

# Centre for Integrative Care

## Service Overview

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## Centre for Integrative Care

- The Centre for Integrative care offers people with long term conditions a wide range of opportunities to enhance their health and quality of life. Most patients referred to the Centre are experiencing chronic pain, chronic low energy, and or chronic mood or anxiety issues.
- Any patient with a long term condition may benefit from the service.

### Underlying Medical Conditions Include:

- Fibromyalgia
- Chronic Fatigue Syndrome
- Chronic Pain, Depression and Low Mood
- Depression
- Post Traumatic Stress Disorder and Trauma
- Chronic Non-Epileptic seizures
- Multiple Sclerosis; Ehlers Danlos Syndrome (EDS)
- Parkinsons Disease
- Psoriatic Arthritis
- Breast Cancer

### What is Integrative Care

- Integrative care is a term which refers to increasing the harmony and coherence of a patients whole being.
- Integrative care is therefore focussed on the person, not on the disease or a particular therapy.
- The intention with integrative care is to promote and enhance wellbeing, resilience and the realisation of an individuals potential capacities for self-care, self-regulation and self-healing.

## Arizona Centre for Integrative Medicine (Definition)

- The Centre defines integrative medicine (IM) as healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.
- **The Defining Principles of Integrative Medicine:**
- Patient and practitioner are partners in the healing process.
- All factors that influence health, wellness, and disease are taken into consideration, including mind, spirit, and community, as well as the body.
- Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
- Effective interventions that are natural and less invasive should be used whenever possible.
- Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically.
- Good medicine is based in good science. It is inquiry-driven and open to new paradigms.
- Alongside the concept of treatment, the broader concepts of health promotion and the prevention of illness are paramount.
- Practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.

## Historical Summary

In 2010 the first significant service change was implemented which saw the inpatient bed complement reduce from 15 beds Monday to Sunday to 7 beds Monday to Friday

The occupancy data at the time did not support the continuing requirement for 15 beds. The case for the implemented change included:

- Not all patient treatment programmes were available at weekends

## Historical Summary

- 95% of patient activity at the Centre for Integrative care was provided on an outpatient / day case model of care
- It was widely recognised that chronic conditions- typical of many of the patients admitted to CIC – were better managed at home or in the community. When the patient becomes acutely ill, they will receive treatment in an acute hospital environment – not in CIC
- Review of existing model of service provision to ensure they were in keeping with a modern service fit for purpose

## What Does the CIC Outpatients Provide:

- Outpatient assessment is undertaken in clinic; patients may be offered the following range of services:
  - Homeopathy
  - Acupuncture – six sessions
  - Mistletoe Therapy
  - Bowen Therapy – six sessions
  - Art Therapy classes
  - Music Therapy classes
  - Allergy clinic
  - Paediatric clinic
  - Integrative Nurse Coaching
  - Nutritional analysis and advice

## What Does the CIC Inpatients Provide:

- The inpatient service offers a five day programme delivered daily by the nursing team and provides the opportunity to achieve a holistic assessment of patients problems. Interventions offered include:
  - Heartmath
  - Relaxation Therapy
  - Stress Management
  - Art Therapy
  - Physiotherapy
  - Therapeutic Massage
  - Complementary Therapies
  - Acupuncture
  - Homeopathy
  - Mistletoe Therapy
  - Yoga and Tai Chi

## Weekly Inpatient Programme

|                  |  |      |   |
|------------------|--|------|---|
| Monday           |  | 1800 | Heartmath Based Practice                        |
|                  |  |      |   |
| Tuesday          |  | 1000 | Mindful Movement                                |
|                  |  | 1115 | Spiral of Chronic Health Issues                 |
|                  |  | 1500 | Sleep Hygiene                                   |
|                  |  | 1800 | Heartmath Based Practice                        |
|                  |  |      |   |
| Wednesday        |  | 1000 | Mindful Movement / Breathwork                   |
|                  |  | 1115 | Stress Talk                                     |
|                  |  | 1600 | Tai Chi / Heartmath Based Practice              |
|                  |  | 1800 | Nutrition                                       |
|                  |  |      |   |
| Thursday         |  | 1000 | Mindful Movement / Breathwork                   |
|                  |  | 1100 | Introduction to Exercise                        |
|                  |  | 1515 | Art Therapy                                     |
|                  |  | 1800 | 23.5 hour day Video, Moving Forward /           |
|                  |  |      | Heartmath Based Practice                        |
|                  |  |      |   |
| Friday           |  | 1000 | Tai Chi / Heartmath Based Practice              |
|                  |  |      |   |
| Tuesday - Friday |  |      | Patients may also receive Complimentary Therapy |
|                  |  |      | or Acupuncture if referred by the Ward Doctor   |

## Overview of UK Units

### ➤ The Royal London Hospital for Integrated Medicine:

- Largest public sector provider of integrated medicine in Europe
- Provides a similar model of service to GGC, however it does not have inpatient beds
- The centre offers patient centred services integrating conventional and complementary treatments.
- Clinical Services include – womens health, complimentary cancer care, allergy services, skin clinics, allergy services, acupuncture, rheumatology service, childrens service, weigh management, sleep management, musculoskeletal medicine and stress management

## Overview of UK Units

### ➤ The Portland Centre for Integrative Medicine, Bristol

- Combines conventional and complementary therapy
- Advises on lifestyle approaches
- Approach is to deliver self care strategies though supporting self care and self management of health and well being using healthy living solutions
- Services include – acupuncture, creative writing, homeopathy, 'kitchen on prescription' promoting nutritional needs, mindfulness courses
- No inpatient services since 2001

## Issues in Recent Years

July 2011: NHS Highland – 12 months notice served that no new patient referrals will be made for Homeopathy or prescribing of Homeopathic medicines

January 2014: NHS Lothian – Notice that referrals for Homeopathy and mistletoe therapy will only be approved on a named patient basis

February 2015: NHS Lanarkshire – notice received that the Board agreed to cease new referrals to CIC with effect from April 2015

## CIC Inpatient Admission Pattern

| NHS Board    | 2011/12 | 2012/13 | 2013/14 | 2014/15 | 2015/16 | % 15/16 |
|--------------|---------|---------|---------|---------|---------|---------|
| GGC          | 191     | 180     | 205     | 199     | 224     | 67.5%   |
| Lanarkshire  | 74      | 87      | 63      | 64      | 50      | 15.1%   |
| Ayrshire     | 29      | 22      | 28      | 30      | 28      | 8.4%    |
| Forth Valley | 16      | 19      | 21      | 21      | 14      | 4.2%    |
| Highland     | 32      | 23      | 14      | 14      | 7       | 2.1%    |
| Lothian      | 9       | 9       | 7       | 3       | 6       | 1.3%    |
| Others       | 13      | 8       | 6       | 10      | 3       | 0.3%    |
| Total        | 364     | 348     | 344     | 341     | 332     |         |

## New Outpatient Attendances

| NHS Board    | 2011/12 | 2012/13 | 2013/14 | 2014/15 | 2015/16 | % 15/16 |
|--------------|---------|---------|---------|---------|---------|---------|
| GGC          | 669     | 632     | 806     | 731     | 797     | 78.6%   |
| Lanarkshire  | 164     | 148     | 155     | 148     | 85      | 8.4%    |
| Ayrshire     | 35      | 46      | 60      | 59      | 62      | 6.1%    |
| Forth Valley | 55      | 39      | 36      | 34      | 32      | 3.2%    |
| Highland     | 41      | 37      | 15      | 8       | 13      | 1.3%    |
| Lothian      | 1       | 4       | 6       | 12      | 17      | 1.7%    |
| Others       | 13      | 9       | 7       | 6       | 8       | 0.8%    |
| Total        | 978     | 915     | 1085    | 998     | 1014    |         |

## EQIA Summary: Moving to a Day Service

|                     |                 |
|---------------------|-----------------|
| Race:               | No Impact       |
| Gender:             | No Impact       |
| Sexual Orientation: | No Impact       |
| Religion / Belief:  | No Impact       |
| Disability:         | Negative Impact |
| Age:                | Negative Impact |
| Socioeconomic:      | Negative Impact |

*Patient would need to travel daily rather than staying in the unit Monday-Thursday  
Classes and sessions would need to be redesigned to ensure suitable rest periods between therapies*



## Financial Profile

| Finance Profile | FYE Budget        | Reduce          | % GGC Saving    |
|-----------------|-------------------|-----------------|-----------------|
| Medical         | £536,000          | 0               | 0               |
| Nursing         | £512,000          | £322,000        | £195,000        |
| Administration  | £125,000          | 0               | 0               |
| Non Pay         | £125,000          | 0               | 0               |
| <b>Total</b>    | <b>£1,298,000</b> | <b>£322,000</b> | <b>£195,000</b> |

## Conclusion

- Patient education courses will be provided as week long outpatient programmes
- Mistletoe and homoeopathic treatments will be provided as day treatment attendances
- Acupuncture for inpatients is already provided as part of existing outpatient programmes
- Arrangements for admissions or overnight accommodation could be made in exceptional circumstances
- The full range of services will continue on an outpatient and day case basis
- A stakeholder reference group would be developed
- The operational models at London and Bristol would be considered
- The full range of services offered would remain