

Integrative Health

We are the UW Department of Family Medicine and Community Health's Integrative Health Program. Our work encompasses innovative approaches to compassionate health care, education and research. We invite you to partner with us to promote health and healing for all in body, mind and spirit.

Health and Healing: The Heart of Our Work

At the heart of integrative health is *salutogenesis*: the creation of health. We understand that well-being is built upon healthy living, personal strengths and life goals, and supportive relationships. Integrative health complements disease care while emphasizing the body's self-healing capacity.

Our practitioners honor the whole person, including connections with other people and the environment. Our vision is to bring health and healing to individuals and communities, and develop health care systems founded in health creation.



Compassionate Health Care

- We start by creating health for ourselves, so we can help others do the same.
- We ground our work in mindfulness, which is defined as *being in the present moment, on purpose without judgment*. This helps us make accurate diagnoses and identify our patients' health needs.
- We nurture relationships with patients to help them develop personal health plans focused on their goals.
- We emphasize the key ingredients of health: diet, physical activity, sleep, power of the mind, relationships, personal development, environment and spirit.
- We recommend both traditional and complementary therapies, and use interdisciplinary teams to provide care. We strive for better outcomes and quality of care at a lower cost, and share approaches for improving health care in the U.S.

Education

- We infuse integrative health content into classes and offer a rotation for University of Wisconsin medical students and residents. We also sponsor a national medical student elective on activism and integrative health.
- We offer fellowships in the clinical and research aspects of integrative health for board-certified physicians.
- We create online clinician education modules and patient handouts that describe integrative health approaches for a variety of health conditions.
- We speak across the country about integrative health to medical professionals and the public.

Research

We conduct research on integrative health approaches to guide ourselves, our professional colleagues and the public.

A National Partnership with the VHA

We are partnering with the Veterans Health Administration (VHA) and Pacific Institute for Research and Evaluation (PIRE) to transform the health care provided to Veterans.

We are traveling to VHA hospitals nationwide to teach clinicians how to shift the culture of health care towards a *Whole Health* model—one that promotes self-care and self-healing in addition to other types of treatment. In this model, members of the health care team ask patients what they value and how their health will support them—an approach that can instill hope, cultivate resilience and motivate change.

We have also developed a comprehensive online curriculum and point-of-care clinical tools for VHA clinicians and staff on the *Whole Health* approach to care.

Faculty Leadership



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How Can You Help?

Your donation to the Integrative Health Program will make it possible to continue our important work. This fund supports educational opportunities, outreach activities, and integrative health research projects.

To discuss a contribution, please contact Barbara Stransky at (608) 263-3446.



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