

Models to Optimize Health and Healing Across the Lifespan

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The Real Healthcare Recovery Plan

- **Chronic conditions consume more than 75% of healthcare costs, and are largely effected by lifestyle choices and health behaviors (\$1.87 trillion)**
- **The current healthcare model doesn't work because we are starting from the wrong place**
- **We have a professional and now an economic imperative to change**



A Radical Departure

- Our current model is problem based and disease oriented
- Individuals do not change their lifestyle choices and health behaviors until we know what their life is about
 - Behavior changes are sustainable when they have deeply personal significance
- This calls for a complete change in the mindset and practice of healthcare



Radical concept, Real implementation

Creating a completely new framework for health

- Tools (system design; forcing the framework)
 - Integrative intake, Medical record, HRA, Health Profile and Personalized Health Plan (not problem list and treatment plan)
- Team of providers (a collaborative model)
 - Who is missing?
 - The role of the Integrative Health Coach
- Training (core competencies)
 - For both existing members of healthcare team and new members
- Traction (dissemination and implementation)
 - The Bravewell Clinical Network

