

# **Championing Whole Health through Education: Current State, Expanding the Evidence and Strategic Future Directions**

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# Today's Session

## Learning Objectives

1. Describe the current state of evidence around Whole Health education.
2. List 3 current challenges and potential solutions related to Whole Health education delivery.
3. Outline gaps in Whole Health education related to target audiences, optimizing educational approaches, and conducting evaluation.

## Goals

- *Develop a shared understanding of Whole Health education for today's session*
- *Explore and identify current strategic gaps in Whole Health educational efforts in terms of target audiences, content, and approaches.*
- *Consider how individuals and organizations can network and collaborate to enhance curriculum design, education and program evaluation in support of Whole Health education.*

# Welcome

- Mindful Moment
- Who's here? (Quick poll)
  - Pause and notice: Who's not here who we'd want to be?
- Why are you here? (Pair-Share)

# Roadmap for Today's Large Panel Discussion (YOU are the Panel!)

## 1. Current State of the Evidence

### 1. Expanding the Evidence through Sharing Experiences

- Interactive small and large groups

### 2. Future Directions

- Large group discussion

## 3. Close

# Whole Health Education: Current State of the Evidence

*aka, A 4-minute thought exercise in questions*

Question:

What do we mean by “evidence”?

Answer:

There may be other “evidence”, aside from formal peer-reviewed publications, that may be helpful to consider in Whole Health education.

Question:

How many publications appear in a PubMed Search in 2024 related to Whole Health education?

Answer:

It depends on how we define and scope “Whole Health education”.

# Clarifying the Scope of Whole Health Education

- *What do we mean by Whole Health education?*
- *What are the essential components being taught?*



FIGURE 2-2 The foundational elements of whole health.

- Whole health is physical, behavioral, spiritual, and socioeconomic wellbeing as defined by individuals, families, and communities.
- To achieve this, whole health care is an interprofessional, team-based approach anchored in trusted longitudinal relationships to promote resilience, prevent disease, and restore health.
- It aligns with a person's life mission, aspiration, and purpose.



# Clarifying the Scope of Whole Health Education

## Integrative Medicine

Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing.

## Whole Health

Whole health is physical, behavioral, spiritual, and socioeconomic wellbeing as defined by individuals, families, and communities. To achieve this, whole health care is an interprofessional, team-based approach anchored in trusted longitudinal relationships to promote resilience, prevent disease, and restore health. It aligns with a person's life mission, aspiration, and purpose.

# NASEM Report: Whole Health Education

*All VA staff members, including clinicians and other professionals, should be familiar with a whole health approach to caring for the veteran population.*

*This requires developing **new courses and supporting materials** designed **to reorient staff toward delivering whole health care**, from clinic- and clinician-centered care to patient-centered and patient-driven care.*

# Clarifying the Scope of Whole Health Education

- ***Who***

- Who are the key target audiences and stakeholders?
- Who is teaching this?

- ***Where***

- Where is this being taught?
- Where is this being shared and published?

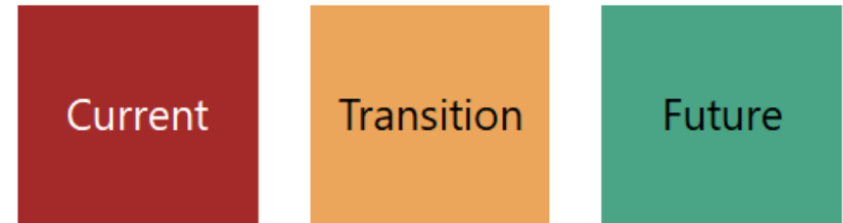
- ***How***

- How is this being taught?
- How is this being scaled and spread?
- Is what being taught effective?
  - How are we measuring this?

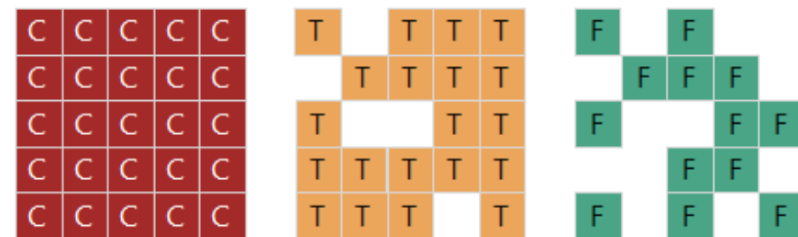
# Cultural Transformation: Change Management Framework

- How are we defining “successful” Whole Health education?
- What must successful Whole Health education do?
- What can we learn from previous large-scale transformational education efforts?

An Organizational Move to a Future State



Ultimately requires individuals to move from their current to their future state



# Whole Health Education & Resources

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Whole Health Clinical Program (General and Specialty)

Whole Health for Leaders / Supervisors / All Staff

Whole Health Coaching Programs (+ Partners & Mentors)

*Taking Charge of My Life and Health Peer Groups*

Whole Health Library & Reference Manual

Online Courses, Videos, and Podcasts

Communities of Practice Calls

# Whole Health Education Offerings for VA Staff

## National Courses

### General Staff:

- Whole Health for Leaders
- Whole Health for Supervisors
- Whole Health in Your Life
- Leveraging the Whole Health Coach

### Clinical Points of Entry:

- Whole Health in Your Practice
- Whole Health for Mental Health
- Whole Health for Pain and Suffering
- Eating for Whole Health
- WH for All: Social Determinants of Health
- **Specialty:** WH for Nurse Leaders, Inpatient Nurses, Emergency Medicine, Primary Care, Mental Health Professionals, Coaching Skills for Clinicians (Basic & Advanced)

### Coaching & Pathway Skills Trainings:

- Whole Health Coaching (Basic & Advanced)
- Taking Charge of My Life and Health (Facilitator & Train the Trainer)
- Whole Health Partner
- Whole Health Mentor (Basic & Advanced)

### Implementation Programs:

- Whole Health Clinical Care Symposium
- Whole Health Pathway & Coaching Symposium
- Whole Health Mentoring for Clinicians
- Whole Health Implementation Support
- Whole Health Doses (Clinician Podcast)
- Whole Health for Pain and Suffering (Veteran Podcast)

## Online Trainings

### General Staff:

- Mindful Awareness
- Introduction to Complementary and Integrative Health
- WH Foundations: A Personal Experience
- Employee Whole Health and Well-Being
- Passport to Whole Health (Blackboard)

### Clinical:

- Clinician Self-Care
- Fundamentals of WH Clinical Care
- TeleWholehealth: The Patient Encounter

### Specialty Clinical:

- Eating for WH: Functional Approaches to Food and Drink
- Nutrition and Pain Management Tools for Providers
- Whole Health for Nurses
- Whole Health for Mental Well-Being
- Whole Health for Pain and Suffering – Chronic Pain / Headache / Mind and Body / Neck and Back / Self Care / Osteoarthritis

### Coaching & Pathway:

- Orientation to the Whole Health Pathway
- Whole Health Coaching Demonstrations
- Facilitation Tips and Techniques for Whole Health Partners

## Local Education

### General:

- Whole Health 102 – WH for You and Me
- Whole Health 202 -
- An Introduction to Complementary Approaches
- Taking Charge of My Life & Health for Employees

### Refreshers:

- Whole Health in Your Practice
- Whole Health for Mental Health
- Whole Health for Pain and Suffering
- Eating for Whole Health
- WH for All: Social Determinants of Health

### Resources:

- Community of Practice Calls (Clinical, Coaching & Pathway)
- Whole Health Library
- Passport to Whole Health Reference Manual

### Complementary and Integrative Health:

- Overviews for Acupuncture, Biofeedback, Tai Chi, Yoga, Clinical Hypnosis, Guided Imagery, Massage, Meditation, Battlefield Acupuncture / Acupressure

# The Scope of Whole Health Education (FY13-FY21)

- **94,837 total trained**
- **13,914 trained in 30 distinct virtual or in-person national WH courses (394 total) from 70 medical centers**
  - WH in Your Practice: 5,975
  - WH for Pain: 2,671
  - Eating for WH: 1,478
  - WH for Mental Health: 935
  - WH Clinical Care Symposium: 159
  - WH Coaching Skills for Clinicians: 100
  - WH Coaching: 3,131
  - Taking Charge of My Life and Health Facilitator + TTT: 1,864
  - WH Partner: 339
  - WH Mentor: 167
  - Short Courses and Refreshers: 440
- **38,537 trained in locally-delivered WH education courses**
  - WH 101: 6,072
  - WH 102: 25,661
  - WH 202: 6,804
- **42,386 trained in online WH courses**
  - 16 total courses
  - Top 4: WH Foundations: 20,752 / Fundamentals of WH Clinical Care: 5,576 / Clinician Self-Care: 3,934 / Introduction to CIH: 3,893

# Whole Health Education: Expanding the Evidence through Sharing Experiences



# Expanding the Evidence through Sharing Experiences: Small Group Discussion

## 1. What interventions are you aware of to support Whole Health education?

- Has there been any evaluation?
- If yes, how is this being evaluated?

Use sticky notes to capture what arises during your discussion.

## 2. What gaps exist?

Please select a note-taker for each small group to share for the large group report-out.

## 3. What challenges exist with respect to:

- Education Delivery?
- Educational Evaluation?

# Expanding the Evidence through Sharing Experiences: Large Group Discussion

## **1. What interventions are you aware of to support Whole Health education?**

- Has there been any evaluation?
- If yes, how is this being evaluated?

## **2. What gaps exist?**

## **3. What challenges exist with respect to:**

- Education Delivery?
- Educational Evaluation?

# Future Directions: Large Group Discussion

## **1. What's working?**

- a) What content and approaches have been effective and might be replicated elsewhere?
- b) What supports effective education delivery?
- c) What supports effective education evaluation?

## **2. What else is needed?**

- a) What target audiences haven't yet been reached?
- b) What additional approaches might be useful?
- c) What evaluation is still needed?
- d) What content/approaches might not translate easily to different populations/cultures?
- e) What needs to be shared more widely and how?

## **3. What is still not known or understood?**

## **4. How might individuals and organizations work more collaboratively in support of Whole Health education to more quickly drive transformation?**

# Future Directions and Next Steps

- VA open source educational materials are available for your use!
- Collaborations
  - Sign-ups for educational/evaluation/writing network for Whole Health education
  - Sign up to potentially collaborate on report of findings from today's session
- What's one thing you will do after today's session in support of effective Whole Health education?

# Thank you!!

## Questions?

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