

**INTEGRATED CARE  
BETWEEN DC'S AND  
OTHER HEALTH CARE  
PROVIDERS**

Valerie Johnson, D.C.  
August 27, 2011  
SCUHS 2011 Centennial  
Extravaganza

---

---

---

---

---


---

---

---

**Integrative Healthcare and YOU**

- "The path is never linear going forward. It's only linear in the rearview mirror"
- LACC ALUMNI REPORT 1986
- A quote from the book "ROADTRIP NATION", where people, such as the chairman of Starbucks, conductor of Boston Philharmonic, CEO of National Geographic's, tell their candid stories of how they got from college to their present success, a road of self construction vs. mass production.




---

---

---

---

---

---

---

---

**OUTLINE**

- What is Integrated Healthcare?
- Successful Integration of Chiropractic Services within Established Healthcare Institutions
- Nature: A Role Model for Integrative Healthcare
- Preparing yourself for Integrated Healthcare
- Integrated Healthcare Opportunities
- Chiropractic student learning opportunities for Integrated Healthcare in VA

---

---

---

---

---

---

---

---

### What is Integrative Healthcare?

#### Integrated Healthcare

- Integrated Healthcare services: Combining the best of conventional and complementary health care (Mosby's Dictionary of CAM)



#### Integrative Medicine

- “an approach... that makes use of the best-available evidence, taking into account the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of the rich diversity of therapeutic systems, incorporating both conventional and complementary/alternative approaches” (Consortium of Academic Health Centers for Integrative Medicine- 1999)

---

---

---

---

---

---

---

---

### Successful Integration of Chiropractic Services within Established Healthcare Institutions

- Historical background, relevance of integration
- General observations
- Variation in Approaches to Integration

---

---

---

---

---

---

---

---

### Historical background & relevance of integration

- **Hospitals with chiropractic services/privileges**
  - 1984 St. Louis, Scottsdale, Seattle
  - 1998 215 chiropractic services (AHA Annual survey per Baird 1999)
  - 2004 DCs in Veterans Administration hospitals (Lisi 2009)
  - 2009 7% of DCs report having hospital staff privileges (NBCE 2010)
- **Interdisciplinary Practice**
  - 1994 DC integrated in to tertiary spine care (Triano 1994)
  - 1995 DCs in military treatment facilities (Birch 2000)
  - 1996 Opportunity, but no infrastructure in rural settings (Hawk 1996)
  - 2000 Interdisciplinary practice increasing (Chapman-Smith 2000)
  - 2001 DCs frequently included in CAM practice settings (Hanks 2001)
- **Interdisciplinary Referral**
  - 2010 Massage, family practice most frequent referral source
  - 2010 Massage, family practice, orthopedist most frequently referred to (NBCE 2010)

---

---

---

---

---

---

---

---

### GENERAL OBSERVATIONS

- **Chiropractic at the federal government policy level**
  - CMS -1994 appointment of DCs to AMA's CPT & RBRVS Committees
  - DOD-1995 Chiropractic Demonstration Project
  - HRSA-1995 Funded Research Agenda Conferences
  - ANCP- 1997 Chiropractic in the United States (Cherkin 1997)
  - NIH/NCCAM-1997 Grant to fund Palmer enter for Chiropractic Research
- **Federal-sponsored chiropractic coverage**
  - 1973-Medicare, Medicaid (variable by state)
  - 1970's-Federal Work comp (variable by program)
  - 2001-Implement Chiropractic services for active military (currently~60 sites)
  - 2004-Chiropractic services in Veterans Administration (currently~42 sites)

---

---

---

---

---

---

---

---

### General Observations

- **Academia & Research**
  - Publicly funded institutions in numerous countries
  - Collaborative research abounds
  - DCs routinely published in biomedical journals
  - DCs on faculties of universities & medical schools
  - DCs texts published by medical publishers
  - DCs on IRBs in hospitals, university, governments

---

---

---

---

---

---

---

---

### Variation in Approaches to Integration

- **Group practice settings**
  - Overhead sharing, but independent
  - Convenience referrals
  - Combined management (integrated care pathways)
  - General practice & tertiary settings
- **Affiliated solo practice settings**
  - Convenience referrals
  - Combined management (integrated care pathways)

---

---

---

---

---


---

---

---

Nature:  
A Role Model for  
Integrative  
Healthcare

*"If you're looking for a role model in a world of complexity, you could do no worse than to imitate an ant or bee" National Geographics*

A photograph showing a dense cluster of small, reddish-brown ants crawling along a green, textured plant stem. The ants are interconnected, forming a bridge-like structure between two points on the stem.

---

---

---

---

---

---

---


---

### Applying Swarm Intelligence to Integrative Healthcare

**Colony 101**

- Simple creatures follow simple rules: each one acts on local information
- Complex behavior is coordinated by relatively simple interactions
- Symbiotic relationships are created
- Colonies respond quickly and effectively to their environment

An ant colony can solve problems unthinkable for individual ants

A close-up photograph of several ants on a green leaf. The ants are dark brown and are clustered together, some appearing to be in communication or working together on a task.

---

---

---

---


---

---

---

---

**Colony 101: Simple creatures follow simple rules: each one acts on local information**

A photograph of two ants on a dark surface. One ant is leaning forward, touching the antennae of another ant, which is a common behavior for ants to exchange information.

- Ants communicating w/ antennas what goes on inside and outside the colony

---

---

---

---

---

---

---

---

**Colony 101: Simple creatures follow simple rules: each one acts on local information**



•Field DC communicate experiences working in integrative healthcare settings at the ACC-RAC 2011 conference



---

---

---

---

---

---

---

---

**ACC-RAC 2011 FOCUS ON INTEGRATION**

*Examples of Successful Integration of Chiropractic Services from the field:*

- **VA facility:** Anthony Lisi, D.C. (Director, VA Chiropractic Service)
- **DoD facility:** Bart Green, D.C. (Navel Medical Center San Diego)
- **Hospital:** Rick Branson, D.C. (Fairview Sports and Orthopedic Care)
- **Corporate:** Bill Updyke, D.C. (LifeConnections Health Center)



“Chiropractic Education and practice in Integrative Healthcare”

---

---

---

---

---

---

---

---

**Colony 101: “Complex behavior is coordinated by relatively simple interactions”**



---

---

---

---

---

---

---

---

### Colony 101: “Complex behavior is coordinated by relatively simple interactions”



A physical medicine resident attends the chiropractic clinic one afternoon a week

- Simple actions of individuals add up to the complex behaviors of the group
- Work through individual differences of opinion to do what's best for the group



---

---

---

---

---

---

---

---

### Simple interactions to Intergative Care

#### • Reach out to other health care practitioners

- Practitioners in your local community
- Your patients physiatrist, internist, Family practitioners
- Local orthopedist, neurologist, dentist, physical therapist, podiatrist
- Local massages therapist, yoga , Tai Chi, Pilates studios



---

---

---

---

---

---

---

---

### Colony 101: Symbiotic relationships are created

#### An ant collects honeydew from an aphid



Ants (*Pheidole megacephala*) tending aphids for honeydew. The tight association of ants and aphids give the ants a significant carbohydrate boost and the aphids protection from predators.

- Creating a symbiotic relationship with other practitioners is mutually beneficial
- Not everything you do will work on everyone all of the time and vice versa
- Establish Best Practice levels for patient safety
- Decide when to treat, consult and when to urgently refer and to who
- Establish an association of Safety Referral Network

---

---

---

---

---

---

---

---

### SYMBIOTIC RELATIONSHIPS CAN BE CREATED

#### Interprofessional Education

- Understanding professional roles and responsibilities
- Developing skills for effective teamwork
- Integrating knowledge of clinical skills or subjects
- Collaborative learning leading to collaborative care
- Enhances professional development and personal confidence
- Enhanced respect between professions
- Encouragement of reflective practice



(Holland and Fielding 2009)

---

---

---

---

---

---

---

---

### Colony 101: Colonies respond quickly and effectively to their environment



---

---

---

---

---

---

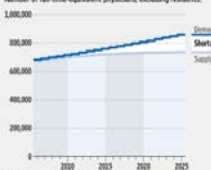
---

---

### Colony 101: Colonies respond quickly and effectively to their environment

- **Doctor of Chiropractic (D.C.)**— Chiropractors diagnose and treat back and neck pain and are considered by definition primary care physicians

Is There a Doctor in the House?  
The U.S. is projected to face a shortage of doctors in coming years.  
Number of full-time equivalent physicians, excluding residents:



Note: Projections assume current supply, use, and demand patterns continue.  
Source: Association of American Medical Colleges



---

---

---

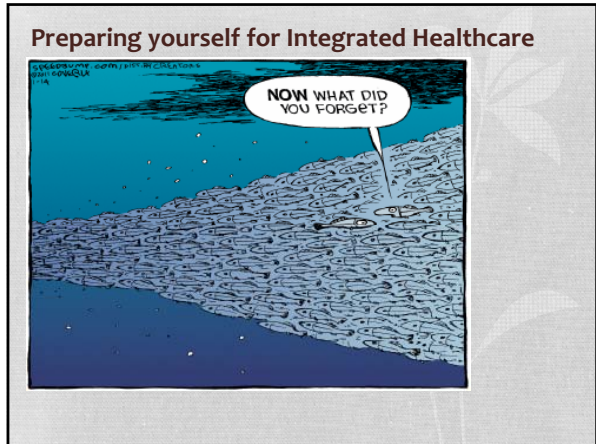
---

---

---

---

---



---

---

---

---

---

---

---

---

### Skills needed to integrate

- Learn other providers scope of practice
- Understand the language and culture of new environment
- Respect hospital leadership/learn system
- Be able to understand and read peer reviewed journals
- Maintain proper professional boundaries
- Develop and maintain good relationships
- Be a problem solver
- Practice evidence based healthcare
- Know rationale in ordering labs, images, special studies
- Be able to take a good history, exam, accurate diagnosis, and treatment plan
- Knowledge in active care and patient education

---

---

---

---

---

---

---

---

### Integrative Healthcare Language 101

- Primary Care Provider, Internist, Psychiatrist, Orthopedist, Orthopedic Surgeon, Neurologist, Psychologist, Osteopath, Physical Therapist, DPT vs. PT, Kinesiotherapist, Recreational Therapist, Medical Student/Intern (4yrs)->Resident (3 years)-> Fellow(2 years), RN vs. Nurse Practitioner vs. Physician Assistant, Vocational Rehabilitation Specialist, triage, consult, Chief of Staff, Section Chief, Director, Outpatient Services, Inpatient, peer review, protective peer review, chart review, Physical Medicine and Rehabilitation Services

A cartoon illustration of two men in suits talking. One is blue and the other is orange. There are small icons of a pill and a fish above them.

---

---

---

---

---

---

---

---

### Integrative Healthcare Language 101

- Subluxation?
- Mobilization?
- Manipulation?
- segmental dysfunction?
- Fixation?
- Adjustment?
- MRT?
- CMT?
- PIR?
- myofascial release/ART?
- Kemps vs. Facet loading?
- pelvic obliquity?
- Upper crossed syndrome
- Activator Method



---

---

---

---

---

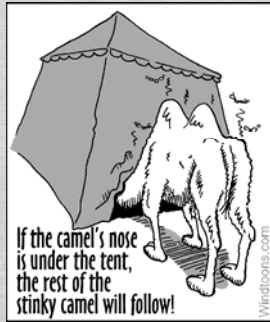
---

---

---

### Integration and Limited Resources

- Budget/Funding
- Space for clinic
- Equipment
- Support staff
- Supervisory positions
- Time
- Pt's limited funds
- Insurance limited reimbursements



---

---

---

---

---

---

---

---

### Challenges of Integrative Healthcare

- Integrative Medicine is much talked about and increasingly implemented. It poses four challenges:



---

---

---

---

---

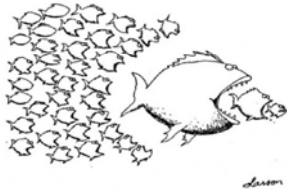
---

---

---

### 4 challenges to Integrative Medicine

- Is everybody talking about the same thing?
- What exactly is being implemented?
- Is it effective?
- Should chiropractic participate



• (Ian D. Coulter, Ph.D. "Chiropractic and Integrative Medicine. To Be or Not To Be: Cooperation Co-optation, Integration?")ACC/RAC 2011

---

---

---

---

---


---

---

---

### ACC-RAC 2011 "Focus on Integration"

March 17-19, 2011 Las Vegas



- ACC-RAC 2011 meeting combines 2 programs to enhance and nurture relationships between chiropractic, scholarship and education**
- Association of Chiropractic Colleges (ACC)** meeting and scientific/educational conference, which emphasizes educational structure, administration, teaching, and peer reviewed presentations
- Research Agenda Conference (RAC)** which focuses on the development of scientific knowledge, skills, and attitudes through workshop sessions.

---

---

---

---

---

---

---

---

### Positive aspects of Integrative Healthcare

- Financial, Therapeutic, EBP, Reputational, Provider/Patient based



---

---

---

---

---

---

---

---

### Interactive Learning Opportunities in Integrative Healthcare

SCUHS Chiropractic Student Rotate at VA GREATER LOS ANGELES HEALTHCARE SYSTEM (WLA & Sepulveda)

Ants only group apart from mammals where interactive teaching has been observed



• “In the case of the ants, the teachers sacrificed their own speed, as evidenced by the observation that they reached the food source four times more quickly on their own than when they had a student in tow”

- Scientific America,
- “Teacher Ants Show Students
- The Way to Food”,
- Jan 12, 2006




---

---

---

---

---

---

---

---

---

---

### OPPORTUNITIES IN INTEGRATION HEALTHCARE: STUDENT ROTATIONS AT VAGLA

12 week rotation program

Former VA/SCUHS students interns

- WLA Campus
- Sepulveda Ambulatory Care Center
- Valerie Johnson, D.C.
- Charles Fernandez, D.C.




---

---

---

---

---

---

---

---

---

---

### HOME COMING Banquet Nov 25, 1922

Points to remember at the Banquet if you see a photographer:

Smile at the camera, even if you are served 1/2 grapefruit for dessert

You might wind up on the cover of the SCUHS 2122 issue!




---

---

---

---

---

---

---

---

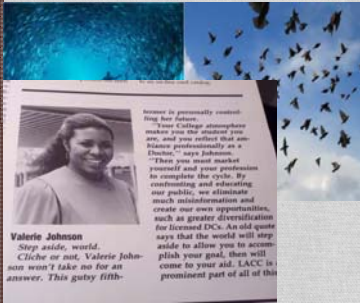
---

---

Thank you!

Valerie Johnson, D.C.  
Class of April 1988  
Contact Info:  
VA GREATER LOS ANGELES  
HEALTHCARE SYSTEM  
11301 Wilshire Blvd,  
Mail Code 117  
Los Angeles, CA 90073-1003  
(310) 478-3711 x49694

[Valerie.johnson4@va.gov](mailto:Valerie.johnson4@va.gov)




---



---



---



---



---



---



---



---