and examining theoretical models specific to the developmental and chronic illness situation of these adolescents

Decker CL. Psychooncology. 2007 Jan;16(1):1-11
Role of Spirituality at the End of Life in the PICU

• Study to identify the nature and the role of spirituality from the parents' perspective at the end of life in PICU

• Parents relied on spirituality to guide them in end-of-life decision-making, to make meaning of the loss, and to sustain emotionally.

Robinson MR Pediatrics. 2006 Sep;118(3):e719-29
Effect of Type of Physician Consultation

Organizational Dimensions of Relationship-Centered Care

Has an Effect on:

• Reduced mortality
• Improved functional health outcomes
• Shorter length of stay
• Workforce morale and turnover

DEVELOPING HEALING RELATIONSHIPS

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

A SUPPLEMENT TO THE
JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE
5. Practicing Healthy Lifestyles

(behavioral medicine)

The employment of adequate amounts and types of exercise, diet, relaxation, creative outlets, and balancing work and leisure.
The Healthy Lifestyle:
• Addiction management
  • Smoking, alcohol, food, drugs, sex, violence
• Exercise
  • 30 minutes aerobic 3 X week; strength; balance
• Diet content and amount
  • Low fat, high-fiber, 5 fruits and vegetable-a-day diet
• Stress management and life balance
  • work/school-personal life balance
  • relaxation response for 20 minutes, 1-2 X day
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, 2003
Crowley & Lodge, Younger Next Year, Workman Publishing Company, 2004
Healthy Nutrition for Children
Trained children had significantly greater improvements in health-related quality of life (i.e., higher PAQLQ scores) compared with controls. * P < 0.05

Applying Collaborative Medicine (Integrative Medicine)

• Conventional Medical Care
• Person-centered Health Care
• Complementary Medicine
• Traditional and Folk Medicine
Age-adjusted Percent of U.S. Adults Who Have Used Complementary and Alternative Medicine

NHIS 2002

Any CAM

CAM (excluding megavitamins)

CAM (excluding prayer)

Ever Used

Used in the past 12 months

Barnes, P.M. et al. Advance Data from Vital Health Statistics. Number 343, May 27, 2004. CDC p.4
Use of CAM for Children with Chronic Disease: 
A Survey

- 54% children used at least 1 type of CAM medicine in the previous year.
- No difference found between user and nonuser groups.
- Children used CAM to treat musculoskeletal problems (27%), psychological problems (24%), or infections (20%).
- Factors that influenced CAM use were "word of mouth" (36%), "reference by a physician" (28%), "personal experience by parents" (28%), and "no adequate resources in ‘traditional’ medicine" (21%).
- 47% of CAM users used prescribed medications simultaneously.
- 75% believed that CAM had no potential adverse effects or interactions with prescribed medication.
- Only 44% CAM users were known as such by their physician.
- Primary care satisfaction was significantly lower in CAM users versus nonusers.

Chinese Herbal Cream

Dexamethasone (mg)

Keane et al   BMJ 1999; 318:563
Massage for the Pre-Term Babies
OPTIMAL HEALING ENVIRONMENTS
MAKING HEALING AS IMPORTANT AS CURE

EXTERNAL
Building Healing Spaces
Enhance Sensory Inputs
Fostering Ecological Sustainability
Enhance Natural Process

OHE

Enhance Sensory Input
Color and Light
Art and Architecture
Aroma and Air
Music and Sound

Enhance Natural Process
Eco-Friendly
Green
Energy Efficient
Nature

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Building Healing Spaces

• Light, air, nature, color, art, music

• Function, flow, privacy and community
**Sunny Hospital Rooms Expedite Recovery**

In an inpatient psychiatric unit:

- Those in sunny rooms had an average stay of 16.9 days compared to 19.5 days for those in dull rooms, a difference of 2.6 days (15%): $P < 0.05$

In post-operative recovery:

- Rooms with windows decrease length of stay by 1 day. ($p < 0.05$)

Preterm Infants Born at Less than 31 Wks Gestation have Improved Growth in Cycled Light compared with Near Darkness

Music Therapy for Pediatric Pain

- 9 burn patients were randomized to participate in study. Music therapy reduced pain, anxiety, and behavioral distress.

- An inverse relationship between engagement in music therapy and lower behavioral distress scores was noted.

- Music therapy positively affected patients' mood, compliance, and the relaxation level.

- Parents/guardians and nurses involved in the study reported that music therapy helped them to feel more relaxed as well.

Summary

- Healing-oriented practices and environments (HOPE) work together creating an Optimal Healing Environment.

- There are many areas within a health care setting were attention to self-care, communication, integrative practices and design can impact patient, family, community outcomes and staff performance.

- An opportunity exists when designing the physical environment or changing to person-centered care, the medical home or other models to incorporate the current research and practice on those that produce healing.
What Contributes Most to the Human Healing Process?

- Conditioning
- Regression
- Bias
- Other
- Treatment
REINVENTING THE PATIENT EXPERIENCE
Strategies for Hospital Leaders

Jon B. Christianson, PhD; Michael D. Finch, PhD; Barbara Findlay, RN, BSN; Wayne B. Jonas, MD; and Christine Goertz Choate, PhD

The emerging age of consumerism in healthcare is forcing hospitals to reexamine their traditional practices and provide greater sensitivity and responsiveness to patient preferences. Conventional customer service training is no longer enough. Reinventing the Patient Experience provides the advice and inspiration you need to make significant changes in the way your patients experience care in your hospital.

The book draws lessons from the experiences of hospitals considered innovators in patient-centered care. This diverse group of organizations illustrates how integrating “high touch” and “high tech” care is possible at hospitals of all types and sizes. You will learn what strategies they put in place, what barriers they faced, how they moved past roadblocks, and what their keys to success were. Leaders from these pioneering organizations share how they tackled various implementation and operational issues in the areas of physical environment, nursing services, complementary therapies, spirituality, leadership, and sustainability.
Is There a ‘Business Case’ for OHE?
What is the Cost-Value Balance?

• We must start **measuring what we value in healing**
  – choosing the right ‘indicators of success’ is key

• The Samueli Institute and partners seek to correlate relevant
  patient and provider services to outcomes.
  • **services related to delivery**
    (feasibility, training, space, technology, culture, resources
    and readiness) with
  • **health services outcomes** that are of importance and
    being collected in health care systems
    (quality, safety, satisfaction, pain and costs)
I think I've discovered something...

When you wake up at night, and your head hurts and your stomach feels funny...
THE FIRST THING YOU DO IS PUT ON YOUR BATHROBE

THEN YOU DRINK A GLASS OF WATER AND TAKE SOME PILLS, AND YOU SIT BY YOURSELF IN THE DARK FOR AWHILE UNTIL YOU'RE READY TO GO BACK TO BED...
BUT IT'S NOT THE PILLS THAT MADE YOU FEEL BETTER...

IT'S THE BATHROBE!
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And the innovative leaders of the patient-centered healing-oriented initiatives