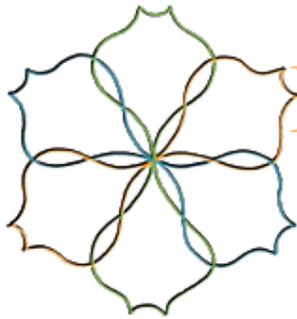


VA SUCCESS STORIES: WASHINGTON, DC



# Integrative Health & Wellness

DC VAMC Patient Centered Care

THE IHW PROGRAM AT THE WASHINGTON, DC VETERANS AFFAIRS MEDICAL CENTER  
IS PLEASED TO OFFER A NUMBER OF INTEGRATIVE WELLNESS GROUPS

- Gentle Yoga
- iRest Yoga Nidra & Meditation
- Tailored Group Acupuncture
- Integrative Nutrition Workshops
- T'ai Chi & Qigong
- Whole Health Group
- Wellness Massage
- MBSR
- Integrative Medicine Physician Clinic



If you are interested in these services, please ask your provider to place a consult for the Integrative Health and Wellness (IHW) Program. After your provider places the consult, you will be contacted to schedule an orientation session.

Attending the orientation is mandatory before participating in IHW Program services.  
Orientation length: Approximately 1 hour.

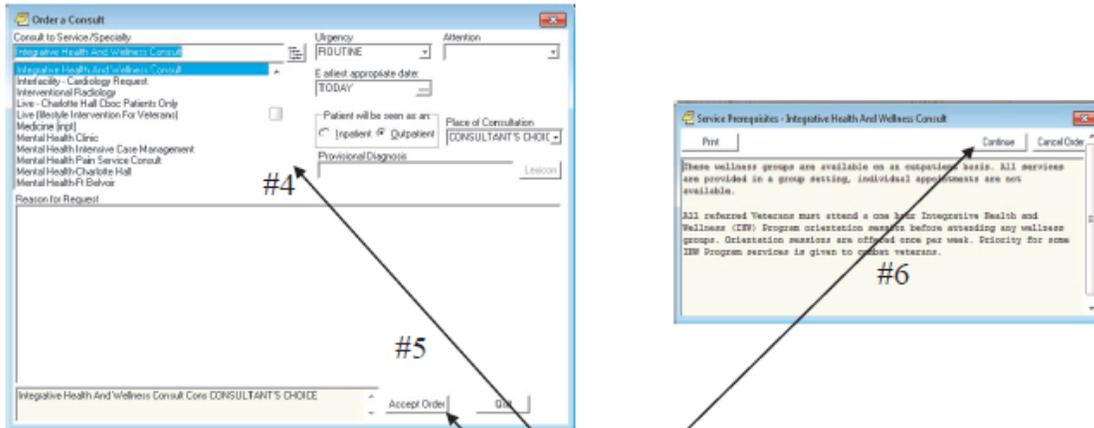
Integrative Health and Wellness Program at the DC VAMC  
Room 1E 390 Phone: (202) 745-8000 x 53882



## Instructions for Providers

To place a consult for the Integrative Health and Wellness Program, please use the instructions on the back of this flyer. Any VA provider can submit a consult to the IHW program. In order to complete the submission and have access to all the available services, clearance from a medical provider is **REQUIRED**.

Providers can follow these easy instructions to submit a consult for a Veteran who wants to participate in the Integrative Health and Wellness (IHW) Program Groups.



1. In CPRS, select the Veteran being referred
2. Select the "Consults" tab on the bottom of the screen
3. At the top of the screen, select "Action" then "New..." then "Consult"
4. Under "Consult to Service/Specialty" place the consult for "Integrative Health And Wellness Consult"
5. Click the "Accept Order" button
6. Select "Continue" after reading the details on the Service Prerequisites screen

7. Complete all the fields of the consult. Be sure to indicate whether the veteran is:
  - accompanied by a caregiver or service animal
  - Wheelchair-bound
- Clearance to participate from a Medical Provider is **REQUIRED**. If you are not a medical provider, notify the PCP to get clearance for the Veteran to participate.
- Identify any conditions IHW providers should be aware of (ex: spinal cord injury) and the reason for referral.
- Select all services recommended for the Veteran.
- If referring for the integrative medicine physician, please provide your @va.gov email address.

PLEASE COMPLETE ALL FIELDS. IMMEDIATE CONSULTS WILL REQUIRE DOCUMENTATION. THIS SERVICE IS TO INCREASE ACCESS AND DECREASE OVERALL WAITING, NOT FOR THE TREATMENT OF ANY SPECIFIC CONDITION.

PROVIDER HAS INFORMED THE VETERAN THAT SERVICES IN THIS PROGRAM ARE AVAILABLE ONLY AFTER RECEIVING THE PROGRAM ORIENTATION.  Yes  No

Veteran engages a caregiver to attend appointments at the DC UMCC.  Yes  No

Veteran is accompanied by a service animal.  Yes  No

Veteran is wheelchair bound and requires assist to attend appointments at the DC UMCC.  Yes  No

Veteran understands that this is a voluntary program to which he/she has participated.  Yes  No

Veteran is cleared by a medical provider to participate in all IHW Wellness Activities (see below for list of activities).  Yes  No

If Veteran is NOT cleared to participate in ALL services, please specify which services the Veteran is not cleared to attend due to medical condition.

Please list any physical or psychological conditions that providers should be aware of prior to visiting with this Veteran (including but not limited to conditions of the spine and pain that may limit the Veteran's participation in physical activities/exercise, pregnancy, or behavior that is disruptive in a group setting). If there are none, please enter "NONE".

Reason for wellness referral: (reasons are not intended for the treatment of any specific condition). \*

PROVIDER RECOMMENDED SEVERAL SERVICES OF THE RECOMMENDATION IS PREFERRED, BUT CHECK ONLY ONE(S):

- Declared Group War Compensation (Inclusion: pregnancy)
- Medication
- Gentle yoga
- Sleep
- Tai Chi
- Integrative Pain/Inflammation Group
- Whole Health Education Group
- Wellness Massage
- Integrative Pediatric Musculoskeletal Review

By checking this option, you are requesting the Integrative Medicine Physician (IMP) to review the medical history of the Veteran you are requesting. THE IMP WILL CONTACT THE VETERAN AFTER REVIEWING THE IMP ORIENTATION TO determine an individual consultation as appropriate. Individual consultation availability and appropriate integrative service consultation will be determined by the IMP. Please provide your @va.gov email address when requesting this service. If necessary, the IMP may contact you with follow-up questions.   
 PWS 307

Your referral will be sent to the IHW program coordinator and the Veteran will be contacted to be scheduled for the mandatory orientation session.

## The IHW Program

*to nourish the body, mind, and spirit*

The Integrative Health and Wellness (IHW) Program offers integrative and holistic services which aim to support the entire person, not just one symptom at a time. They work alongside standard medical treatments and have been shown to improve quality of life and functioning for Veterans with diverse medical and mental health conditions. As a Patient Centered Care program, participation in the IHW program is patient-driven and completely voluntary.

## Evaluations

*your feedback is important*

All Veterans participating in the IHW Program services will be required to fill out questionnaires during their orientation for clinical purposes. Periodically, we may ask you to complete additional questionnaires to ensure that we are providing the best possible care for Veterans in our program.

Acupuncture is just one of the services available!



Quotes from DC VAMC Veterans Participating in the IHW Program:

*"I now have a **positive** outlook of things to come. Everyone should participate in this program."*

*"I finally have **less pain** – I didn't believe acupuncture could do that until it happened to me."*

*"Less pain, **better sleep**, overall relaxation"*

*"**Stress level is down** – Thank you for this. Please keep up the great work offered by this program for Veterans in need of relief."*

## Patient Centered Care

### IHW Program

50 Irving Street NW  
Washington, DC 20422

Phone: 202-745-8000 ext. 53882

E-mail: [vhaswellness@va.gov](mailto:vhaswellness@va.gov)



VA | Defining  
HEALTH CARE | EXCELLENCE  
in the 21st Century

# Integrative Health and Wellness (IHW) Program



Offering Veterans Patient Centered & Patient Driven Integrative Health Services

- Tailored Group Acupuncture
- Meditation
- iRest® Yoga Nidra
- Gentle Yoga
- Qigong
- T'ai Chi
- Wellness Massage
- Integrative Nutrition



### Welcome to IHW

To participate in the IHW Program you must be enrolled at the DC VA Medical Center. Your provider can then submit an Integrative Health and Wellness consult.

After the consult is placed, you will be contacted to attend our program orientation (lasts for 1 hour). If you or your provider have questions, please contact the IHW main office at the number below.

At the orientation session you receive more information about each of the services available. You will have the opportunity to ask questions and you be asked to complete a questionnaire for the clinical providers.

*Integrative Health and Wellness Program at the Washington DC VA Medical Center*

*Phone: 202-745-8000 ext. 53882  
Room: 1E 390  
www.washingtondc.va.gov/wellness*

## TAILORED GROUP AURICULAR ACUPUNCTURE

Veterans with complex health concerns, stress, fatigue, and sleep difficulties may find relief with acupuncture. In this group, an experienced provider administers acupuncture needles to different points in the body called acupuncture points. In our groups, 5 acupuncture points on each ear are used. Our group auricular acupuncture is designed to restore balance and bring calmness to Veterans. This service is currently available in a drop-in setting, no appointment is necessary. All groups last for 1 hour, please arrive early for seating.

## MEDITATION GROUP

Veterans with stress and sleep concerns may find relief with meditation. This guided meditation group is designed to increase relaxation and improve overall well-being.

## IREST® YOGA NIDRA

Veterans with chronic stress and mental health concerns may benefit from guided meditation like iRest® Yoga Nidra. This practice induces deep relaxation and restoration and helps manage negative emotions and thought patterns.

## GENTLE YOGA

Veterans with chronic pain may benefit from movement yoga. In this practice, Veterans combine gentle stretching with breath control to improve their well-being. Postures can be adapted for those with limited range of motion or mobility.

## QIGONG & TAI CHI

Veterans experiencing pain, stress, balance issues, and limited mobility may benefit from movement groups like Qigong and Tai Chi.

Qigong is a traditional Chinese medicine discipline with roots in China dating back more than 2,000 years. Qigong practice focuses on aligning the breath with movement and increasing internal awareness to promote healing. Contemporary Qigong practice is influenced by traditional meditation and exercise as well as

modern health and science principles.

**Tai Chi** is a meditation that uses soft movements practiced by tens of thousands of people around the world. Tai Chi is found by many to foster peace of mind, improved health and improve overall sense of well-being.

## WELLNESS MESSAGE

Veterans with chronic pain may find relief through massage. Massage is available as an individual appointment for a 30 minute session. Massage is not a drop-in service. To request a massage, please call x53882 or stop by 1E 390. You can schedule an appointment up to 30 days into the future. Appointments are made on a first-come-first-serve basis.

## INTEGRATIVE NUTRITION

Veterans with a variety of health concerns, such as pain, digestive issues, diabetes, high blood pressure, stress, and fatigue, may benefit from our integrative nutrition groups.

**Drop in Integrative Nutrition Workshop:** This group provides Veterans with whole health education specifically regarding the basic science of how nutrients affect mood and behavior.

## Integrative Nutrition 8 Week Group:

Integrative Nutrition is an eight-week class series that provides veterans with an understanding of key nutritional concepts that support a healthy mind and body. The class places special emphasis on connections between food intake and mood, emotions, stress and energy levels. By the end of the eight weeks, veterans will increase their confidence in selecting healthy foods, food combinations, and snacks. Participants will also dispel myths about which proteins, fats and carbohydrates are truly healthy, and create a food journal to apply class material to real life.

# Integrative Health and Wellness Program Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gentle Yoga</b> 9:00-10:00 1E 390	<b>Tailored Group Acupuncture</b> 9:00-10:30 3B 114	<b>iRest Yoga Nidra Meditation</b> 8:00-9:00 1E 390	<b>iRest Yoga Nidra Meditation</b> 10:00-11:00 1E 390	<b>iRest Yoga Nidra Meditation</b> 10:00-11:30 1E 390	<b>Tailored Group Acupuncture</b> 10:00-11:30 1E 390
<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room	<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room	<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room	<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room	<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room	<b>Wellness Massage</b> (30 minute sessions) 1E-390 Clinic Room
<b>Meditation</b> 11:00-12:00 1E 390	<b>Tailored Group Acupuncture</b> 11:00-12:30 1E 390	<b>Tailored Group Acupuncture</b> 9:30-11:00 1E 390	<b>Tailored Group Acupuncture</b> 9:30-11:00 1E 390	<b>Tailored Group Acupuncture</b> 10:00-11:30 1E 390	<b>Tailored Group Acupuncture</b> 10:00-11:30 1E 390
<b>T'ai Chi &amp; Qigong Combo Group</b> 11:00-12:00 Check-in: 1E 390	<b>T'ai Chi &amp; Qigong Combo Group</b> 11:00-12:30 1E 390	<b>Meditation</b> 12:00-1:00 3B 114	<b>Meditation</b> 12:00-1:00 3B 114	<b>Tailored Group Acupuncture</b> 10:00-11:30 3B 114	<b>Tailored Group Acupuncture</b> 10:00-11:30 1E 390
<b>*Mindfulness Group (6 wk)</b> 1:00 - 2:30 1E 390	<b>Tailored Group Acupuncture</b> 1:00-2:30 3B 114	<b>Tailored Group Acupuncture</b> 1:00-2:30 1E 390	<b>Tailored Group Acupuncture</b> 1:00-2:30 1E 390	<b>Tailored Group Acupuncture</b> 1:00-2:30 1E 390	<b>Gentle Yoga</b> 1:00-2:00 1E 390
<b>Tailored Group Acupuncture</b> 1:00-2:30 3B 114	<b>Meditation</b> 2:00-2:30 1E 390	<b>Nutrition Workshop</b> 2:30 - 4:00 1E 390	<b>Nutrition Workshop</b> 2:30 - 4:00 3B 114	<b>Women's Self-Discovery Workshop</b> 2:00-3:30 3B 114	<b>Nutrition Workshop</b> 2:00-3:30 1E 390
<b>Nutrition Workshop</b> 2:30 - 4:00 1E 390	<b>*Integrative Nutrition Group (8 wk) begins 7/11</b> 2:30 - 4:00 1E 390	<b>*Integrative Nutrition Group (8 wk) begins 7/11</b> 2:30 - 4:00 1E 390	<b>Nutrition Workshop</b> 2:30 - 4:00 3B 114	<b>*a portion of the group will be outside*</b> See flyer for details	<b>Restorative Yoga</b> 3:30-4:30 1E 390
<b>*Whole Health Pathway</b> 4:30-6:00 TBD 1E 390	<b>Tailored Group Acupuncture</b> 4:00-5:00 1E 390	<b>T'ai Chi</b> 3:00-4:00 1E 390	<b>T'ai Chi</b> 3:00-4:00 1E 390	<b>Qigong</b> 3:30-4:30 1E 390	

**Please arrive at least 15 minutes prior to the group start time to sign in on the attendance sheet. The group will begin and no additional participants will be admitted after EITHER 1) The room is full or 2) 10 minutes past the group start time.**

**No appointments necessary for drop-in groups.**

**\*Closed, multi-week group - please attend on the scheduled start date. After Week 2, participants must wait until the next cycle.**

**Massage appointments**  
Please contact the IHW clinic to schedule an appointment.

**The Integrative Health & Wellness Program**  
Room 1E 390  
**(202) 745-8000 x53882**

As of 06/13/17

