

Live Whole Health.

WHOLE HEALTH IN THE VETERANS HEALTH ADMINISTRATION

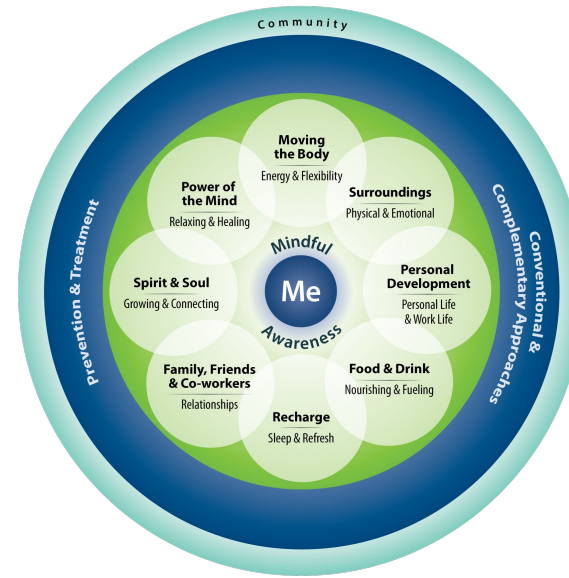
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OFFICE OF PATIENT CENTERED CARE & CULTURAL
TRANSFORMATION
OCTOBER 2023**





Moving from “What’s the Matter with You?” to “What Matters to You?”

Whole Health is an approach to health care that **empowers** and **equips** people to take charge of their health and well-being and live their life to the fullest.



Circle of Health



Whole Health System

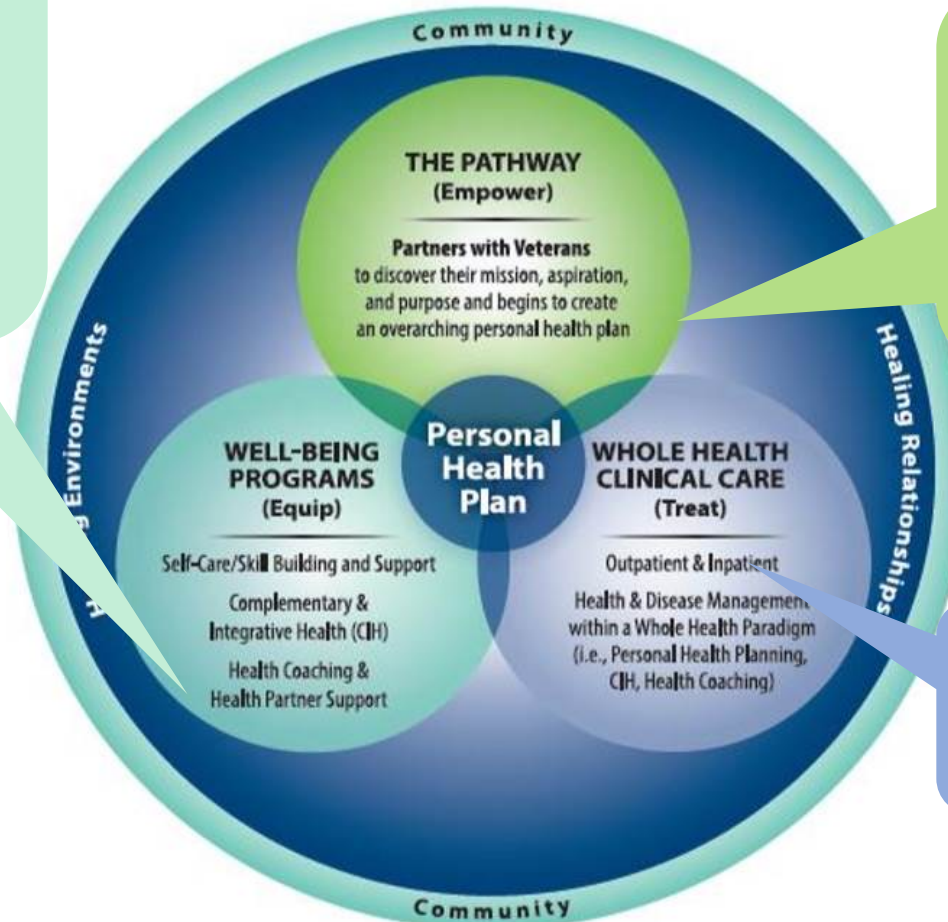
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Whole Health = Health Care Transformation

- ✓ Encourage self-care
- ✓ Decrease reliance on provider delivered care
- ✓ Complementary and Integrative Health Approaches

Complementary/Integrative Health Approaches:

- Acupuncture
- Meditation
- Massage Therapy
- Biofeedback
- Clinical Hypnosis
- Guided Imagery
- Yoga
- Tai chi



- ✓ Engage Veterans in their Mission Aspiration Purpose (MAP)
- ✓ Veteran Partners, Whole Health Coaches

- ✓ Cultural transformation of how clinical health care is delivered

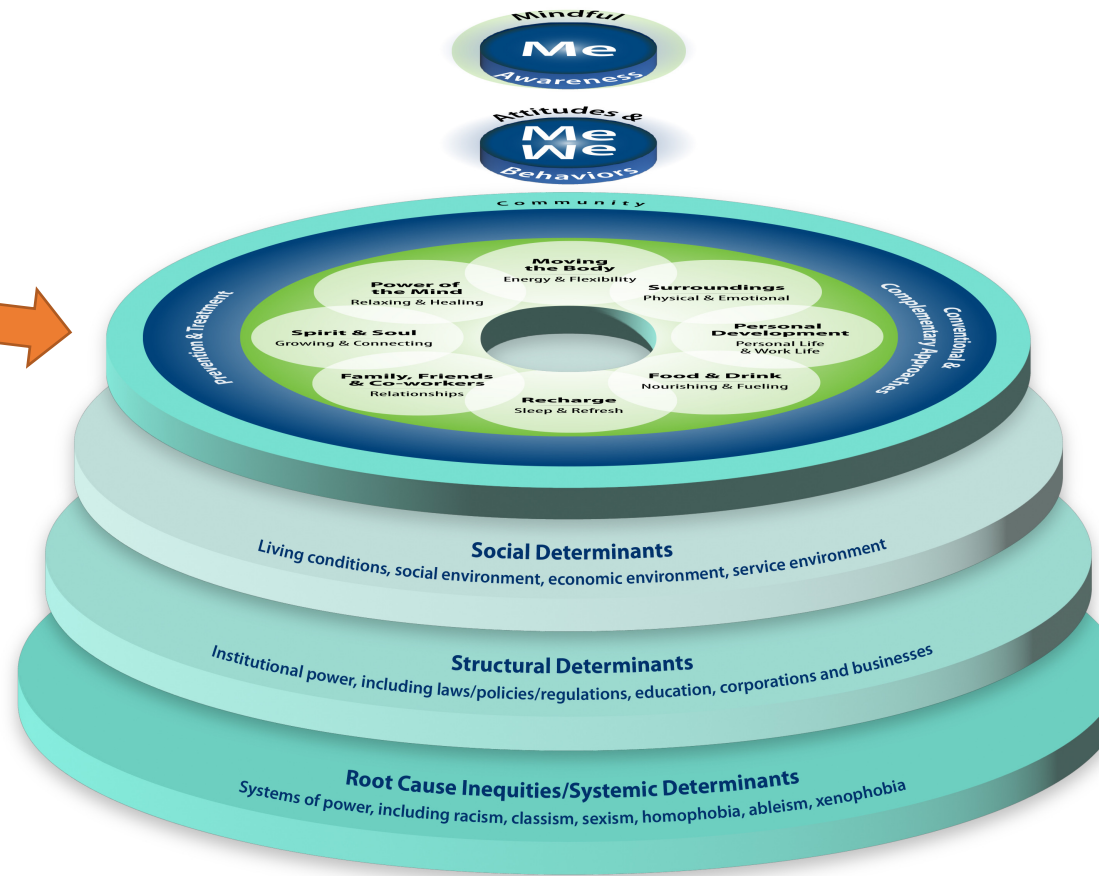
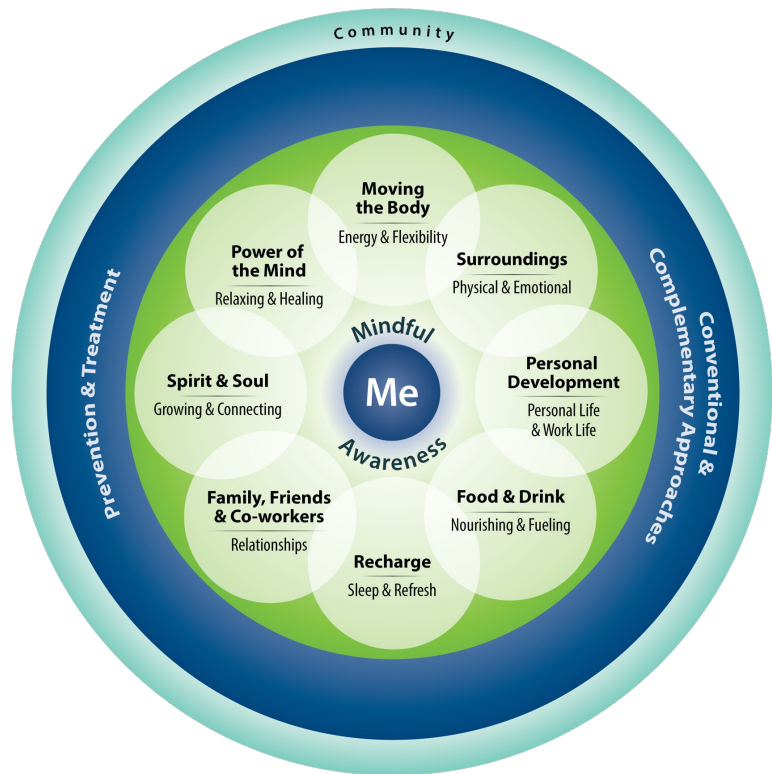
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VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Social & Structural Determinants of Health






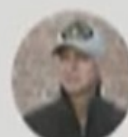
VHA Priorities




Hire **faster** and more **competitively**




Connect Veterans to the **soonest** and **best care**



Serve Veterans with **toxic exposures**



Accelerate our journey to High Reliability



Support Veterans' **whole health**, their **caregivers**, and **survivors**



Prevent Veteran suicide



VA STRATEGIC PLAN 2022-2028

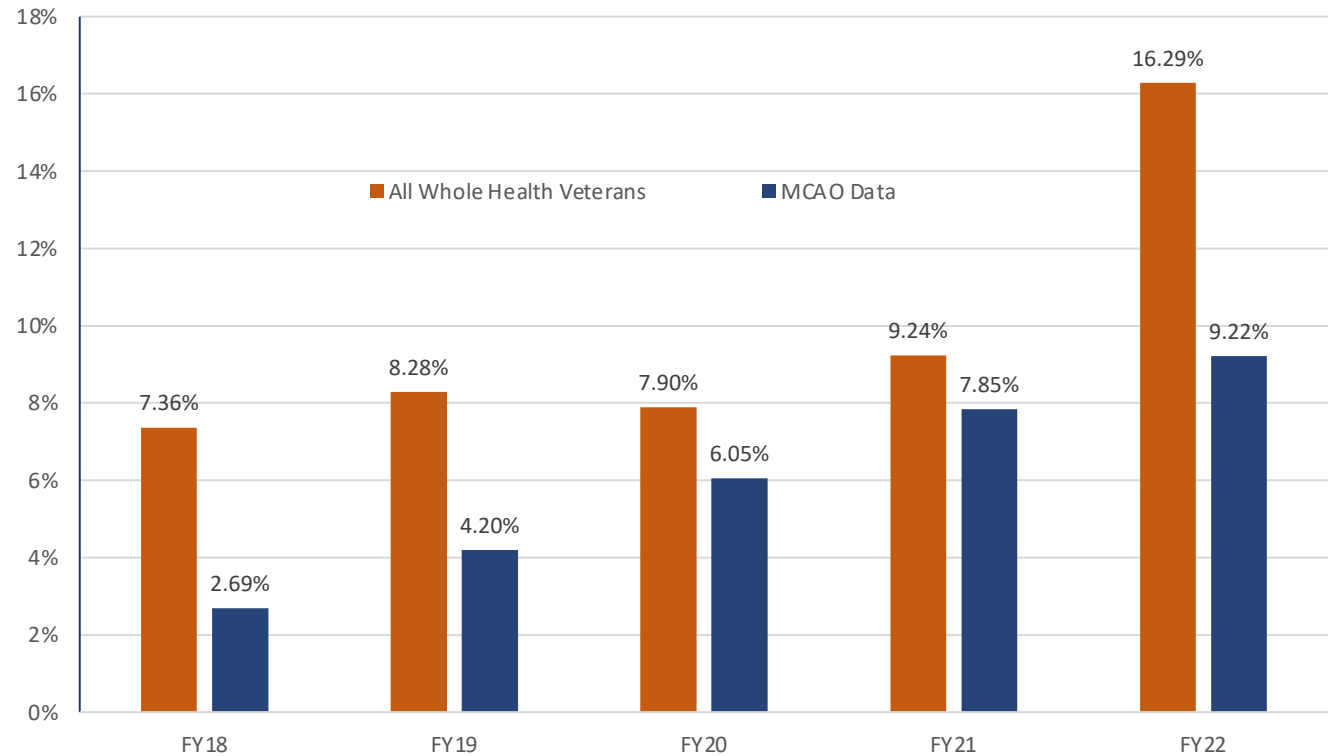
2022 – 2028 VA Quadrennial Plan: [VA Plans, Budget, Finances, and Performance](#)

- STRATEGIC OBJECTIVE 2.2: (Tailored Delivery of Benefits, Care and Services Ensure Equity and Access) VA and partners will tailor the delivery of benefits and **customize whole health care and services for the recipient at each phase of their life journey.**
 - ***Implementing Strategy 2.2.2: (Whole Health) VA empowers employees to deliver high-quality whole health care that equips Veterans and supports their health and well-being by addressing what matters to them most.***

Whole Health Utilization Metrics

- In FY21 595,759 Veterans participated in Whole Health
- In FY22 1,009,393 unique Veterans accessed Whole Health services
 - Increase reflects both growth and the use of Health Factors in data capture
- **As of 8/6/23, 1,517,276 unique Veterans accessed Whole Health services**

Participation in Whole Health



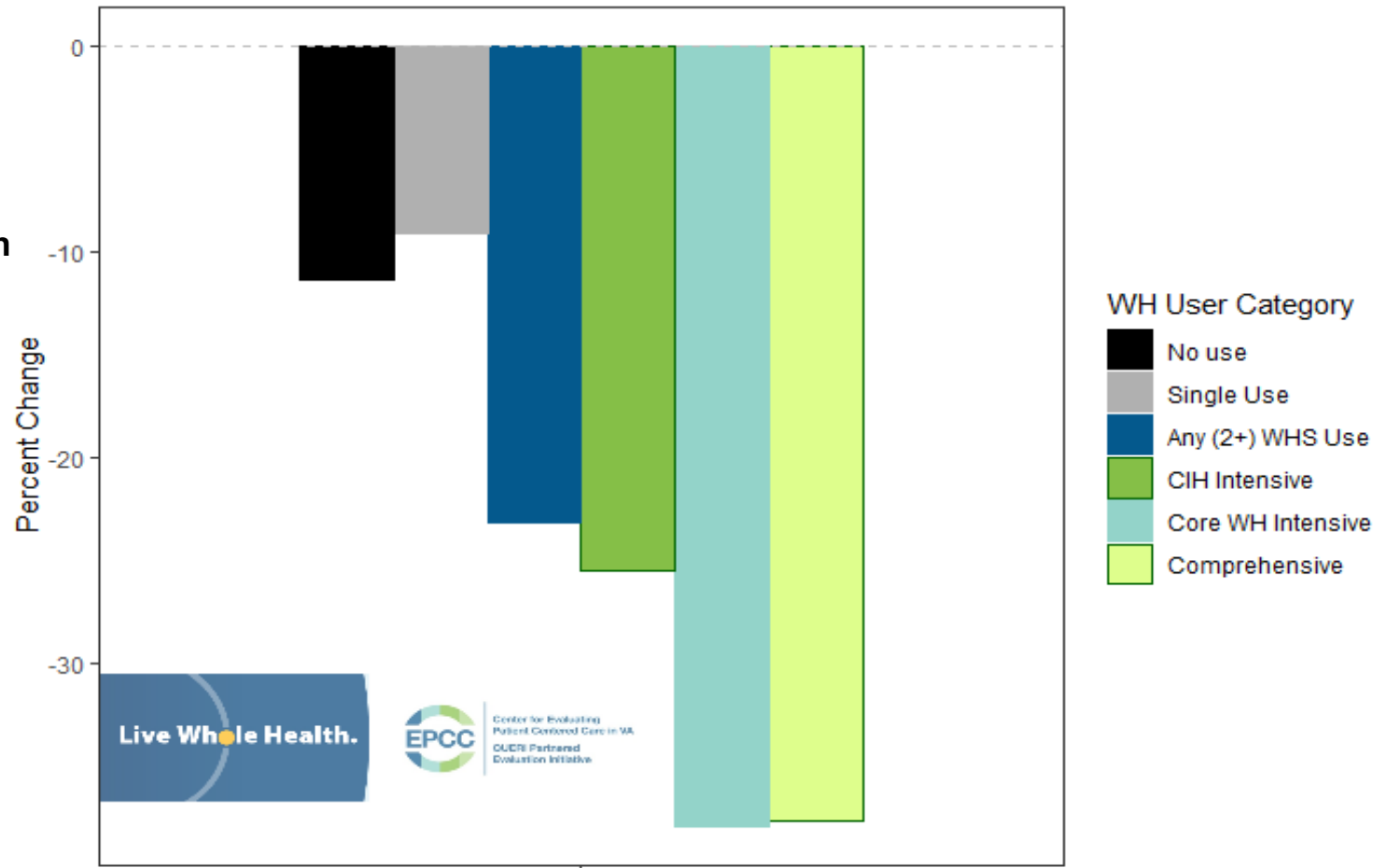
*FY22 MCAO data is through August

Key Utilization Metrics – MCAO + Health Factors

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PRELIMINARY FLAGSHIP OUTCOMES: OPIOID UTILIZATION

Change in opioid use by WH user category for Veterans with chronic pain (n=114357)



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EPCC Center for Evaluating Patient-Centered Care in VA OUCR Partnered Evaluation Initiative

WHOLE HEALTH OUTCOMES



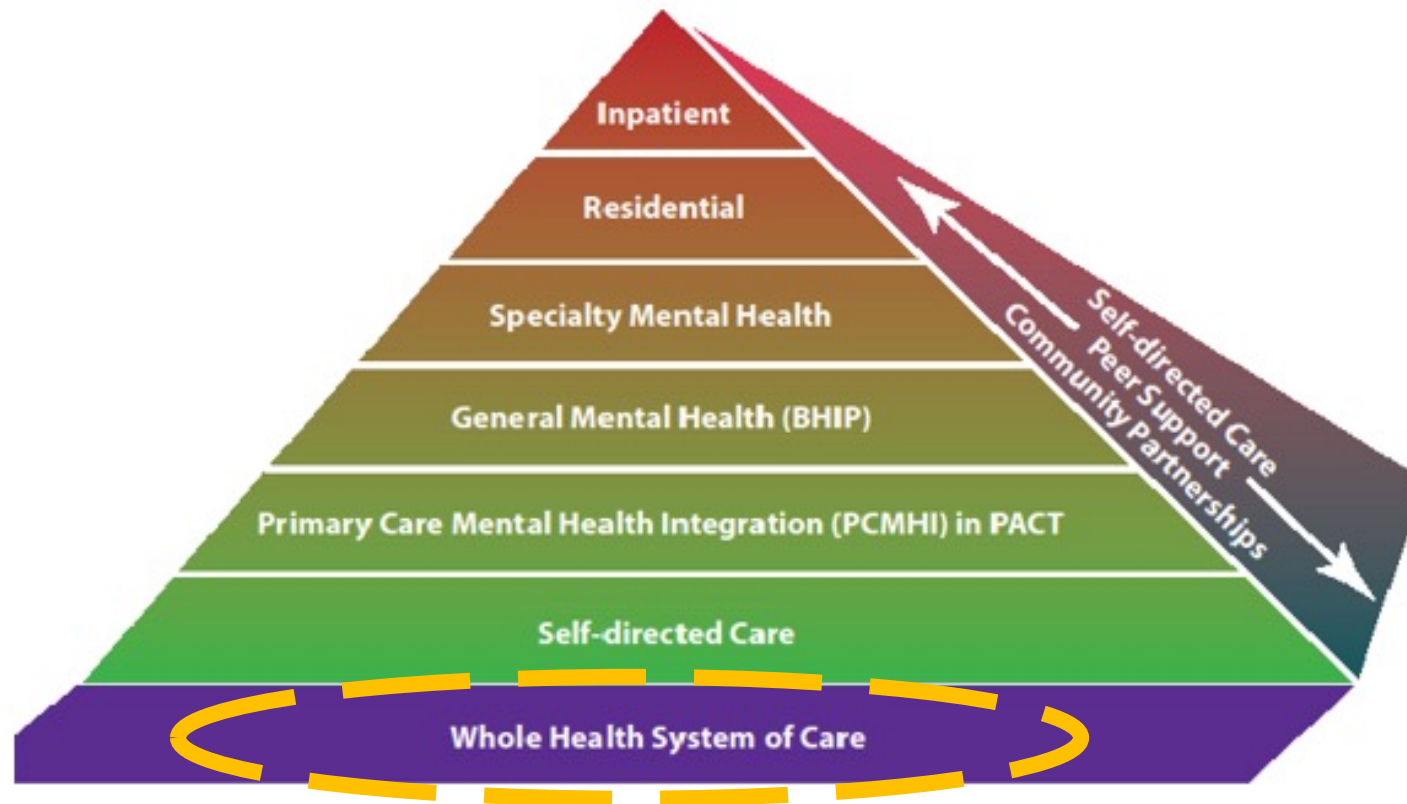
Center for Evaluating
Patient Centered Care in VA
QUERI Partnered
Evaluation Initiative

- Opioid use among comprehensive WH users with pain decreased 38% compared with only an 11% decrease among those with no WH use.
- Decrease in downstream utilization of invasive spine procedures of 20-40% over 18 months in Veterans with chronic low back pain
- Veterans with a mental health diagnosis who began using Whole Health had a 2.3 times probability of being engaged in evidence-based psychotherapies 12 months later as those not using Whole Health.
- Black and women Veterans appear to be most/more interested in Whole Health services
- Veterans with chronic pain who used WH services reported:
 - Greater improvements in engagement in healthcare and self-care.
 - Greater improvements in engagement in life indicating improvements in mission, aspiration and purpose.
 - Improvements in quality of physical and mental health

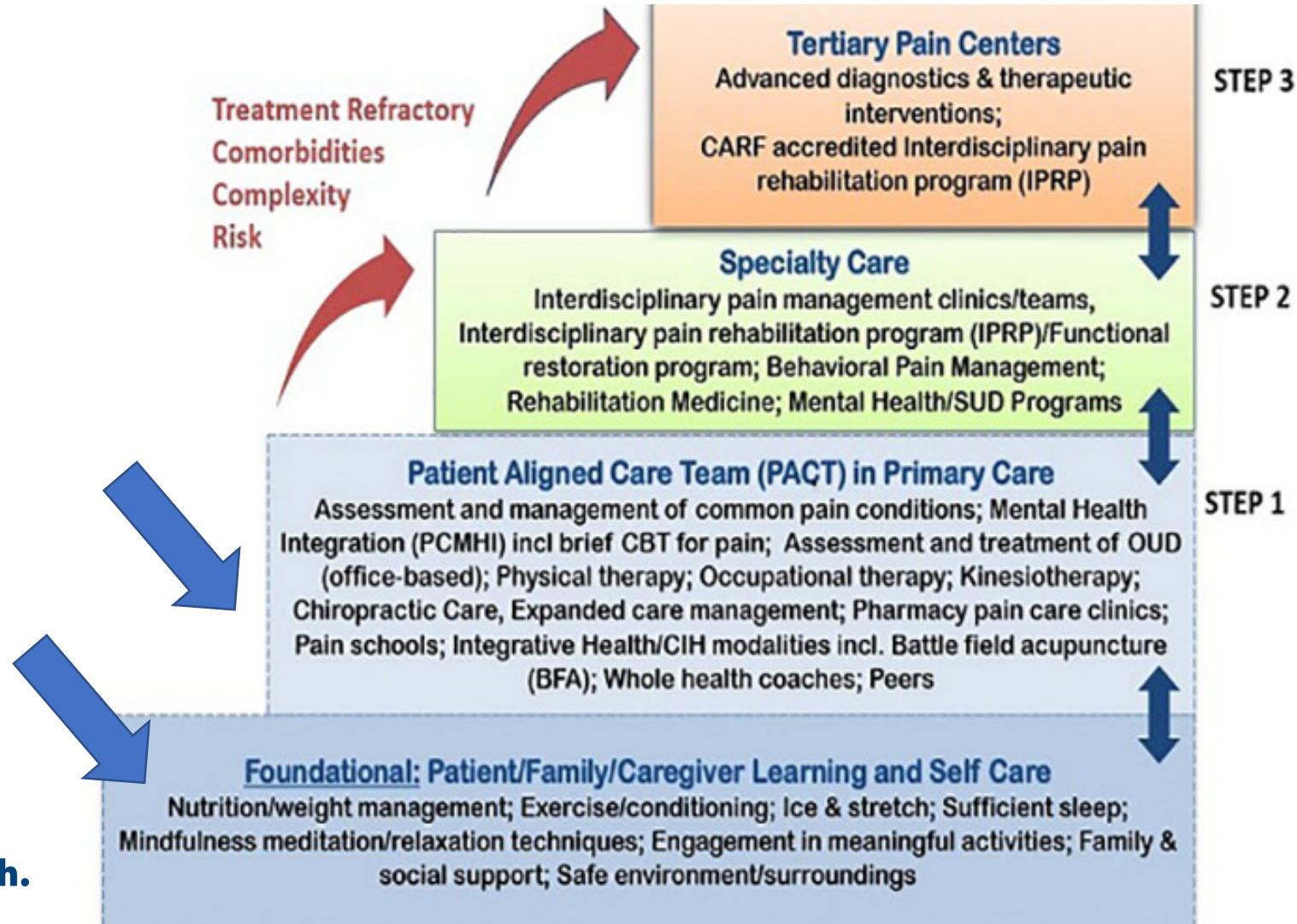
Whole Health System of Care Evaluation – A Progress Report on Outcomes of the WHS Pilot at 18 Flagship Sites (Feb 2020): [WHS Flagship Pilot Outcome Report](#)



Whole Health is the Foundation of the Stepped Mental Health Continuum of Care



Whole Health is fully integrated in the VA Stepped Care Model of Pain Management

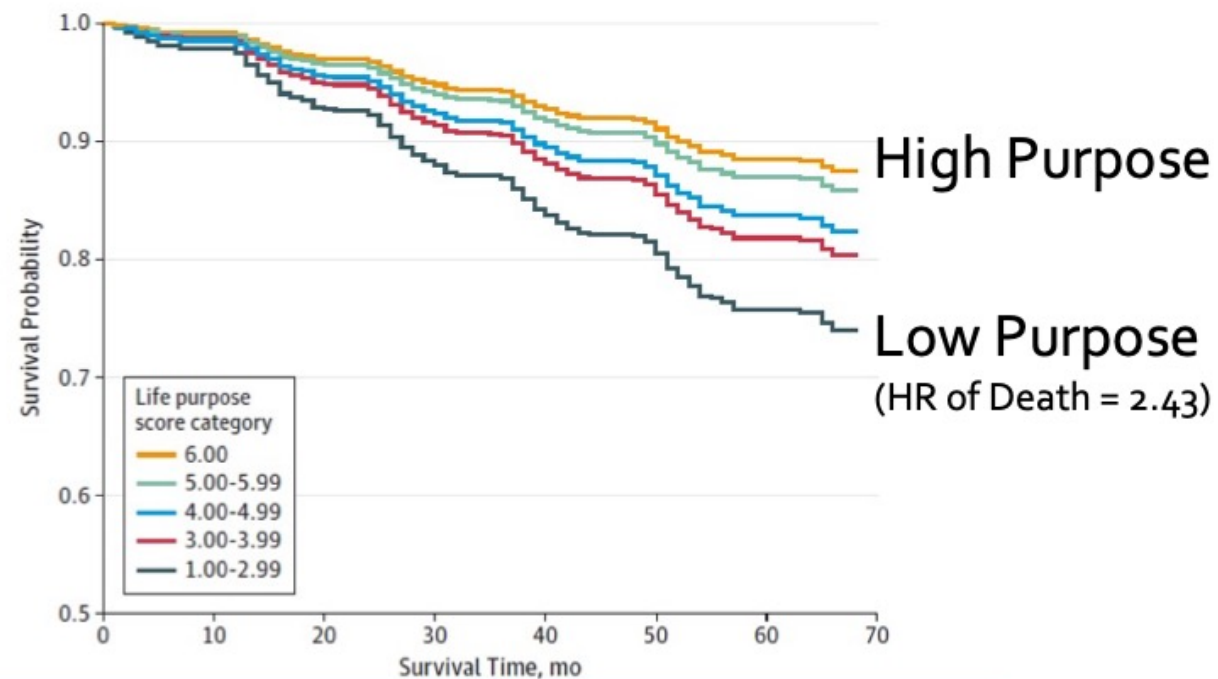


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What is the HEART of Whole Health?

Figure. Survival Curves Illustrating the Association Between Life Purpose and Mortality



Alimujiang A, et al. Association Between Life Purpose and Mortality Among US Adults Older than 50 Years. *JAMA Open.* 2(5):2019

WELL-BEING SIGNS – CLINICAL TOOL



- Validated measure of “everyday life functioning” that offers snapshot of how individuals are doing with regard to most important things they wish to do, in daily lives (“what matters”)
- Developed for use in the clinical context
- Asks the veteran to consider the most important things they would like to do in their daily life--such as having a job, managing their health or finances, spending time with loved ones, or leisure-time activities--and rate these three items on a 0-10 scale over the preceding month.

1. Satisfaction

Fully satisfied with how things are going in key aspects of your life?

2. Status/Role Involvement

Regularly involved in all aspects of life that are important to you?

3. Role Functioning

Functioning your best in aspects of life that you regularly participate in?

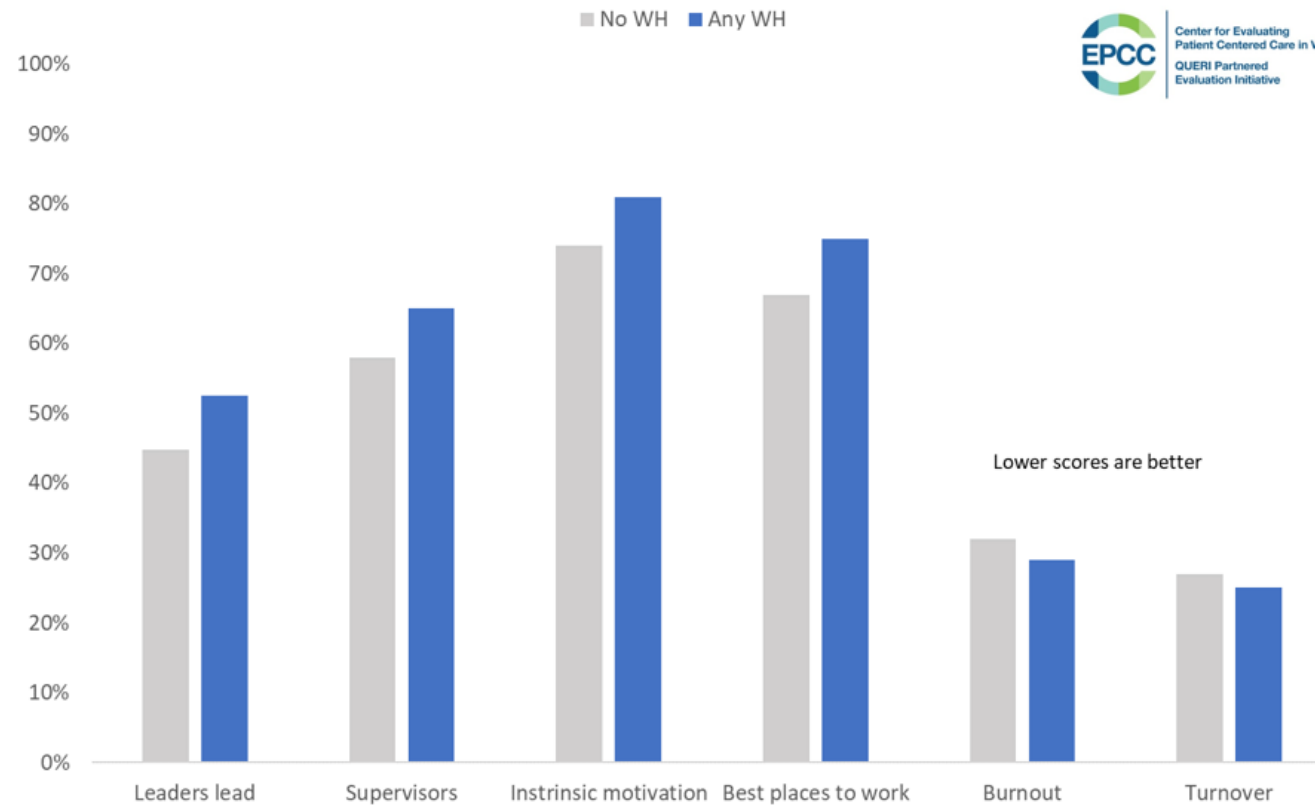


Employee Whole Health is essential to our health and resiliency and represents a proactive model of well-being that is protective against stressors and challenges we face in our day to day lives.

- **Focusing on “ME” through mindful awareness and self-discovery allows us to reflect on what matters most. This brings connection to our meaning, aspiration, and purpose and supports true work-life integration.**
- We **prioritize self-care**, such as movement, sleep, nutrition, personal and professional development, and relationships, and seek professional care to support our physical and mental well-being.
- We create a **community that is diverse, equitable, and inclusive** and connects us through our common, shared experiences.

Impact of Employee Involvement with Whole Health on AES Outcomes

Employee Engagement Index, Best Places to Work, Burnout and Turnover
Intent by Involvement with any WHS activity for Employees
(N>140,00) based on 2020 AES



Employee Engagement Index, Best Places to Work, Burnout, and Turnover by Individual Involvement with Any Whole Health System Activity in Flagship Sites.

WH involvement was associated with important employee outcomes!

Bokhour BG, Hyde J, Zeliadt S, and Mohr D. February 2020 Whole Health System Evaluation of Care Progress Report. Retrieved August 2020, https://www.va.gov/WHOLEHEALTH/docs/EPCC WholeHealthSystemofCareEvaluation-2020-02-18FINAL_508.pdf

NATIONAL
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Sciences
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Achieving Whole Health

A New Approach for Veterans and the Nation

[LINK: National Academy of Sciences, Engineering and Medicine](#)

Alex Krist, Virginia Commonwealth University

Jeannette South-Paul, Meharry Medical College

Andrew Bazemore, American Board of Family Medicine

Harold Kudler, Duke University

Sara Singer, Stanford University

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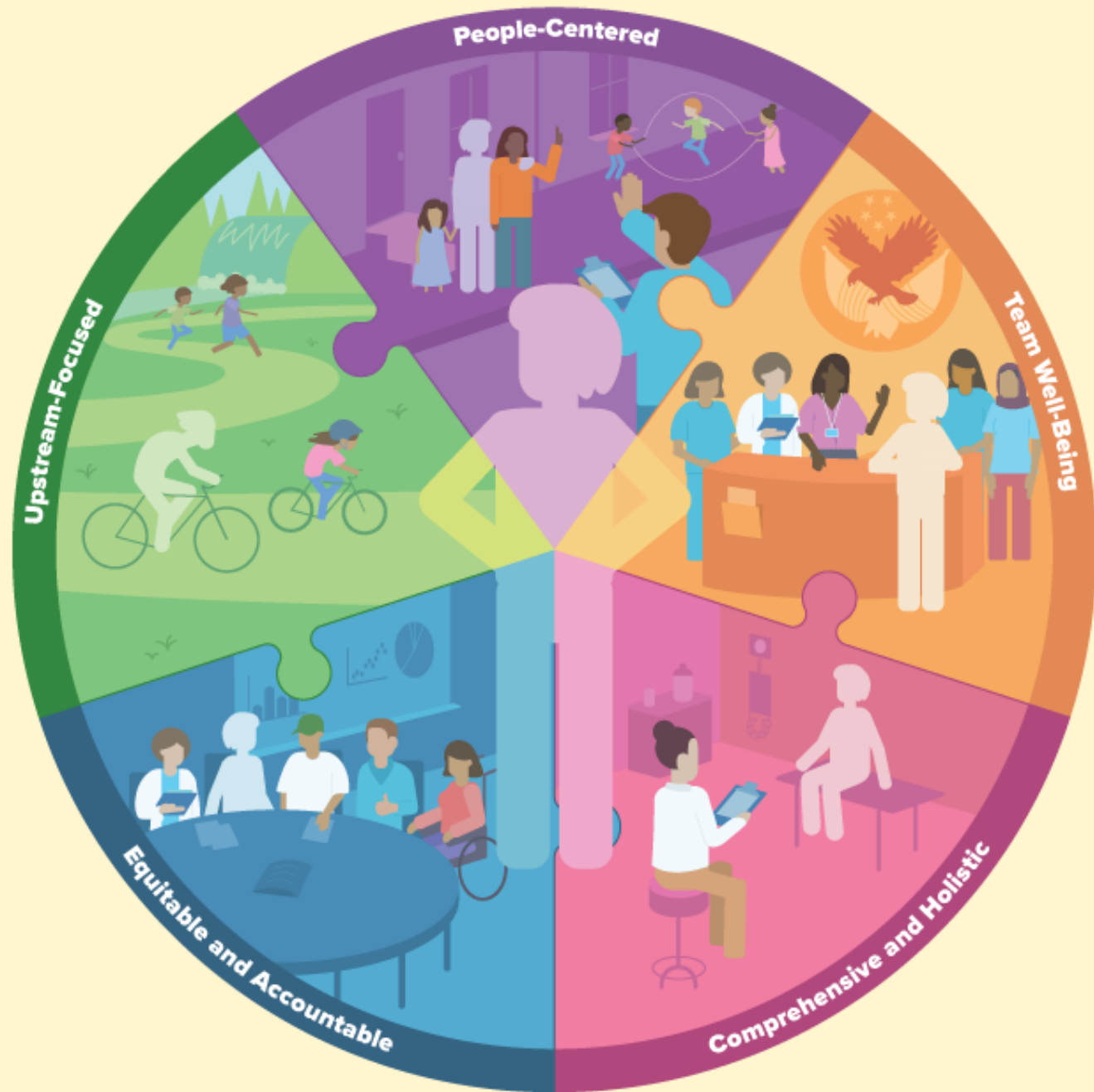
Sciences
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Achieving Whole Health

**A New Approach for Veterans
and the Nation**

Consensus Study Report



ACHIEVING WHOLE HEALTH

Five foundational elements of whole health that are necessary for an effective whole health care system.

What Does the Evidence Say on Whole Health?

- Improved patient experience and reported outcomes
- Increased access, reduced ED usage, fewer hospitalizations
- Improved quality metrics
- Improved outcomes for specific conditions (pain management, mental health, TBI, healthy aging)
- Reduced maternal and infant mortality
- Improved equity, promotion of team well-being, some cost reductions

NASEM Report Conclusion

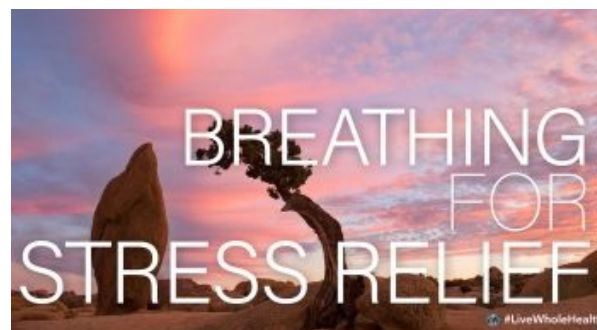
- Whole health is a common good that benefits everyone
- Scaling and spreading it so it is widely available requires seismic cultural, structural, and process transformation
- Requires a systematic shift in mindset about what it means to be healthy with participation from the top down and bottom up
- Multisector collaboration, investment, and reallocation of resources (locally and nationally)
- U.S. has made significant advances treating disease; need similar efforts to improve health and well-being and effective, efficient, and equitable care delivery

STARTING TOMORROW: FOUR THINGS YOU CAN DO WITH PATIENTS, FAMILIES AND CAREGIVERS

1. Consider taking one of the brief courses we offer to learn more about implementing Whole Health in your practice
[https://www.va.gov/WHOLEHEALTHLIBRARY/courses/Whole Health TMS Train Courses.asp](https://www.va.gov/WHOLEHEALTHLIBRARY/courses/Whole_Health_TMS_Train_Courses.asp)
2. Take a look at our #LiveWholeHealth CIH/self-care video collection and start using it for yourself and with your patients [#LiveWholeHealth](#)
3. Ask the questions in your clinical practice: What's most important to you in your life right now? What's one thing you can do today to help get there?
4. Think about adding a measure of well-being to routine clinical care

#LiveWholeHealth Self Care Resources

#Live Whole Health
141 YouTube videos



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“I used to drive over the Mississippi River Bridge, to Jefferson Barracks VA, and think about jumping every time. The whole health system has helped me explore my purpose, find ways to use nutrition to reduce my pain, and use iRest and Tai Chi to get moving again. Now I drive over that bridge and think about tomorrow.... I have hope”