

Whole Health Curriculum at VA Boston for Health Professions Trainees

The Whole Health (WH) training experience at VA Boston is designed as a self-study, student driven curriculum to learn and experience the fundamentals of Whole Health. The curricula will provide trainees with the tools, through specific learning objectives and activities, to enhance their ability to provide Whole Health care to patients and to apply these principles to their own self-care.

Trainees will engage in a variety of self-directed core learning activities throughout the rotation, including:

- Interactive synchronous experiences in Culinary Medicine, Health & Wellness Coaching, Motivational Interviewing and Exercise prescription via virtual platforms
- Personal Health Behavior Change Project: Trainees will select a particular area of health to change/improve, set personal goals, and monitor their behavior across the curriculum
- Research a topic of interest related to Whole Health and present an evidence-based summary of the topic supplemented by their experience in a 15-20-min PowerPoint talk

Curriculum Overview:

Whole Health Curriculum general learning objectives

- Summarize how Whole Health can be practiced in a variety of clinical settings
- Demonstrate a foundational knowledge of Whole Health assessment and counseling procedures to address various lifestyle factors, including physical activity, nutrition, stress management, and other health related domains
- Assess the role of behavior in overall health and become familiar with patient-centered counseling strategies and health coaching to facilitate change
- Describe how to improve personal health behaviors and identify the connection of self-care to clinical practice

Required activities

- Small group didactic sessions
- Personal Health Behavior Change Project: Students will select a particular area of health to change/improve, set personal goals, and monitor their behavior across the curriculum
- Research a topic of interest related to Whole Health and present an evidence-based summary of the topic supplemented by their curriculum experience in a 15-20 min PowerPoint talk

Optional activities

- Direct observation of patient care in clinical settings, including sites throughout the VA Healthcare System
- Self-directed readings, case studies, and videos
- Stress Management burn-out mitigation
- Narrative Medicine: My Life, My Story completion
- Complementary Integrative Health (CIH) participation in yoga, tai chi, mindfulness, etc. activity (through Ompractice app for VA Boston trainees).

Note: Participants must attend 80% of all required activities and meet all core requirements (see performance evaluation section below) to successfully complete the curriculum.

Performance evaluation

Participants' knowledge/skill in Whole Health gained during the required activities of this rotation will be evaluated by:

- Pre/Post multiple choice test of knowledge related to Whole Health
- Pre/Post treatment approach for two clinical case vignettes
- Pre/Post self-efficacy questionnaire

Handouts and Evaluation Materials

- [Behavior Change Project: The personal health of a medical provider plays an important role in his/her patient encounters.](#)
 - Pre-Curriculum Survey (Includes demographics of trainees) and Post-Curriculum Survey:

- [Pre-Curriculum Evaluation/Post-Curriculum Evaluation](#)
 - Includes 25 item multiple choice questions on Whole Health topics covered in curriculum
 - Includes 9-item self-efficacy questionnaire
 - Includes 2 clinical vignettes for open-ended responses
- Educators may contact Edward.Phillips@va.gov for more information about this survey

Syllabus Materials

- [Health Behavior Change Principles and Self-Modification Project.](#)
- [Introduction To Culinary Medicine/Chef Coaching 1 and Culinary Medicine For You \(Self-Care And Clinical Tools\)/Chef Coaching 2.](#)
- [Exercise Prescription.](#)
- [Experiential Coaching.](#)
- [Health Coaching Conversations: The Key To Therapeutic Lifestyle Change \(TLC\).](#)
- [Mindfulness And Whole Health Group.](#)
- [Food and Nutrition in Health and Well-being.](#)
- [Introduction to Whole Health Assessment and Motivational Interviewing.](#)
- [Complementary Integrative Health \(CIH\) Experience.](#)
- [Burnout.](#)

FAQS:

1. Can faculty do the rotation

Yes. Faculty are welcome and encouraged to participate in all required and optional activities in the curriculum.

2. Is there a cost for Health Professions Trainees to participate?

No, there is no charge for participation.

3. What are the requirements of faculty?

- a. Serve as Point of contact introducing students to the Curriculum.
- b. Assuring sufficient time away from the student's clinical responsibilities to allow participation in scheduled activities.

4. What kind of feedback can we give your team?

We welcome all feedback on an ongoing basis to best continuously improve the Curriculum and the student's experience.

5. Can I join a student's final presentation?

Yes, you are encouraged to attend the final presentation.

6. What is the shortest and longest time suggested to complete the curriculum?

Students will need at least 4 weeks to engage in all of the scheduled required elements and have enough time to meaningfully engage in a personal health behavior change project. We suggest completing the Curriculum in no more than 8-9 weeks.

7. How many students can participate in the curriculum?

The number will be initially limited by the desired size of the small group interaction, i.e., 6-8 students at one time.

Getting Started:

Reach out to Edward.Phillips@VA.gov or VHABHSWHLMCurriculum@VA.gov to express interest and check on availability to enroll your trainees.

Once the Curriculum is scheduled please communicate the expectations and requirements of the curriculum to your students.