

VA



U.S. Department of Veterans Affairs

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

**Whole
Health
for
Life**

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 CIHEC Environmental Scan of Complementary and Integrative Health Approaches in VA:

Results of the VA National Organizational Survey

Melissa M. Farmer, PhD
VA HSR&D CSHIIP and CIHEC



CSHIIP
Center for the Study
of Healthcare Innovation,
Implementation & Policy

CIHEC
Complementary and Integrative
Health Evaluation Center

HSR&D Cyberseminar
January 17, 2019



ACKNOWLEDGEMENTS



Project Team

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Amanda Hull, PhD

VA QUERI (PEC 16-354)





Objective of the Survey of CIH Provision

Assess what Complementary and Integrative Health (CIH) approaches are available at the Veterans Health Administration (VA)

Examine:

- the degree to which the approaches are implemented nationally
- the barriers and challenges to implementation





Who Did We Survey?

Developing the point of contact list:

- VA national calls
- CIH Field Implementation Teams' liaisons
- Veterans Integrated Service Network (VISN) leads
- Listservs
- VA Pulse
- Snowball methodology

We have worked with over 400 people to identify leaders.



Survey Contents

Types of CIH approaches offered (27+)

Acupressure

Acupuncture

Animal Assisted Therapy

Aromatherapy

Battlefield Acupuncture

Biofeedback

Chiropractic care

Creative Art Therapy

Eye Movement D&R

Guided Imagery

Hypnotherapy

Integrated Health Consult

Massage Therapy

MBSR

Meditation: Mantram

Meditation: Other

Mindfulness other than MBSR

Movement Therapy

Native American Healing

Pilates

Qi Gong

Reflexology

Reiki

Relaxation Techniques

Tai Chi

Therapeutic or Healing Touch

Yoga

Other approach





Survey Contents Continued

- For each CIH approach:
 - Where (department)
 - Who provides
 - Implementation Issues
 - Sufficiency of resources
 - Challenges to implementation
- Strategies for outreach and enrollment
- Use of telehealth (phone or video link) to deliver CIH approaches
- Request for additional points of contacts



Survey Administration



- Web-based program in REDCap
- August 2017-September 2018
- Link to survey sent via email
 - Three email reminders
 - 3rd included a message from OPCC&CT
 - Reminders on listservs and calls
- Links sent to new contacts as identified



Responses

- Respondents = 193
- Representing 278 sites
- Data on 27 different types of CIH approaches
 - Represents a total of 1,559 CIH programs nationally





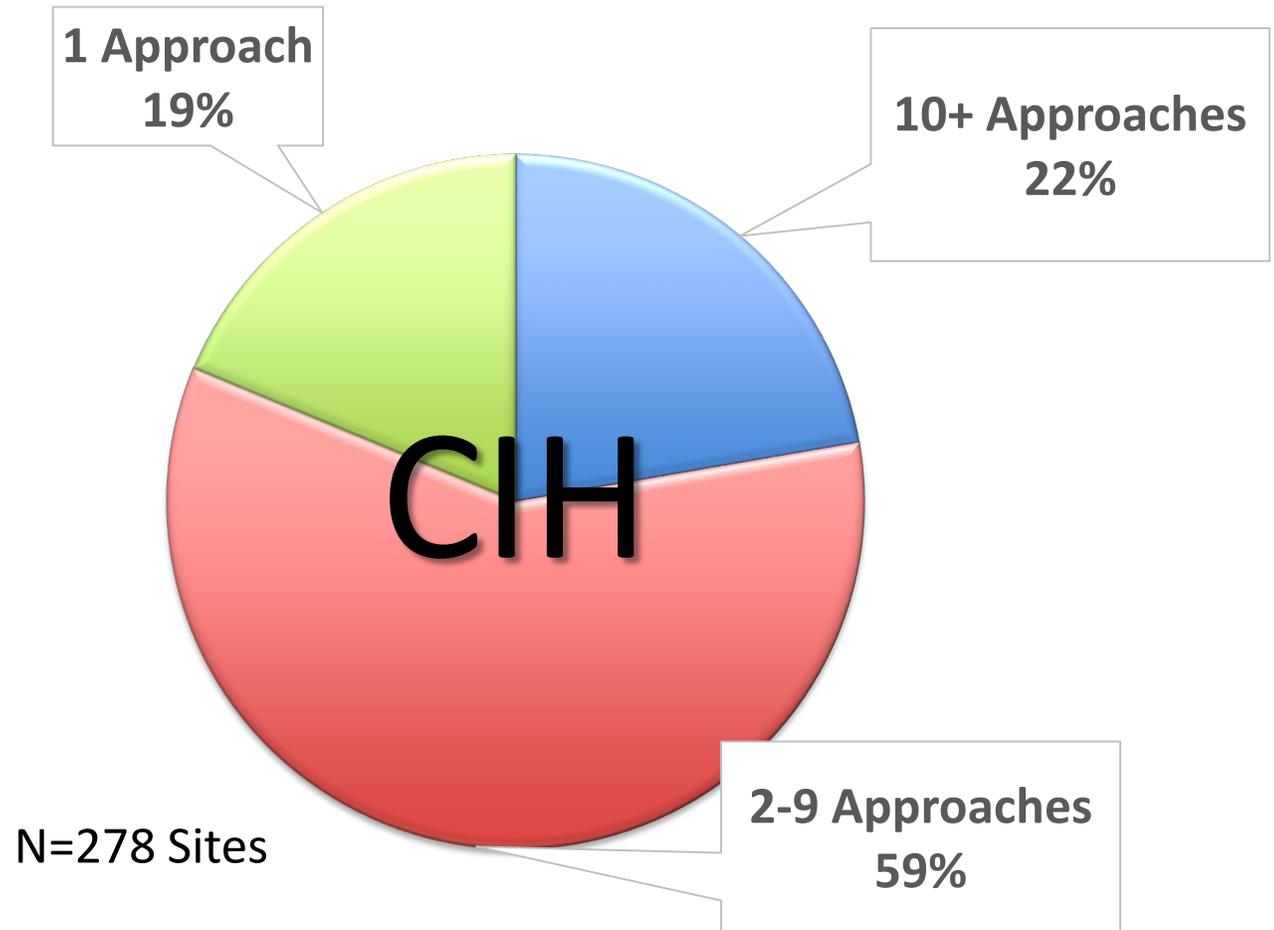
Results: Number of CIH Approaches Offered at Sites

Sites offered on average 6 CIH approaches



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Sites offered on average 6 CIH approaches





Top 8 Most Frequently Offered CIH Programs



Relaxation Techniques
n=139



Mindfulness other
than MBSR
n=134



Guided Imagery
n=124



Yoga
n=119



Meditation
n=112



Tai Chi
n=98



Battlefield
Acupuncture
n=92

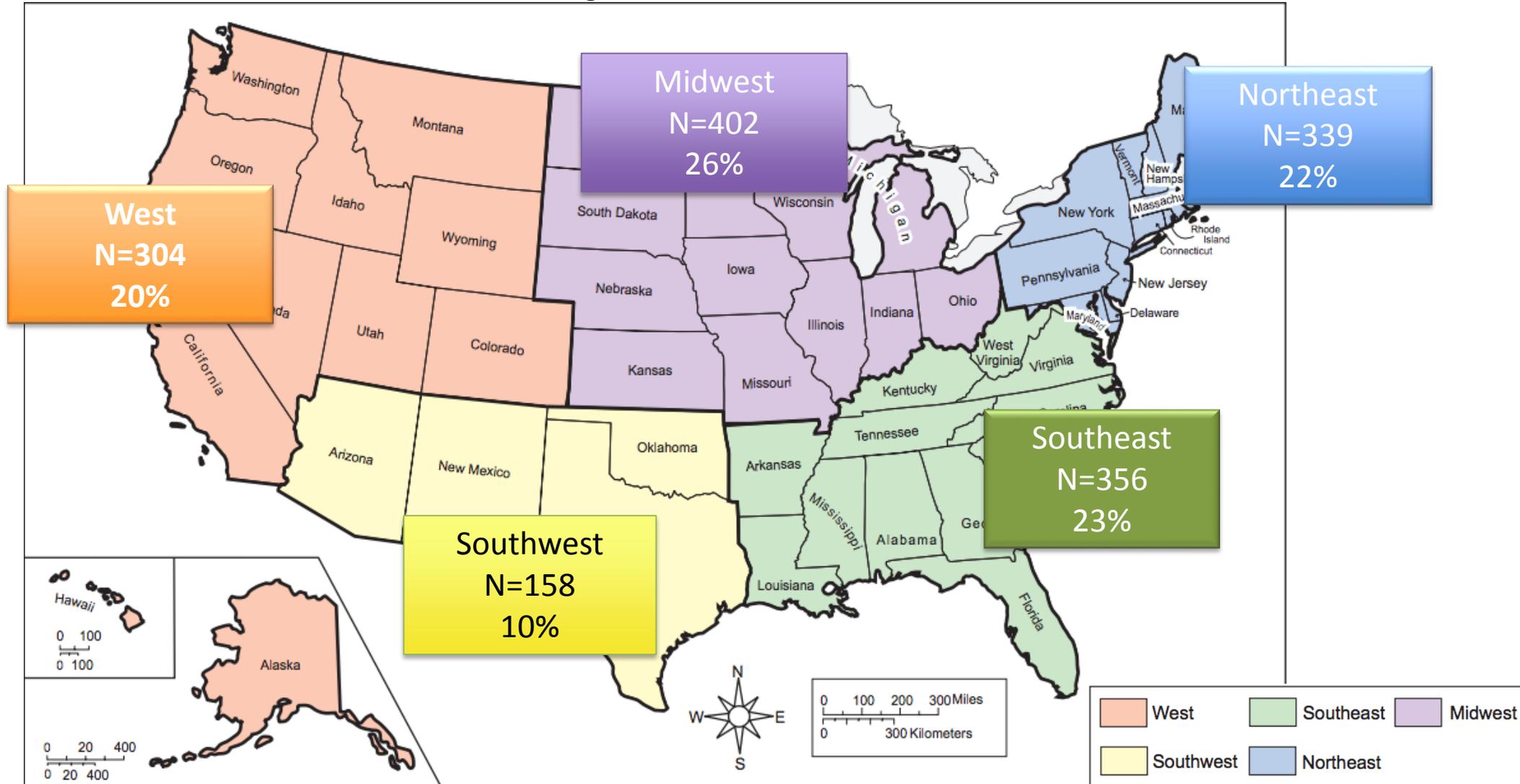


Acupuncture
n=83



CIH Programs By Region

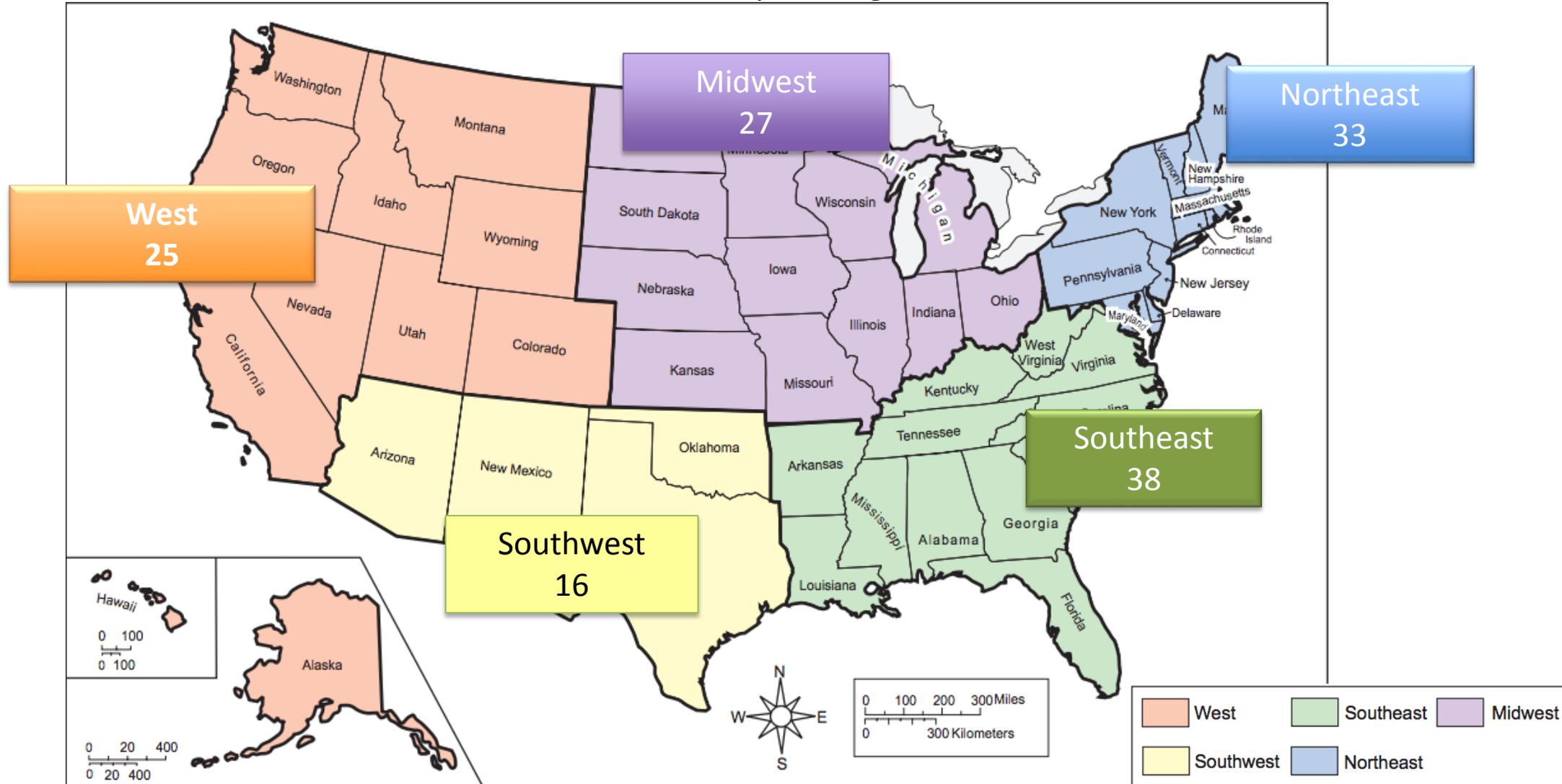
Total Programs=1,559





Relaxation Techniques Programs By Region

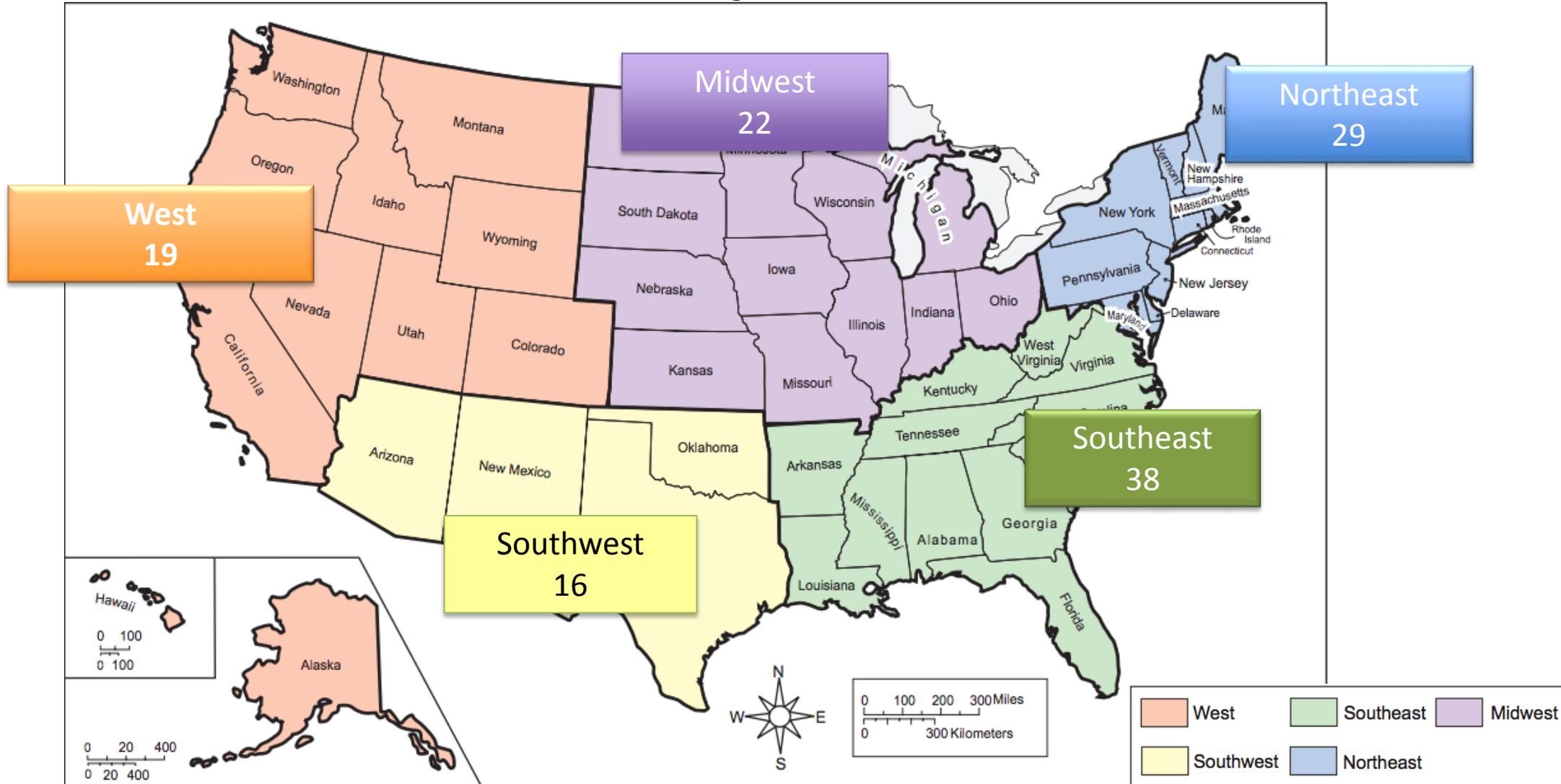
Relaxation Techniques Programs=139





Mindfulness Programs By Region

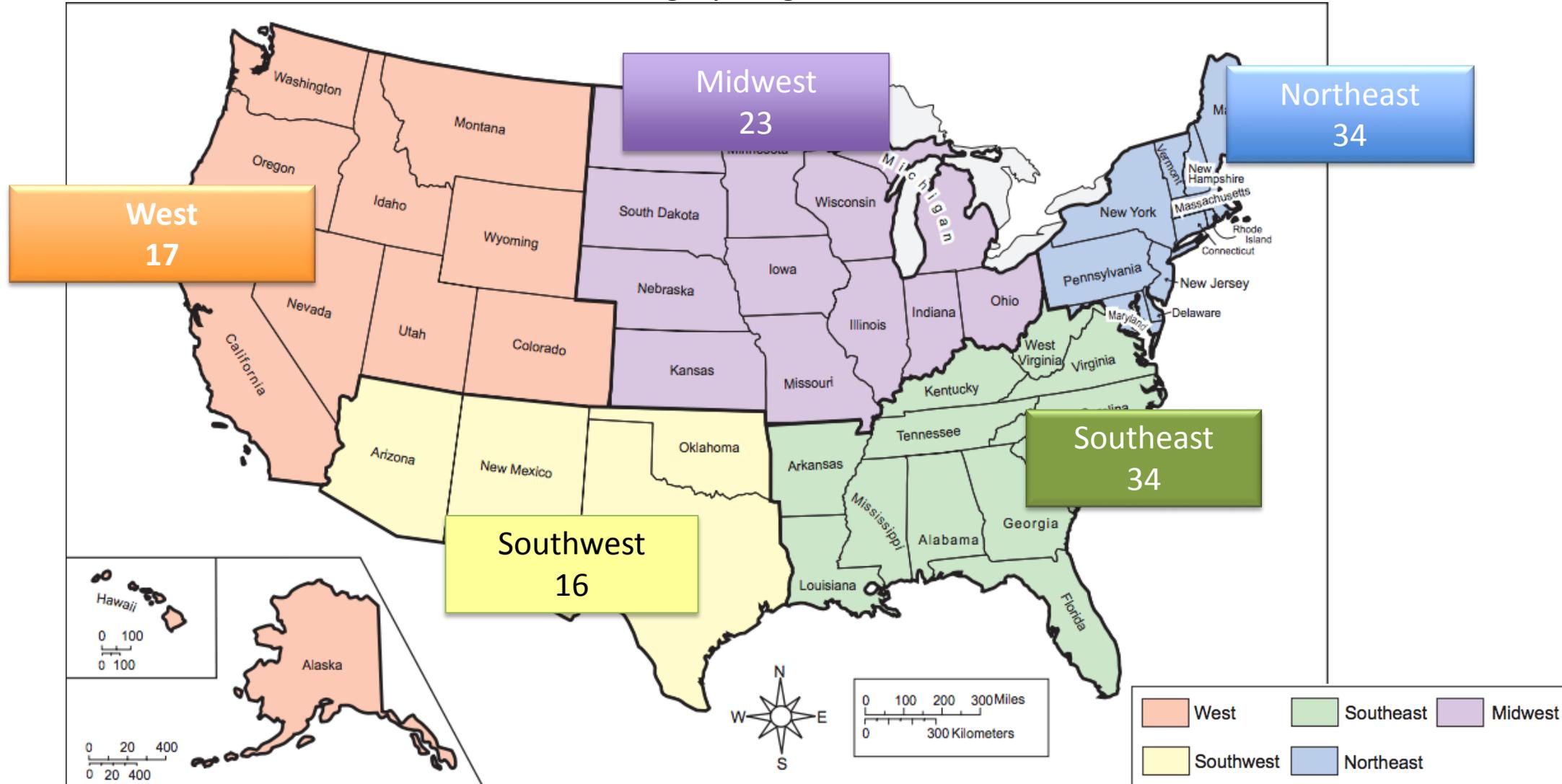
Mindfulness Programs=134





Guided Imagery Programs By Region

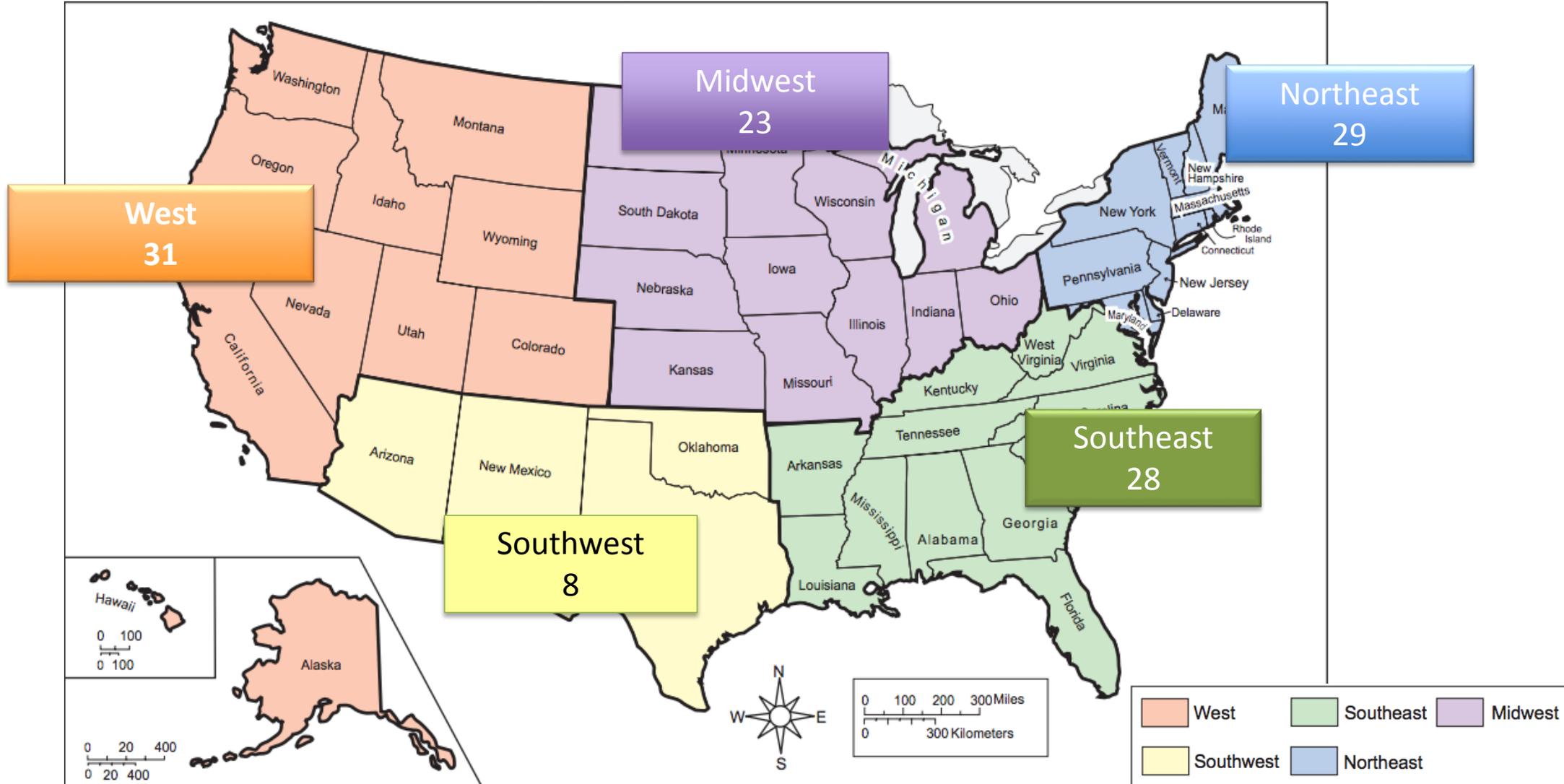
Guided Imagery Programs=124





Yoga Programs By Region

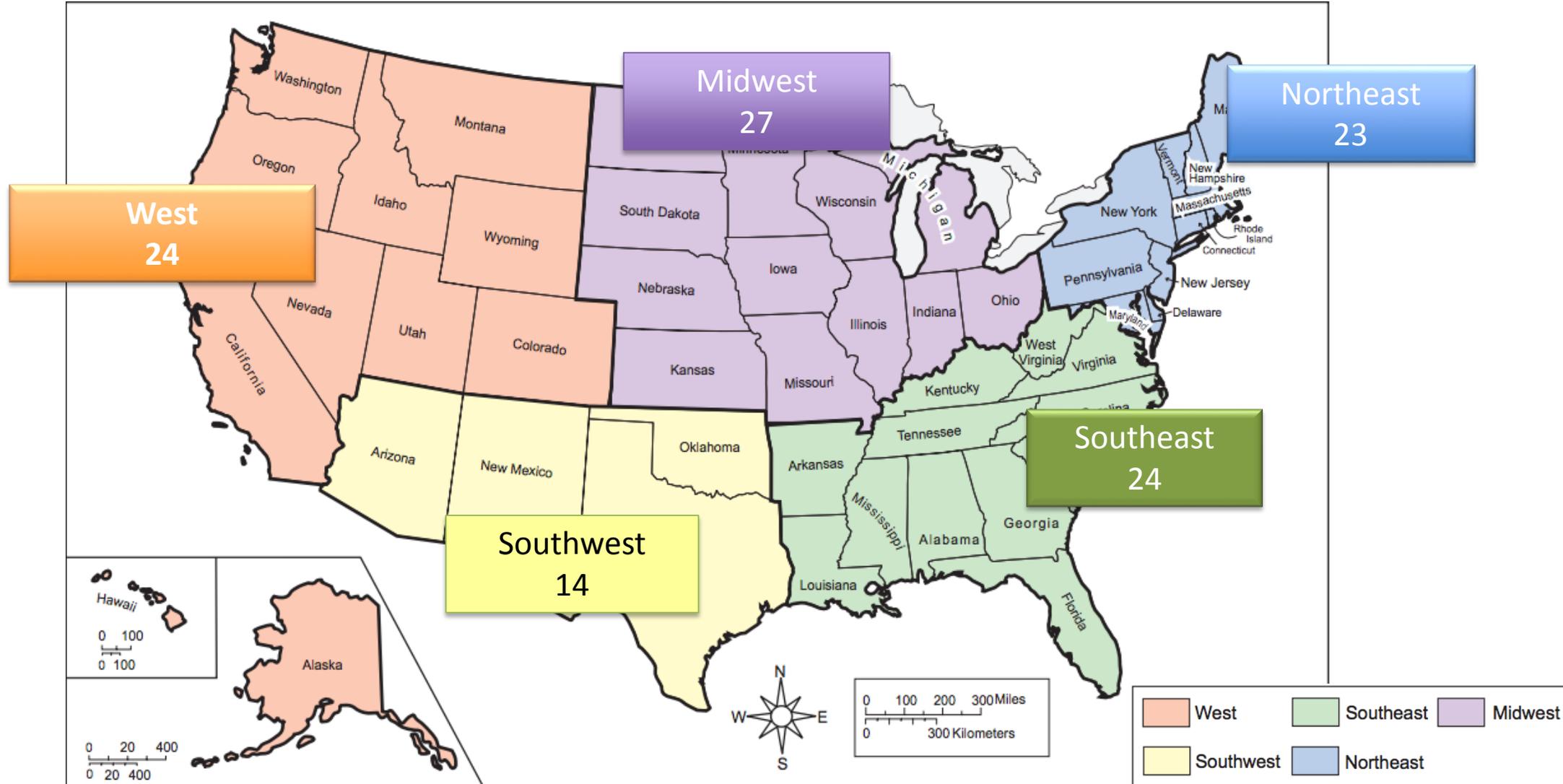
Yoga Programs=119





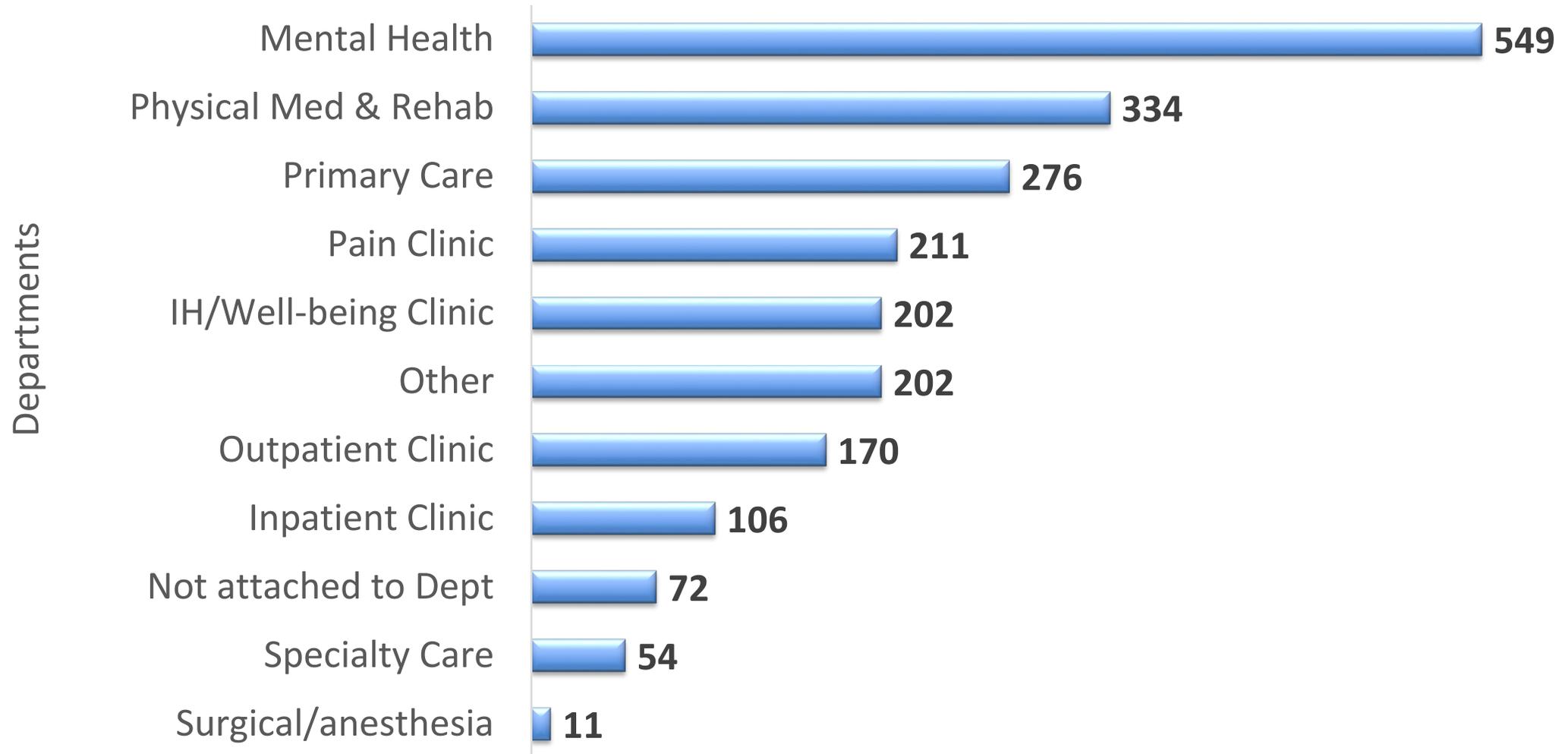
Meditation Programs By Region

Meditation Programs=112





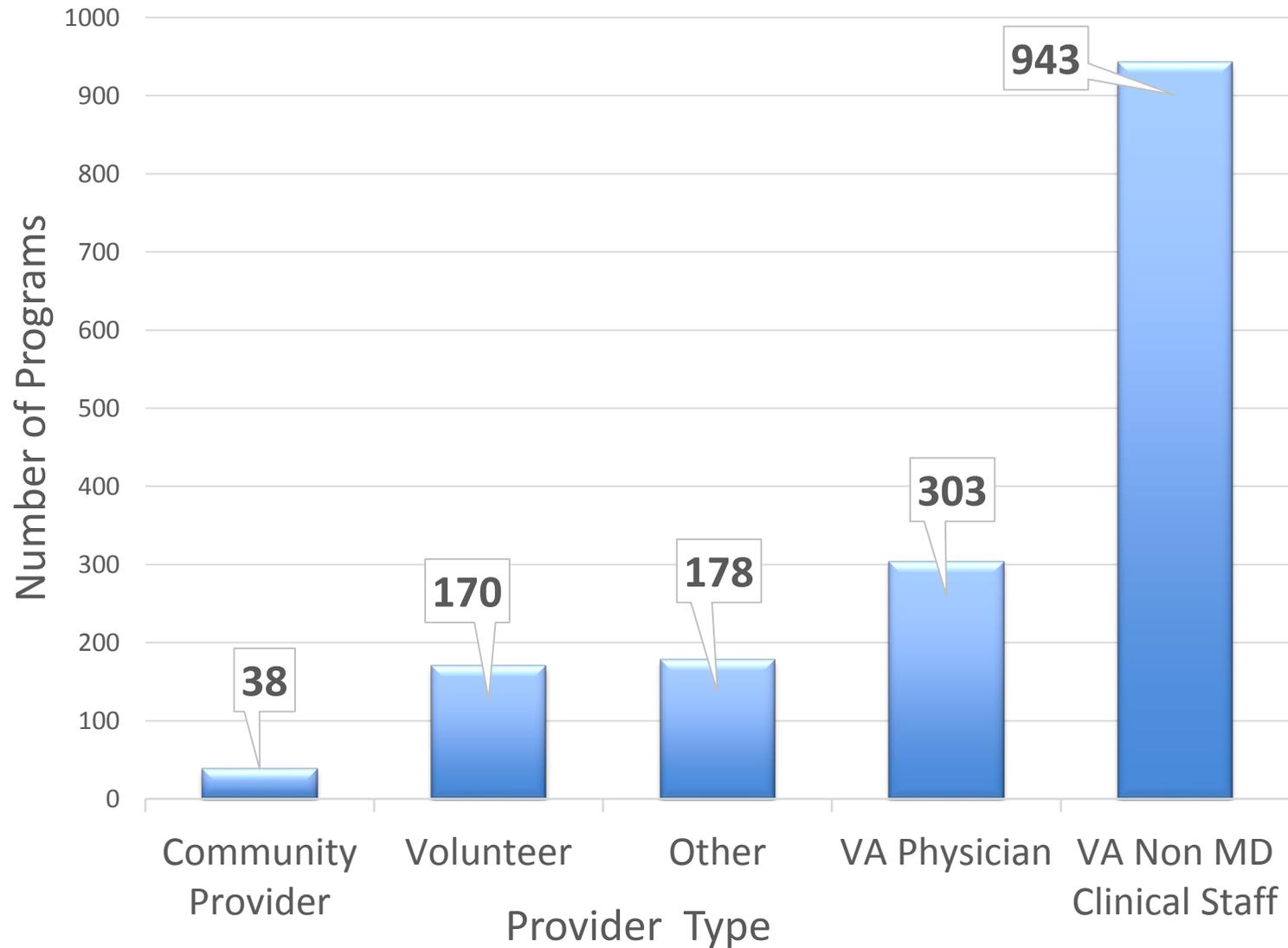
In What Departments Are CIH Programs Offered



Number reported by department



Who Provides CIH Approaches?





Telehealth For CIH

27 sites offer
any kind of
CIH through
Telehealth
(13%)



Telehealth For CIH

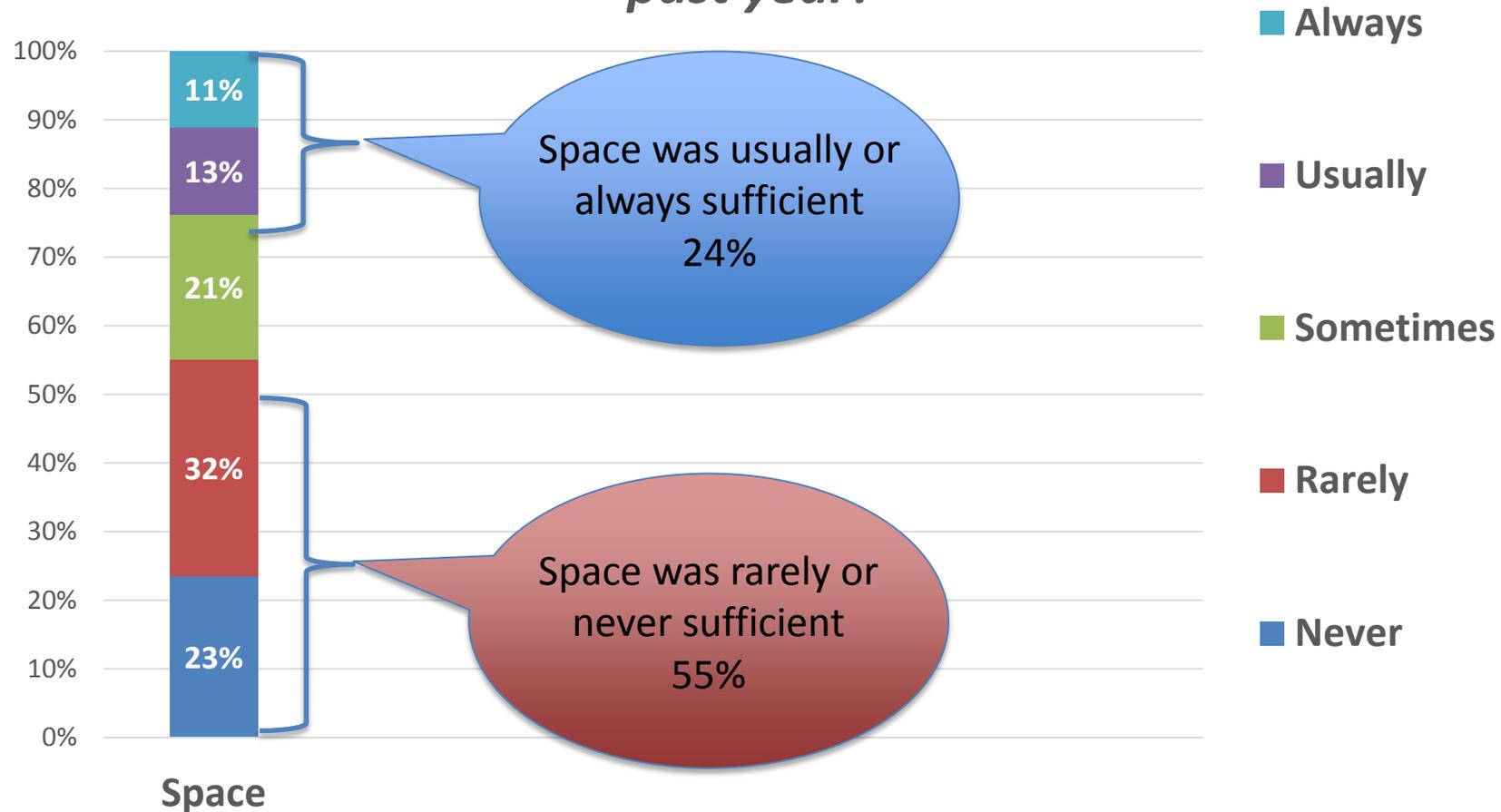
27 sites offer
any kind of
CIH through
Telehealth
(13%)

- Mindful Warrior
- Mindfulness Meditation
- Yoga
- Tai Chi and Qi Gong
- Guided Imagery
- Relaxation



Were Resources Sufficient?

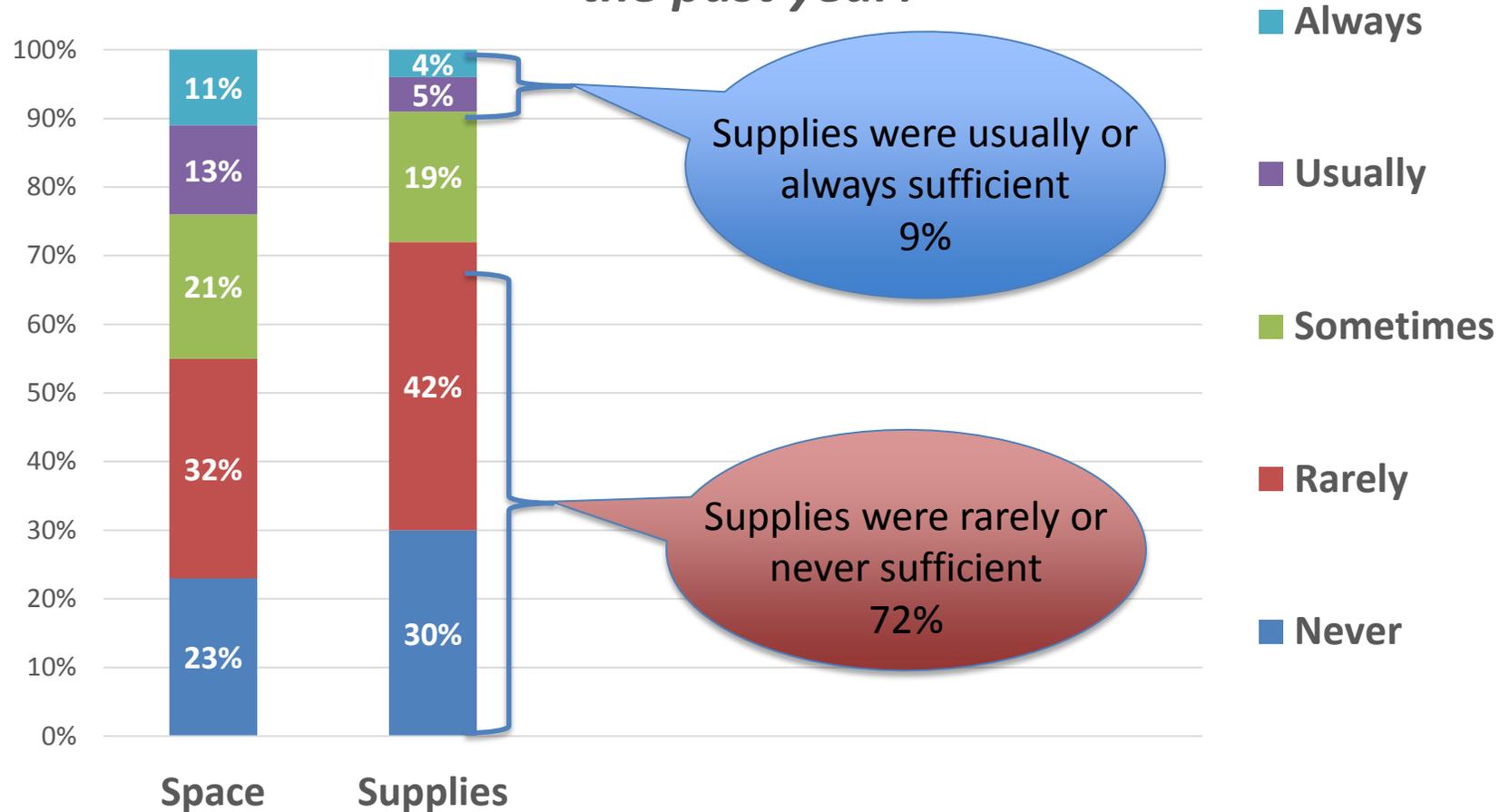
How much of the time was space sufficient in the past year?





Were Resources Sufficient?

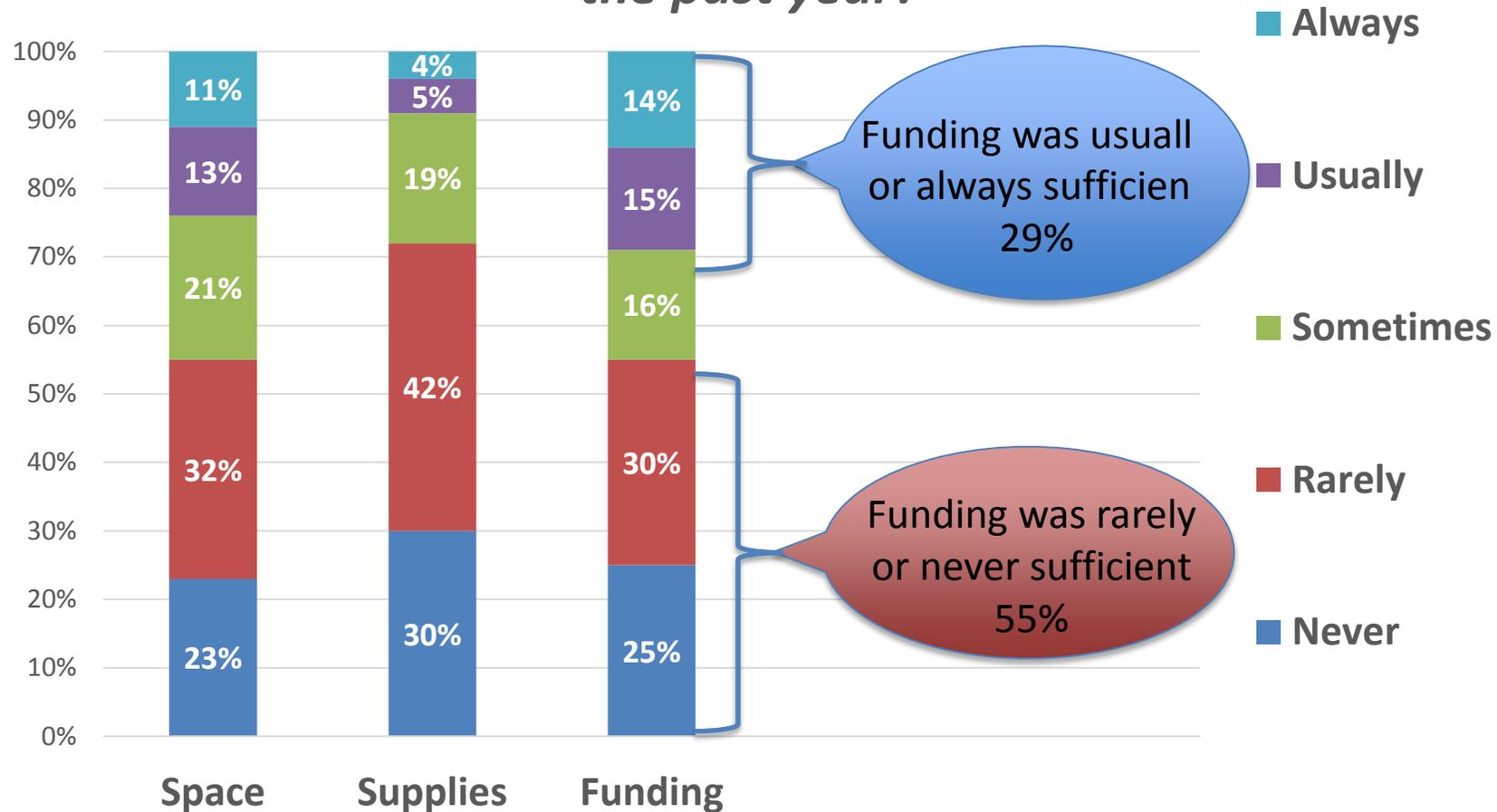
How much of the time were supplies sufficient in the past year?





Were Resources Sufficient?

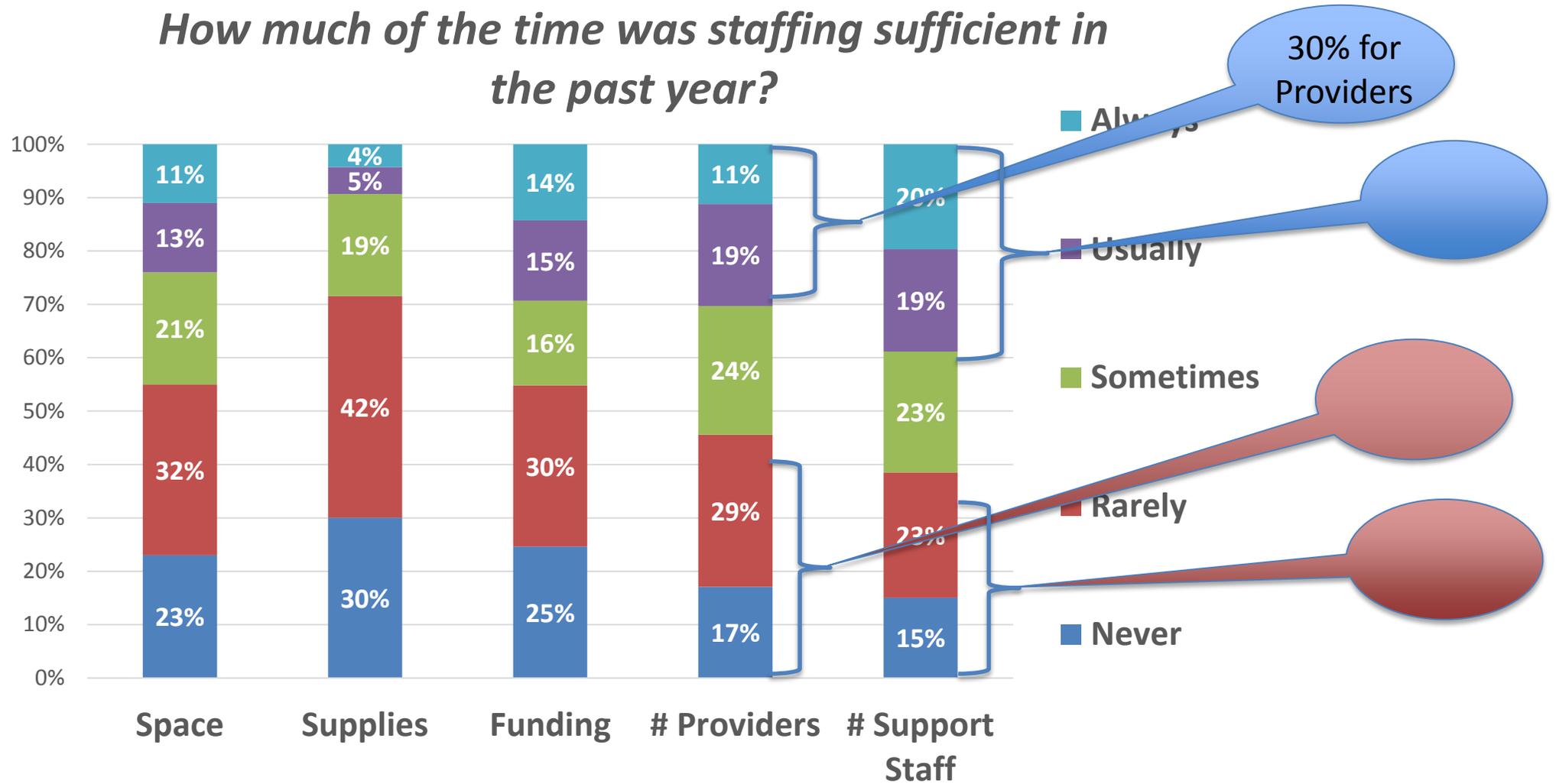
How much of the time was funding sufficient in the past year?





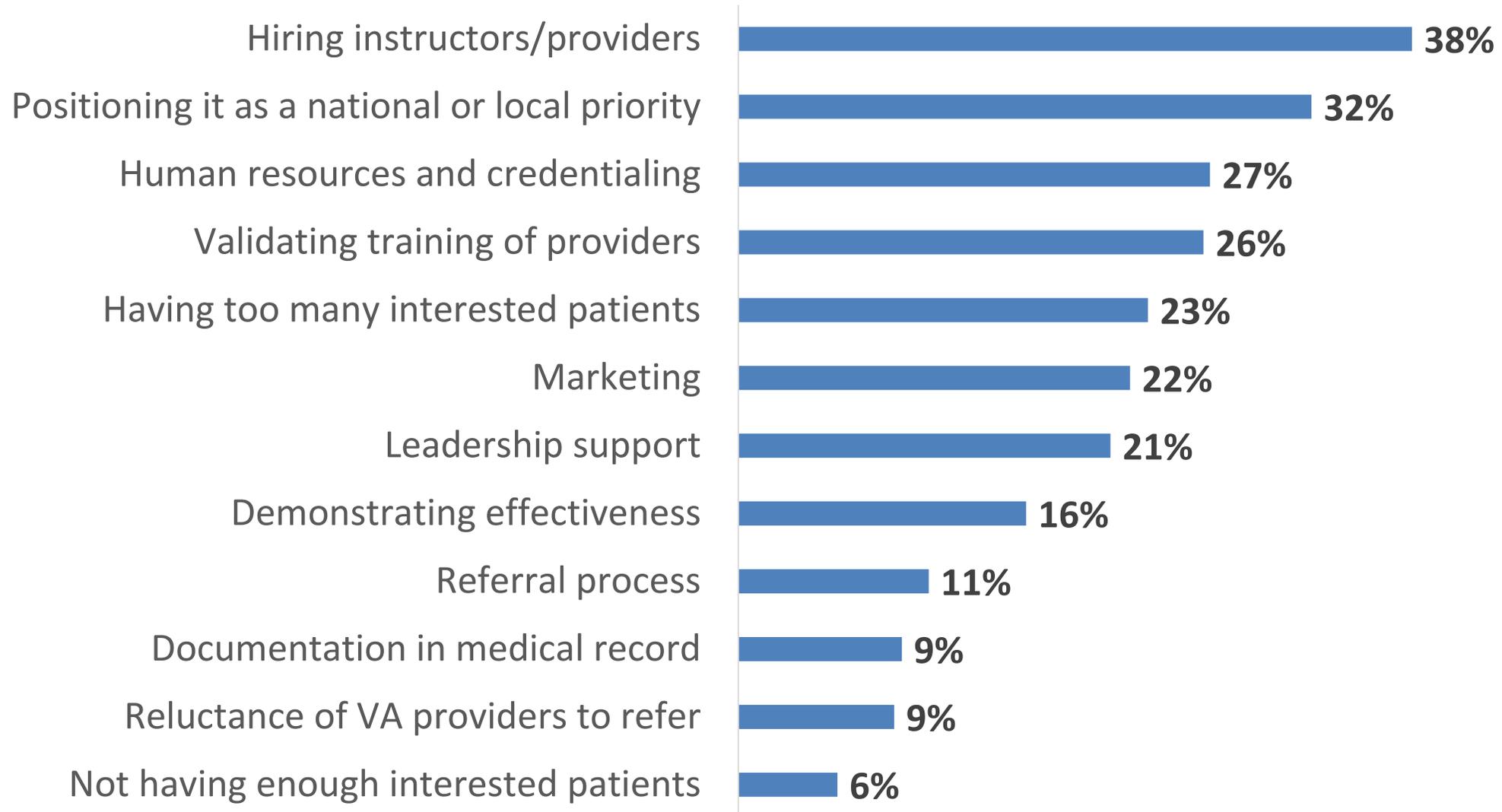
Were Resources Sufficient?

How much of the time was staffing sufficient in the past year?



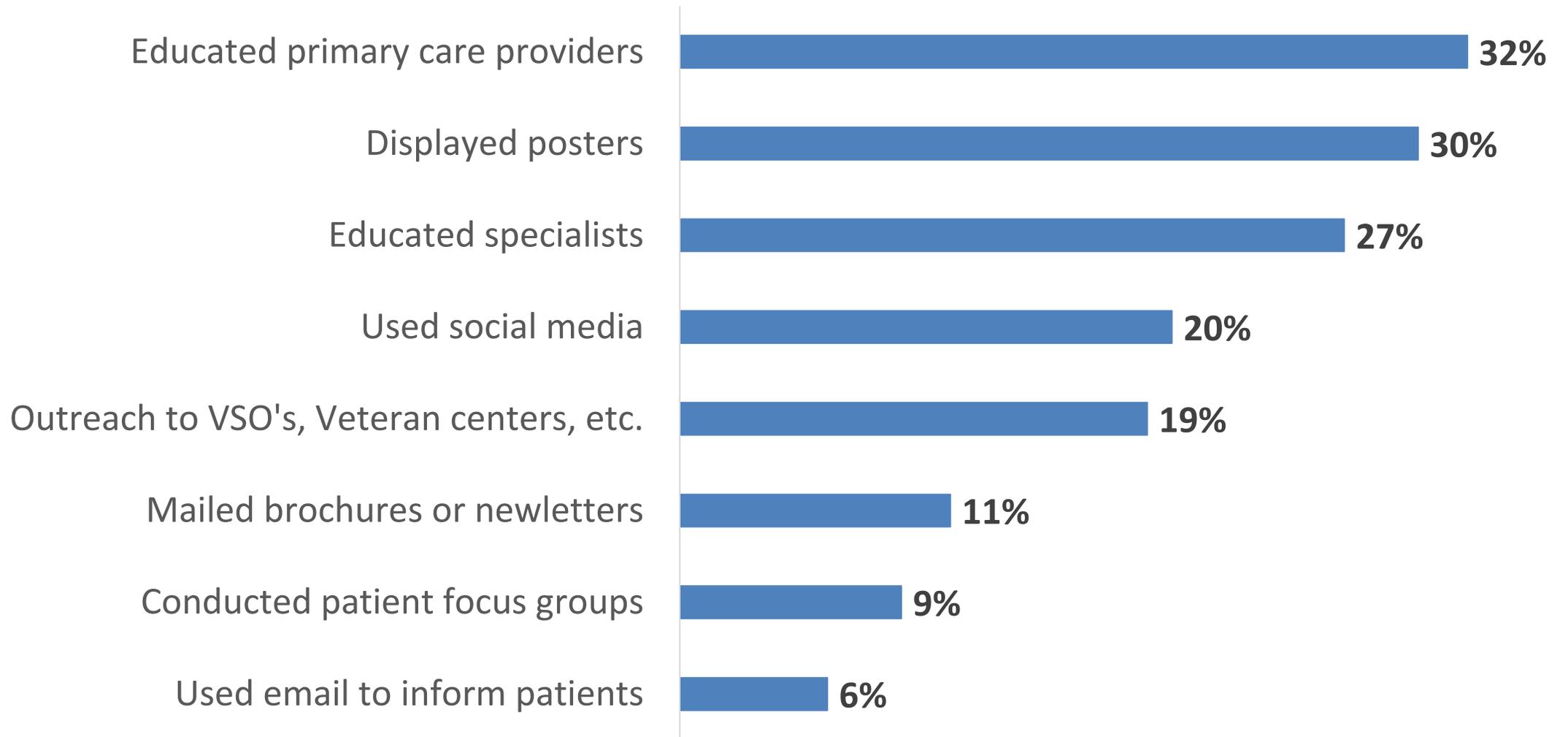


Moderately or Extremely Challenging in Past Year





CIH Outreach Activities Within the Past Year





Summary and Conclusions

- The provision of CIH approaches are widespread with half of the responding VA sites offering six or more approaches.
- Relaxation techniques, mindfulness (other than MBSR), guided imagery and yoga were the most frequently offered approaches.
- Lack of sufficient resources was evident, especially for space, supplies and funding.
- Top challenges to implementation focused on hiring, credentialing, and training providers, as well as positioning CIH as a priority and obtaining leadership support.





Implications and Next Steps

- The national CIH environment at the VA is rapidly changing – data collection will begin again in late 2019.
- Opportunities to expand the work to examine more details on the individual approaches, and specifically on how they could be delivered in combination
- Identified implementation challenges are potential targets for future strategic initiatives for the VA.
- Challenges faced by VA in the national roll-out of CIH are likely to be similar outside the VA.





Thank You

