

An Integrative Medicine Approach to Health and Well-Being in Rural Communities

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Goals

1. Understand psychological and developmental factors for health and well-being in rural communities.
2. Understand research findings on the association between mental health and physical health and well-being.
3. Understand the emerging field of Integrative Medicine.
4. Understand the importance and relevance of Integrative Medicine for health and well-being in rural communities.
5. Understand resources for Integrative Medicine for health and well-being in rural communities.

Health

Health is “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

World Health Organization

Health in Rural Communities

- Common challenges in rural communities
 - Poverty
 - Complex psychological and developmental effects
 - Poor prenatal nutrition
 - Premature birth
 - Low birth-weight
 - Infant mortality
 - Socioeconomic stress
 - Increased risk of depression and schizophrenia
 - Failure to thrive
 - Marital distress and instability

(Riding-Malon & Werth, 2014)

Health in Rural Communities

- Unemployment
 - Economic stress
 - Increased risk of depression
 - Inability to gain employment
 - Inability to seek treatment
 - Marital distress and instability
 - Stress related conditions
 - Stroke
 - Heart attack
 - Heart disease
 - Arthritis
 - Poverty

Health in Rural Communities

- Low levels of education
 - Higher morbidity from acute and chronic disease
 - Shorter lifespan
 - Poor childhood health
 - Anxiety and depression
 - Smoking and binge drinking
 - Overweight or obese
 - Illegal drug use
 - Poor health literacy

(National Poverty Center, 2007)

Health in Rural Communities

- Lack of insurance
 - Less likely to receive preventive care for major health and chronic conditions
 - Use of the emergency room for usual care
 - 20% will not seek needed medical care
 - Postponed or did not get needed prescription drugs
 - Unaffordable medical bills
 - Economic stress
 - 53% say they have trouble paying medical bills in the past 12 months

(Kaiser Family Foundation, 2016)

Health in Rural Communities

- Substance abuse
 - Comorbid with physical health
 - Lung or cardiovascular disease
 - Stroke
 - Cancer
 - Comorbid with mental health
 - Anxiety
 - Depression
 - Schizophrenia
 - Prenatal drug exposure
 - Spread of infectious diseases

(NIDA, 2014)

Health in Rural Communities

- Lack of or limited transportation
 - Difficulty attaining primary care, dental care, mental health care, emergency care, and public health services
 - Travel long distances for needed care, especially specialists
 - Obstetrics
 - Mental health
 - Dental health
 - Substance abuse

Health in Rural Communities

- Lack of health care providers
 - Obstetrics
 - Mental health
 - Substance abuse
 - Pharmacy

Mental Health * Physical Health

- Stress response
 - Increased heart rate
 - Increase in breathing
 - Decrease in digestive activity
 - Liver releases glucose

Mental *Physical Health

“Without mental health, there can be no true physical health.”

Dr. Brock Chisholm

First Director General of the World Health Organization

Mental Health * Physical Health

- Bidirectional relation
 - Type II diabetes
 - Depression
 - Greater difficulty with self-care
 - Mental illness
 - Smoking
 - 50% of cancer patients have a mental illness
 - Depression
 - Heart attack

Mental Health * Physical Health

- Types of stress
 - Routine stress (daily hassles)
 - Work
 - Family
 - Life responsibilities
 - Major life stressor
 - Divorce, job loss, major illness
 - Traumatic stress (ACES)
 - Major accident
 - War
 - Assault
 - Natural disaster

Adverse Childhood Experiences

- CDC-Kaiser Permanente Study
 - 1995-1997
 - California Kaiser Permanente
 - San Diego
 - Over 17,000 participants
 - Mostly white, middle- to upper-middle class, college educated
 - Began in an obesity clinic
 - 2/3s had a score of one or more

Adverse Childhood Experiences

- Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

No ___ If Yes, enter 1 ___

- Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?

No ___ If Yes, enter 1 __

- Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?
No ___ If Yes, enter 1

- __ Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
No ___ If Yes, enter 1 __

- Were your parents ever separated or divorced?

No ___ If Yes, enter 1 __

- Was your mother or stepmother:
Often or very often pushed, grabbed, slapped,
or had something thrown at her? or
Sometimes, often, or very often kicked, bitten,
hit with a fist, or hit with something hard? or
Ever repeatedly hit over at least a few minutes
or threatened with a gun or knife?
No ___ If Yes, enter 1 __

- Was your mother or stepmother:
Often or very often pushed, grabbed, slapped,
or had something thrown at her? or
Sometimes, often, or very often kicked, bitten,
hit with a fist, or hit with something hard? or
Ever repeatedly hit over at least a few minutes
or threatened with a gun or knife?
No ___ If Yes, enter 1 __

- Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No ___ If Yes, enter 1 __

- Was a household member depressed or mentally ill, or did a household member attempt suicide? No ___ If Yes, enter 1 __

- Did a household member go to prison?
No ___ If Yes, enter 1 __

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

Adverse Childhood Experiences Are Common

Household dysfunction:

- Substance abuse 27%
- Parental sep/divorce 23%
- Mental illness 17%
- Battered mother 13%
- Criminal behavior 6%

Abuse:

- Psychological 11%
- Physical 28%
- Sexual 21%

Neglect:

- Emotional 15%
- Physical 10%

Findings

- Chronic disease
 - Heart disease
 - Lung cancer
 - Diabetes
 - Autoimmune disease
 - Depression
- Violence
- Being a victim of violence

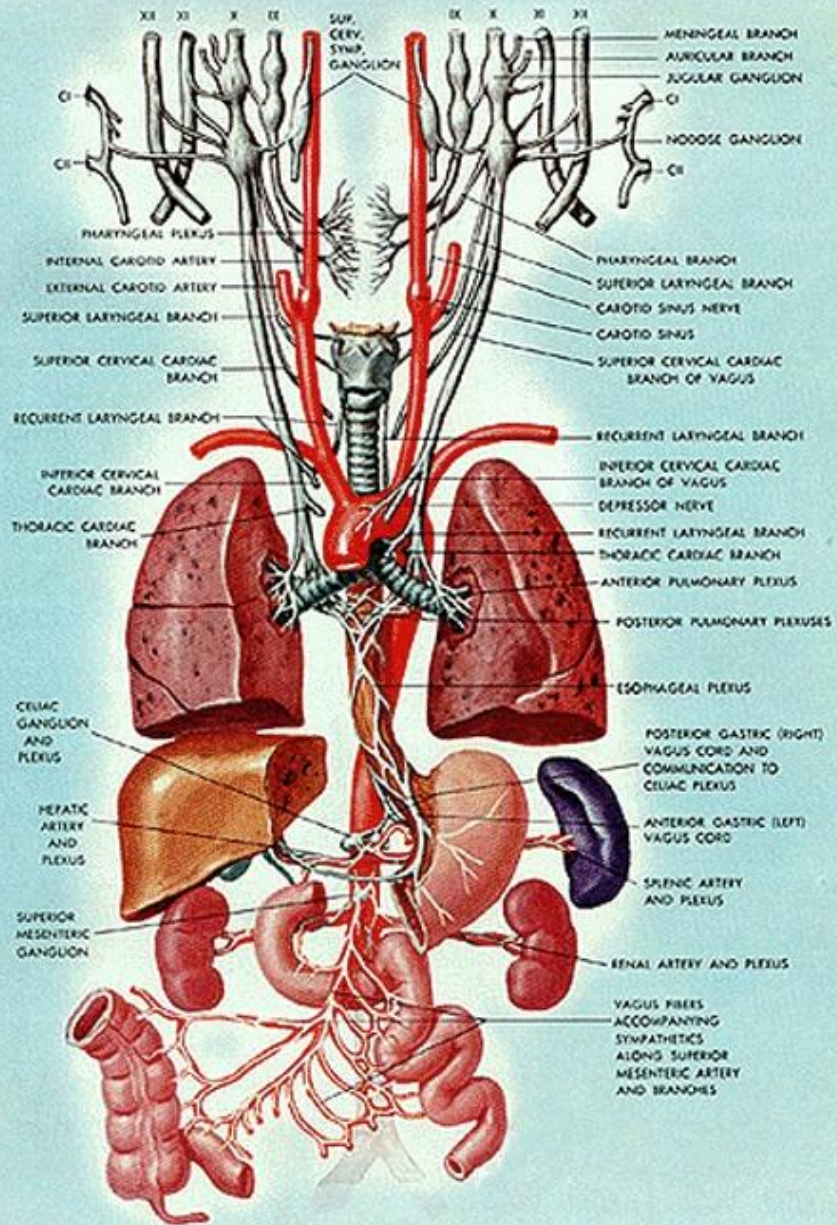
Findings

- Rape
- Suicide
- Risky teen sexual behaviors

What Is the Link?

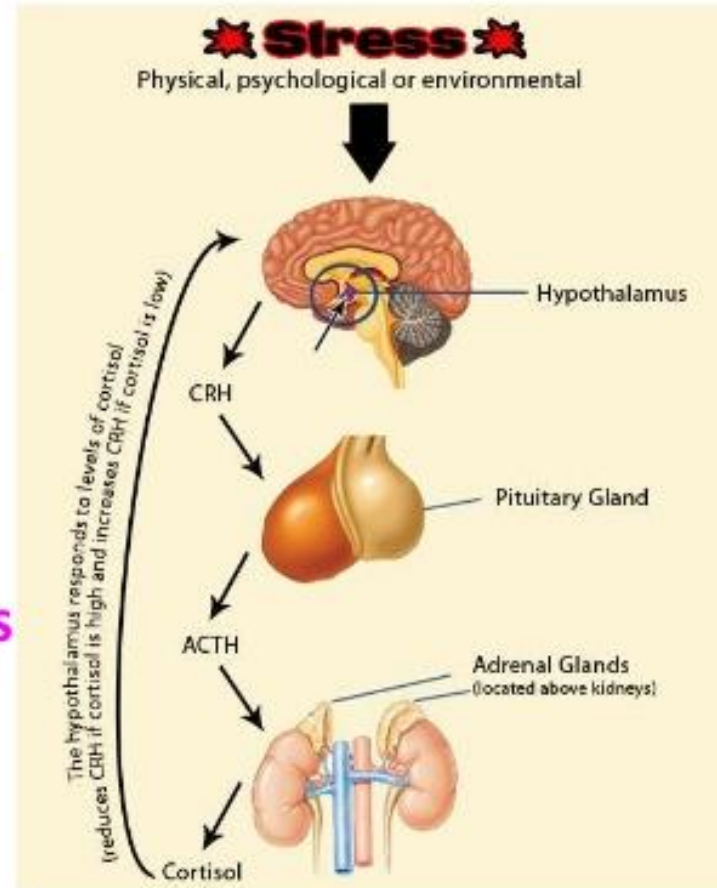
- Stress is neuropsychophysiological state
 - Brain
 - Mind
 - Physiological processes throughout the body
 - Vagus nerve
 - Flight, fight or freeze
 - HPA Axis
 - Suppressed immune functioning

THE VAGUS NERVE



HPA axis

- **Hypothalamus** triggers the release of
- CRH (Corticotrophin releasing hormone) which activates the
- **Pituitary Gland** which releases the hormone
- ACTH (Adrenocorticotrophic hormone) which is carried by the blood to the
- **Adrenal gland** which releases stress hormones
- Cortisol/ Adrenalin and Noradrenalin
- To assist the body deal with the stressor



Integrative Medicine

- Western medical approaches
 - Patient-centered
 - Physical
 - Emotional
 - Mental
 - Social
 - Spiritual
 - Environmental

Integrative Medicine

- Defining principles
 - Patient and practitioner are partners in the healing process
 - All factors that influence health, wellness and disease are taken into consideration
 - Care addresses the whole person, including body, mind, and spirit in the context of community
 - Providers use all appropriate healing sciences to facilitate the body's innate healing response.

Integrative Medicine

- Effective interventions that are natural and less invasive are used wherever possible.
- Because good medicine is based in good science, integrative medicine is inquiry-driven and open to new models of care.
- Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.

Integrative Medicine

- The care is individualized to best address the person's unique conditions, needs, and circumstances.
- Practitioners of integrative medicine exemplify its principles and commit themselves to self-exploration and self-development.

Integrative Medicine

- Incorporates scientifically-based research on
 - Nutrition
 - Exercise
 - Mind-body
 - Trauma-focused yoga
 - Breathing and relaxation techniques
 - Mindful awareness
- Risk and treatment of serious illnesses

Integrative Medicine for Rural Health

- Understand the challenges in rural communities
- Seek training in integrative medicine to be prepared to address the complex and interconnected challenges

Integrative Medicine for Rural Health

- Promote the provider-patient relationship
 - Seek to understand the social, emotional, and environmental contributions to health
 - Be aware of the challenge of “the outsider”
 - Be aware of religious and other cultural factors
 - Be aware of small communities and ethical challenges

Integrative Medicine for Rural Health

- Be aware that mental health disorders often present somatically in rural environments
- Be knowledgeable about complementary approaches
- Be knowledgeable about local resources to promote health and well-being
- Promote collaborative or integrative care
- Use Telehealth and eHealth

Resources for Integrative Medicine

- Journal of Integrative Medicine
- National Institute of Health
 - US National Center for Complementary and Integrative Health
 - Training
 - Research
 - Grants and funding
 - News and events
 - Health topics

Resources for Integrative Medicine

- The Academic Consortium for Integrative Medicine and Health
 - Duke University
 - Stanford University
 - UC San Francisco
 - University of Arizona
 - University of Maryland
 - University of Massachusetts,
 - University of Minnesota

Resources for Integrative Medicine

- 33 institutions use the Integrative Medicine Residency Program
 - Fellowships offered at
 - Duke University
 - University of Arizona
 - University of North Carolina
 - UCLA Osher Center
 - Scripps Center for Integrative Medicine
 - Mayo Clinic

See: American Board of Physician Specialties