

Integrative Health Coordinating Center

Two major functions are to:

- identify and remove barriers to providing CIH across the VHA system.
- serve as a resource for clinical practices and education for both veterans and clinicians.

VHA Directive 1137: Provision of Complementary and Integrative Health (CIH) requires the following to be made available on-site, via telehealth, or through Community Care (if deemed appropriate by Veteran and care team)

- Acupuncture
- Biofeedback
- Clinical Hypnosis
- Guided Imagery
- **Massage Therapy**
- Meditation
- Tai Chi
- Yoga




Veteran Demand: National Survey of Veteran's Interest in and Use of CIH, July 2017

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

44% massage therapy	11% mantram meditation
37% chiropractic	10% Tai Chi
34% mindfulness	9% guided imagery
24% meditation	9% healing/therapeutic touch or reiki
25% yoga	8% creative art therapy
20% progressive relaxation	7% biofeedback
17% acupuncture	6% Pilates
17% movement therapy	6% Qi Gong
15% animal assisted therapy	5% Native American healing
14% acupressure	4% EMDR
12% reflexology	3% hypnotherapy/hypnosis


Taylor, SL, Hoggatt K, Kligler B. Complementary and Integrative Health Approaches: What Do Veterans Use and Want? JGIM, 2019.




Congressional Support for CIH

S.524 - Comprehensive Addiction and Recovery Act of 2016 - Subtitle C— Complementary and Integrative Health (CIH)


- **Sec. 931** Establishment of "Creating Options for Veterans' Expedited Recovery" Commission
- **Sec. 932** Expansion of research and education on and delivery of CIH to veterans. Development of a plan to expand research, education, and delivery of CIH to Veterans
- **Sec. 933.** Pilot program on integration of CIH and related issues for veterans and family members of veterans. (Whole Health Flagship Sites)
- <https://www.congress.gov/bill/114th-congress/senate-bill/524/text>




Building the Infrastructure for CIH Implementation




QUALIFICATION STANDARDS AND POSITION DESCRIPTIONS




CODES FOR TRACKING AND BILLING




EDUCATION AND TRAINING




TELEHEALTH



COMMUNITY PARTNERS AND VOLUNTEERS




RESEARCH PARTNERS

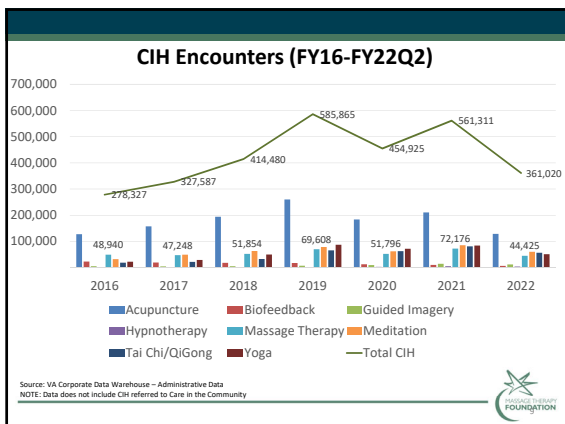


Implementation of VHA Directive 1137 Fiscal Year 2021

	Acupuncture	Biofeedback	Clinical Hypnosis	Guided Imagery	Massage Therapy	Meditation	Tai Chi/Qigong	Yoga
Number of Sites (N=139)	131	107	52	72	123	114	105	110
Percent of Sites	94%	77%	37%	52%	88%	82%	76%	79%

Source: VA Corporate Data Warehouse – Administrative Data
NOTE: Data does not include CIH referred to Care in the Community





Development of CIH Positions and Standards

Qualifications standards


- Acupuncture
- **Massage Therapy**
- In development: Health Coach, Tai Chi Instructor, Yoga Instructor, Yoga Therapist

Nationally Classified Position Descriptions

- Tai Chi
- Yoga

Minimum Standards Guidance

- Biofeedback
- Clinical hypnosis
- Guided imagery
- Meditation



CIH Informational and Provider Skills Trainings

Virtual CIH Provider Skills Trainings


- **Guided Imagery Certification**
 - Foundations Course <https://www.train.org/vha/course/1100133/>
- VA CALM – **Mindfulness Facilitator** Training
- **Clinical Hypnosis** Skills Training
- **Yoga** (in partnership with local facilities)
- **Acupressure Training – in development**

In Person CIH Provider Skills Trainings

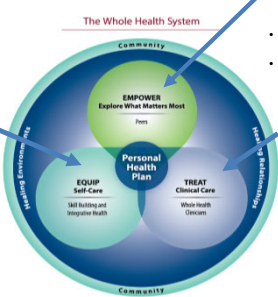
- **Battlefield Acupuncture (BFA)**
- Battlefield Acupressure (BAA)
- NADA Protocol (in development)

Informational Sessions

- An Introduction to Complementary Approaches (1 hour) ([TRAIN 1069357](#))
- Complementary and Integrative Health in Your Practice (1 hour)
- Whole Health List 1 Approaches (1 hour) ([TRAIN 1089490](#))
- Mindful Awareness



TeleWholeHealth



Virtual Well-being :


- Virtual skill-building classes
- Health Coaching
- Yoga
- Tai Chi and Qigong
- Meditation
- Guided Imagery
- **Guided Self-Massage**

Virtual Pathway:

- "Taking Charge of My Life and Health" Group Video Visits
- Intro to Whole Health Group Video Visit
- Whole Health Partner and Whole Health Coach Video Visits

Virtual WH Clinical Care:

- Video Visits between Whole Health Provider and Veteran
- **CIH Treatment**
 - **Acupressure**
 - Biofeedback
 - Clinical Hypnosis
 - Mindfulness Based Interventions





Thank you!
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<https://www.va.gov/wholehealth/>