



APPROACH and Whole Health

The Background

Key Terms:



APPROACH:

Assessing Pain, Patient Reported Outcomes and Complementary and Integrative Health



Self-care Complementary and Integrative Health (CIH):

Yoga, Tai Chi/Qigong, and meditation



Practitioner-delivered CIH:

Acupuncture, chiropractic care, and medical massage therapy

The Study:

A **large-scale, pragmatic, comparative effectiveness clinical trial** was conducted via the electronic health record from 18 Whole Health flagship medical centers:

1,668

Veterans received practitioner-delivered CIH therapies only.

1,618

Veterans received combined practitioner-delivered CIH therapies with self-care CIH.

The Outcomes

At the 6-month mark, Veterans who received combined practitioner-delivered CIH therapies with self-care CIH **reported significant improvement in:**



Mental Health



Fatigue Levels



General Well-Being



Self-Efficacy



40.4%

of Veterans with chronic musculoskeletal pain

experienced clinically meaningful improvements using CIH therapies.

Source and Citation

Zeliadt SB, Coggeshall SS, Bokhour B, et al. Adding Self-Care Complementary and Integrative Health (CIH) Therapies to Care for Chronic Pain-The Assessing Pain, Patient Reported Outcomes and Complementary Health (APPROACH) Study. Med Care. Published online March 2, 2026. doi:10.1097/MLR.0000000000002295.