Healing the Wounds of Mind and Spirit

CAROL L. MONSON, DO, MS.
FACOFP, FAAFP
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Disclosures

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Objectives

- To discuss the philosophy of Optimal Aging & Osteopathic Medicine
- To discuss evidence-based research findings of The National Center for Complementary and Alternative Medicine (NCCIH)
- To define and discuss Evidence-based alternative interventions in patient care
- To discuss alternative care interventions with patients interested in alternative care.
Optimal Aging

The capacity to function across many domains—physical, functional, cognitive, emotional, social, and spiritual—to one’s satisfaction and in spite of one’s medical conditions.

Bates & Bates (1990)
Kenneth Brummel-Smith MD (2007)
OSTEOPATHIC MEDICINE

Principles of Osteopathic Medicine

Osteopathic Medicine views the human being as a unit of body, spirit and mind in which structure and function are interrelated or integrated

(Multiple authors interpreting A.T. Still)
Body

According to Wikipedia

- The **human body** includes the entire structure of a human being and comprises a **head**, **neck**, **trunk** (which includes the **thorax** and **abdomen**), **arms** and **hands**, **legs** and **feet**.
- Every part of the body is composed of various types of **cells**.
- Anatomical Container of Mind and Spirit
Body CHALLENGES

Biological
- Impaired taste or smell
- Impaired vision
- Multiple medications
- Cognitive deficits
- Difficulty swallowing
- Stomach/intestine diseases
- End-stage disease
Body CHALLENGES

Functional
- Manual dexterity problems
- Mobility limitations
- Falls
- Incontinence
- Increasing chronic disease
According to Wikipedia

- A **mind** is the set of cognitive faculties that enables consciousness, perception, thinking, judgement, and memory—a characteristic of humans, but which also may apply to other life forms.

- Whatever its relation to the physical body it is generally agreed that mind is that which enables a being to have subjective awareness and intentionality towards their environment, to perceive and respond to stimuli with some kind of agency and to have consciousness, including thinking and feeling.
According to Wikipedia

- An **Incorporeal** (without a physical body, presence or form) but ubiquitous, non-quantifiable substance or **Energy** present individually in all living things. Unlike the concept of souls (often regarded as eternal and sometimes believed to pre-exist the body) a spirit develops and grows as an integral aspect of a living being.
• In my presentation: Life Energy
• In Hinduism or Buddhism: Prana or Shakti
• In Chinese: Qi
• In Japanese: Ki
• In Hebrew: Koach-ha-guf
• In Greek: Bios
• In also Greek and English: Aether
Psychological/mental health

- Life Script
- Depression
- Dementia
- Bereavement
- Substance abuse
- Pre-death concerns
The mission of NCCIH is to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and health care. Scientific evidence informs decision-making by the public, by health care professionals, and by health policymakers regarding the use and integration of complementary and integrative health approaches.
• Advance research on mind and body interventions, practices, and disciplines.
• Advance research on natural products for complementary and integrative health.
• Increase understanding of “real world” patterns and outcomes of complementary and integrative health approaches and their integration into health care and health promotion.
• Improve the capacity of the field to carry out rigorous research.
• Develop and disseminate objective, evidence-based information on complementary and integrative health interventions.
National Health Interview Survey

- Conducted by the National Center for Health Statistics (NCHS), part of the Centers for Disease Control and Prevention.
- Interviewers visit between 35,000 and 40,000 households to ask people questions about their health.
- Once every 5 years, the NHIS includes questions about complementary health approaches
10 most common complementary health approaches among adults—2012

- Natural Products*: 17.7%
- Deep Breathing: 10.9%
- Yoga, Tai Chi, or Qi Gong: 10.4%
- Chiropractic or Osteopathic Manipulation: 8.4%
- Meditation: 8.0%
- Massage: 6.9%
- Special Diets: 3.0%
- Homeopathy: 2.2%
- Progressive Relaxation: 2.1%
- Guided Imagery: 1.7%

* Dietary supplements other than vitamins and minerals.

Osteopathic physicians, chiropractors, and some other health care professionals use a technique called spinal manipulation. Practitioners perform spinal manipulation by using their hands or a device to apply a controlled force to a joint of the spine. This technique can provide mild-to-moderate relief from low-back pain and may also be helpful for headaches.

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Research Outcomes OMT

- Effects of comprehensive osteopathic manipulative treatment on balance in elderly patients: a pilot study.
  Lopez, King, Knebl. Et al (2011)
- Effect of cranial osteopathic manipulative medicine on cerebral tissue oxygenation.
- Preventive Osteopathic Manipulative Treatment and Stress Fracture Incidence Among Collegiate Cross-Country Athletes
  Brumm, Janiski, Balawender, Feinstein (2013)
  Licciardone, Subhash (2013)
Research Outcomes
OMT, Chiropractic, Physical Therapy

- Osteopathic manipulative treatment of back pain and related symptoms during pregnancy: a randomized controlled trial
  Licciardone, Buchanan, Hensel, et al. (2010)

  Furlan, Yazdi, Tsertsvadze, et al. (2010)

- Dose-response and efficacy of spinal manipulation for care of chronic low back pain: A randomized controlled trial
  Haas, Vavrek, Peterson (2013)

- Spinal manipulative therapy-specific changes in pain sensitivity in individuals with low back pain
• Dose response and efficacy of spinal manipulation for chronic cervicogenic headache: a pilot randomized controlled trial.
  Haas, Spegman, Peterson, et al.(2010)

• A comparison of spinal manipulation methods and the usual medical care for acute and sub-acute low back pain: A randomized clinical trial
  Schneider, Haas, Glick, et al (2014)

• Risk of stroke after chiropractic spinal manipulation in Medicare B beneficiaries aged 66 to 99 years with neck pain.
Meditation

- Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.
- Mind and body practices focus on the interactions among the brain, mind, body, and behavior.
- There are many types of meditation, most of which originated in ancient religious and spiritual traditions.

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Meditation can take a variety of forms:
- mantra meditation,
- relaxation response,
- mindfulness meditation,
- Transcendental Meditation,
- Zen Buddhist meditation, and others.
Yoga and Tai chi also incorporate meditative components.

Most meditations have four elements in common:
- a quiet location with as few distractions as possible;
- a specific, comfortable posture (sitting, lying down, walking, or in other positions);
- a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath);
- and an open attitude (letting distractions come and go naturally without judging them).

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Research suggests that practicing meditation may reduce blood pressure, symptoms of irritable bowel syndrome, anxiety and depression, insomnia, and the incidence, duration, and severity of acute respiratory illnesses (such as influenza). Evidence about its effectiveness for pain and as a smoking-cessation treatment is uncertain.

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Research Outcomes-Meditation

- Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state.
  Desbordes, Negi, Pace, et al (2012)
- Mental training affects distribution of limited brain resources
- Mindfulness practice leads to increase in regional brain gray matter
  Hölzel, Carmody, Vangel, et al. (2011)
- A randomized controlled trial of mindfulness meditation for chronic insomnia.
The potential effects of meditation on age-related cognitive decline: a systematic review.
Gard, Hölzel, Lazar, (2014)

Mindfulness training reduces the severity of irritable bowel syndrome in women: results of a randomized controlled trial.
Gaylord, Palsson, Garland, et al. (2011)

A randomized controlled trial on effects of the Transcendental Meditation program on blood pressure, psychological distress, and coping in young adults.
Nidich, Rainforth, Haaga, et al.

A randomized controlled trial of mindfulness-based stress reduction to prevent flare-up of ulcerative colitis in patients with inactive ulcerative colitis
Yoga is a meditative movement practice with historical origins in ancient Indian philosophy. In people with chronic low-back pain, a carefully adapted set of yoga poses may reduce pain and improve function. Like other forms of regular exercise, yoga may have health benefits such as reducing stress and improving overall physical fitness, strength, and flexibility.

NCCIH
There are numerous schools of yoga.  
Hatha yoga, the most commonly practiced in the United States and Europe, emphasizes postures (asanas) and breathing exercises (pranayama).  
Some of the major styles of Hatha yoga are Iyengar, Ashtanga, Vini, Kundalini, and Bikram yoga.  

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Qigong & Tai Chi

- Qi gong is a discipline from traditional Chinese medicine that combines gentle physical movements, mental focus, and deep breathing.
- Tai chi, which originated in China as a martial art, is a mind and body practice. Tai chi is sometimes referred to as “moving meditation”—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.

NCCIH
A discipline from traditional Chinese medicine that combines gentle physical movements, mental focus, and deep breathing.

An integration of physical postures, breathing techniques, and focused intentions.

Practices can be classified as Martial, Medical, or Spiritual.

All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus.

National Qigong Association
Qigong & Tai Chi

- Practices vary from the soft internal styles such as Tai Chi; to the external, vigorous styles such as Kung Fu.
- The slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged and can be practiced by all age groups.
- In people with chronic low-back pain, a carefully adapted set of postures may reduce pain and improve function.
- Some practices increase the Qi; others circulate it, use it to cleanse and heal the body, store it, or emit Qi to help heal others.

National Qigong Association
Research Outcomes-Yoga

- Iyengar Yoga May Improve Fatigue in Breast Cancer Survivors
  
  Bower, Garet, Sternlieb, et.al (2011)

- Weekly and Twice-Weekly Yoga Classes Offer Similar Low-Back Pain Relief in Low-Income Minority Populations
  
  Saper, Boah, Keosaian, et.al (2013)

- Study Quantifies Physical Demands of Yoga in Seniors
  
Research Outcomes-Tai Chi

- Augmenting immune responses to varicella zoster virus in older adults: a randomized, controlled trial of Tai Chi.  
  Irwin, Olmstead, Oxman (2007)
- Improving sleep quality in older adults with moderate sleep complaints: A randomized controlled trial of Tai Chi Chih.  
  Irwin, Olmstead, Motivala (2008)
- Tai chi and postural stability in patients with Parkinson's disease  
  Li, et. al (2012)
- The Effects of Tai Chi on Bone Mineral Density in Postmenopausal Women: A Systematic Review  
Research Outcomes-Tai Chi

- Quality of Life and Safety of Tai Chi and Green Tea Extracts in Postmenopausal Women
  Shen, Chyu, Pence, et. al (2010)

- A comprehensive review of health benefits of qigong and tai chi.

- A randomized trial of Tai Chi for fibromyalgia
  Wang, Scmid, Rones, et.al (2010)

- Prescribing Tai chi for fibromyalgia—are we there yet?
  Yeh, Kaptchuk, Shmerling, (2010)
Other CAM Interventions

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The body heals with play,
The mind heals with laughter,
And the spirit heals with joy

Proverb