Integrative Medicine: Health-Oriented Care

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For Depression:
Good Therapist with placebo > Poor Therapist with active drug
For Depression:
Good Therapist with placebo > Poor Therapist with active drug

Addressing Suffering

Wong-Baker SUFFERING Scale

Which face shows how much you are suffering now?

0      1      2      3      4      5      6       7      8      9     10
No hurt Hurts a little bit Can’t ignore the hurt Hurts more Hurts even worse Worst pain

0-10 Numeric Suffering Rating Scale

0      1      2      3      4      5      6       7      8      9     10
No Suffering Moderate Suffering Worst Possible Suffering
Teams for Health and Disease

- City Planners (bike paths, CSA)
- Nutritionists
- Exercise physiologists, fitness instructors
- Community support groups
- Psychologists
- Spiritual guides
- The arts and humanities (artists, music, clowns)
- Family members
- Primary care-Medical Home
Goal: Shorten Time between Health and Death.
A change in philosophy…..

What is wrong with you?
To
What is right with you?
Health Focused Care

- Life stressors
- Meaning and purpose
- Exercise/movement
- Epidural Blocks
- Health Care Team
- Insight
- Access
- Nutrition
- Acupuncture

Relationship

Rx

Surgery
“The significant problems we face cannot be solved by the same level of thinking that created them.”

Albert Einstein