

Integrating Health and Health Care

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What Do We Have?

- Uncoordinated – no coherent approach or infrastructure
- Disease-event oriented ; find it – fix it
- Reactive
- Physician-directed with little patient engagement
- Not personalized, standardized or safe
- Expensive

Fragmented Health Care

SELF
CARE

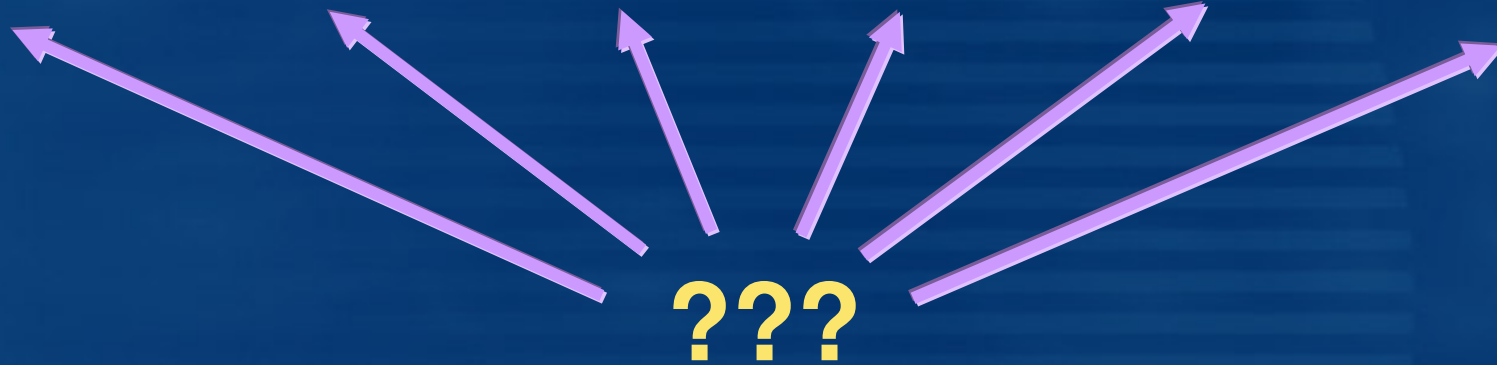
PRIMARY
CARE

URGENT
CARE

ER
CARE

SPECIALTY
CARE

HOSPITAL
CARE



PROSPECTIVE HEALTH CARE

The Facts

- Health is fundamental and a personal resource.
- Health and well-being is more than no disease.
- Health care be enhanced and diseases prevented/mitigated.
- Health risks and advantages are personalized and can be approached accordingly.
- Capabilities for improvement are expanding rapidly.

What Should Our Health System Do?

- Promote and enhance health and well-being.
- Treat acute illnesses effectively.
- Identify susceptibility and reduce risk for chronic disease.
- Intervene early and treat chronic disease effectively.
- Provide effective care for catastrophic events/illnesses.
- Promote compassionate support for end of life.

What Is Integrative Medicine?

Orienting the health care process to create a seamless engagement by patients and caregivers in the full range of physical, psychological, social, preventive and therapeutic factors known to be effective and necessary for the achievement of optimal health over the course of one's life.

- Integrating approaches
- Integrating systems

Integration of resources to promote health, well-being and health care.

Shared Responsibilities

- Individual
- Health care system
- Supporting systems

Science and Medicine

1900s

Germ Theory

Chemistry

Physiology

Pathology

Physics

*Find It
Fix It*

*Understanding
Disease*

2000s

Genomics

Proteomics

Metabolomics

Systems Biology

Informatics

Micro/Nano Processing

*Predict It
Personalize It*

*Understanding Health,
Disease and Complexity*

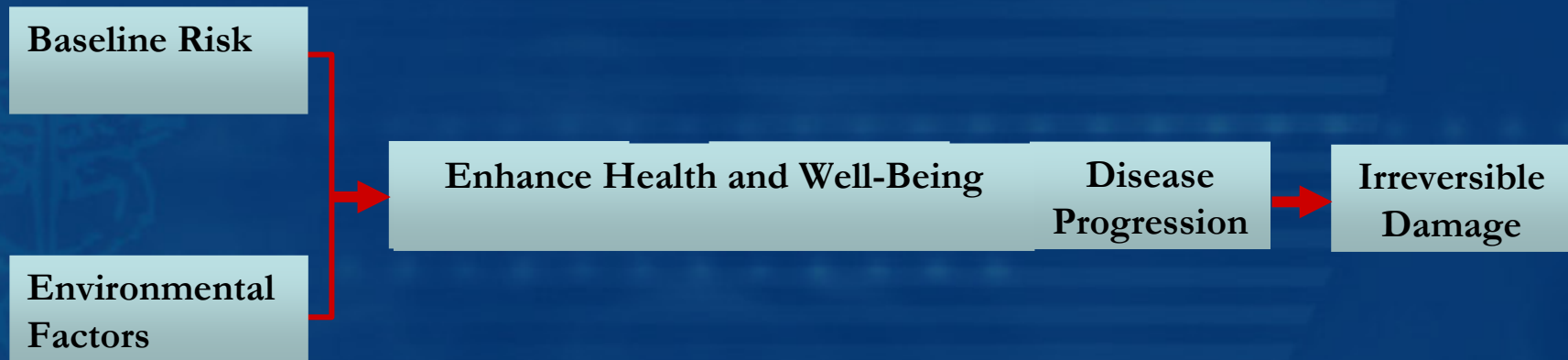
PROSPECTIVE HEALTH CARE

Concepts of Disease

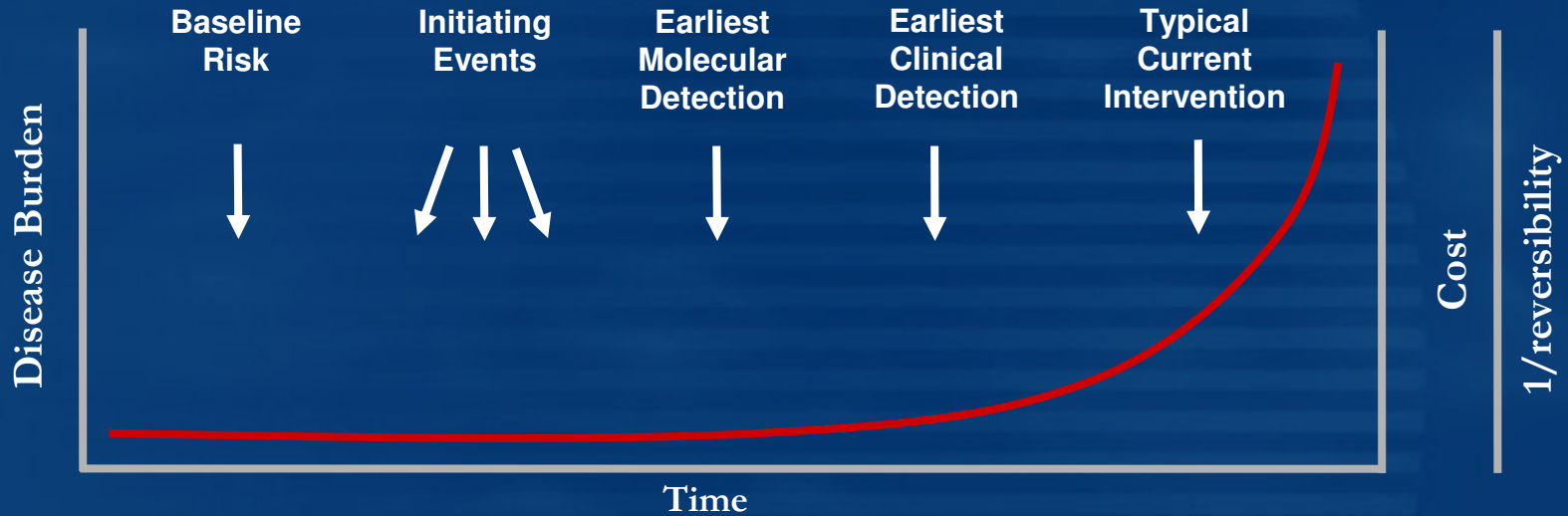
Reductionism: Single factor



Emergence: Multiple factors



Personalized, Predictive Prevention



Prevention

Early
Intervention

Disease
Management

End of Life
Care

Stable Genomics

Dynamic
Testing

Therapeutic Decision Support



The Components of Care

- Health and well-being
- Acute care
- Chronic disease care
- Emergency care
- Catastrophic care
- End of life care

Integrated Approaches and Systems

- Enhance health and well-being
- Minimize risk for chronic disease
- Detect and intervene early and coherently

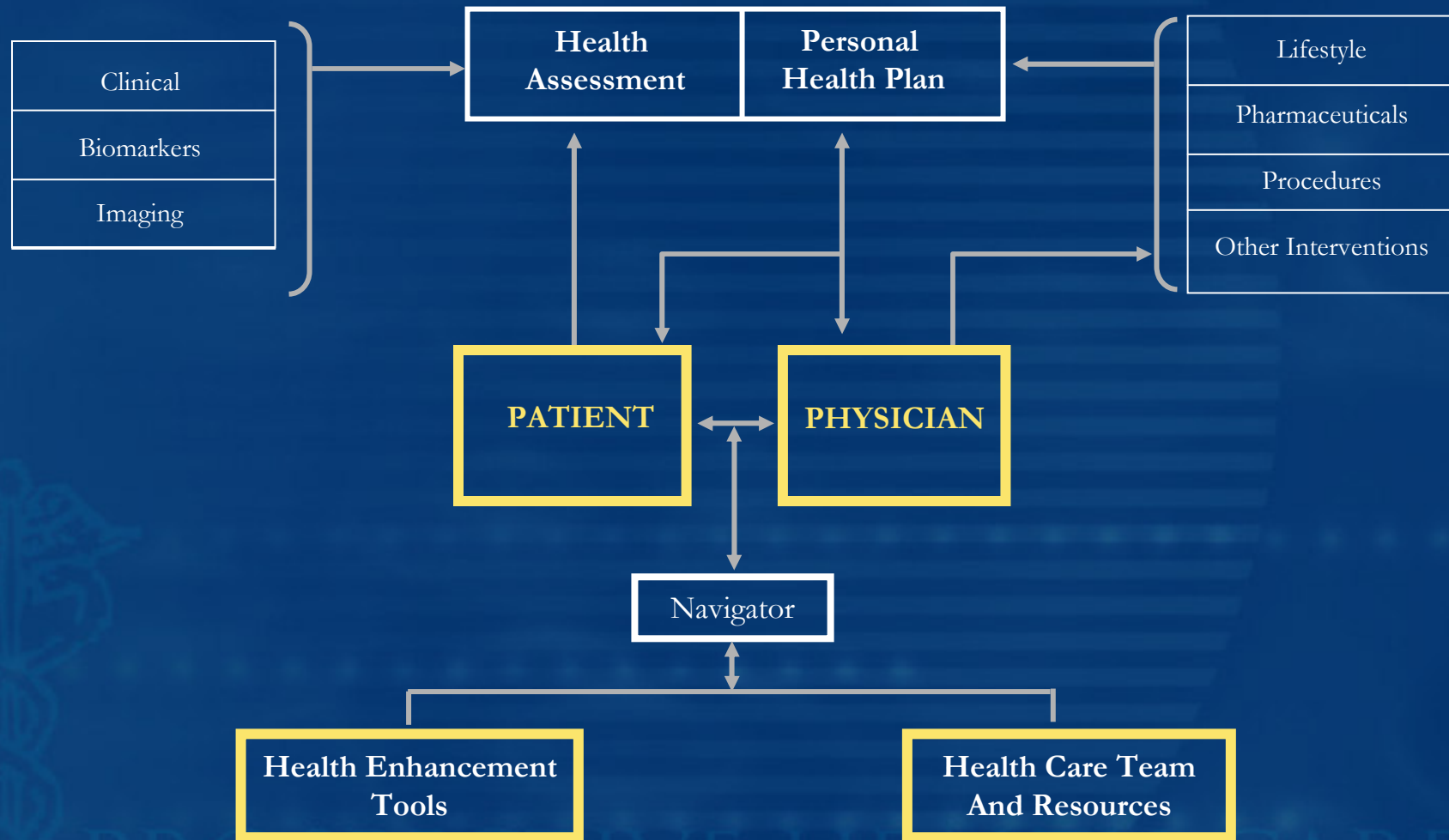
	Hi Tech	Low Tech
Develop coherent approaches		
• Health promotion	✓	✓✓✓
• Acute Care	✓✓	✓✓
• Emergency Care	✓✓✓	✓
• Disease Prevention	✓	✓✓✓
• Disease Management	✓✓	✓✓
• End of Life Support	✓	✓✓✓

Personalized Health Planning

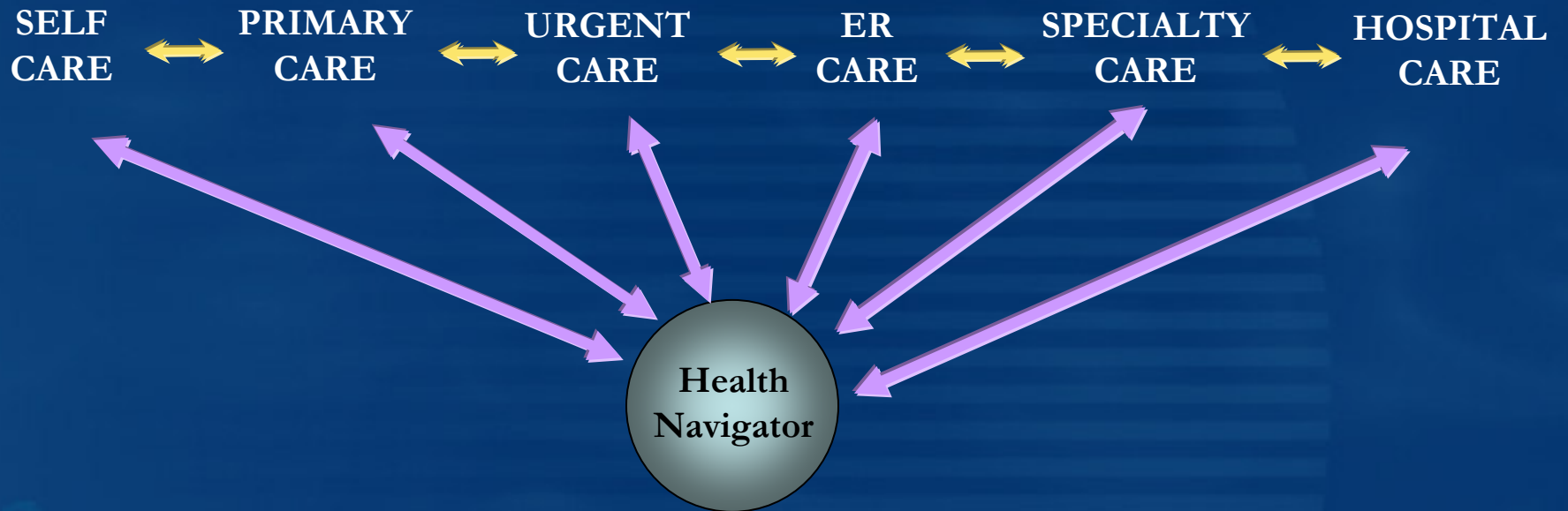
- Current Health Status
- Health Risk Assessment
- Health Risk Tracking
- Wellness Plans
- Therapeutic Plans

PROSPECTIVE HEALTH CARE

Model for Personalized Health Plan



PHR Coordinates Care



Improving Health Care

Contemporary vs Integrative Care

- Reactive
 - Sporadic
 - Disease oriented
 - Find it, fix it
 - Physician-directed
 - Dogmatic
- Proactive, lifelong
 - Continuity of care
 - Health and prevention
 - Identify and minimize risk
 - Individual empowerment/partnerships
 - Enlightened

PROSPECTIVE HEALTH CARE

“There is nothing more difficult to plan, more doubtful of success, nor more dangerous to manage than the creation of a new system. The initiator has the enmity of all who profit from the old institution and merely lukewarm defenders in those who would gain the new ones.”

Niccolo Machiavelli

“It is not the strongest of the species that survives, but rather the one most responsive to change.”

Charles Darwin

PROSPECTIVE HEALTH CARE