

VA



U.S. Department of Veterans Affairs

Department of Veterans Affairs
Office of Patient Centered Care and
Cultural Transformation

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The Complementary and Integrative Health Evaluation Center (CIHEC) A VA QUERI Partnered Evaluation Center

CIHEC

*Complementary and Integrative
Health Evaluation Center*



Complementary and Integrative Health Evaluation Center

Directors: Stephanie L. Taylor (LA) and A. Rani Elwy PhD
(Boston)

6 Locations: LA, Bedford/Boston, Seattle, Minneapolis, Palo Alto,
Tampa

Primary Partner: VA Office of Patient Centered Care & Cultural
Transformation (OPCC&CT)



4 2016-18 CIHEC Projects

- 1) National Survey (“Environmental Scan”) of CIH Provision at the VA (Melissa Farmer, Stephanie Taylor, Anita Yuan, Mike McGowan)
- 2) PRIMIER-I (Rani Elwy, Jolie Haun and Team Connect)
- 3) Battlefield Acupuncture Implementation and Effectiveness
(Stephanie Taylor, Karleen Giannitrapani, Princess Osei-Bonsu, Steve Zeliadt, Eva Thomas)
- 4) Survey of Veterans’ Interest in and Use of CIH (Stephanie Taylor, Katherine Hoggatt, Mark Meterko- VA SHEP Program/RAPID, IPSOS)



2018-2020 CIHEC Project

CIH Data Nexus- To facilitate OPCC&CT's needs to answer questions about CIH use and provision to internal and external audiences

- 1) CIH Use in (CDW) and outside (CHOICE) the VA (Steve Zeliadt, Eva Thomas, Hannah Gelman, Alexis Huynh)
- 2) CIH Provision-Environmental Scan (Melissa Farmer, Stephanie Taylor, Anita Yuan, Mike McGowan)

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The National Survey of Veterans Use of and Interest in Complementary and Integrative Health Approaches

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Acknowledgements

Project Team: PI Stephanie Taylor PhD, VA Los Angeles
Katherine Hoggatt PhD, VA Los Angeles

Operational Partners:

Benjamin Kligler MD, Alison Whitehead MPH and Amanda Hull PhD, VA Office of Patient Centered Care and Cultural Transformation

Mark Meterko PhD, VA SHEP Program under the Office of Reporting, Analytics, Performance, Improvement and Deployment (RAPID)

Additional Support:

IPSOS team for input on the survey content and executing the survey.



Rationale for Veteran CIH Survey

- In part to guide the expansion of evidence-based CIH at the VA, VHA leaders sought information on Veterans' interest in and use of CIH approaches.
- We addressed that gap by surveying Veterans about their use of and interest in 26 CIH approaches using a large national sample.



Methods: Survey Overview

- Survey fielded July 17-25, 2017
- Invited N=3,364 members of the national Veteran Health Administration's Veteran Insights Panel (VIP) to participate
- VIP members were emailed a survey link and asked to complete survey within 2 weeks
- n=1,230 completed the survey (37% response rate)



Sample: Veteran Interest Panel

- Marital status: **63%=married**, 8%=single, 29%=sep./divorced/widowed
- Race/ethnicity: **86%=Non-Hispanic White**, 7% were Non-Hispanic Black, 6%=Hispanic, 2%=Asian, 5%= Native Hawaiian/Pacific Islander/or Native American
- Annual income: **56%=< \$60k**, 33% \$61-100k, 11%=\$100k
- Health status: very good/exc=32%, **good=38%**, or poor=31%
- Residence: **Urban=63%**, rural =37%
- Length of time of using the VA health care system: **10+ yrs=39%**, 5-9 yrs=26%, 1-4 yrs=29%, <1 yr=2, non-user=4%
- Freq. of use of VA healthcare system: 1+/mo=28%, **every few mos or less=68%**, and 4%=missing



Results: What CIH Did Veterans Use in Past Year

52% used any type of CIH approach in the past year (n=1,230):

44% massage therapy

37% chiropractic

34% mindfulness

24% non-mindfulness/mantram medit.

25% yoga

20% progressive relaxation

17% acupuncture

17% movement therapy

15% animal assisted therapy

14% acupressure

12% reflexology

11% mantram meditation

10% Tai Chi

9% guided imagery

9% healing/therapeutic touch or reiki

8% creative art therapy

7% biofeedback

6% Pilates

6% Qi Gong

5% Native American healing

4% EMDR

3% using hypnotherapy/hypnosis



Results: What Percent Used in the VA?

Total Using (% Used in VA Only/Both In and Out of VA)

- 44% (2%) massage therapy
- 37% (5%) chiropractic
- 34% (7%) mindfulness
- 24% (3%) non-mindful/mantram medit.
- 25% (3%) yoga
- 20% (3%) progressive relaxation
- 17% (5%) acupuncture
- 17% (3%) movement therapy
- 15% (1%) animal assisted therapy
- 14% (1%) acupressure
- 12% (1%) reflexology



Results: Why Did They Use it and Was it Helpful

CIH Approach	Most Freq.-Reported Reason for Using CIH Approach n (%)	CIH Approach was Moderately/Very Helpful for Addressing Most Freq.-Reported Reason - n (%)
Acupuncture (n = 107)	For pain: 99 (93%)	54 (54%)
Battlefield Acup. (n = 13)	For pain: 12 (92%)	5 (42%)
Chiropractic (n = 241)	For pain: 221 (92%)	168 (76%)
Acupressure (n = 93)	For pain: 76 (82%)	43 (57%)
Massage Therapy (n = 281)	For pain: 210 (75%)	161 (77%)
Reflexology (n = 75)	For pain: 52 (69%)	20 (38%)
Healing Touch/ Reiki/ Ther. Touch (n = 61)	For pain: 42 (69%)	23 (55%)
Movement Therapy (n = 112)	For pain: 73 (65%)	41 (56%)
Biofeedback (n = 43)	For pain: 20 (46%)	10 (50%)



Results: Why Did They Use it and Was it Helpful

CIH Approach	Most Freq.-Reported Reason for Using CIH Approach n (%)	CIH Approach Moderately/Very Helpful for Addressing Most Freq.-Reported Reason - n (%)
Creative Art Therapy (n = 53)	For stress/relaxation: 41 (77%)	31 (76%)
Animal Asst. Therapy (n = 95)	For stress/relaxation: 71 (75%)	62 (87%)
Meditation – Mindfulness (n = 217)	For stress/relaxation: 158 (73%)	111 (70%)
Progressive Relax. (n = 130)	For stress/relaxation: 87 (67%)	58 (67%)
Native American Healing Practices (n = 35)	For stress/relaxation: 21 (60%)	15 (71%)
Meditation -Other (n = 158)	For stress/relaxation: 90 (57%)	55 (61%)
Hypnother./Hypnosis (n = 22)	For stress/relaxation: 12 (55%)	10 (83%)
Guided Imagery (n = 60)	For stress/relaxation: 32 (53%)	21 (66%)
Meditation - Mantram (n = 71)	For stress/relaxation: 37 (52%)	21 (57%)



Results: Why Did They Use it and Was it Helpful

CIH Approach	Most Freq.-Reported Reason for Using CIH Approach n (%)	CIH Approach Moderately/ Very Helpful for Addressing Most Frequently-Reported Reason - n (%)
Pilates (n = 40)	Overall health/well-being: 29 (73%)	25 (86%)
Yoga (n = 159)	Overall health/well-being: 115 (72%)	75 (65%)
Qi Gong (n = 23)	Overall health/well-being: 15 (65%)	10 (67%)
Tai Chi (n = 66)	Overall health/well-being: 44 (67%)	30 (68%)
Native American Healing Practices (n = 35)	Overall health/well-being: 21 (60%)	17 (81%)
Eye Movement Desens.& Reprocessing (n = 16)	PTSD: 11 (69%)	8 (73%)



Results: % of Veterans Interested

About half of veterans were interested in trying or learning more about 6 CIH approaches:

- massage therapy (82%)
 - chiropractic (62%)
 - acupuncture (55%)
 - acupressure (54%)
 - reflexology (49%)
- progressive relaxation (49%)



Conclusions

- About half of Veterans used any of 26 CIH approaches.
- Most frequently used were massage, chiropractic, mindfulness, yoga (20% or more of Vets used each).
- About half of Veterans were interested in trying or learning more about 6 CIH approaches.
- Pain and stress reduction/relaxation were the two most frequent reasons for using CIH approaches.



Conclusions

- Gap between Veterans' interest and use might = untapped opportunity to educate Veterans and providers about evidence-based CIH approaches.
- Veterans use appears much higher than general populations' in 2012.
- Why? Is it because CIH is becoming more mainstream? More vets have pain/anxiety? CIH often provided at no to relatively low-cost in VA healthcare system?
- Veterans' CIH use likely continue to increase given expansion in provision.