Functional Medicine Based Group Visits:
From Personalized Medicine to Public Health

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Where I Work and Serve

At an inner city Family Medicine Residency Clinic in Minneapolis, in a hospital system with high exposure to Medical Assistance and uninsured
HCMC Whittier Integrative Health Clinic

- 3 Functional Medicine MDs
- 1 Integrative PA
- 1 Holistic NP
- 1 Acupuncturist
- 1 Chiropractor
- 2 Nutritionists
- Physical Therapy Department
- Dedicated Scheduler
- Coordinator/ Facilitator for Group Visits
- Integrative Medicine in Residency Program (IMR) through University of AZ
Benefits of Group Visits for the Lifestyle Management of Chronic Disease

Tolu Abikoje MD MPH, Satlaj Dighe MA MPH(C)*, Kara Parker MD, James Anderson PhD
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Abstract
- In the past few years, there has been a considerable increase in use of medical group visits to address a wide spectrum of medical conditions.
- Our qualitative study seeks to understand the perceived benefits of group visits for the management of chronic disease.
- Patients and providers identified peer support and increased provider satisfaction as benefits of group visits as compared to traditional office visits.
- Clinicians managing patients with chronic diseases will benefit from implementing group visits into their practices.

Background
- Research indicates that group visits offer:
  - More patient education.
  - Increased provider productivity when compared to traditional office visits.
- Research also shows that patients who participate in group visits show:
  - Better utilization of health services.
  - Better perception of quality of life.
  - Reduction in emergency room visits (gaben et al., 2018).

Methods
- Patients with chronic disease with high Medical Symptom Questionnaire (MSQ) scores were invited to participate in group visits facilitated by a family medicine physician and psychologist.
- Two 40 minute semi-structured focus group discussions (Group 1 n=9, Group 2 n=5) were conducted, two providers were interviewed.
- Audio data was transcribed in verbatim and was textually analyzed. Emerging themes were identified using the compare and contrast method.
- A pre-post survey was conducted to evaluate participants ability to deal with their health condition.

Results
- Group visits provided an effective platform for health education and communication for patients and physicians:
  1. Participants noted that they received more health education in group visits vs regular clinic visit.
  2. Peer support was identified as a recurring theme:
     - Feeling of connectedness.
     - Sharing of information.
     - Support and encouragement for goal setting and treatment compliance.
     - Providing a safe environment to practice social and communicating skills in patients who felt isolated.

By listening to other participants talk about how they cope with their health condition, I am able to better take actions to deal with my health condition.

Survey results showed a one point positive change in the notion of self-efficacy.

3. Benefits to providers include:
   - Increase patient access.
   - Increased work satisfaction.
   - Less burn-out.
   - Increased insight to the coping resources of patients.
   - Observing the healthy aspects of the patient’s lives was rewarding.

Conclusion
- Participation in group visits was noted as a fulfilling health care experience by patients and clinicians alike.
- Patients received; more health education; increased physicians’ attention; benefits from peer support.
- Clinicians had more time to teach coping strategies and to empower patients to achieve a healthy lifestyle and reduce the burden of chronic disease.
- In order to become a regular feature of health care services, group visits need to be a financially and logistically viable option for institutions and patients.
- Clinicians managing patients with chronic diseases will benefit from implementing group visits into their practices.

*Denotes equal author contribution.
GV Research Outcomes

PubMed and Medline 1974 to 2004 Review:

- Group visits improve patient and physician satisfaction, quality of care, quality of life, decrease emergency department and specialist visits.

- “Group visits have proven to be an effective way to improve patient’s dietary compliance and intermediate markers for diabetes and coronary artery disease.”

http://www.jabfm.org/content/19/3/276
Using Group Medical Visits With Those Who Have Diabetes: Examining the Evidence

Laura M. Housden1 · Sabrina T. Wong2

Abstract The number of people with diabetes is expected to rise to over 592 million by the year 2035. Past work provides evidence that the conventional method of primary care delivery may not meet many patients’ needs. An alternative to the conventional one-on-one appointment is care offered to a group of patients through group medical visits (GMVs). Group medical visits for diabetes have a positive impact on physiologic and self-care outcomes including improved HbA1c, blood pressure control and self-management skills. Less work has examined the impacts of GMVs on systems of care; however, evidence suggests improved primary and secondary prevention strategies and the potential for GMVs to decrease emergency room visits and hospitalizations. Additional work is needed to examine the effect of GMVs on patient reported quality of life, functional health status and cost-savings. Further work is also needed on which patients GMVs work best for and patient barriers to attending GMVs.

Keywords Diabetes · Group medical visits · Shared medical appointments · Chronic disease

Introduction

The global prevalence of diabetes has almost doubled since 1980 [1]. Currently, over 300 million people are known to have type 1 or 2 diabetes worldwide [2, 3]. The number of individuals living with diabetes is expected to rise to over 592 million people by the year 2035 [3]. Contributing to this rising rate are a number of risk factors such as increasing incidence of obesity and an ageing population [2, 4]. While patients may experience diabetes as a single chronic condition, it is also a common co-morbid condition [5, 6], with up to 40% of patients with diabetes having at least three other chronic conditions [5].

Recent work suggests preventing or managing diabetes using a group format can have positive health system and patient outcomes. The purpose of this review is to examine the association between delivery of group medical visits (GMVs) and physiologic, self-care and system outcomes among those aged 16–80 years old with type 1 or 2 diabetes. Future directions in implementing GMVs among those with diabetes are also discussed.

Significance

Patients with diabetes need to manage their condition to prevent micro- and macro-vascular complications such as heart disease, chronic kidney disease (CKD), peripheral neuropathy and atherosclerosis [7]. They are also at risk for depression given the additional stressors on their quality of life [8]. Patients often are faced with high out-of-pocket medication...
GV Patient Benefits

- Improved access
- Extra time
- Max packed visit
- Health information
- MD full attention
- Answers to q’s

- High patient satisfaction
- Group support
- Excellent option for MA and Medicare patients
- Lower bill for high deductible insurance

-Ed Nofsinger, GV Handbook
Clinician Benefits of GV

- Teach what you love!
- Use your skills
- Spend more time with patients
- Reduce info repetition
- Increase job satisfaction
- Enroll new patients
- Open closed practices
- Increase revenue
- Increase panel access
- Enhance patient relationships
GV Benefits for the System

- Increased productivity: 10-13 patients in 120 min
- Increased access
- Improved outcomes in Accountable Care Organizations and Medical Homes
- Bill out of space not used for patient care – meeting rooms or lobby
GV Types

**Shared Medical Visits**
A standard medical visit performed in front of other patients.

**Lifestyle Based GV**
Intentional teaching and experience on diet, nutrition, exercise, stress reduction, etc.

**Empowerment Based GV**
Participants decide the topics and activities, small successes empower health changes.

Functional Medicine Based GV are a combination of all 3…
Why Functional Medicine Group Visits (FMGV)?
Optimize Time to Teach Functional Medicine, Including Lifestyle and Upstream Factors
FM Matrix Group Visit Topics

Lifestyle:
- Stress Resilience
- Restorative Sleep
- Optimize Nutrition
- Movement for Life
- Connect for Health

Clinical Imbalances:
- Digest Well
- Balance Hormones
- Improve Circulation
- Strengthen Structure
- Detox Safely
- Restore Energy
- Improve Memory
- Optimize Genetics
Isolation Magnifies Health Challenges
GV Leverage the Power of Social Connections for Health
“The activities that ensure conditions in which people can be healthy. These activities include community wide efforts to identify, prevent, and combat threats to the health of the public. “

- Institute of Medicine
FM GV Address Public Health Priorities

- Obesity
- Cardiovascular disease
- Diabetes
- Poor nutrition
- Lack of exercise
- Environmental health

- Functional Medicine emphasizes an upstream evaluation for root causes.
- GV allow the time and curriculum for support
Social Determinants of Health

-cdc.gov
Add Mindfulness

• Enhance benefits of FM GV by adding mindful practice.

• In the relaxed state patients learn better, make better choices, take clearer action for their health.
FM GV Empower Patients to Make Pivotal Health Changes
Practitioner Resilience
How To Begin FM GV?
Functional Medicine
G-O-T-O-I-T of GV

G- Gather
O- Organize
T- Tell
O- Order
I- Initiate
T- Track
GATHER of FM GV

• **GOTOIT:** Gather yourself to set the tone for the group experience.
• Gather the topics that systematically enhance health.
• Gather mind body exercises and facilitation skills to enhance presence and engagement.
• Gather resources to “max pack” the visits.
• Gather your team.
• Gather the group.
The Team
Billing Provider Trained in FM/IM

- Chooses appropriate patients to enroll.
- Creates GV content.
- Addresses each patient’s medical concerns.
- Orders labs, refills medications, prescribes nutrients.
- Teaches residents/students during GV.
GV Coordinator/Facilitator

• Key to success of group visits is optimal enrollment.
• Adding responsibility to busy receptionists and nurses does not lead to success.
• A disadvantaged population requires additional support to enroll and retain.
Personnel: Medical Assistant

• Arrives early, and stays for vitals of all pts - 30 mins.

• Resumes duties on team center with another provider.

• Stops by at the end for any needs.
Personnel - Nurse

- Review charts
- Pend needed labs
- Review medications
- Health care maintenance

We have not been needing a nurse in the FM GV, so funds are diverted to the GV coordinator ROI.
Personnel – Health Coach

• An effective option for enhancing participant education and support

• A Health Coach extends benefits outside the visit

• IFM has a Health Coaching Program
Personnel: Documentation

- Residents, medical students, or scribes can fulfill this role.

Templates are used and completing charts is simple.
Space: Bill from Underutilized Areas of the Clinic
ORGANIZE of FM GV

GOTOIT:

• Organize the GV by topics that allow for a complete review of lifestyle, FM clinical imbalances, and public health.

• Organize the mind body experiences, snacks and handouts to support change.

• Organize the flow of each visit with an emphasis on experience and empowerment.
Learn ways to calm the effects of stress. Gain support and connections for taking actions for your health. Experience more energy & joy in your life.

“Rest & Renewal” Shared Medical Group Visits are for those who want to be supported in making desired lifestyle changes.

In groups of 12-16 participants we will meet once a month to learn about the basics of functional health and mind-body practices.

**Option 1: Rest & Renewal Group Visit Basic 4-Session Curriculum:**
Three groups: 1) HCIM Staff (3rd Monthly Monday Evenings,
2) English and 3) Spanish speaking patients

New Group Visits for patients start every 2 months on Wednesday afternoons

- Calming Stress through Resilience
- Restoring Optimal Sleep
- Honoring the Body with Nutrition
- Centering the Mind with Mindfulness and Movement

**Option 2: Rest & Renewal Monthly Group Visits, Monday evenings:**
1) Spanish Speakers every 3rd Monday / English Speakers every 4th Monday

**Dates and topics for 2017 (January – December):**

- Restoring Optimal Digestion
- Brighten Your Mood
- Tame Your Pain
- Increase Your Energy
- Lighten Your Load (Detoxification)
- Sharpen Your Memory
- Balance Your Hormones
- No Session in August
- Protect Your Heart
- Boost Your Metabolism
- Cultivating Gratitude
- Generosity – The Art of Giving and Receiving

**Dr. Kara Parker** is a doctor and teacher at Whittier Clinic who is trained in Lifestyle and Functional Medicine. She loves to gather groups of patients to discover and share ways to thrive.

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O: Elements of a FM GV

- Vitals, brief MD exam, fill out forms - 20 min
- Settle in with breathing/mindful exercise - 10 min
- Check in - report on how the week went - use engagement activities - 15 min
O: Elements of a FM GV

• Topic teaching/discussion - 30 min
• Explain handouts - 5 min
• Offer healthy snacks
• Mind body exercise - 20 min
• End with an intention/SMART goal
Organize Handouts: GV Binder
Organize: Information Access

- Access to computer?
- Smart phone?
- Health Literacy?

- Recordings
- Website
- Paper
- DVD: records exercises
- Conference call – access meditations
- Texts
- (HIPPA Compliant if group messaging)
GO TO IT:

• Facilitate telling with activities such as pair/share, talking stick, or ball toss.

• Allow each person’s story to be told over time.
Allow Telling of the Story To Evolve As Each Patient is Able
Tell: Confidentiality

- Explain that the visit is confidential.
- Any information shared outside the group needs to be de-identified.

Confidentiality Agreement—Group Visits

With Dr. Kara Parker

During group medical appointments, you will hear about other participants’ health issues and personal information. As a matter of trust, it is your duty to keep everything you hear confidential. Nothing that identifies a participant in any way (including job, ethnicity, religion, etc.) can be shared outside of this group setting.

Like any health appointment, appropriate information about you becomes part of your clinic medical chart. Group data may be used for the purposes of research and/or medical publication, but no individual identifying information will be disclosed for any reason.

Confidentiality Commitment

- I will maintain the confidentiality of group members’ personal or health information heard during a group medical appointment.
- I am committed to maintaining this confidentiality even if I am no longer participating in group medical appointments.
- I know that I don’t have to share any personal information with the group or healthcare providers unless I choose to do so.

NAME: 

Patient's Signature: Date: 
Spouse’s/Support Person’s Signature: Date: 

Each person will be asked to sign this commitment before each Group Medical Appointment. Thank you!
ORDER of FM GV

GOTOIT:

• Order food, supplies necessary for the GV.

• Order appropriate FM labs per topic:
  Our phlebotomists will draw blood in the group room if we order ahead.
GOTO IT:

• In FM GV participants are empowered to initiate their own pivotal changes for their health, and for the wellbeing of their families, social networks, and community.
Initiate: SMART Goals

Goal Setting for Behavior Change

“A goal properly set is halfway reached.” — Zig Ziglar

Changing habits to consciously improve your health is no small undertaking, and making the decision to change is just the first step. Actively thinking about and planning for change will help prepare you for the process and motivate you to stay on track.

When you’re ready to make a change, it is often helpful to set tangible goals. These goals can be short-term (daily, weekly, monthly) or long-term (6–12 months). When goal setting for behavior change, it’s also helpful to set goals that are SMART—specific, measurable, attainable, realistic, and timely. The table below lists some examples of SMART goals.

<table>
<thead>
<tr>
<th>SMART Goal Component</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specific</td>
<td>I will walk at least five days per week in the evenings to help me reduce my waist size (in inches).</td>
</tr>
<tr>
<td>Measurable</td>
<td>I will meditate for 30 minutes a day five times a week in order to lower my stress levels and blood pressure.</td>
</tr>
<tr>
<td>Action-oriented</td>
<td>I will make an effort to move my body for at least 15 minutes three days a week, increasing my time each week by five minutes until I reach 30 minutes per day. I will add an extra day every two to four weeks until I reach 30-60 minutes for five days a week.</td>
</tr>
<tr>
<td>Realistic</td>
<td>I will begin my bedtime ritual one hour before bedtime, which will help me fall asleep faster each night.</td>
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<tr>
<td>Timely</td>
<td>Over the next month, I will start eating breakfast every day. For the first week, I will make breakfast (or prepare it ahead the night before) twice per week. In the second week, I will make breakfast three times per week. In the third week, I will make breakfast five times per week. In the fourth week, I will make breakfast every day.</td>
</tr>
</tbody>
</table>

To begin setting your own SMART goals, flip the page and fill in the information in the template provided.
TRACK of FM GV

GOTOIT:

- Biomarkers (Weight, BP, HR)
- Essential labs
- PHQ-9, GAD-7
- PROMIS-10 (wellbeing scale)
- Qualitative information
Track: Filling in Assessments
• Vitals can be done in the room with a screen so patients can hear while pulled aside.
Track: Physical Exam

• Behind a screen, or
• In the room for simple exams
• Offer extra time at the end for private physical or discussion
Track: Documentation

- Billed at a level 3
  99213
Example of Elements of a FM Lifestyle GV Curriculum

1. Buffering **Stress** through Resilience
2. Restoring through Optimal **Sleep**
3. Honoring the Body through **Nutrition**
4. Centering the Mind with **Movement**
Lifestyle is a Core of FMGV

Compared with individuals having 0-1 healthy lifestyle behaviors, those with 5-6 healthy lifestyle behaviors had a 70% lower prevalence of CV events.

Systematically Improving lifestyle matters.

Lifestyle IS a blockbuster drug!

Challenges in Lifestyle Change

• 75% of quitters return to smoking in 1 year.
• 50% of dieters regain lost weight in 1 year.

5 factors predict lifestyle change success:

– Beliefs
– Knowledge
– Emotions
– Support
– Transport Costs

Stress Resilience GV

Assess: How am I handling stress?
Settle: *Relaxation Response*.
Teach: What stress is, causes, body and mind effects, resilience practices.
Practice: *Shake it out*.
Eat: Low glycemic snack – veg & hummus.
Set Goals: Stress resilience practice.
Empower: Handouts on resilience.
Settle: Share Time in the Relaxation Response
Assess: Check in on Stress
Teach: Physiology of the Stress Response
Teach: Stress is Pervasive and Inadequately Addressed

• 1 in 5 Americans never engages in stress reduction activities.

• Of those who do, two of the top named stress management techniques were >2 hours TV (40%), and surfing the Internet (38%).

American Psychological Association. Stress in America™: Paying With Our Health. 2014; Feb 4
Teach: Physiology of Stress Reduction - Meditation

- Reduces cortisol and oxidative stress.
- Reduces brain aging.
- Increases expression of genes associated with energy metabolism, mitochondrial function, insulin secretion.
- Reduces expression of genes of inflammatory response and stress.

Xiong G et al, Longevity, Regeneration and Optimal Health. Annal Acad Sciences 2009
Practices: Shake it Out

• 4-7-8 breathing
• Relaxation Response
• Mindfulness Meditation
• HeartMath
• Yoga
• What you or your facilitator are trained in
• Pull up YouTube video
SMART Goals:

Practice Tracking Log for Week 1
Please Awareness of Breath, Shallow or Straw Breathing (3 – 5 minutes) and the Relaxation Response (3 – 25 minutes) daily. Some people practice first thing when they wake up in the morning before getting out of bed or in the evening in bed before going to sleep. Try them in the morning, pause during the day before or after lunch/dinner, and/or practice in the evening. See when it is the best time for particular practices, like Awareness of Breath (AOB) while riding the bus, before eating, before or after an activity. Formal practice is when you plan when you will practice and informal when it is needed and pausing throughout daily routines, i.e. while riding the bus, while at work, before or after a meeting, etc.

<table>
<thead>
<tr>
<th>Date</th>
<th>Focused Activity</th>
<th>Time of Day</th>
<th>Time Duration</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Examples:</td>
<td></td>
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<tr>
<td></td>
<td>• Awareness of Breath (Breathing Space)</td>
<td>Morning, Afternoon, Evening at Night</td>
<td>5 minutes</td>
<td>How did it go for you?</td>
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<tr>
<td></td>
<td>• Relaxation Response</td>
<td></td>
<td>10 minutes</td>
<td>What did you notice with your thoughts, feelings or sensations before or after your practice?</td>
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<td></td>
<td>• List current practices</td>
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<td>15 minutes</td>
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<td>20 minutes</td>
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Empower With Information:

Strategies for Transforming Stress

“The time to relax is when you don’t have time for it.” — Sydney J. Harris

Stress is unavoidable. Yet it’s also manageable. You can change your responses to stress and have a huge impact on your resilience. You can stop the cycle of chronic stress and worry with small changes. Improving your ability to transform stress will strengthen your energy reserves, improve tissue health, and create a supportive environment for healthy aging. Take deep breaths, and transform stress with confidence and skills.

You are not alone—most American report moderate to high daily stress, which can worsen and even cause health conditions.

Take a few healthy steps every week, and see how it changes your ability to cope with and transform stress. Proven stress management techniques include:

<table>
<thead>
<tr>
<th>Daily Suggestions</th>
<th>Weekly Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go for a walk</td>
<td>Spend time with supportive friends or family</td>
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<tr>
<td>Listen to music—or dance</td>
<td>Look at something you consider beautiful (i.e., art or nature)</td>
</tr>
<tr>
<td>Make &amp; eat a healthy meal</td>
<td>Try yoga, tai chi, or qi gong</td>
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<tr>
<td>Breathe deeply and center yourself</td>
<td>Adopt an active hobby like water aerobics, bicycling, or gardening</td>
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<tr>
<td>Journal about positive things for which you are grateful</td>
<td>Write a letter to someone you care about</td>
</tr>
<tr>
<td>Scan your body and be aware of how you feel</td>
<td>Get a massage, sit in a sauna, or soak in a hot tub</td>
</tr>
<tr>
<td>Be creative (i.e., adult coloring books, watercolors, sketch, crochet, write, draw)</td>
<td>Sleep until you wake naturally</td>
</tr>
<tr>
<td>Give yourself a hand or foot massage</td>
<td>Visualize a place you find relaxing, like a beach, a park, a childhood room, etc.</td>
</tr>
</tbody>
</table>
The relaxation response is a physical state of deep rest that changes the physical and emotional responses to stress… and the opposite of the fight or flight response.” — Herbert Benson, MD

The Relaxation Response is a simple, effective, mind/body approach to relieving stress. Discovered by Dr. Benson at Harvard Medical School, it is routinely recommended to treat patients suffering from heart conditions, high blood pressure, chronic pain, insomnia, and many other physical ailments.

Some qualities of the Relaxation Response include:
- Decreased heart rate
- Decreased blood pressure
- Lower respiratory rate
- Lower pulse rate
- Decreased oxygen consumption
- Decreased muscle tension
- Reduction of cortisol
- Reduction of noradrenaline

Steps for the Relaxation Response:
1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, “one”, silently to yourself.
   - For example, breathe in … out, “one”, breathe in … out, “one”, etc.
   - Breathe easily and naturally.
5. Continue for 10 to 20 minutes.
   - You may open your eyes to check the time, but do not use an alarm.
   - When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened.
   - Do not stand up for a few minutes.

Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating “one.”

With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

*Or any soothing, pleasant sound, preferably with no meaning or association, to avoid stimulation of unnecessary thoughts.
Sleep GV

Assess: Sleep questionnaire.
Settle: Straw Breathing.
Teach: Sleep need and benefits, hygiene, risks of insufficient sleep, supplements.
Practice: MBSR Body Scan.
Eat: Tahini and vegetables, almonds.
Set Goals: Restoration/sleep and practice.
Empower: Handouts on sleep, websites.
Assess: Sleep

• IFM Sleep Questionnaire

• IFM Sleep Apnea Screening Questionnaire
Settle: Sleep - Straw Breathing
Teach: Sleep

Sleep debt is linked to
• Diabetes
• Depression
• CVD
• Obesity

cdc.gov has state specific information


Teach: Sleep

• Most patients with mood disorders experience insomnia.

• Insomnia is an independent risk factor for depression.


Practice: Sleep – *Body Scan*

• In a trial those in the mindfulness group practicing 20 minutes daily had less:

  Insomnia, fatigue, and depression at the end of six sessions.

Set Goals: Optimizing Sleep

• Practice *Body Scan*

• Journal at bedtime

• Improve sleep hygiene

• Get assessed for sleep apnea
# Empower: Sleep

## Suggestions for Better Sleep

Achieving better sleep can lead to many health improvements. This list of suggestions for better sleep is not meant to be implemented in its entirety. Instead, pick three to four changes to implement to improve sleep quality.

### MINIMIZE OR AVOID STIMULANTS

- Avoid alcohol (wine, beer, and hard liquor) within 3 hours of bedtime.
- Avoid caffeine-containing beverages or foods after 2 pm; if sensitive to caffeine, avoid it after 12 noon. (These items include Pepsi, Coke, Mountain Dew, tea, coffee, lattes, and chocolate, coffee- or espresso-containing ice creams or desserts).
- Read the labels of everything you eat and drink!
- Avoid Sudafed or other decongestant cold medicines at night.
- Some medications may have stimulating effects. Consult your pharmacist and doctor to determine whether any of them might be contributing to sleep problems. Do not discontinue them without permission from your doctor.
- Complete any aerobic exercise before 6 pm (or at least 3 hours before bedtime).

### NIGHTTIME TENSION AND ANXIETY

- Avoid anxiety-provoking activities close to bedtime.
- Avoid watching the news before going to bed.
- Avoid reading stimulating, exciting materials in bed.
- Avoid paying bills before bed.
- Avoid checking your financial reports or the stock market before bedtime.
- Avoid arguments before bedtime.
- Try to achieve some action plan or resolution of a discussion or argument before trying to go to sleep.
- Avoid repeated negative judgments about the fact that you are unable to sleep.
- Use positive self-talk phrases regarding your ability to relax and fall asleep: “I can fall asleep”, “I can relax.”
- Try writing in your journal any disturbing thoughts that are running through your mind. Schedule a time within the next few days to deal with whatever is troubling you. If you are having trouble managing your concerns for more than a few weeks, consult your healthcare provider for treatment suggestions or a counseling/therapy referral.
- There are many relaxing yoga or stress reducing mindful breathing CDs or DVDs available to help you find a relaxing bedtime ritual that works for you.
Nutrition GV

Assess: How healthy is your diet?
Settle: *Loving Kindness Meditation.*
Teach: *Food Rules,* anti-inflammatory, low glycemic diet, eat a rainbow.
Practice: *Meditation on a Raisin.*
Eat: Nuts, chia pudding, green drink.
Set Goals: SMART goals for 1 diet shift.
Empower: IFM handouts, ewg.org.
Assess: Nutrition

Registro de estilo de vida, alimentación y nutrición - 1 día

<table>
<thead>
<tr>
<th>Nombre del paciente</th>
<th>Fecha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tipo de plan alimenticio</td>
<td></td>
</tr>
</tbody>
</table>

### Día 1

<table>
<thead>
<tr>
<th>Actividades del día</th>
<th>Ingesta de alimentos y bebidas (incluye tipo, cantidad, marca)</th>
<th>Macronutrientes (PQC) y filonutrientes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hora de levantarse</td>
<td>P</td>
<td>O</td>
</tr>
<tr>
<td>Desayuno</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Tenencípido de mediodía</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Almuerzo</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Tenencípido de mediiodía</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Cena</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Tenencípido de la noche</td>
<td>Hora</td>
<td>P</td>
</tr>
<tr>
<td>Hora de ir a dormir</td>
<td>P</td>
<td>O</td>
</tr>
</tbody>
</table>

- P: proteínas
- O: grasas
- C: carbohidratos
- R: agua
- N: naranja
- A: avena
- V: verdura
- A/IP/IN: ensalada/pulpura/verde
- B/T/M: blanco/tostado/marrón

### Sueño y relajación

<table>
<thead>
<tr>
<th>Cuantía:</th>
<th>(horas)</th>
<th>Calidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duración:</td>
<td>(horas)</td>
<td>Calidad</td>
</tr>
</tbody>
</table>

### Ejercicio y movimiento

<table>
<thead>
<tr>
<th>Tipo, duración e-intensidad</th>
</tr>
</thead>
</table>

### Estrés

<table>
<thead>
<tr>
<th>Prácticas para reducir el estrés</th>
</tr>
</thead>
<tbody>
<tr>
<td>Factores que causan estrés</td>
</tr>
</tbody>
</table>

### Relaciones

<table>
<thead>
<tr>
<th>Que dan apoyo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Que no dan apoyo</td>
</tr>
</tbody>
</table>

### Mental

<table>
<thead>
<tr>
<th>Emocional</th>
<th>Espiritual</th>
</tr>
</thead>
</table>

©2015 The Institute for Functional Medicine
Settle: Nutrition
Teach: Nutrition

• Michael Pollan’s *Food Rules*
• Real vs. processed food
• Shop the perimeter
• Eat a rainbow weekly
• *Eating Well on a Budget* by ewg.org
Practice: Nutrition
Mindful Eating
Practice: Eating - Mindfully

Studies show MBSR increases gray matter concentration in brain regions involved in learning and memory, emotional regulation, and perspective taking.

• “Mindfulness places a wedge between addiction and action, allowing choice.”

Practice: Healthy Snacks
Empower: Nutrition

- IFM information on specific diets
- Anti-inflammatory diet
- Recipes

- Eating well on a budget
- Food Elimination Diet
- Cooking classes
COOKING IS A SNAP-ED NUTRITIONAL PROGRAM AT HCMC

“Eat Healthy, Be Active” Shared Medical Group Visits

MAKE HEALTHY FOOD CHOICES
Learn how to eat healthy your way in fun, 6-week interactive program with Dr. Kara Parker, Cass McLaughlin and SNAP-Educator Deanna Beaulieu.

Six Healthy “Cooking & Tasting” Sessions:
- When: Wednesday’s, May 17 – June 21, 2017
- Time: 12:30-3:00 p.m. (Check in at 12:15 pm)
- Where: Whitfield Clinic, HCMC
  2810 Nicollet Ave., Minneapolis, MN 55408

Learn how to:
- Enjoy healthy food that tastes great
- Make quick, healthy meals and snacks
- Eat healthy on a budget
- Shop with a grocery store tour
- Lose weight and keep it off
- Make healthy eating part of your total lifestyle
- Be physically active and live well

TAKE HOME IDEAS
During Eat Healthy, Be Active sessions, you will get handouts and recipes to help you make small or big changes to live a healthier life and a more active lifestyle.

IS THIS MEDICAL GROUP VISIT FOR YOU?
Are you an HCMC patient on MA, Medicare, Medicaid or Hennepin Health insurance? Then this program is FREE (Some co-pays may apply.)

Space is limited. Register NOW!
Contact: Cass McLaughlin, Coordinator/Facilitator
Phone: 612-873-8048
Email: catherine.mclaughlin@hcmed.org

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Grocery Store Tour
Herbal Garden Tour
Movement GV

Assess: Exercise questionnaire.
Settle: Tai Chi, restorative yoga.
Teach: Health benefits of movement.
Practice: Walking Meditation.
Eat: Green tea, chia pudding, smoothie.
Set Goals: Movement and exercise.
Empower: Exercise Prescription.
Settle: Restorative Yoga
Check In: “I’ve been walking my dog, my BS are much better.”
Teach: Movement

• Less than 1/2 of patients receive clinical counseling on physical activity.
• Inactivity accounts for 5% of global mortality and is a greater health risk than being overweight or obese.
• 70% of most adult’s days are sedentary.
• The remaining 30% is only light activity.

Owen N, P.H.D., Sparling PB, E.D.D., Healy GN, P.H.D., Dunstan DW, P.H.D., Matthews CE, P.H.D.
Teach: Movement

- Daily movement extends one's life by years.

- Mortality is reduced proportionally as sitting time is replaced with standing, walking, physical activity or sleeping.

Teach: “Sitting = Smoking”

- Each additional hour of television watched per day translated to an 11% increase in all-cause mortality.

Teach: High Intensity Interval Training (HIIT)

• Change in vascular function CRF, oxidative stress, inflammation, and insulin.

• HIIT induced positive effects on CRF, CVD risk factors, oxidative stress, inflammation.

Practice: Walking Meditation
Empower: Movement

Exercise Prescription

Name: ___________________________  Date of Birth: ____________

Goals: ________________________________________________________________

Risk Assessment

☐ PAR-Q: ☐ Cleared  ☐ Not Cleared  ☐ Risk Factors:  ☐ Low Risk  ☐ Moderate Risk  ☐ High Risk  ☐ Exercise Stress Test:  ☐ Pass  ☐ Fail

Comments: _____________________________________________________________

Intensity (Check desired measure type and intensity level):

<table>
<thead>
<tr>
<th>Measure</th>
<th>Low</th>
<th>Moderate</th>
<th>Vigorous</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Talk Test”</td>
<td>⊗</td>
<td>⊗</td>
<td>⊗</td>
</tr>
<tr>
<td>Perceived Exertion</td>
<td>⊗</td>
<td>⊗</td>
<td>⊗</td>
</tr>
<tr>
<td>Maximal Heart Rate (HRmax)</td>
<td>⊗</td>
<td>⊗</td>
<td>⊗</td>
</tr>
</tbody>
</table>

Calculating HRmax = (220 - Age) x 0.5

Comments: _____________________________________________________________

FITT Plan

<table>
<thead>
<tr>
<th>Exercise Prescription</th>
<th>Cardiac/Aerobic</th>
<th>Strength/Resistance</th>
<th>Flexibility/Stretching</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>F - Frequency (minutes/week)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I - Intensity</td>
<td>(e.g., low, moderate, vigorous)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T - Time/duration</td>
<td>minute(s) each day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T - Type</td>
<td>(e.g., walking, jogging, swimming)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments: _____________________________________________________________

Recommended by: ___________________________  Date: ____________

Reassessment Appointment: ___________________________
Practitioner Lifestyle

• Clinicians who exercise are more likely to address exercise with patients.
• Clinicians who do aerobics counsel on aerobics, those that do strength training counsel on it.
• The main barriers to counseling on exercise are: inadequate time and lack of knowledge and experience.

Monthly Ongoing FM GV

- Digest Well
- Balance Hormones
- Improve Mood
- Strengthen Structure
- Detox Safely
- Restore Energy
- Protect Memory
- Heal the Heart
- Optimize Genetics
- Manage Mitochondria
- Tame Your Pain
Set Intentions for Action
Public Health Issues Are Personal and Global

- Processed Food
- Air, water, light Pollution
- EMF Radiation
- CO2 Production
- Heavy Metals
- Pesticides
- Plastics
Sharing GV Benefits with the Community

Food Wise Support Group For Healthy Lifestyles

Minneapolis, MN
Founded Mar 29, 2016

Sunderta
Organizer

Location: Minneapolis, MN
Organizer since: March 29, 2016

Introduction
In 2012 I was diagnosed with Type II Diabetes and have since been managing my blood sugars with diet and exercise. I recently participated in a support group at Whittier Integrative Health Clinic. I started this group for continued inspiration.

Member of
This member chose not to make their Meetup membership information public.
Our Qualitative Research
Mental Health Improvements

• “I’ve been thinking a lot about calming down and am able to now.”
• “Relaxing more, dealing with daily stress.”
• “Better rested, no depression, less anxiety.”
• “I don't take things that are stressful on a personal level as I did before.”
Health Changes

• “I’m moving more, eating better, feeling more positive.”
• “My blood pressure and sugars have come down significantly.”
• “I have lost a total of 20 lbs and learned to relax more. I also have used meditation to think and reply differently to stressful matters.”
Public Health Aims to...

“Provide maximum benefit for the largest number of people.” —W H O
Functional Medicine Based GV are a forum to inform and empower the health of the individual and impact the health of the public.
GV Resources

• GV Handbook – Ed Nofsinger
• Dr. Shilpa Saxena’s GV Toolkit
• IM4US (Integrative Medicine for the Underserved) archived pre-conferences
• Integrative Medicine Group Visits: A new Model of Care for Managing Health and Wellbeing” Katherine Gergen Barnett, MD
• Boston Medical Center GV Programs
• Cleveland Clinic GV Facilitators Handbook
• Martinez, CA GV Facilitators Course