

TITLE

*How Healing Works:
Get Well & Stay Well Using Your Hidden Power to Heal*

Become a member of DPC at <https://www.dialysispatients.org/get-involved/join-dpc/>

Follow us on social media:

Facebook: www.facebook.com/dpcedcenter

Twitter: @DPCEdCenter

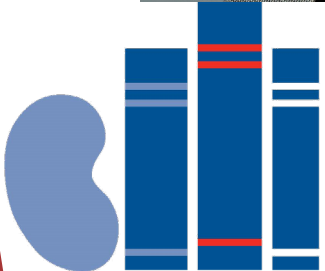
LinkedIn: www.linkedin.com/company/dpcedcenter

Instagram: @dpceduccenter

Today's Presenter



- ▶ Wayne Jonas, MD, Executive Director of Integrative Health Programs at Samueli Foundation, is a board-certified, practicing family physician, an expert in integrative health and health care delivery, a widely published scientific investigator and author of How Healing Works.
- ▶ Dr. Jonas was the Director of the Office of Alternative Medicine at the National Institutes of Health from 1995-1999, and prior to that served as the Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research.



HEALING IN THE TIME OF COVID

WAYNE B. JONAS, MD

EXECUTIVE DIRECTOR, INTEGRATIVE HEALTH PROGRAMS, SAMUELI FOUNDATION

 [@DrWayneJonas](https://twitter.com/DrWayneJonas)

DISCLOSURE:

I, Wayne Jonas, MD, do not have any relevant financial relationships with any commercial interests. I receive compensation from Samueli Foundation and have no actual or potential conflict of interest in relation to this presentation or the material presented within.

DR. WAYNE JONAS

- Family Physician, Integrative Health Expert, Researcher, Teacher and Author
- Former Director NIH Office of Alternative Medicine
- Former Director World Health Organization Center for Traditional Medicine
- Former Director of Medical Research Fellowship at Walter Reed Army Institute of Research
- Retired Lt. Colonel United States Army Medical Corps
- Practicing Family Physician at Fort Belvoir Community Hospital, Virginia
- Executive Director of Samueli Integrative Health Programs

- Professor of Family Medicine
Georgetown University SOM
USUHS School of Medicine
- Author: 200 peer-reviewed publications
- Author: *How Healing Works*



OBJECTIVES

Learning Objectives:

1. To understand where health and healing comes from and how medical care can better access it for patients with chronic illness, including those on dialysis.
2. To learn how the COVID pandemic has impacted providers, patients, health care and healing,
3. To describe new approaches of whole person, integrative care emerging for transforming medicine after COVID,
4. To demonstrate some tools that you can use now to enhance healing with CKD and while on dialysis.

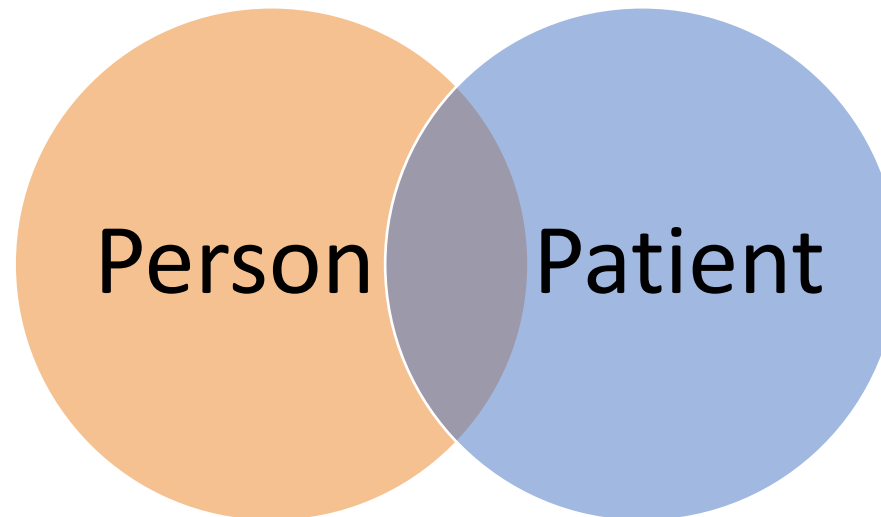
ON MONDAY

- Understand what it means to be and care for a whole person
- Know how improve health and wellbeing even in the midst CKD and dialysis
- Access the integrative health resources and begin to use them



Why and how to facilitate *healing and curing?*

*What
Matters?*

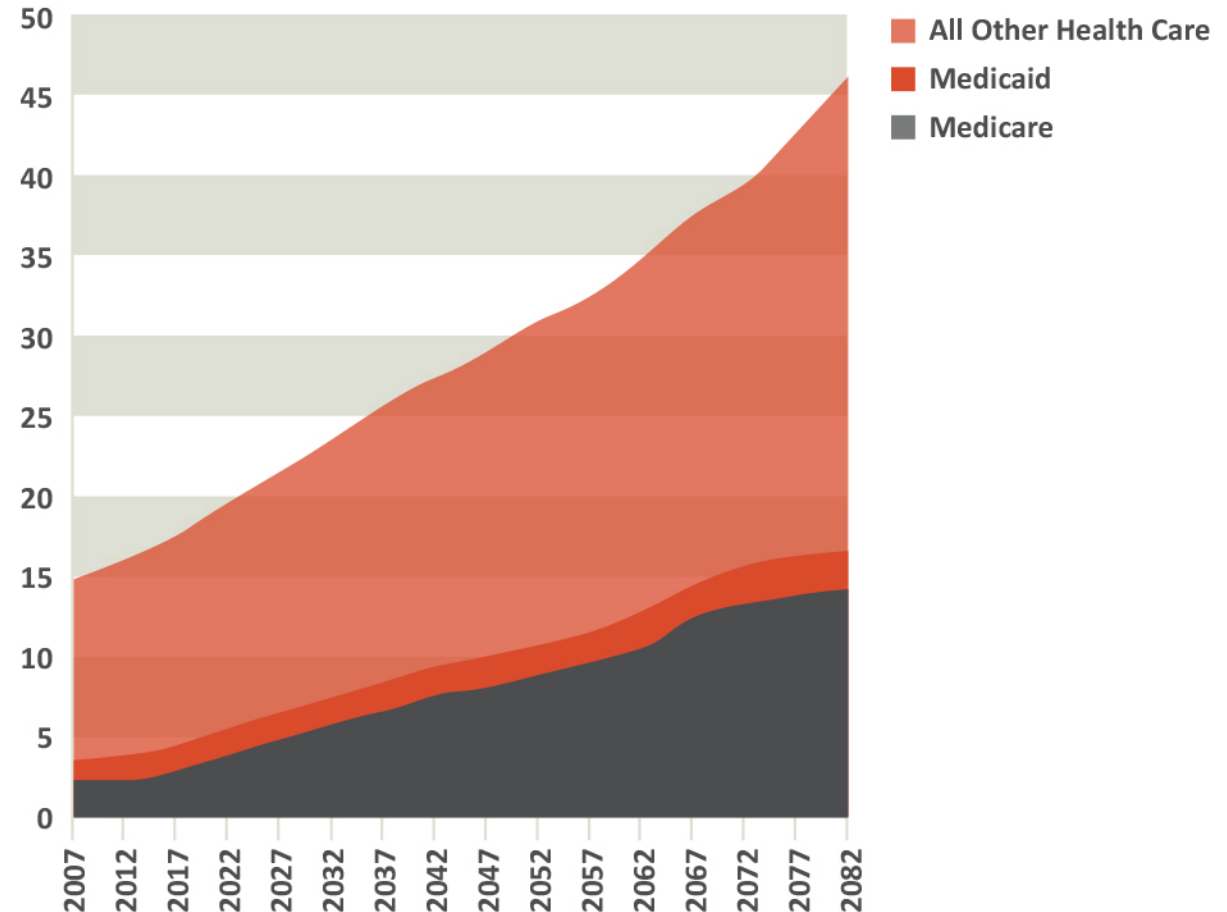


*What's the
Matter?*

How do we get from
health care to
health and wellbeing?

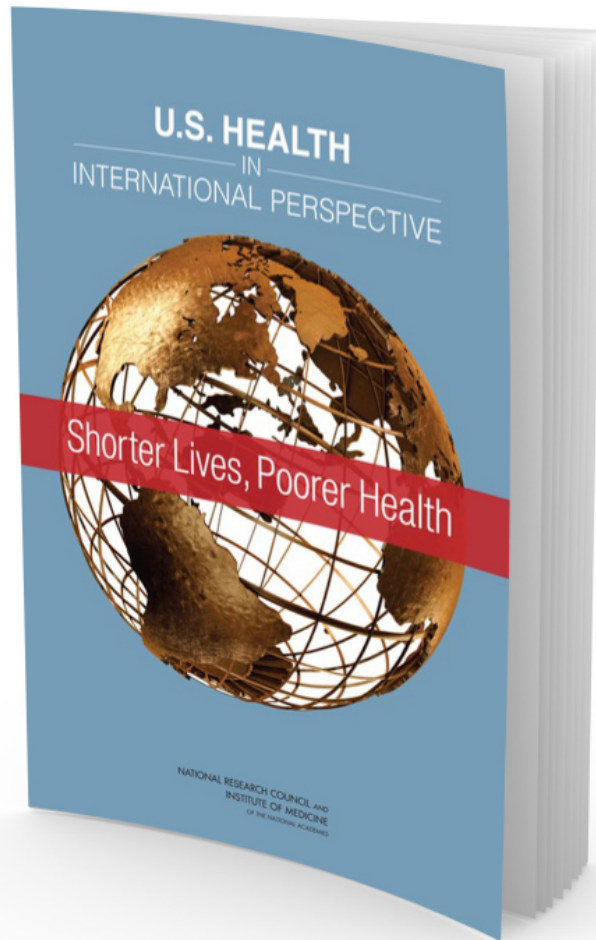
CHALLENGES TO OUR CURRENT HEALTH CARE SYSTEM

- We are **FIRST** in spending
- **37th** in health from WHO
- **20%** of the GNP by 2025
- Equity is **DECREASING**



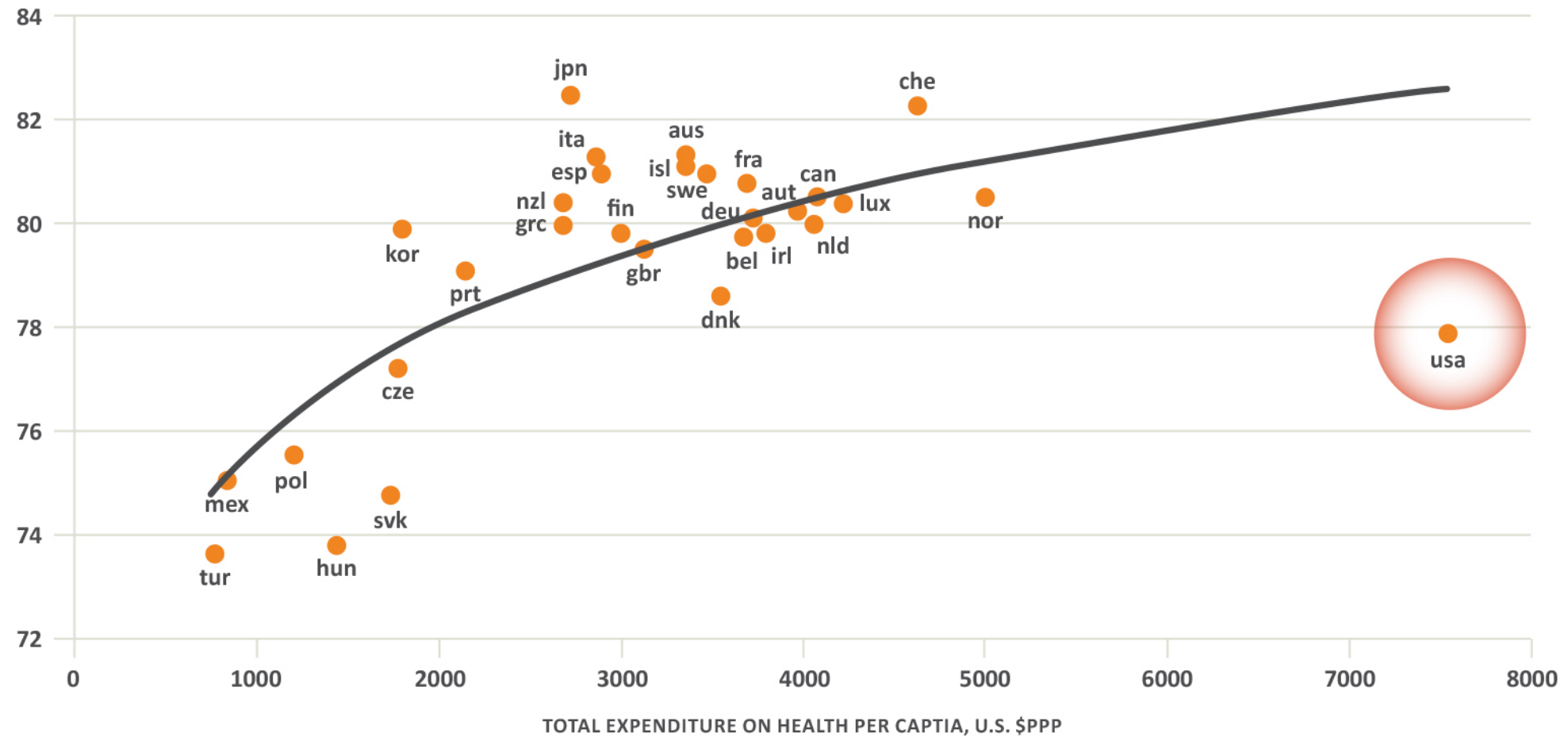
NAM REPORT:

SHORTER LIVES, POORER HEALTH



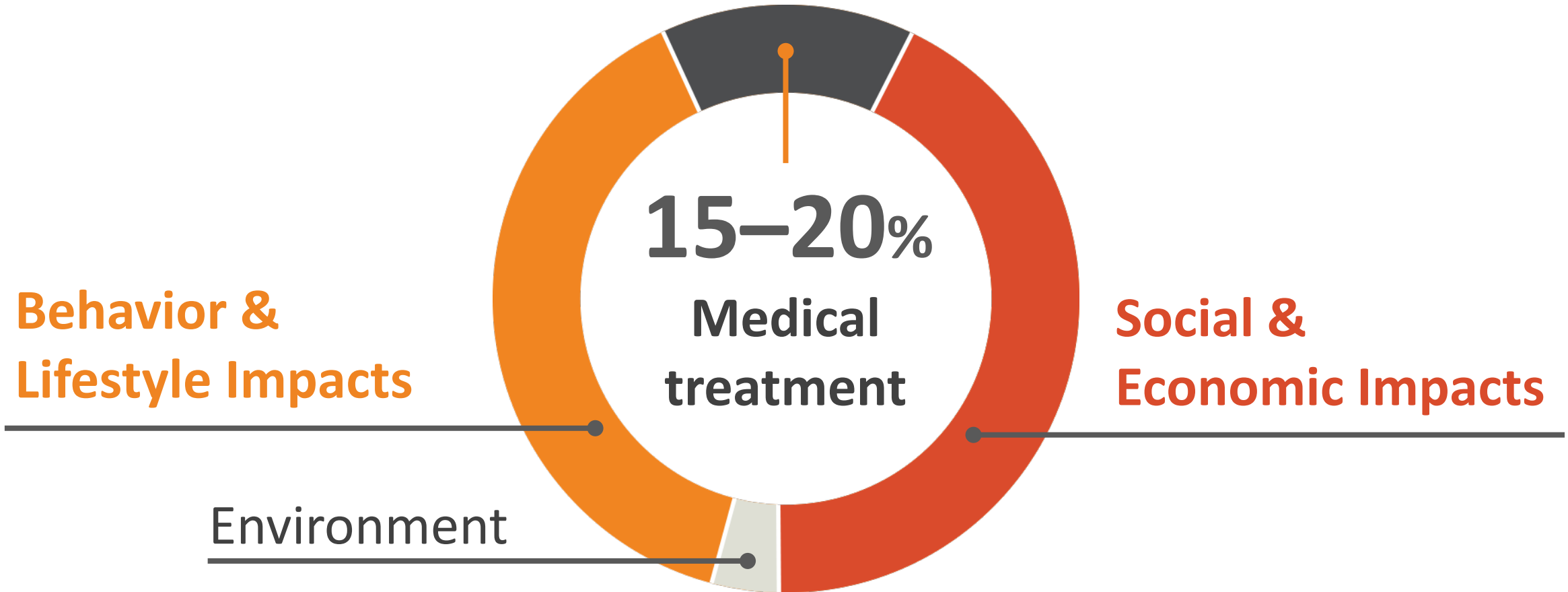
- Infant mortality
- Homicides and injuries
- HIV & AIDS
- Drug-related deaths
- Teen pregnancy & STIs
- Obesity & diabetes
- Heart & lung disease

PER CAPITA HEALTH EXPENDITURES & LIFE EXPECTANCY



Source: Institute of Medicine. For the Public's Health: Investing in a Healthier Future. Committee on Public Health Strategies to Improve Health, Board on Population Health and Public Health Practice. Washington, DC: National Academies Press, 2012

WHERE HEALTH COMES FROM



Sources: McGinnis JM, Williams-Russo P, Knickman JR. The Case For More Active Policy Attention To Health Promotion. *Health Aff (Millwood)*. 2002 Mar-Apr;21(2):78-93. doi: 10.1377/hlthaff.21.2.78

Hood CM, Gennuso KP, Swain GR, Catlin BB. County Health Rankings: Relationships Between Determinant Factors and Health Outcomes. *Am J Prev Med*. 2016 Feb;50(2):129-35.

**TO HEAL, WE NEED
DIFFERENT TOOLS**



THE SOAP NOTE

SUBJECTIVE, OBJECTIVE, ASSESSMENT, PLAN

Making the medical diagnosis
and treatment plan

*Asking
“What’s the matter?”*

- *Subjective* – what the patient describes
- *Objective* – what you observe and test
- *Assessment* – the diagnosis and CPT code
- *Plan* – your treatment and its access

THE HOPE NOTE

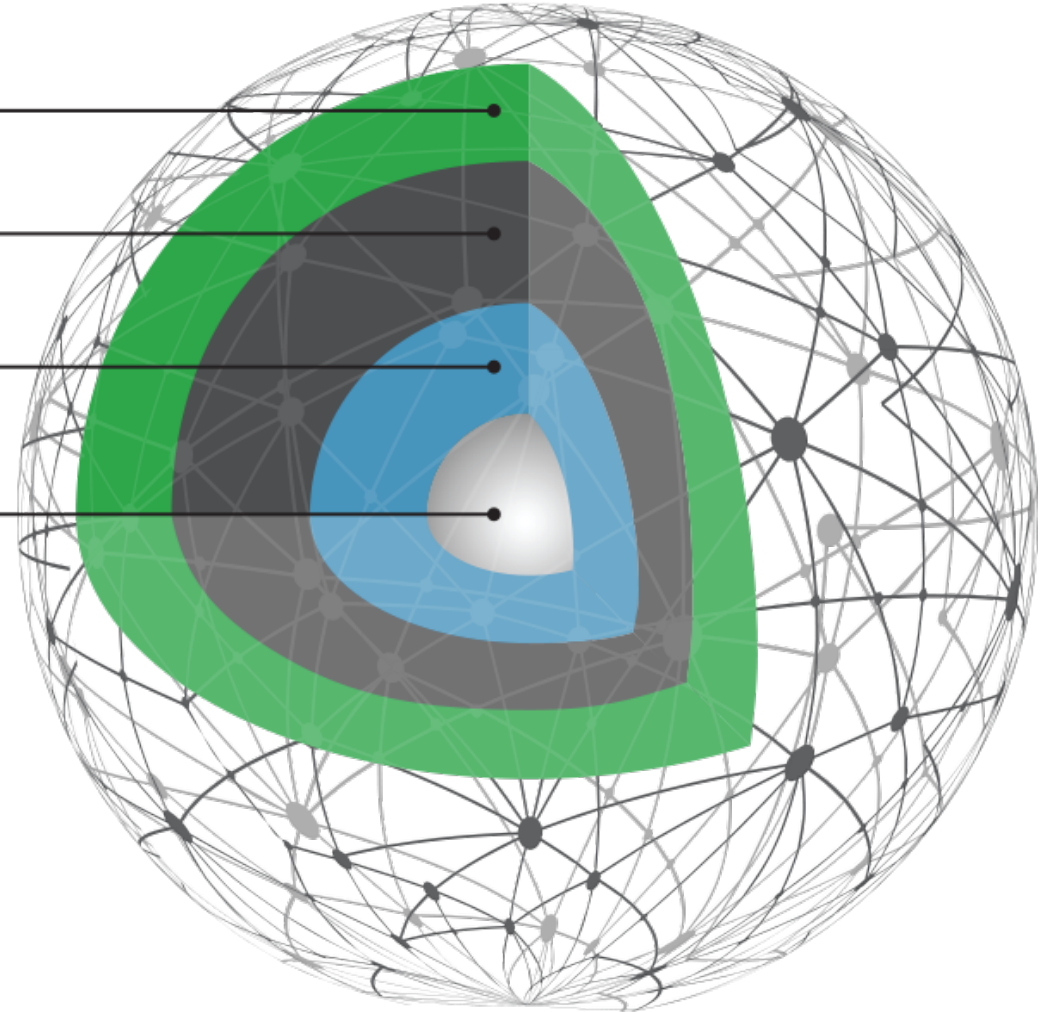
HEALING ORIENTED PRACTICES AND ENVIRONMENTS

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Exploring a patient's personal
determinants of healing

Asking "What Matters?"

INTRODUCING JOE TREVOR



TREVOR'S HISTORY



- 67 y/o Navy Veteran in hospital with an MI
- Father with MI and 65 y/o – died at 75
- Stopped smoking at 35 y/o
- Hypertension since 42 y/o – poorly controlled
- Gained weight after he left Navy
- Type II DM showed up at 55 y/o
- Developed renal failure at 65 y/o - dialysis
- Good medical care – full benefits

TREVOR'S SOAPs



- Hypertension – HCTZ, ACE inhibitor
- Elevated LDL cholesterol – statin
- Type II DM – metformin, insulin
- Obesity – one visit with a dietician
- Renal failure – on dialysis 3 x week
- Now post MI - Stent and a beta-blocker



“From Scratch”



“Industrial food”

TREVOR'S HOPE NOTE

HEALING ORIENTED PRACTICES & ENVIRONMENTS

WHAT MATTERED FOR TREVOR

- Medication management
- Prevent further disease
- Fitness and food
- Family & friend support
- Giving back to society



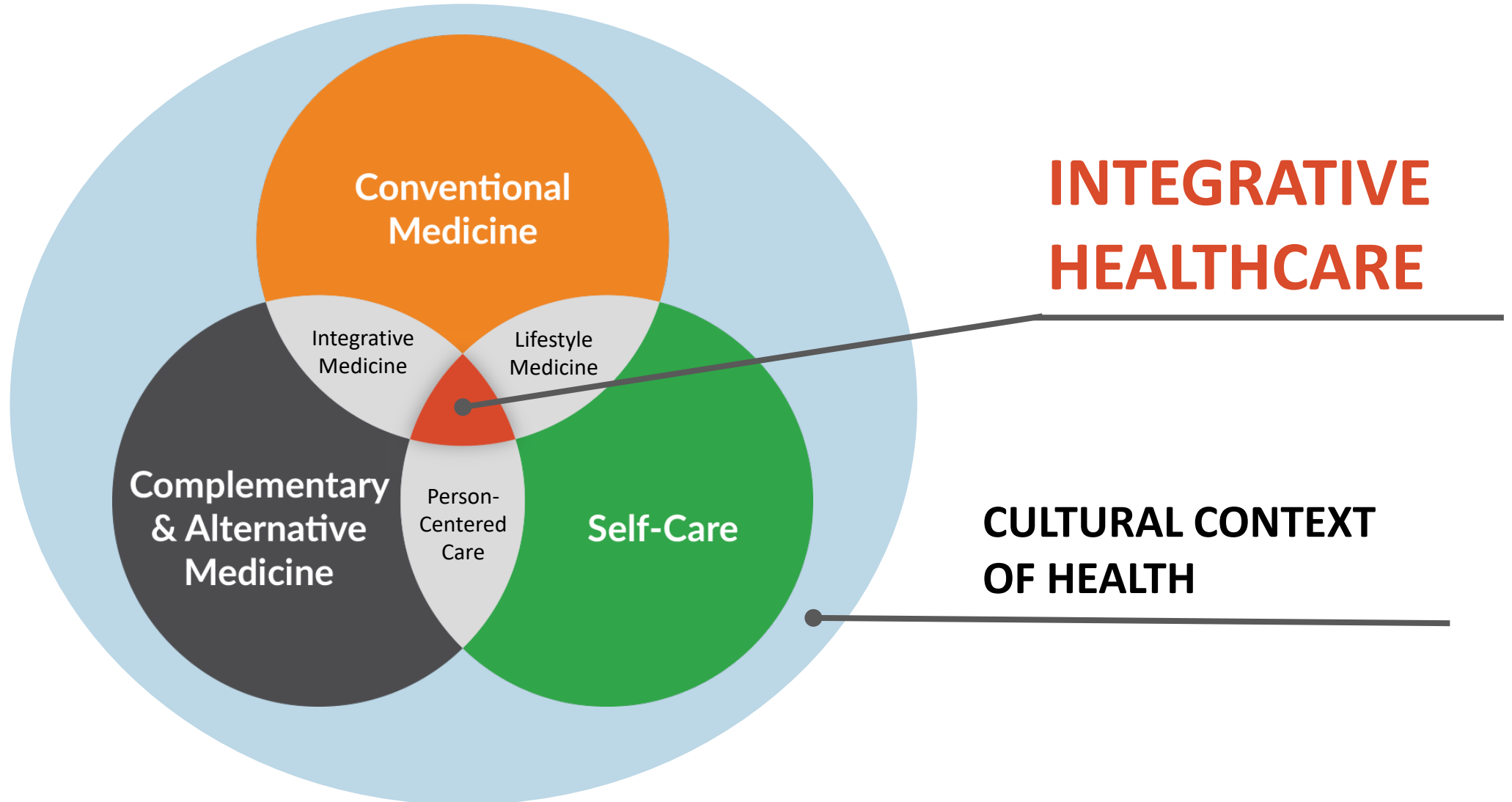
TREVOR'S INTEGRATIVE HEALTH TEAM

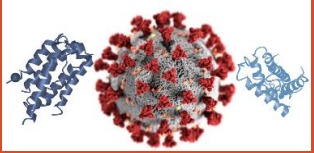


- **Physician - internist**
- **Nephrologist**
- **Pharmacologist**
- **Nutritionist**
- **Health/fitness coach**
- **His family and friends**
- **His mind!**



USE ALL THE TOOLS IN YOUR TOOLKIT





COVID AND OUR CURRENT HEALTH CARE SYSTEM



PRIMARY CARE PHYSICIANS

- By the end of 2020,
- 25% permanently lost practice members
 - 41% have unfilled staff roles
 - 48% report mental exhaustion

Primary Care Collab. Covid Survey, Larry Green Center, [Nov-Dec 2020](#)



FAMILY DECISION MAKERS

- More mental health crises
- More obesity, addiction, community violence
- Increases in racial disparities

Primary Care Collab. Covid Survey, Larry Green Center, [Feb 2021](#)

Disparities, NEJM, July 2020



HEALTH CARE EXECUTIVES

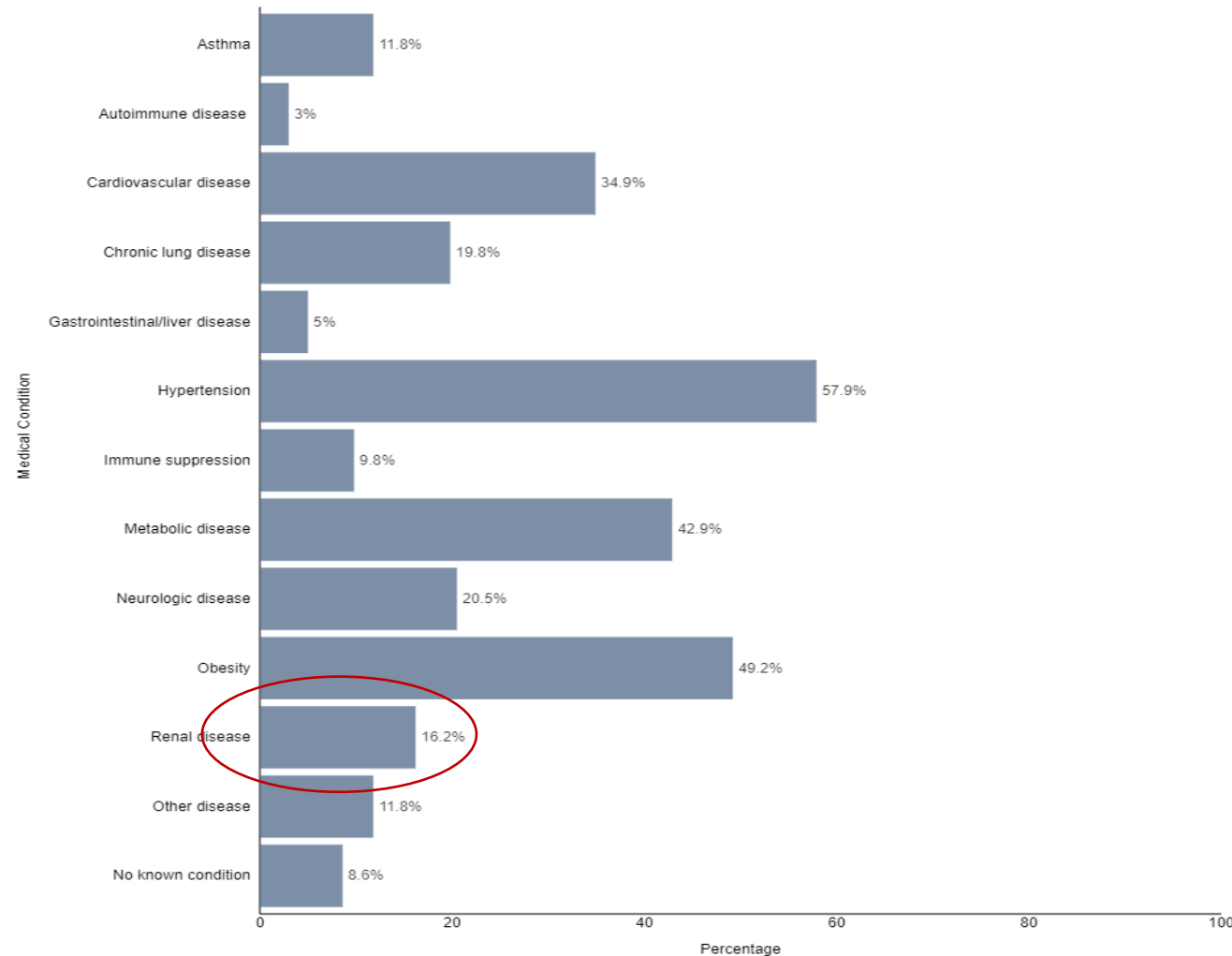
- ICUs at and over capacity
- Revenues have declined
- Rural systems are closing
- Quality improvements on hold

Fierce Healthcare, [Feb 2021](#)

COVID-19 Laboratory-Confirmed Hospitalizations

Selected Underlying Medical Conditions

■ Adult



1. COVID-NET hospitalization data are preliminary and subject to change as more data become available. In particular, case counts and rates for recent hospital admissions are subject to delay. As data are received each week, prior case counts and rates are updated accordingly.

2. Data are restricted to cases reported during March 1–December 31, 2020, due to delays in reporting. During this time frame, sampling was conducted among hospitalized adults aged ≥18 years; therefore, counts are not shown, and weighted percentages are reported. The denominator for percentages among adults includes sampled cases with data on these conditions. No sampling was conducted among hospitalized children; therefore, the denominator for percentages of underlying medical conditions among children includes all pediatric cases with data on these conditions. Underlying medical conditions among pregnant women are included when "Adults" and/or "Pediatrics" is selected.

WHO DIES WITH COVID?

THE SAME PEOPLE AS BEFORE COVID

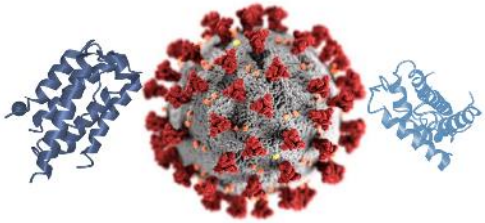
- Elderly
- Chronic Disease
- Blacks
- Hispanics
- Native Americans
- Low Income
- Poor Healthcare
- Service Jobs

Source: CDC - COVID-NET

https://gis.cdc.gov/grasp/covidnet/COVID19_5.html

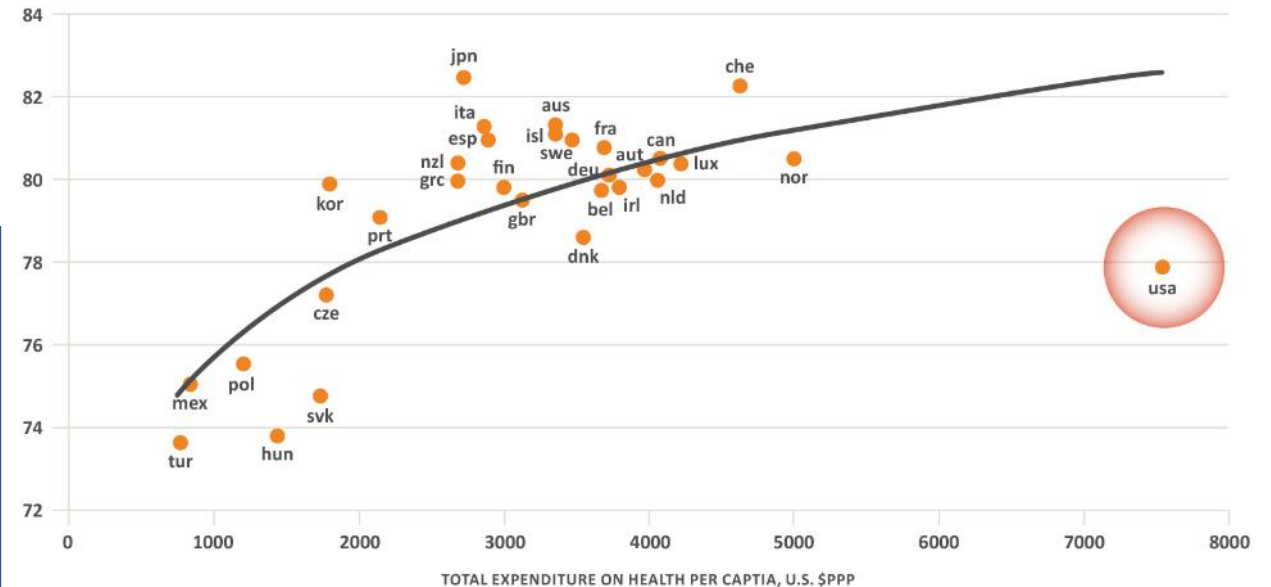
Accessed 02/22/2021.

COVID IMPACT ON LIFE EXPECTANCY



- 1-year reduction
- 3-4 times that in people of color

We project that COVID-19 will reduce US life expectancy in 2020 by 1.13 y. Estimated reductions for the Black and Latino populations are 3 to 4 times that for Whites. Consequently, COVID-19 is expected to reverse over 10 y of progress made in closing the Black–White gap in life expectancy and reduce the previous Latino mortality advantage by over 70%. Some reduction in life expectancy may persist beyond 2020 because of continued COVID-19 mortality and long-term health, social, and economic impacts of the pandemic.

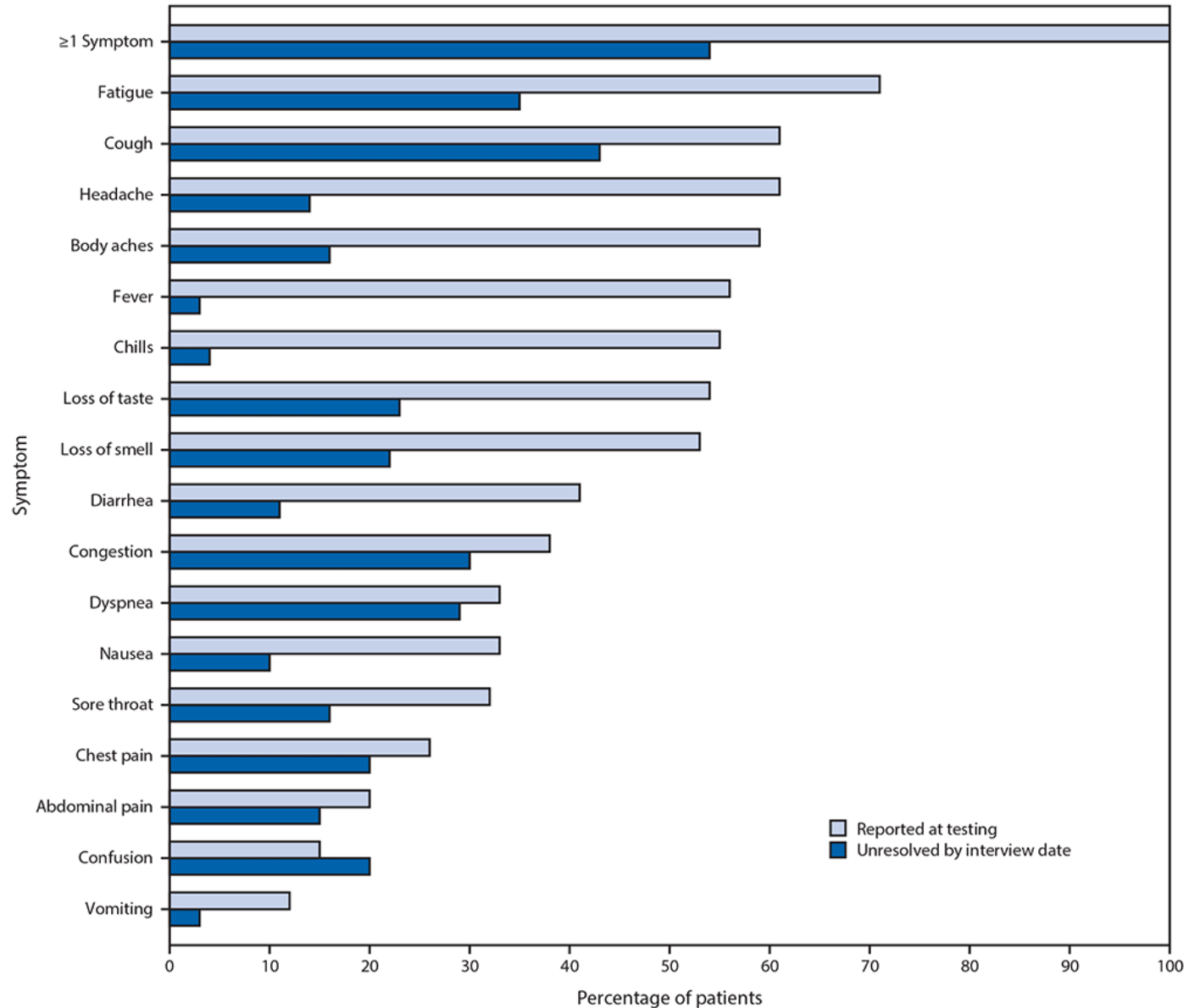
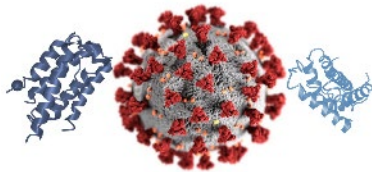


Source: Institute of Medicine. *For the Public's Health: Investing in a Healthier Future*. Committee on Public Health Strategies to Improve Health, Board on Population Health and Public Health Practice. Washington, DC: National Academies Press, 2012

Theresa Andrasfay and Noreen Goldman. Reductions in 2020 US life expectancy due to COVID-19 and the disproportionate impact on the Black and Latino populations. *PNAS* February 2, 2021 118 (5) e2014746118. <https://doi.org/10.1073/pnas.2014746118>

PERSISTENCE OF SYMPTOMS

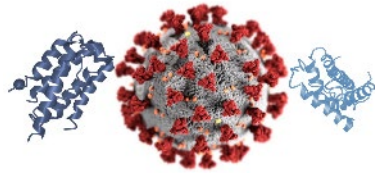
**One third to one half of post-COVID
patients have significant symptoms
20-60 days after the infection.**



THE UBIQUITY OF SYMPTOMS

and an increased risk of death

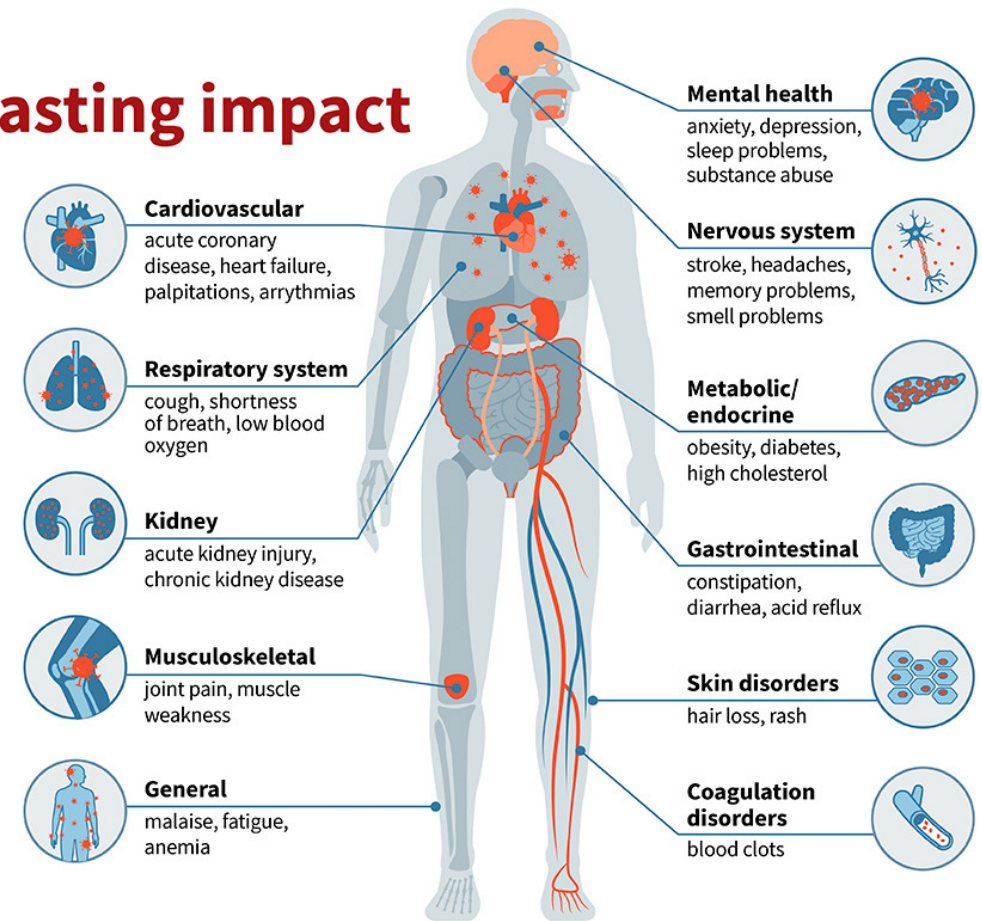
Non-hospitalized patients who had
COVID have a 60% higher risk of death
than those not infected.



COVID-19: Lasting impact

Even those survivors with mild initial cases can have wide-ranging health issues for six months or more.

WashU researchers link many diseases with COVID-19, signaling long-term complications for patients and a massive health burden for years to come.



Nalbandian, A., Sehgal, K., Gupta, A. *et al.* Post-acute COVID-19 syndrome. *Nat Med* **27**, 601–615 (2021). <https://doi.org/10.1038/s41591-021-01283-z>

Al-Aly Z, Xie Y, Bowe B. [High dimensional characterization of post-acute sequelae of COVID-19](https://doi.org/10.1038/s41586-021-03553-9). *Nature*. April 22, 2021. DOI: 10.1038/s41586-021-03553-9.

COVID TOO NEEDS A WHOLE PERSON APPROACH

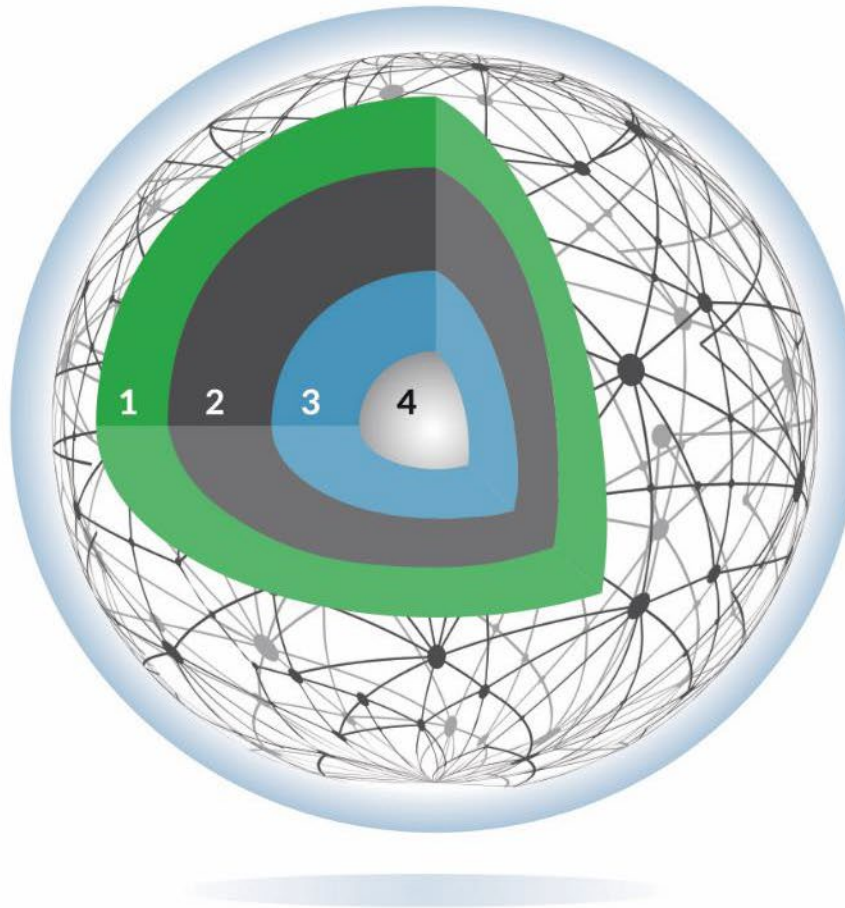
Risk factors for persistence of symptoms: **high blood pressure, obesity, mental health conditions**

1 BODY & EXTERNAL

- Chronic pain/ Headache
- Organ damage
- Breathlessness

2 BEHAVIOR & LIFESTYLE

- Fatigue/ Sleeping issues
- Stress management
- Limits on activity



3 SOCIAL & EMOTIONAL

- Anxiety, depression, PTSD
- Social isolation

4 SPIRITUAL & MENTAL

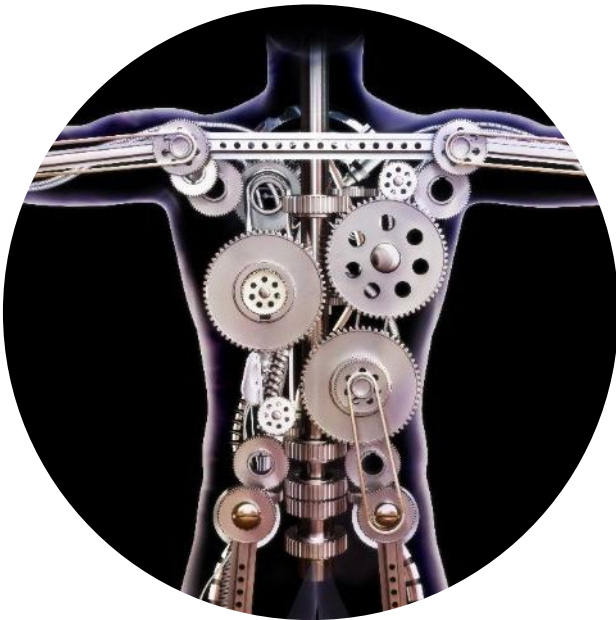
- Memory issues/ brain fog
- Loss of purpose/ apathy

© 2019 Wayne Jonas, MD

CHANGING OUR THINKING

Mechanical Mindset

Parts of People



Acute Care Thinking

Ecological Mindset

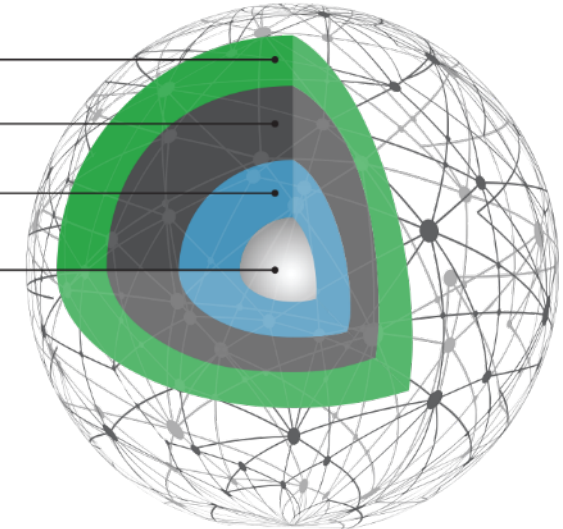
Whole People and Communities

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Chronic Care Thinking

THE CENTER OF THE COVID CRISIS

- **Alan Roth, DO**, Chair, Dept of Family Medicine, Jamaica Hospital Medical Center, Queens, NY
 - Most diverse city in American
 - Cares for 1.2 million patients
 - 75% Medicaid or no insurance
- 2019 — Started placing **integrative health practices** (IHP) into their care in a safety net hospital
- 2020
 - Center of the first COVID surge
 - Launched a post-COVID clinic using IHP



Source: AP Photo/ Seth Wenig/

AP News — Jan 19, 2021 - <https://apnews.com/article/new-york-jamaica-coronavirus-pandemic-new-york-city-74bbc1b8433e936ba6a31c25d5f36873>

WHOLE PERSON HEALTH DURING COVID-19



Dr. Wayne Jonas
Executive Director
Samueli Integrative Health Programs

- [Avoiding Burnout](#)



- [Enhancing immune system](#)

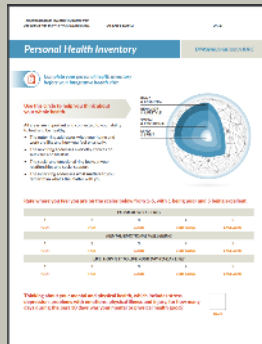


- [Building Resilience](#)



HOPE NOTE CARE TOOLS

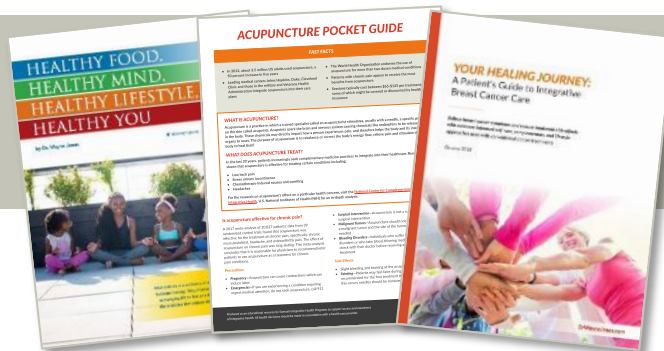
Personal Health Inventory



Integrative Health Visit/ HOPE Note



Personalized Health Plan



Related Resources

RESOURCES AVAILABLE FREE AT DRWAYNEJONAS.COM/HOPE

INTEGRATIVE HEALTH DURING COVID

PROVIDERS

Self-care
Stress Management
Improve Performance

PATIENTS

Support Healing
Build Resilience
Enhance Immunity

COMMUNITY

Preventative Care
Loneliness
Trauma

THE PERSONAL HEALTH INVENTORY

FIRST PAGE


- Dimensions of a whole person
- What we will be discussing
- How is your health and wellbeing now?

This personal health inventory is adapted from and aligned with the VA's Whole Health model.

PATIENT'S NAME: _____ DATE: _____

DrWayneJonas.com/HOPE

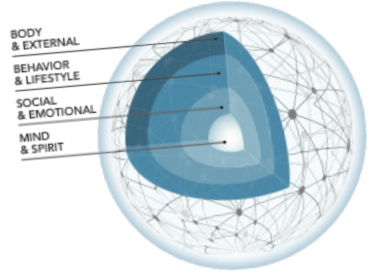
Personal Health Inventory

 Complete your personal health inventory before your integrative health visit.

Use this circle to help you think about your whole health.

All areas are important and connected to your ability to heal and be healthy.

- The outer ring addresses what your home and work are like and how you feel physically.
- The next ring addresses everyday choices on self-care and lifestyle.
- The social and emotional ring looks at your relationships and social support.
- The inner ring addresses what matters to you rather than what's the matter with you.



Rate where you feel you are on the scales below from 1-5, with 1 being poor and 5 being excellent.

PHYSICAL WELL-BEING				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

MENTAL/EMOTIONAL WELL-BEING				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

LIFE: HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?				
1	2	3	4	5
POOR	FAIR	GOOD	VERY GOOD	EXCELLENT

Thinking about your mental and physical health, which includes stress, depression, problems with emotions, physical illness and injury, for how many days during the past 30 days was your mental or physical health good? DAYS

PHI-V11

THE PERSONAL HEALTH INVENTORY

SECOND PAGE

- What is important to you in life?
- Why do you want to be healthy?
- What are the personal determinants of health you need and are ready to improve?

This personal health inventory is adapted from the VA's Whole Health Assessment and aligned with the VA's Whole Health Assessment.

DATE: _____

Personal Health Inventory

Complete your assessment before your appointment.

Use this inventory to help you think about your whole health.

All areas are important to heal and be healthy. The outer ring and work are like and the next ring and self-care and life. The social and relationships and the inner ring rather than work.

Rate where you are now (1-5) and how ready you are to make changes (1-5).

Think about your days.

What do you live for? What matters to you? Why do you want to be healthy?
Write a few words to capture your thoughts:

Tell me when you were last well.

Where You are Now
Write in a number between 1 (poor) and 5 (excellent) that best represents where you are now. Then rank how ready you are to work on that area between 1 (not interested) to 5 (would start today).

Area of Whole Health	Where I am now (1-5)	Mark how ready you are to make changes (1-5)
BODY & EXTERNAL		
Feeling safe: Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		
BEHAVIOR & LIFESTYLE		
Moving: Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.		
Sleep: Getting enough rest, relaxation, and sleep.		
Food: Eating a variety, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
Stress Management: Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		
SOCIAL & EMOTIONAL		
Social Support: Feeling listened to and connected to people you love and care about. The quality of your relationships with family, friends and people you work with.		
Paying for Basics: Quality and availability of food, housing, utilities, and transportation.		
MIND & SPIRIT		
Purpose: Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		
Learning and Growing: Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.		

PHI-V11

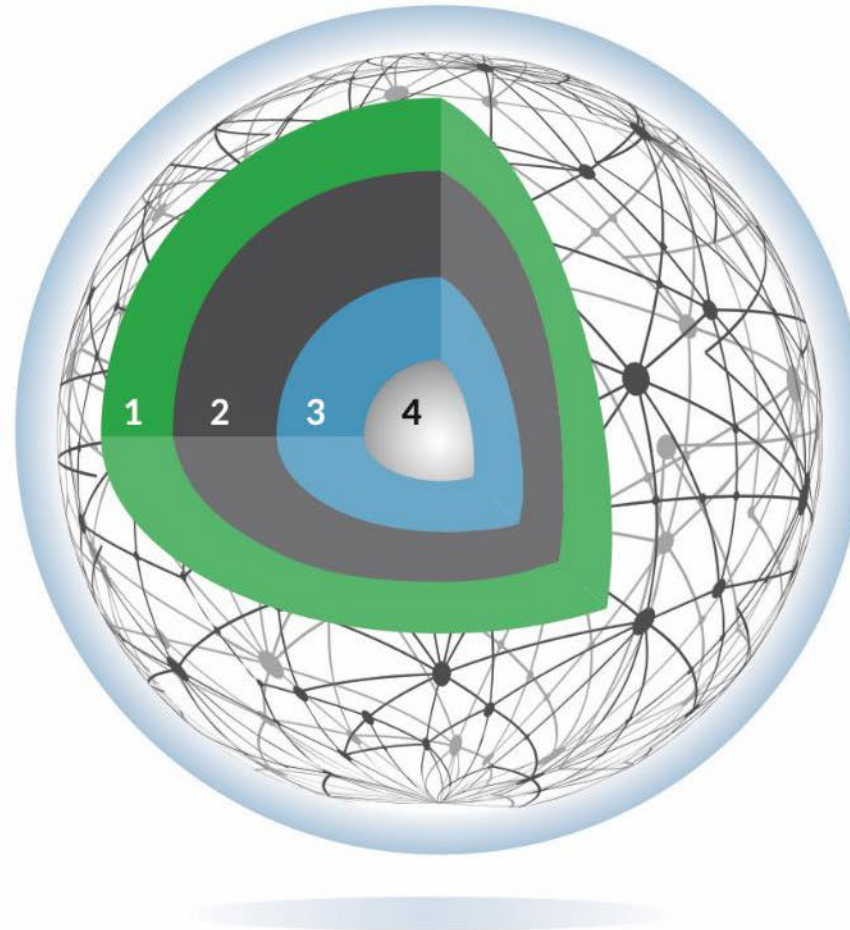
QUICK SELF-ASSESSMENT DURING COVID

BODY & EXTERNAL

- Wash hands, PPE
- Follow CDC guidelines
- Get outside

BEHAVIOR & LIFESTYLE

- Get extra sleep
- Eat nourishing foods
- Manage stress
- Stay physically active



SOCIAL & EMOTIONAL

- Connect with others
- Stay social while distancing
- Keep your personal space

SPIRITUAL & MENTAL

- Practice gratitude
- Focus on what you can control (it's not your fault)
- Limit news

© 2019 Wayne Jonas, MD

What's one thing you can improve today?

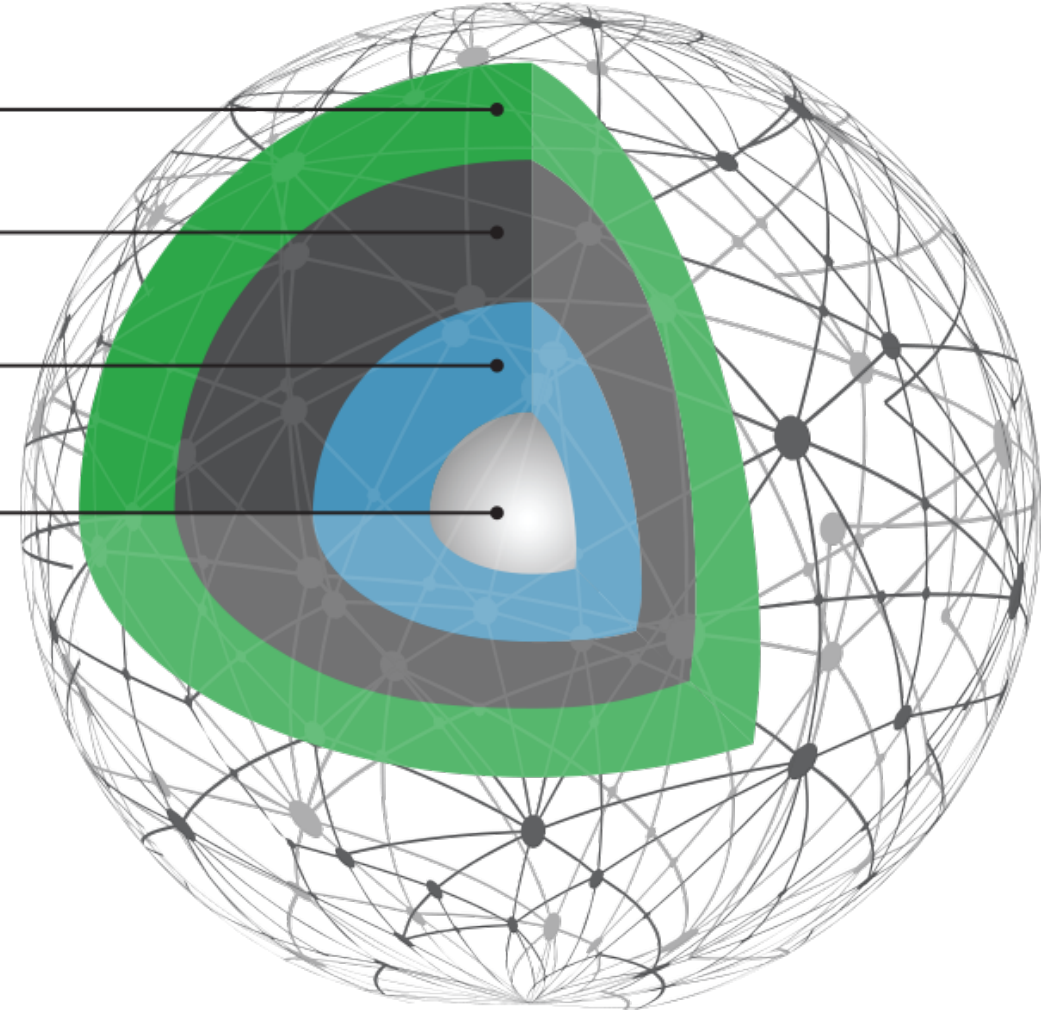
TAKE A WHOLE PERSON APPROACH TO CARE

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

→ SPIRITUAL & MENTAL



Explore your personal
determinants of health and wellbeing
Focus on “What Matters?”

BOOST MENTAL RESILIENCE



Materials typically have two options upon experiencing stress and strain



Return to Normal or Break



*People have a third option:
USE THE STRESS TO GROW*

***Those who thrive have strong relationships
to patients, peers and purpose***

**MINDSET
MATTERS**

SIMPLE AND EFFECTIVE TOOLS FOR REDUCING BURNOUT

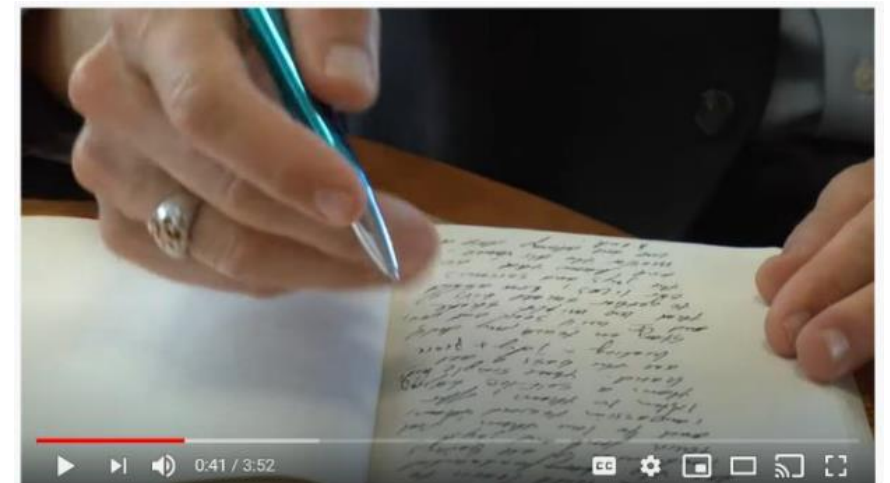
1. DO A MIND-BODY PRACTICE

- once a day – [picture is link](#)



2. GRATITUDE JOURNALING

- at the end of the day - [LINK](#)



Journaling

MIND-BODY RESOURCES

How To Balance Your Mind, Body, and Soul During a Crisis

- <https://drwaynejonas.com/how-to-balance-your-mind-body-and-soul-during-a-crisis/>

Guided Imagery Pocket Guide

- <https://drwaynejonas.com/resource/guided-imagery-pocket-guide/>

Free Imagery Streaming from Belleruth Naparstek

- <https://drwaynejonas.com/meditate/>

Healing Tool Series: HeartMath® emWave® Training System

- <https://drwaynejonas.com/healing-tool-series-heartmath-emwave-training-system/>

Breathing Gratitude Meditation

- 15-minute guided meditation: <https://youtu.be/COhxZBvTHp0>

IMAGERY RESOURCES

Here is a list of Guided Imagery topics that you and patients can stream for free. Each topic includes several tracks (intro, affirmations, meditation).

- Immune support
- Pain
- Sleep
- Stress
- Surgery
- Cancer
- Post-traumatic Stress
- New Spanish Language tracks —
Anxiety/Depression and
Relaxation/Wellness

<https://drwaynejonas.com/meditate/>
https://www.healthjourneys.com/partneraccess/index/display/token/Wyn8Lo2I3GbMy4UbsJnbqWesGq4nNxcDxfEWq4fG45r1kCtvI6ubwOAOxQZR4iwM04kzfBHbqW-QjTe7aMBrddLazgl5HJCQsiH_9b_j69Kd_uU5FaN5eagxXtOxstQFjPAOHXNBvrO9giPpxcwpuw==

BREATHING AND LUNG FUNCTION

Lung Function and Breathing

- Deep breathing exercises may help because they increase flexibility and movement and allow better oxygenation of blood.

Tai Chi & Yoga

- Improves lung function, decreases stress, improves immune function, walking capacity and quality of life.
- Can be done in 5 minutes, 1-3 times a day



Source: <https://elemental.medium.com/deep-breathing-could-help-you-recover-from-covid-19-383f5cb54434>

Video available at: <https://youtu.be/tAWBbyrDmIo>

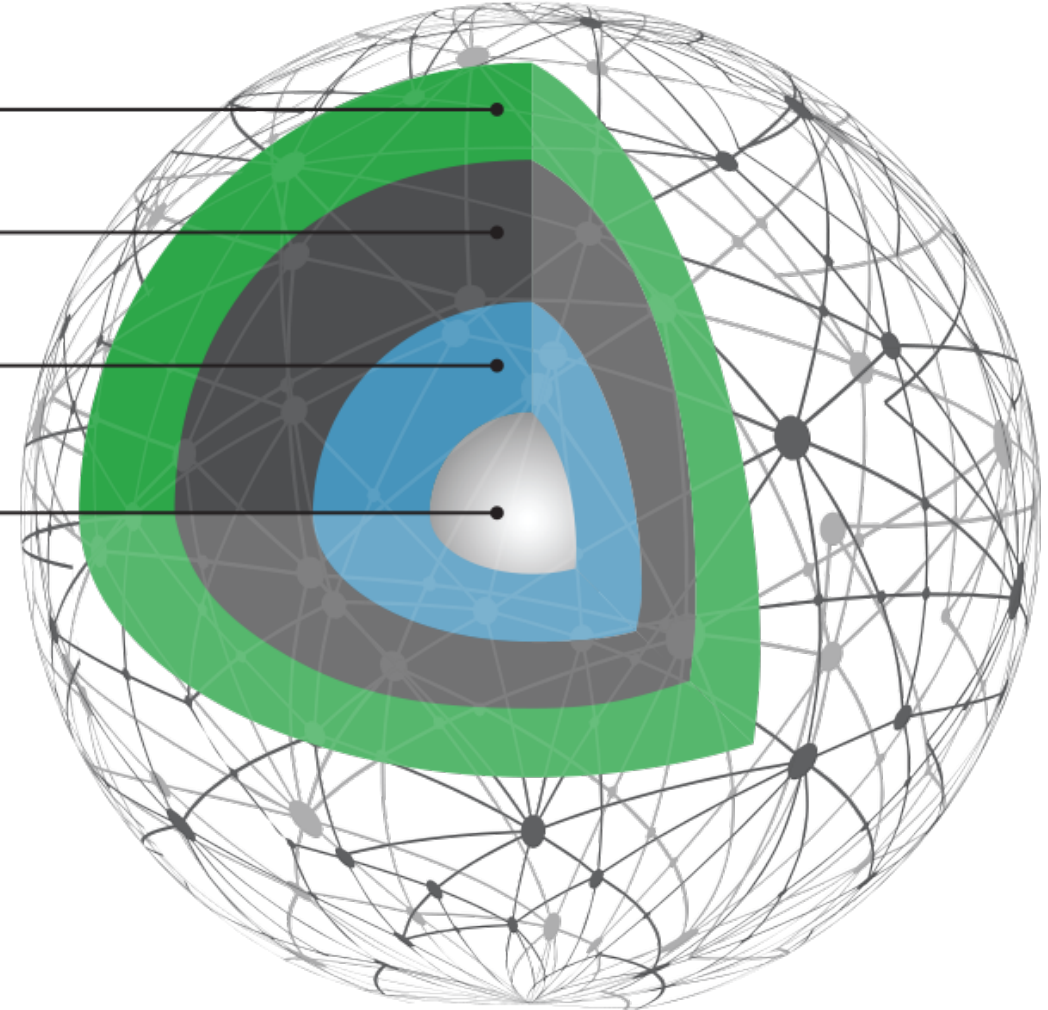
TAKE A WHOLE PERSON APPROACH TO CARE

BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

→ SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Explore your personal
determinants of health and wellbeing
Focus on “What Matters?”

REDUCING LONELINESS WITH SOCIAL SUPPORT

THE SCIENCE SAYS...

- Loneliness **increases inflammation** in the body (c-reactive protein) and can lead to the worsening of chronic conditions
- Loneliness can **weaken the immune system** and increase vulnerability to infection
- Loneliness **increases the risk** for mental and physical health
- **Suicide** and death increased

YOUR ROLE IS TO...

- **Listen and connect**
- Help patients learn about the resources in their area
- Identify what changes they are ready to make



A HEALING PRESENCE

GROUP VISITS

**Jeffrey
Geller,
MD**



• Integrated Center for Group Medical Visits
• Website: <https://icgmv.org>

**Shilpa P.
Saxena,
MD,
IFMCP**



Clinic Benefits:

- Increased patient knowledge & self-efficacy
- Better outcomes
- Higher patient satisfaction

Financial Benefits:

- Up to 200 percent more productivity

Operational Benefits:

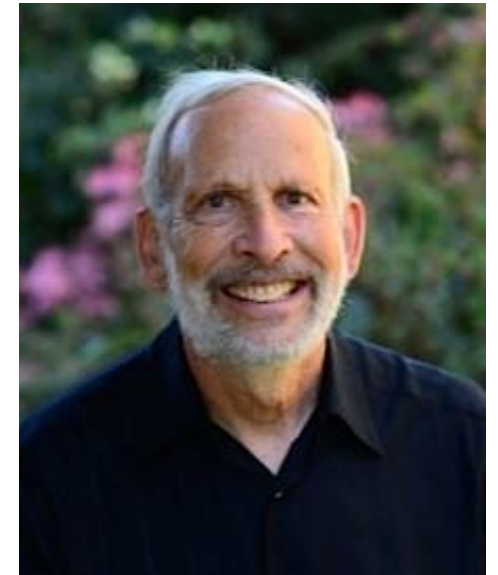
- Reduced appointment wait times
- Increased patient engagement
- Better quality outcomes

Person Benefits:

- Reduced loneliness

BENEFITS OF HEALTH COACHING

- Helps providers offer preventive and wellness care between doctor's visits
- Helps patients make changes to live a healthier lifestyle
- In person, online or telephone check ins
- Uses staff at the top of their certifications
- Billing codes – organized with office business manager
- **Resources**
 - [“Implementing Health Coaching”](#) from **Thomas Bodenheimer, MD, MPH**, of the UCSF Center for Excellence in Primary Care
 - International Consortium for Health & Wellness Coaching.
<http://ichwc.org>



RESOURCES AND LINKS DURING COVID

HEALING PATIENTS IN THIS TIME OF LONELINESS AND SOCIAL ISOLATION

- <https://drwaynejonas.com/healing-patients-in-this-time-of-loneliness-and-social-isolation/>



TAKE A WHOLE PERSON APPROACH TO CARE



Though many Americans intend to be more mindful about self-care post pandemic, many are struggling to maintain their whole health in this time.



80%

say they will be more mindful about practicing self-care regularly once the pandemic is over



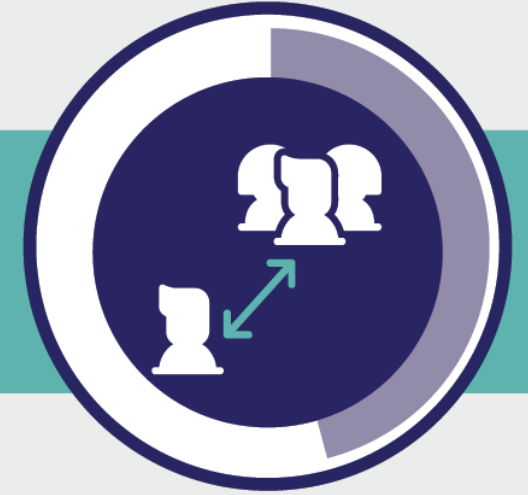
83%

say technology has been essential in helping them remain connected with others during COVID-19



46%

say they are struggling to find ways to maintain their whole health (i.e., physical, mental, and spiritual health) during COVID-19



47%

say they felt isolated from friends and family during COVID-19

IMMUNE FUNCTION

THE BASICS

PRACTICING SELF-CARE

- **Don't smoke, drink alcohol** or take unprescribed drugs – these can impair your both innate and adaptive immunity – epithelial barrier, NK cells, T-cells
- **Relax and lower your stress** – more stress the more likely a virus will “take”
- **Get extra sleep** – inadequate sleep lowers your resistance*
- **Keep fit and get out in nature** – both improve natural killer cell function
- **Eat more:** chicken soup, garlic, vitamin C, greens, bananas, zinc containing foods
- **Consider getting more** ginger, garlic, curcumin, ashwagandha, olive leaf, lemon balm, black elderberry** and other herbal foods and teas

- <https://www.healio.com/news/primary-care/20210208/qa-a-good-nights-sleep-may-improve-immune-response-to-covid19-vaccine>

- **Stop elderberry if you get COVID b/c of potential enhancement of cytokine storm

GROWING BODY OF EVIDENCE SUPPORTING IH FOR COVID

“Adoption of an anti-inflammatory diet, supplementation with vitamin D, glutathione, melatonin, Cordyceps, Astragalus and garlic have potential utility.

Osteopathic manipulation, Qigong, breathing exercises and aerobic exercise may support **pulmonary recovery**.

Stress reduction, environmental optimization, creative expression and aromatherapy can provide healing support and **minimize enduring trauma.**”

Source: <https://doi.org/10.1016/j.explore.2020.12.005>



SORTING OUT WHAT WORKS

Mr. G is a 64 y/o male with hypertension and obesity who has contracted SARS-COV-2 and now has fever, cough, fatigue and SOB.

His O2 sat is 94% on room air and his RR is 14.

What are reasonable evidence-informed treatments you might recommend?

- Vitamin C 500 mg BID and
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2776305>
- Zinc 75-100 mg/day
<https://jamanetwork.com/journals/jama/fullarticle/2776738?widget=personalizedcontent&previousarticle=2777714>
- Quercetin 250-500 mg BID
- Melatonin 10 mg at night
- Vitamin D3 2000-4000 iu/day
<https://jamanetwork.com/journals/jama/fullarticle/2777389>
<https://www.doximity.com/articles/049caf20-3d5c-4e50-a089-ab84b0f69800>
- Ivermectin 150-200 ug/kg orally
<https://www.doximity.com/articles/049caf20-3d5c-4e50-a089-ab84b0f69800>
- ASA 81 -325 mg/day
- Hydroxychloroquine (HCQ) 200 mg BID
[Chloroquine or Hydroxychloroquine | COVID-19 Treatment Guidelines \(nih.gov\)](https://www.nih.gov/health-topics/hydroxychloroquine)
- Methylprednisolone 40 mg q 12 hourly
[Corticosteroids | COVID-19 Treatment Guidelines \(nih.gov\)](https://www.nih.gov/health-topics/corticosteroids)



TAKE A WHOLE PERSON APPROACH TO CARE

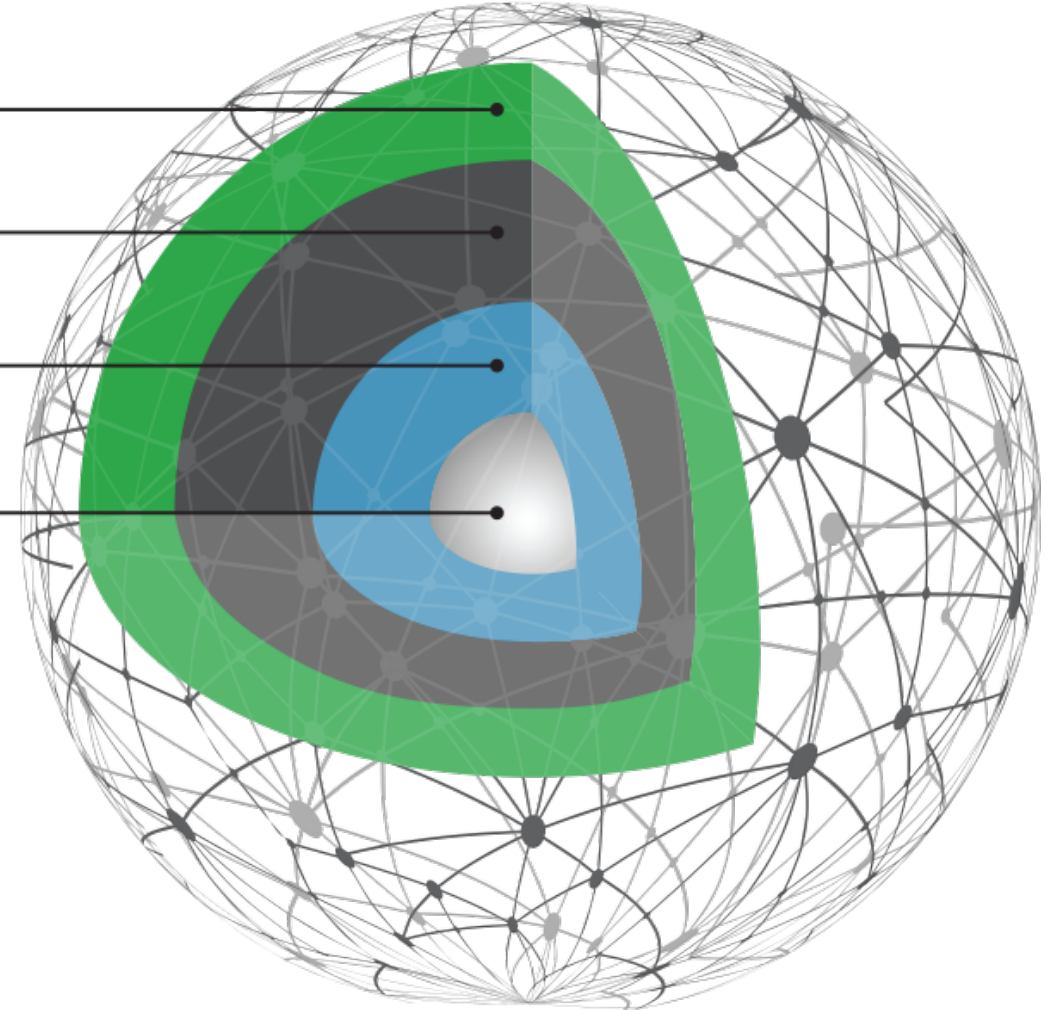


BODY & EXTERNAL

BEHAVIOR & LIFESTYLE

SOCIAL & EMOTIONAL

SPIRITUAL & MENTAL



Explore your personal
determinants of health and wellbeing
Focus on “What Matters?”

KEEP YOUR BODY SAFE AND WELL

DOUBLE-DOWN ON REVERSING

- **High blood pressure**
- **Obesity**
- **Diabetes and pre-diabetes**
- **Cardiovascular disease**

CDC GUIDELINES FOR KEEPING SAFE

- **Get the vaccine – booster needed?**
- **Mask and be outside**
- **Social distance**
- **Keep surfaces clean**

WILL AN INTEGRATIVE HEALTH APPROACH HELP ME?

CKD is a condition that affects all areas of a person's life and is highly sensitive to changes in lifestyle. This makes it an ideal condition for a whole person or integrative health care.



HOW CAN AN INTEGRATIVE APPROACH HELP?

1

***Manage
Symptoms***

2

***Slow Disease
Progression***

3

***Lessen Stress of
Dialysis***

CHRONIC KIDNEY DISEASE

Use Conventional Treatments

- *Monitor and control BP, glucose, kidney function*
- *Medications*

Optimize Your Lifestyle

- *Eat a heart healthy diet*
- *Move more*
- *Manage stress*

Use Complementary Approaches

- *Acupuncture*
- *Yoga*
- *Tai Chi and Qigong*



CKD patients can reduce their risk of death by 68% if they:

1. Don't smoke,
2. Are physically active,
3. Eat a healthy diet, and
4. Have a body mass index between 20-25 kg/m².

Lifestyle Modifications Improve CKD Patient Outcomes. (2015, March 16). National Kidney Foundation. Retrieved April 12, 2021, <https://www.kidney.org/news/lifestyle-modifications-improve-ckd-patient-outcomes>.

SUPPLEMENTS TO AVOID

- **St. John's Wort (SJW)** – If you are taking immunosuppressants after a kidney transplant, SJW can significantly interfere with the way the immunosuppressants are metabolized and may cause your body to reject the new organ.
- Supplements that contain a lot of **potassium**.
- **Star Fruit** (both supplements containing it and the fruit itself) – can be fatal for patients with CKD because it contains a neurotoxin that the kidney may not be able to filtrate out of the blood stream.
- **Stimulants** – you want to avoid supplements that contain that may raise your blood pressure which can further damage your kidney over time.
- Supplements that contain **aristolochic acid** as this can potentially cause nephrotoxicity (toxicity of the kidneys).

[Visit the National Kidney Disease Foundation's Herbal Supplements and Kidney Disease webpage](#) for more

SUPPLEMENTS TO DISCUSS WITH YOUR DOCTOR

- **Vitamin B6, B12 and Folic Acid**- these three vitamins work together and can help prevent anemia
- **Thiamine, Riboflavin, Pantothenic Acid and Niacin**- these are additional B vitamins that help produce energy used by the body to function properly
- **Iron** – Can help to treat or prevent anemia.
- **Vitamin C** – This vitamin can keep your tissues healthy, help with wound healing, and can prevent infections. Levels of vitamin C need to be closely monitored because when taken too high of quantities it can increase excretion of oxalate (a possible toxin) into the kidneys
- **Vitamin D** – Assists with maintaining healthy bones
- **Calcium** – Also assists with maintaining healthy bones. Calcium levels in the blood should be closely monitored because too much can be harmful.
- Always be sure to purchase quality supplements from reputable brands. Look for the **NSF International, US Pharmacopeia or Consumer Lab seal**. These organizations verify what's inside the product

RESOURCES ON HEALING AND THE ENVIRONMENT

For patients:

- **Internal Spaces:** Blog post: [Creating a Healing Space at Home with These 5 Steps](#)
- **External Spaces:** Blog post: [The Healing Power of the Outdoors](#)
- **Doing your Work:** See *Psychology Today*: [Walking Meetings](#): The Future of Safely Collaborating How to increase your creativity, productivity, and wellbeing at work.
- Excerpt from **How Healing Works**- Pages 100-102 (also entire chapter starting on page 92)

For clinical spaces:

- If you are looking to redesign your clinical spaces or just explore what is and isn't working, we recommend that you reach out to Lorissa McAllister, PhD of [Enviah](#).

The science: See a list of the published works on this on the Samueli Research site. If you want a specific article that is not available online, please contact jennifer@samueli.org directly and I will see if we can dig it up from our files: <https://www.samueli.org/research?q=optimal+healing+environments>

PUTTING IT ALL TOGETHER

WHAT YOUR DOCTOR AND CARE TEAM CAN DO

CONTINUE STANDARD CARE — the care you already provide

- **Do an Integrative Visit using a PHI and HOPE Note**
 - Reframe questions and goals to address health determinants
- **Add Simple Methods**
 - Ear acupuncture, mind-body, nutrition, safe supplements
- **Advanced Healing Technologies**
 - HRV Biofeedback, CES devices, behavioral apps, telehealth
- **Re-design Teams for Health**
 - Health coaching, team care, group visits, shared decisions

DOING AN INTEGRATIVE HEALTH VISIT

WITH THE HOPE NOTE TOOLKIT

Healing Oriented Practices & Environments



1

PREPARATION

Preventing and managing chronic disease requires considering all aspects of a person's life—focusing not just on treating disease, but also on promoting health. This requires fully integrating preventive care, complementary care and self-care into the prevention and treatment of disease, illness, and injury. Learn how and how to pay for it.

LEARN MORE

2

HOPE VISIT

HOPE consists of a set of questions geared to evaluate those aspects of a patient's life that facilitate or detract from healing. The goal is to identify behaviors that support healing and serve as a tool for delivering integrative health care through a routine office visit. Download tools to get you started.

LEARN MORE

3

CONTINUING SUPPORT

After an integrative health visit, the hard work will begin for the patient. You can make it easier by connecting the patient's priorities and health goals to medical advice, and offering support in implementing the changes. Access resources that will help your patients with making behavior changes.

LEARN MORE

RESOURCES AVAILABLE AT [DRWAYNEJONAS.COM/HOPE](https://drwaynejonas.com/hope)

CLINICAL IMPLEMENTATION

The HOPE Note

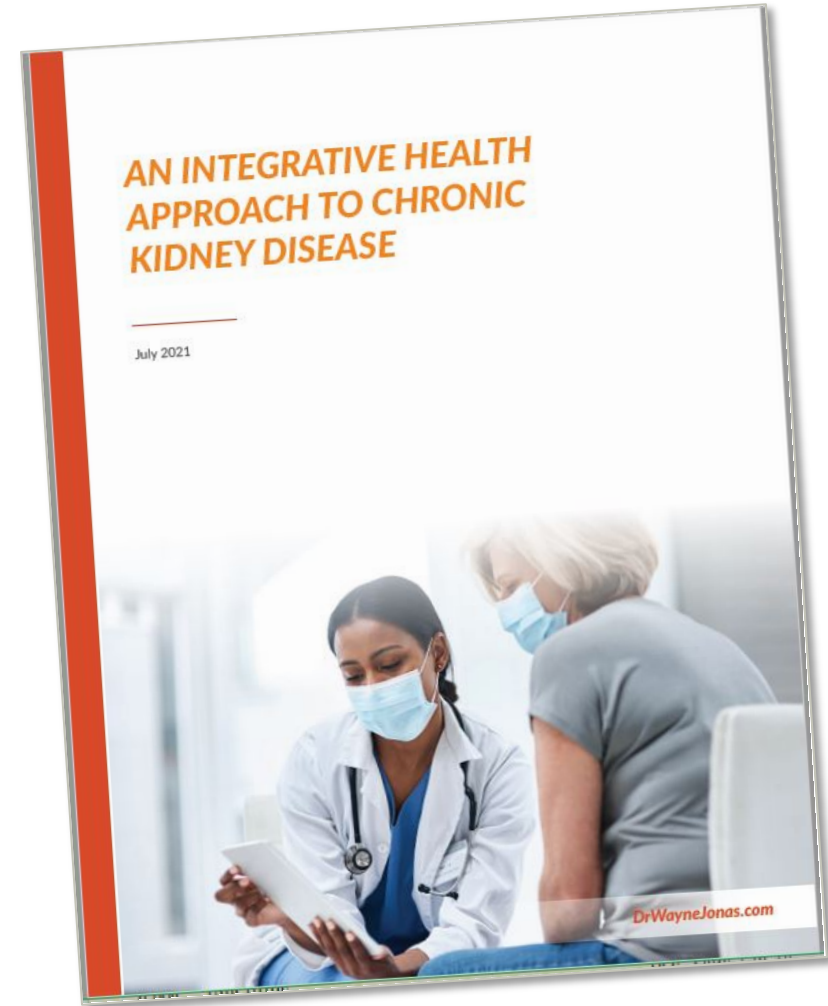
A TOOL FOR ADDING INTEGRATIVE
HEALTH CARE TO A ROUTINE OFFICE VISIT

A robust suite of resources and tools including:

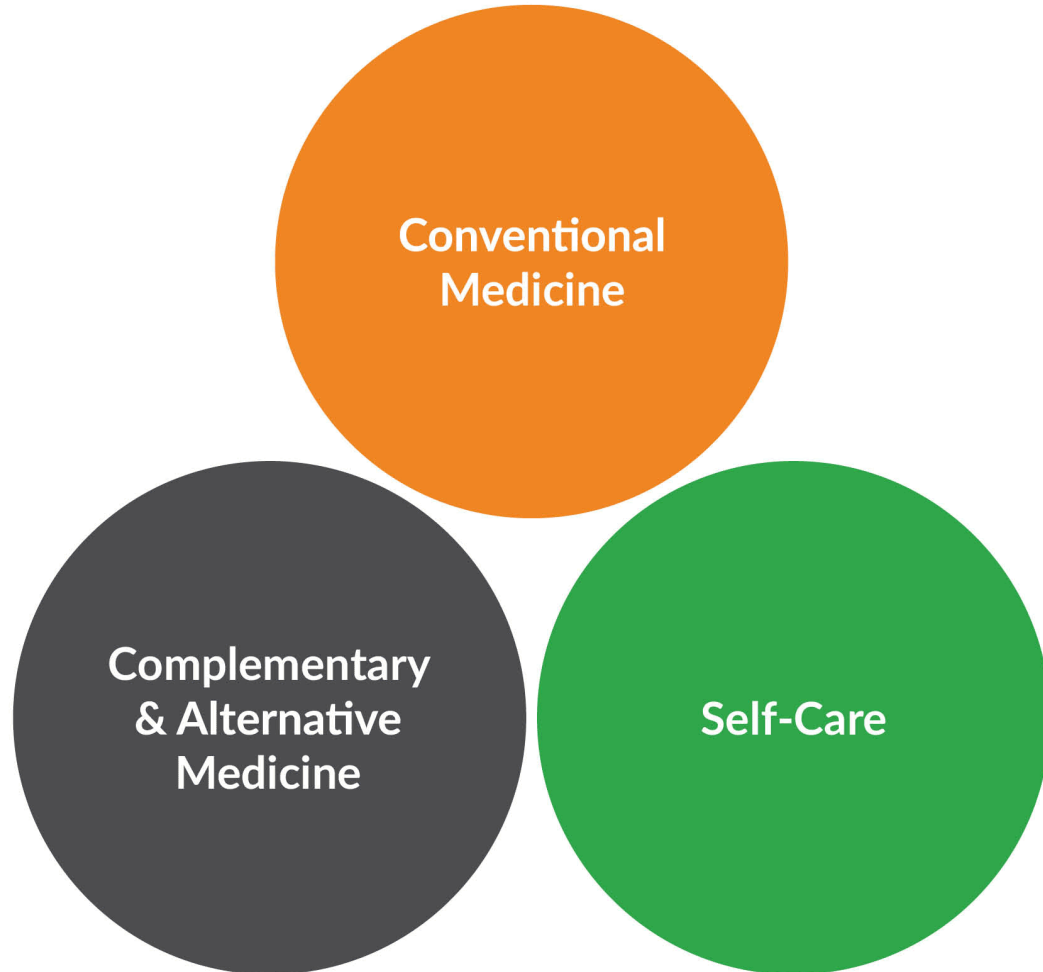
- Evidence summaries
- Electronic Health Records
- Coding and billing
- Patient encounter scripts
- Patient tools and resources
- Frameworks for team care
- Patient outcome measurement tools

DOWNLOAD THE FREE GUIDE NOW

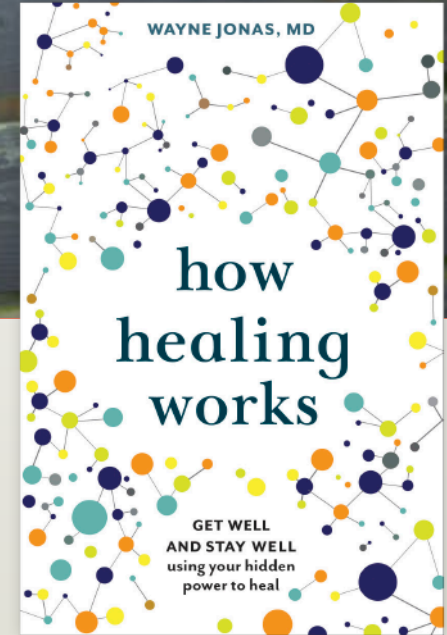
Visit drwaynejonas.com/ckd



THE GOAL



Make
WHOLE PERSON
HEALTH CARE
Routine and Regular



Start Now

healing@drwaynejonas.com

Or visit DrWayneJonas.com/signup to receive our newsletter, videos and commentaries.

Questions?

Please use the Chat Box



Thank You for Attending Today!

Please complete
the Feedback Form

Become a Member
of DPC and enjoy its
benefits at

<https://www.dialysispatients.org/get-involved/join-dpc/>

Join us on for our next webinar
on August 19th



Getting a Good Night's Sleep

Presenters: Felicia Speed, LMSW and Tricia McCarley, RN, MSN, ACNP

 August 19, 2021

 2:00 pm Eastern

 DPC EDUCATION CENTER

Learn more and RSVP at www.dpcedcenter.org

