

# **“Integrative Health: An Opportunity for Specialty Populations?”**



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# Quality of Life Challenges Common to Specialty Populations

- **Chronic Pain**
- **Anxiety**
- **Gastro-Intestinal Discomfort**



# Evidence-Based Complementary Approaches

- **Chronic Pain:**
  - Manual Therapy
  - Acupuncture
  - Healing Touch
  - Chiropractic
- **Anxiety:**
  - Manual Therapy
  - Healing Touch
  - Acupuncture
- **Gastro-Intestinal Discomfort**
  - Manual Therapy
  - Acupuncture
  - Healing Touch

## **Note:**

- Every patient is different.
- A treatment that is beneficial to one patient may be contraindicated for another patient.

Describe the worst interaction you've seen between a special needs client (or yourself as their advocate) and a provider.

- What factors contributed to making this the worst interaction?
- Looking back, what, if anything, might have helped to avoid the situation or to make it better if it couldn't be avoided?
- Is there anything you do differently now because of this situation?

# Community Resources – What's Out There



- **“I provide a unique mobile service to your home or office. I draw upon an extensive background in emergency medicine and sports to achieve optimum results. In our practice, we utilize a combination of traditional methods with a modern approach. Blending Classical Oriental techniques, we offer needling, cupping, electro-stimulation, Kinesio Taping and incorporate functional movement into your individual treatment plan. The sports medicine needs of an active person are unique. Performance, recovery, and limited down time are of paramount importance. I understand how important it is to be able to return to regular activities as soon as possible.”**

# Community Resources – What's Out There



- “As a complementary approach to primary care I practice both modern medical acupuncture and Traditional Chinese Medicine to best address the individual needs of each patient. I provide effective natural health care and pain treatment with success and joy, since 1986.”

# Community Resources – What's Out There

- **“\$65.00 PER ACUPUNCTURE TREATMENT.....  
[www.jacupuncture.com](http://www.jacupuncture.com) 1949 Born in Japan. When I was 21yrs I studied informally. I decided to attend formal training. I earned my Doctorate of Oriental Medicine at the Southwest Acupuncture College of New Mexico in 1997. Acupuncture is regulated by State & Federal laws. Presterilized and disposable ultra-thin needles are painless as they only enter the shallowest depth of skin. No side affects, non-addictive and if one suffers from trypanophobia or fear of needles, there are needle-free alternatives such as low-intensity laser treatments & acupressure.”**

# Community Resources – What's Out There



- **“If you are a severe, complicated case, if you are taking medication or having traditional treatment, experiencing some annoying side effects, Dr. Yu can help you. If you want to lose weight, or if you always feel fatigued, or have heart, liver, kidney, and respiratory or digestive dysfunction, or if you have pain due to injuries or arthritis, come to see Dr. Yu. Dr. Yu can help you. Dr. Yu was an internal medicine doctor in China. Dr. Yu has more than 30 years of experience in both Chinese Medicine and Western Medicine and he has successfully helped many people with the disorders listed above.”**



# Community Resources – What's Out There



- **“In addition to acupuncture, I do a great deal of hands-on treatment. This includes energy work (such as Reiki, Therapeutic Touch, and Qi Gong), shiatsu and other massage, and gentle osteopathic-type manipulation. With these techniques, I can be more effective than I could be with needles alone, especially for musculoskeletal conditions. I am in direct contact with the patient's body and energy systems. I stay with the patient for the entire treatment; I don't just put in some needles and leave. Normally I spend an hour or more with each patient.”**

# Community Resources – What's Out There



- **“Dr. Ferreira began her path in healthcare as a medical assistant and surgical assistant at Lovelace Hospital in 2000, while also earning her undergraduate degree from the University of New Mexico focusing on Biology and Chemistry. She then obtained her Master of Science from Southwest Acupuncture College in Albuquerque, NM, and is a practicing Doctor of Oriental Medicine in NM. Her private practice has offices in Albuquerque and Peralta, NM. Peralta is convenient for patients in Los Lunas, Bosque Farms, Belen, and Albuquerque's South Valley.”**

# Community Resources – What's Out There

## Medical Massage

- The location is a little bit off-putting but as a student, \$25 for an hour massage is a **GREAT DEAL!** I've been here twice and both masseuses have been professional and really took the time to find and work on my trouble areas as well as give me stretches to do at home. They do have licenses hanging on the wall.
- Masseuse seemed like somebody's uncle they'd just brought in to cover for the day. Never saw a license for the guy. He spent most of the time complaining about his ex-wife, and the rest copping a feel. Hide your kids, hide your wife.
- Massage therapist had a runny nose and a horrible cough! I was surprised to find her blowing her nose during the massage, then continuing to rub my shoulders. I made a comment that I was uncomfortable and it was ignored! After she coughed in her hand and tried to run her hands through my hair I had to stop my massage! While leaving I explained why I was upset, I was just given a blank stare.

# Questions to Consider When Interviewing Potential Providers

What medical conditions interest you the most?

– Good Responses:

- Provider identifies the top 3-5 medical conditions they're interested in.

– Questionable Responses:

- Provider says they're interested in and effective in treating almost all medical conditions. This may mean that they're either desperate for business or that they don't yet have enough experience to know what they're most effective at treatment.

# Questions to Consider When Interviewing Potential Providers

Will I still need to see my medical doctor if I'm receiving treatment from you?

– Good Responses:

- Provider talks about how their treatment complements that of the medical doctor.

– Questionable Responses:

- Provider leads you to believe that they can/will provide your medical care. Acupuncture, chiropractic, medical massage, and healing touch (or Reiki) are called Complementary Alternative Medicine services because they complement traditional western medicine. In NM, both chiropractors and acupuncturists are considered primary care providers. However, they do not have the same breadth of education and training as a medical doctor.

# Questions to Consider When Interviewing Potential Providers

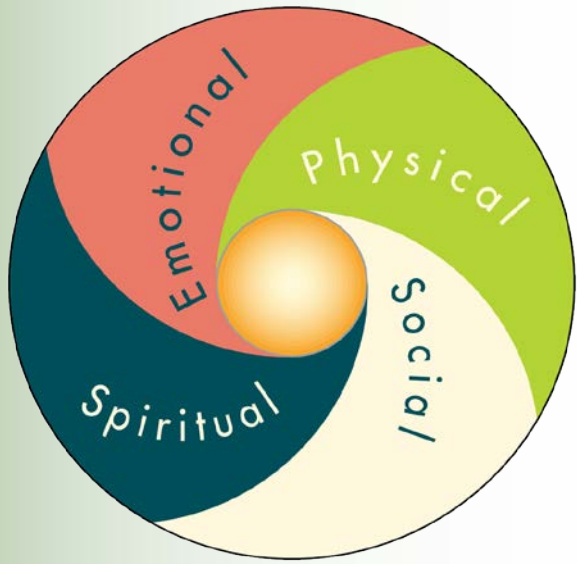
Have you ever worked with someone who \_\_\_\_\_  
(behavioral description of condition or it's symptoms that may think are problematic)? What steps did you take to make the situation more workable for you and the client?

– Good Responses:

- Provider's verbal and non-verbal responses are congruent. The provider comfortably talks about specific steps they've taken to make to make treatment more viable for the client.

– Questionable Responses:

- Verbal and non-verbal responses are incongruent. Provider can't talk about specific steps they've taken, or they talk about steps they've taken to make the situation more workable for them not the client.



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### Clinical Services:

- Integrative Primary Care
- Integrative Medicine Consultation
- Acupuncture & Chinese Medicine
- Myofascial/Manual/Massage Therapy
- Chiropractic Care
- Healing Touch

### Classes:

- Mindfulness-Based Stress Reduction
- Mindful Eating & Living
- Qi Gong, Nia

### Satellite Locations:

- UNM's Truman Clinic (Infectious Disease)
- Santa Fe  
(Anticipated Opening Winter 2016)
- 2<sup>nd</sup> Albuquerque Location  
(Anticipated Opening Summer 2016)



**Space – 5000 SQ.F**



# Practice Model Comparison

## **Community Services:**

- Location
- Practice Size
- Possible DD Specialization
- Appointment Availability

## **Center for Life:**

- Evidence-Based Practice
- Physician Oversight
- Large busy multi-disciplinary practice w/ limited ability to provide environmental or provider accommodations for DD patients.

## Lessons Learned – (Sometimes the Hard Way)

- Every clients healthcare needs, personality, and situation are different.
- There's no substitute for researching possible providers.
  - State Board websites
  - Client Reviews on the provider's website
  - Phone and/or In-Person interviews
  - Asking for references from other special needs clients they've treated.