



Acupuncture and Other Integrative and Holistic Approaches to Patient Care

Darrell Zaugg D.O. - Malasri Chaudhery-Malgeri Ph.D - Tim Iliff LAc

Introductions - Our JBER Team

- Darrell Zaugg D. O., Air Force Psychiatrist, Osteopathic Family Physician, Medical Acupuncturist, Current the Director of Integrative Medicine, mTBI Clinic
- Timothy Iliff LAc, Licensed Acupuncturist, Diplomate of Oriental Medicine (NCCAOM), Pain Management Clinic
- Dr. Malasri Chaudhery-Malgeri Ph.D., CBIS Psychologist & Holistic Stress Management Specialist, Certified Yoga, Pilates & Martial Arts Instructor, Pain Management Clinic

After today, we want you to...

- Gain an increased understanding of acupuncture and other complementary and Integrative Medicine (CIM) modalities.
- Be better prepared to understand, evaluate, and treat YOUR patients and clients in a holistic way – including consideration of CIM options with your patients – and start Now!
- Expect outcomes to include greater patient satisfaction and trust, better compliance, shift in focus away from pathology and toward prevention, reduction in cost and reduction in medical errors.

Disclaimers and Disclosures

- The opinions and practices presented are those of the presenters and do not reflect the official views or policy of the Department of Defense or U.S. Government, or of this institution.
- There are no relevant financial relationships or conflicts of interest to disclose.
- Although we may be enthusiastic about sharing the particular modalities we know and use, our purpose is not to solicit, but rather to inform.

Acupuncture and Other Integrative and Holistic Approaches to Patient Care

- Definitions CAM
- Complementary Medicine: Therapies that are combined with conventional medicine. (evolving process of research and acceptance - once proven to be safe and effective are adopted into conventional medicine).
- Alternative Medicine: Defined as practices that replace conventional medicine
 "stand-alone" health care systems: i.e. traditional healers, homeopathy, and naturopathy.

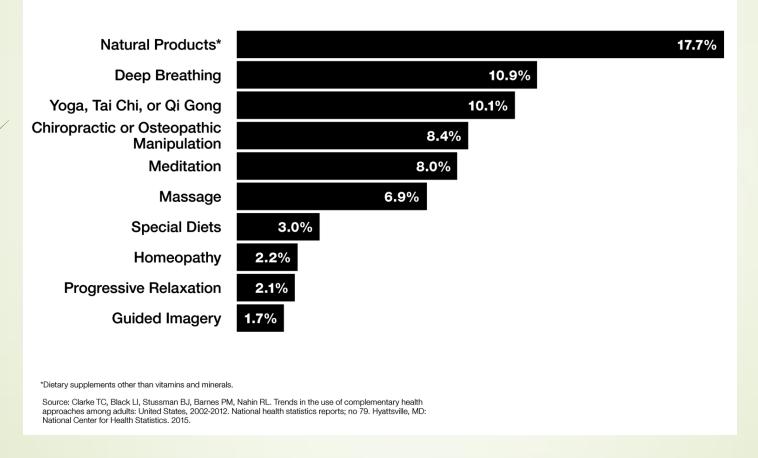
Acupuncture and Other Integrative and Holistic Approaches to Patient Care

- Definitions CAM → CIM
- Integrative Medicine: Bringing conventional and complementary approaches together in a coordinated and mainstream way.
- CIM complementary and integrative approaches



NIH Review — What do you use?

10 most common complementary health approaches among adults—2012



U.S. Department of Health & Human Services National Institutes of Health - National Center for Complementary and Integrative Health – March 2015

Military Health System

Distribution of Patient visits Among the CAM Programs

CAM Program	Number of Patient Visits	Percentage of Total
Chiropractic	156,000	73
Acupuncture	23,861	11
Clinical Nutrition Therapy	12,593	6
Meditation	5,648	3
Yoga	4,836	2
Massage	3,965	2
Cognitive Behavioral Therapy	4,416	2
Biofeedback	1,236	1
Breath-based Practices	792	0.4
Naturopathic Medicine	84	0.04
Spiritual Prayer Based Practices	84	0.04
Totals	213,515	100

Holistic pediatrics: Integrative approach to therapies

Biochemical therapies	Lifestyle therapies			
Medications	Diet			
Vitamins and minerals	Vegetarian, vegan, organic			
Dietary supplements	Low fat, high fiber			
Herbs	Gluten-free, casein-free			
Amino acids	Paleolithic, Mediterranean			
Hormones (melatonin, DHEA)	Low FODMAP			
Other	Exercise			
Fish oil	Aerobic			
Probiotics	Weight training			
Biomechanical	Yoga, tai chi, qigong			
	Environment			
Massage and bodywork	Light, music, vibration, heat, cold			
Chiropractic	Aromatherapy			
Osteopathy and other spinal	Magnets			
adjustments	Media			
Surgery and transfusions	Social			
Bioenergetic	Mind-body			
Acupuncture	Hypnosis			
Therapeutic Touch, Healing Touch	Biofeedback			
	Meditation			
Reiki, polarity therapy	Counseling, support groups			
Prayer and ritual	Social/communication skills			
Homeopathy				
Radiation therapy				
Magnets and electromagnetic field therapies				

DHEA: dehydroepiandrosterone; FODMAP; fermentable oligosaccharides, disaccharides, monosaccharides, and polyols.



Impact - Complementary and Integrative Medicine

- More medical providers within the military medical system practice complementary and integrative medicine (CIM) than ever before. It is estimated that up to a third of the active duty military and 50 percent of veterans may use a complementary or alternative medicine product or practice in any given year
- Annual number of outpatient visits to CAM professionals is greater than the number of outpatient visits to mainstream clinicians in the United States. In addition, out-ofpocket expenditures for CAM are greater than those spent for hospitalization.

Institute of Medicine Report to Congress

- Agency for Healthcare Research and Quality commissioned the Institute of Medicine (IOM) to describe the use of CAM therapies by the American public. The 2005 IOM report on CAM noted that patients sought CAM therapies because:
- Conventional medicine does not work well for the complaint
- **Lack of trust** in and disenchantment with health care system
- **Dissatisfaction** with previous treatment outcomes
- Looking for more patient-centered approach
- CAM enables the patient to play a more active and participative role in care
- CAM enables the patient to manage and conserve the use of valued conventional medications
- Prevent future illness or to maintain health and vitality



- The IOM suggests the ultimate goal should be to provide comprehensive care that:
- Is based on best available scientific evidence on benefits and harm
- Recognizes the importance of compassion and caring
- Encourages patients to share in decision making regarding therapeutic options
- Promotes choices in care that can include CAM therapies when appropriate

"Holistic"

- Are complementary and integrative modalities holistic?
- Do you offer CIM?
- Can "western medicine" be holistic?
- Yes and No what makes the difference?



Tenets of Holistic Care

- "Holistic medicine refers to the care of the whole patient (eg, body, mind, emotions, spirit, and relationships) in the context of his or her values, beliefs, culture, and community."
- Patient/Client-centered
- Often Prevention Focused optimize health and well-being

CIM and Holistic Care

- The "persuasive appeal" of CIM
- People seek care from professionals who:
 - Respect them as individuals
 - Offer time and attention
 - Can discuss with them healthy lifestyle choices, dietary supplements, and environmental therapies over which they may exert some control
 - Can offer therapies consistent with their values, world view, and culture
- ► The persuasive appeal of alternative medicine." Kaptchuk TJ, Eisenberg DM, Ann Intern Med. 1998
- Why patients use alternative medicine: results of a national study. JAMA. 1998
- Primary care: core values. Patients' priorities. Neuberger J, BMJ. 1998



Let's look at Acupuncture and other modalities

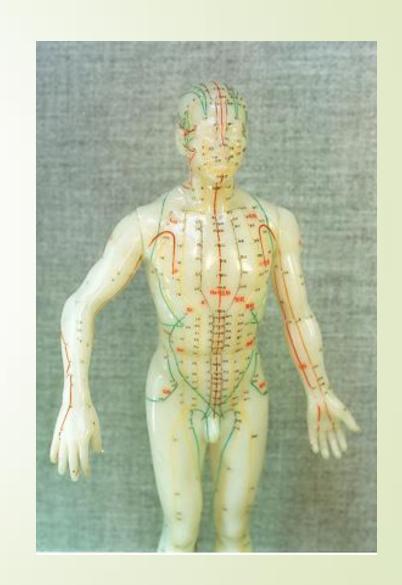
- Our passion we believe that many complimentary and integrative modalities can safely broaden health care options and improve outcomes
 - their inherent approach often opens doors to holistic care
- Consider how these paradigms allow us a holistic to approach patients





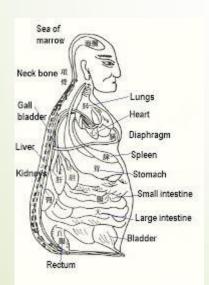
Acupuncture and Oriental Medicine

- The view of health and disease in Oriental Medicine is that when things are balanced and move well there is health and that when things are imbalanced and/or do not move well then disease is able to occur.
- Chinese saying on it "teng ze bu tong, tong ze bu teng." Where there is not flow there is pain where there is flow there is not pain.
- The goal of acupuncture and Oriental medicine is to bring a person back into health through rebalancing them and freeing up where they are stuck



The Body within Oriental Medicine

- The organs within Chinese medicine are grouped into functional systems that may or may not correspond to the similarly named western parallels.
- For example the Kidney system within Chinese medicine not only covers functions of water metabolism, but also covers functions that would be associated with the adrenal glands and some aspects of hearing.



Branches of Oriental Medicine

- Herbs
- Food Therapy
- Tuina
- Qi gong
- Acupuncture

Herbs

- Herbs are used both internally as medicines taken for a variety of complaints and externally for use on topical disorders such as rashes and bruises
- In Chinese medicine herbs are almost never used singly and almost always in combinations of 4 or greater
- Ginseng a well known herb can be used for digestive symptoms when paired with licorice and poria, where as if it is paired with mume fruit and ophiopogen tuber it can be used for spontaneous sweating



Food Therapy

Food therapy is a branch of herbalism within Chinese medicine and foods like herbs are categorized based on their nature

Hot/cold, moving/gathering, dispersing/binding

Taste

sweet, sour, bitter, pungent, salty, bland

Action

What the herb does

Moistens, raises, descends

Food Therapy Dietary Changes

- Sample dietary changes for pain
- No cold, no sour, no raw foods
- Cold foods ie ice water make the body colder and cold tightens the body and can make pain worse
- No sour foods. The sour flavor astringes and tightens particularly the muscles and ligaments
- No raw foods. Raw foods are hard to digest and the difficult digestion requires greater amounts of blood so can exacerbate muscle cramps

Tuina

- Chinese Medical Massage
- It uses a variety of manual and energetic techniques to address complaints from musculoskeletal disorders to internal complaints such as digestive and respiratory disorders.



Qi gong

- A type of therapeutic exercise that is based on the theories of Chinese medicine
- There are over 10,000 different forms of qigong
- Exercises for everything from muscular system to digestion to immune system



Acupuncture

- Acupuncture is the usage of tools including needles to stimulate points in the body to help facilitate health and well being
- A variety of methodologies go along with acupuncture including:
- Cupping
- Guasha
- Moxa

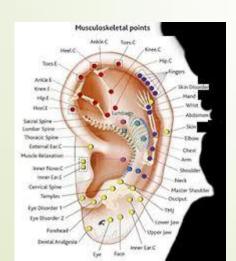


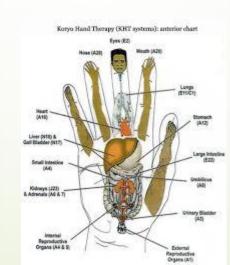




Types of Acupuncture

- There are numerous different types of acupuncture, which have slightly different ways that they work with patients and their bodies
- TCM: the current codified system practiced in China
- Korean, Japanese and other systems
- Microsystems: Treat the whole body on one part of the body for example auricular acupuncture where the entire body is treated on the ear





How acupuncture works

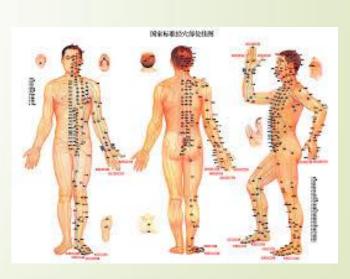
- Penny tour
- Acupuncture works by points stimulating a reflex that helps to relieve pain or address a condition in the body



Nickel Tour

The reflexes triggered by the points are organized by channels which run through the body





Dime Tour

The channels are organized based on the organ systems of the body and many of there functions are based on the associated organ systems

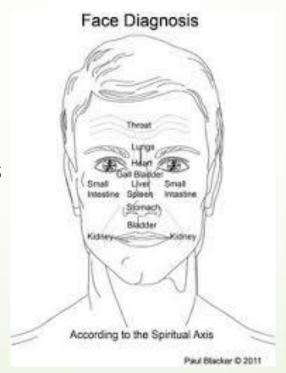


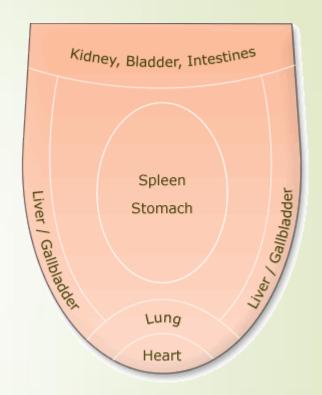
Interview/ diagnostic process for acupuncture and oriental medicine

- The four examinations
- Looking
- Smelling/ listening
- Asking
- Touching

Looking

- Observation of a patients basic condition
- Appearance
- Carriage
- Body language
- Mien
- Facial diagnosis
- Tongue diagnosis





Smelling and Listening

- Does the patient have a distinct smell
- Body
- Breath
- Common example on both sweet smell on a diabetic, sour smell with a highly stressed individual
- Listening
- Tone of voice
- Volume
- How they answer

Asking

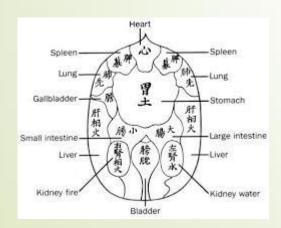
- 10 categories of questions asked for systemic review
- Further

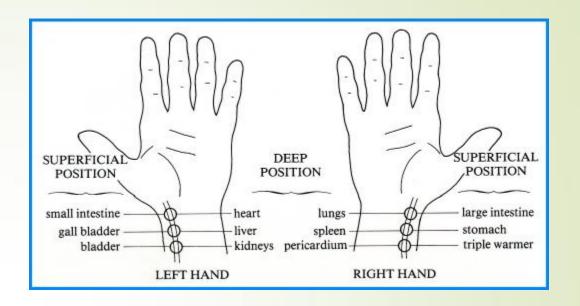
10 questions

Patient Name _			Date	Age Tx #	
CC:				_ intensity (/10)	
Symptoms					_
					_
Result of last Tx	<u> </u>				
Vitals					_
E.E.N.T					_
Pain					
Sleep					
Elimination					_
Urination					
Body temp					
Sweat					
Exercise					
Digestion					
Women only me	enses	Date of last cycle			
Pulse	L	R	Tongue	Hara	

Touching

- Palpatory diagnosis
- Pulse diagnosis
- Abdominal palpation
- Auricular palpation
- Channel/ area palpation







Acupuncture Demonstration

Emotions and Health within Chinese Medicine

Emotional imbalances within Chinese medicine are viewed as both causes and symptoms of disease.

Elements and Emotions

- Worry earth: digestive problems both, physical, mental and emotional
- Anger wood: joint, digestive and eye issues
- Grief Metal: respiratory issues
- Fear water: urinary and bone issues
- Anxiety Fire: Circulatory issues



Emotions and the Body in Chinese Medicine

- Emotions have a tendency according to Chinese medical theory to store in one of two places
- 1. In their associated organs anger liver, anxiety heart
- 2. In musculoskeletal tissue
- Why this matters potential emotional component of physical disorders, potential physical component of emotional disorders

Differentiation of common Psycho-emotional Patterns Based on Elemental Criteria

9am-1pm

9pm-1am

1-3am

1-3pm

Depression

Metal: listless, grief, pale face difficulty speaking, obsessive thinking, mind wanders down paths

Water: fearful, tired, nervous

Wood: angry, frustrated, better with exercise, forget-ital

Fire: anxious and weak feeling

Earth: overload can't take it all in, fatigue, lack of appetite, obsessive thinking, circles back to same thing

Depression case study

- RR 73 y/o Hispanic male with current diagnosis and history of rectal cancer, with a primary complaint of nausea
- Low energy, depression oppressive thinking
- Assigned exercise harmonica
- Results more energy, greater clarity of thought, improved mood

Depression case study 2

- CC a 27 year old female with a chief complaint of acne that flared up after the ending of 13 year romantic relationship
- Reported feeling frustrated, stuck and low energy that improved with exercise
- Suggested exercise kickboxing
- 3 weeks later acne gone

Other Types of Pathologies for Depression

- Mixed:
- wood and fire: frustrated so long or so badly that they become highly anxious
- Phlegm fire: Mania and withdrawal. Phlegm in this case refers to something like a mist that obscures the individuals ability to interact with the world

Usages

 Differentiating the types of depression aids in selection of possibly more appropriate adjuncts i.e. metal type singing, wood type physical exercise, water meditation

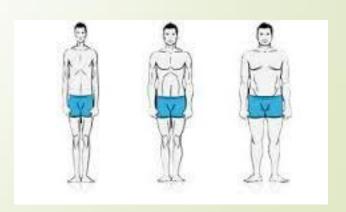




Constitutions and Characteristics

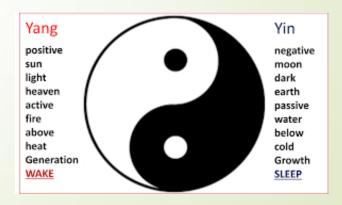
- Metal type: square features, pale skin, body hair, tendency toward respiratory issues
- Wood type: sinewy, darkish skin/ greenish cast to complexion, tendency towards lv/gb issues
- Earth type: Fleshy, yellowish cast to complexion, love of eating ie live to eat
- Fire type: thin hair, curly hair, circulatory issues, flashes of inspiration
- Water type: long torso, darkish skin, urinary and kidney issues





Further Refinement

- All types divide into at least yin and yang pairs ie yin wood/ yang wood types
- Fire types further divide into four separate types
- Small intestine type: performer/ singer sentences start with "I" and end with me
- Heart type: can meet any person on their own level



Usages

- Likely ways that an individual will present based on their nature
- Additionally ways to tell how long or how severe of a condition is
- Within constitution recent/ less severe
- Outside of a constitution more long term/ more severe

Activity

Demonstration of Auricular on audience members

BREAK

Dr. Malasri Chaudhery-Malgeri

Alternative Modalities

Dr. Malasri Chaudhery-Malgeri



Bio-Psycho-Social Aspects to Consider

- We have all been taught how to consider the biological, psychological, and social aspects of our clients' lives when assessing them.
- But after that assessment is done, what are we doing beyond "traditional therapy" to actually support those needs?

Let's Talk.....

- What are some cases you have struggled with?
- What aspects of your cases have been challenging for you to address?
- Take 2 min. To write down and discuss

Generally Speaking...

- We want to help our clients/patients:
 - Acknowledge the situation
 - Take Expectation out of the Equation
 - Debrief & Discuss
 - Breathe

It's easy.....really!!!!
All you need to do is convince them to:

- Take Care of Emotional Well-Being & Mental Health
- Nourish Your Body & Soul
- Move
- Meditate

Been There....Done That.....

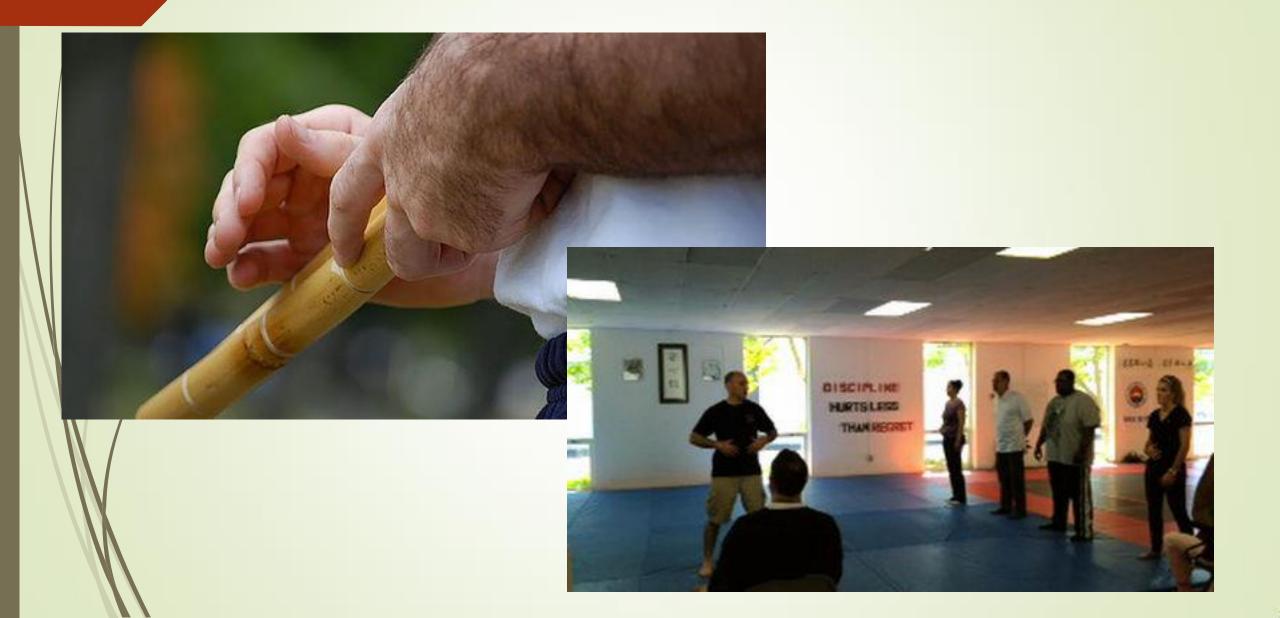
Rehabilitative Yoga, Yoga & Meditation







Rehabilitative Martial Arts



Ballroom Dancing for Rehabilitation Ballroom Dancing for Marital Therapy

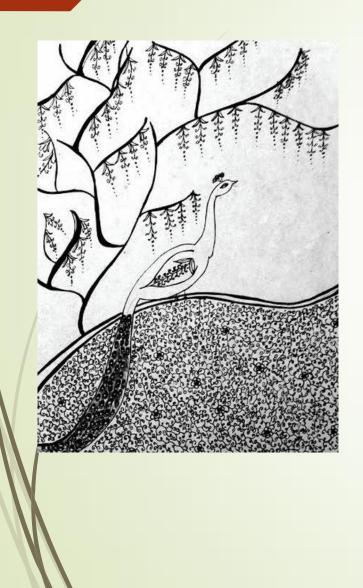








Rehabilitative Henna Art







Vetting Your Referrals & Making Connections in the Community

- Consider the provider's training.
- Consider hours of practice pre- and post- training.
- Consider the scope of the training program (i.e. Does it address special population needs? If so, how?)
- Consider general communication skills.
- Consider any related certifications (i.e. Nutrition, Personal Training).
- Consider academic background(s).

Let's Do This!!!

For More Information:

Www.drmala.net

Www.thesynergycenter.net

Www.thehennaworkshop.com

Namaste aur Dhanyavad -Namaste & Thank You-

What can you do?

- How can you be more holistic in your practice?
- How can you discuss complementary and integrative therapies with your patients/clients?
- What questions might you ask?



Approaching your Patient

- Stay positive, listen carefully and ask questions.
- Ask your patients whether they are taking any "natural" supplements or alternative therapies, and what symptoms or conditions they are treating.
- Your attitude will determine how effective the conversation will be refrain from offering direct criticism unless you are knowledgeable about the therapy in question.
- Always provide a thorough explanation if you feel the patient should discontinue a treatment.
- If patients ask for your opinion on a supplement or therapy that you are unfamiliar with, be honest without being dismissive. You can offer to look up the information or refer them to the pertinent high quality websites.
- When patients tell you about their experiences with a CAM practitioner, ask what they liked or disliked – and consider keeping a list of local practitioners your patients would recommend and a list of those they would not.

Are You Ready to Discuss Complementary and Alternative Medicine? Janine A. Blackman, MD, PhD Fam Pract Manag. 2007 Jul-Aug; 14(7):26-32.

Case (He got it all)

40 year old married male, presents to Tim Iliff in the Pain Management clinic

Complains of neck pain, headaches, shoulder pain, knee pain, ankle pain

History of very physical jobs to include military service. History of being active in sports including weight lifting - some related injuries.

Social history of his wife's unexpected major illness and work stressors with inability to maintain fitness criteria for the military

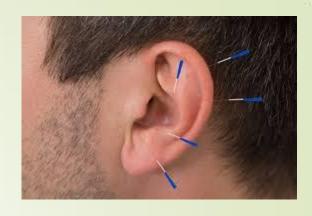
Related feelings of distress and depressed affect

Traits: Prefers roasted flavors and citrus, prefers summer season and warm environment, personally exudes heat, relieves stress through physical activities, tendency to clench his fists and have some angry outbursts

A word on traits "Biopsychotypes" six basic categories, three pairs

- Shao Yin / Tai Yang: Water and Fire
- Jue Yin / Shao Yang: Wood and Fire
- Tai Yin / Yang Ming: Earth and Metal
- Shao Yin Fire biopsychotype has an affinity for the color red and is unreservedly noisy, passionate, and sexually hyperactive.
 - Histrionic pathology vs traits
- Jue Yin biopsychotype when healthy tends to be steadfast and hearty, when weakened may suffer from anxiety and emotional instability.
 - Anxiety vs need rejuvenation or some other lifestyle to thrive
- Tai Yin Earth biopsychotype is characterized nurturing and concerns, can be obsessive or depressed
 - Watch for pelvic or gastrointestinal problems and weight gain
- Tai Yin Metal biopsychotype is characterized by an honest, meticulous, stingy character, skin disorders, and long thin features
 - Can predict constipation and rigidity, but first choice for commitment to duty and relentless hard work

Case (He got it all) continued





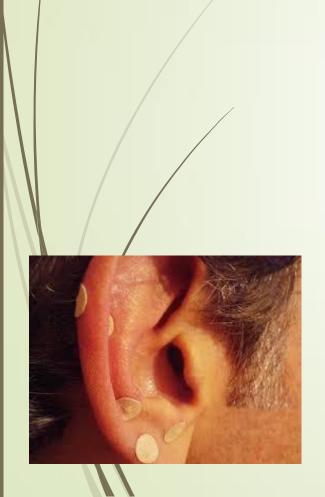
1st Continued with Tim to address multiple pain locations – auricular and needle acupuncture

2nd Referred to Dr. Mala where he addressed concepts of self-management, reviewed meditation, deep-breathing, yoga

3rd Referred to me to receive meridian-based and electro-acupuncture and manipulation – address Wood/Fire constitution (Jue yin/ Shao Yang)

Repeat x 5 cycles

Results: significant pain reduction, increase movement – rejuvenating overall, improved communication, made important realizations about personal goals



Case (Mental Health adds acupuncture)

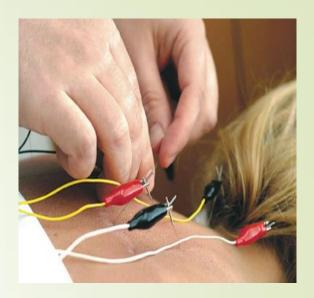
38 year old married male, presents to mental health clinic with depressive features

History of chronic mild depression, treated with SSRI from primary care

Referred due to refractory symptoms

Significant sleep problems, fatigue, anhedonia, low libido

Prior CBT trials totaling 18 months



Traits: Prefers sweets, fall season and cooler temperature preferences, over weight, nurturing to subordinates at work, feelings of persecution from boss, enjoyed in the past solitary activities such as building models, enjoys wearing Stars Wars costumes at fund raisers

Treatment: address water and earth meridians

1st: In-office auricular acupuncture - modest improvement of sleep and well-being

2nd: Electroacupuncture targeting depression and fatigue (Kidney/bladder Yin focus, then Stomach/ Yin focus) – energy increased, more active and more positive

3rd: Osteopathic Manipulation (OMT) to address restrictive hip problems and occasional neck tension

4th: Joined a Stars Wars Birthday party group and met new friends, walking with wife, marriage improved



Case (Pain, Anger, Obese)

53 year old male referred for integrative treatment for chronic neck and back pain with radiculopathy on hand and down both legs – was told surgery would lead to 40% chance of improvement but 20% chance of worsening

History of severe obesity, medically retired due to chronic pain

Traits: passive-aggressive, competitive, duty and honor, appreciates flavorful food

Treatment: - need to address Earth and Metal meridians based on his traits

1st: electroacupuncture with PENs cervical and lumbar approach

2nd OMT to upper back and neck

3rd Addressed spiritual faith regarding feelings of failure and forgiveness

4th Scar Injection of tight surgical scar overlying central abdominal meridian

5th Opened discussion regarding weight and later revealed pattern of binge eating secondary to pain flares

6th Gua Sha scraping to cervical and lumbar regions to relieve muscle spasms

7th Pain control led to patient willing to address eating habits and incremental return to improved balance in physical limits and yet more active life style

Case (PTSD, TBI, Irritability, Anxiety)

29 year old married male referred for integrative treatment for PTSD.

Combat blast injuries and witnessed loss of life.

Co-morbid TBI cognitive sequella, chronic back pain, severe insomnia, persistent nightmares

History of multiple medication trials to include antipsychotic medication, lithium, and multiple sedative trials for sleep. Symptoms generally refractory

Traits: irritable, obsessive, previously very athletic and fearless

Treatment: - need to address metal and fire consitution

1st: Electroacupuncture and scalp acupuncture – fives days calming effect, reduced headache

2nd: Auricular acupuncture – indwelling needles (ASPs) – anxiety reduction for 2-3 week

3rd: Maintenance treatments every 5-6 weeks with ongoing therapy – improved communication with wife, tolerating - and now enjoying - newborn baby



Questions/Panel discussion

■ Thank you!



Research: Symptom Management in Cancer Patients

- Cancer treatment centers with integrative health care programs may offer services such as acupuncture and meditation to help manage symptoms and side effects for patients who are receiving conventional cancer treatment.
- NCCIH-funded research has suggested that: Cancer patients who receive integrative therapies while in the hospital have less pain and anxiety.
- Massage therapy may lead to short-term improvements in pain and mood in patients with advanced cancer.
- Yoga may relieve the persistent fatigue that some women experience after breast cancer treatment.

U.S. Department of Health & Human Services National Institutes of Health - National Center for Complementary and Integrative Health - March 2015

Research: Chronic Issues

- Electroacupuncture with exercise vs. exercise alone, 2003
 - No changes in objective ROM findings
 - Quality of life significantly improved
- ■2003 Rheumatology paper
- over 60yo, >12wk back pain
 - Quality of life/disability significantly improved
 - Some patients able to decrease pain medications

Sources

- U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES Centers for Disease Control and Prevention, National Health Statistics report 2012
- Samueli Institute Center for Research on Integrative Medicine in the Military
- RAND Corporation Environmental Scan of Complementary and Alternative Medicine (CAM) Practices Across the Military Health System (MHS) - under the sponsorship and approval of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) – Fall 2015