

## [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 help you learn and experience the fundamentals of Whole Health. The curricula will provide you with the tools, to enhance your ability to provide Whole Health care to patients and to apply these principles to your own self-care.

You are invited to 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: You will select a particular area of health to change/improve, set personal goals, and monitor your progress across the curriculum
- Research a topic of interest related to Whole Health and present an evidence-based summary of the topic supplemented by your experience in a 15-20-min PowerPoint talk

**All details and live links can be found at:**

<https://www.va.gov/boston-health-care/work-with-us/internships-and-fellowships/whole-health-training/>

### **Whole Health General Learning Objectives -**

At the end of this rotation, you will be able to:

- Summarize how Whole Health can be practiced in a variety of clinical settings
- Demonstrate a foundational knowledge of Whole Health assessment and counseling 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
- Attempt to improve your personal health behaviors and to identify the connection of self-care to clinical practice.

### **Required Activities -**

#### **1. Whole Health Introduction and Motivational Interviewing**

- One 60-minute session, one-on-one or in a small group to review rudiments of Whole Health: Circle of Health and completion of Personal Health Inventory. Review and practice Motivational Interviewing Skills: OARS. Connection by VA, Teams, or other video conferencing.

#### **2. CHEF Coaching: “Culinary Health Education Fundamentals”**

- One 45–60-minute session, one-on-one or in small group on Culinary Medicine with experiential component, i.e., exploring and being coached on culinary habits: meal planning, food preparation, dietary pattern, goals. The contact will be through a non-VA video conference to view Power Point material.

#### **3. Health and Wellness Coaching**

- Two 20–30-minute private sessions by phone or video chat with health and wellness coach to **establish a personal health goal** in Session #1 and review progress in the Session #2. Schedule session #1 close to the start of your rotation and Session #2 close to the end of your rotation. Also schedule 30-60 minutes (preferably with the same coach) to observe their coaching with an existing client. The observation can be scheduled at any time in the rotation. Coach will debrief with trainee on the observation and their personal coaching.

#### **4. Exercise Prescription and Physical Activity**

- One 60–75-minute session, one-on-one or in small group to focus on exercise physiology, physical activity guidelines and to develop a personal exercise prescription. This may be scheduled at any time in the rotation. Please dress comfortably and be prepared to try several different exercises while on camera.

## **End of Curriculum Deliverables**

### **1. My Life My Story**

- Narrative Medicine, ~120-minute total time to interview a veteran and write up
- **Requirement:** 1 story
- Details on website: [My Life, My Story | VA Boston Health Care | Veterans Affairs](#)

### **2. Whole Health Trainee Final Presentation**

- Students delivers a PowerPoint presentation that reflects on the following:
  - Caring for Yourself: Reflection on your experience attempting a lifestyle behavior change
    - What were your self-care goals?
    - What are examples of lifestyle modifications you made to reach this goal?
    - How did it go? Please provide data where possible.
    - What obstacles or facilitators did you experience?
  - Review of a Whole Health topic of your choosing
    - Brief overview (review 3-6 papers) of one area or topic within Whole Health that you found interesting
    - Are there ways to apply your chosen topic to your attempted behavior change?
    - What is something you found interesting or didn't know before researching this topic?
  - How to Apply to Patients: Reflection on the ways in which your approach to patient care has changed by reflecting on your responses to the two standardized clinical vignettes
    - Are there language changes you've noticed in how you speak to patients?
    - How has the dynamic between you and the patient shifted?

- How has your framing of the goals of care or goals of the encounter shifted?
- **Requirement:** One 15-20 minute PowerPoint presentation on the above topics

### 3. Reflective Evaluation

- Pre-Curriculum Evaluation: <https://www.surveymonkey.com/r/7LRYW7H>
- Post-Curriculum Evaluation: <https://www.surveymonkey.com/r/FRN27MQ>
  - Participants' knowledge/skill in Whole Health gained during the required activities of this rotation will be evaluated via the forms below:
  - **Requirement:**
    - 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

### Getting Started

1. Sign up for Whole Health Trainee Curriculum Orientation (every Monday afternoon) by emailing [VHABHSWHLMCurriculum@va.gov](mailto:VHABHSWHLMCurriculum@va.gov)
2. Complete the Pre-curriculum Survey (Link above)
3. Plan to attend a session for each of the required components above (sessions held weekly)
  - a. Motivational Interviewing
  - b. CHEF Coaching
  - c. Individual Health Coaching (2 Individual Sessions)
  - d. Exercise Prescription and Physical Activity

### Wrapping Up

1. Complete the Orientation and 4 required sessions
2. Complete the My Life My Story Assignment
3. Select a date to present your Final Presentation (Calendar Link)
  - a. Presentation should include:
    - i. Personal Health Behavior Change Project
    - ii. Reflection on Health Behavior Change Project

- iii. Research topic of interest
- b. Final presentations will be done weekly
- 4. Complete Post-Curriculum Survey (FORMS Link)

**\*Note:** Participants must attend 80% of all activities and meet all core requirements (see Performance Evaluation section below) to document completion of the Whole Health student curriculum

**Mock Schedule:**

Self-Schedule	Activity	Format	Faculty	Contact information
Week 1	Lifestyle Medicine Orientation	Tel/VVC/Teams	Dr. Edward Phillips Laura Fiore PA	857-203-6344 <a href="mailto:edward.phillips@va.gov">edward.phillips@va.gov</a> <a href="mailto:Laura.fiore@va.gov">Laura.fiore@va.gov</a>
	Whole Health and Motivational Interviewing	Tel/VVC/TEams	Michelle Remsen	857-203-6112 <a href="mailto:Michelle.Remsen@va.gov">Michelle.Remsen@va.gov</a>
Week 1/2:	Health & Wellness Coaching, I	Tel/VVC/Teams	Sara N. Grimsgaard	Mobile: 202-607-5409 <a href="mailto:Sarah.Grimsgaard@VA.Gov">Sarah.Grimsgaard@VA.Gov</a>
	Motivational Interviewing	Tel/VVC/Teams	Michele Remsen	857-203-6112 <a href="mailto:Michelle.Remsen@va.gov">Michelle.Remsen@va.gov</a>
	Fundamentals of Self-Care	TMS online	Independent preparation for Presentation	TMS 29697 TRAIN 1068296
	Tai Chi/yoga	Virtual: Enroll in Ompractice	Julia Lehmann	Julia.Lehmann@VA.gov

		as <b>Employee</b> <a href="#">Ompractice • VA Memberships</a>		
<b>Week 2/3:</b>	<b>Mindfulness /Burnout/Stress</b>	<b>Tel/VVC/Teams</b>	Nancy Gendreau	<b>774-826-2609</b> <a href="mailto:Nancy.Gendreau@va.gov">Nancy.Gendreau@va.gov</a>
	<b>Yoga/tai chi</b>	<b>Virtual Ompractice</b>	Julia Lehmann	<a href="mailto:Julia.Lehmann@va.gov">Julia.Lehmann@va.gov</a>
	<b>Motivational Interviewing</b>	<b>Tel/VVC/Teams</b>	Michelle Remsen	<b>857-203-6112</b> <a href="mailto:Michelle.Remsen@va.gov">Michelle.Remsen@va.gov</a>
	<b>Exercise Prescription</b>	<b>Tel/VVC/Teams</b>	Lori Enloe	<a href="mailto:Lori.Enloe@va.gov">Lori.Enloe@va.gov</a>
<b>Week 4/5:</b>	<b>Health &amp; Wellness Coaching II</b>	<b>Tel/VVC/Teams</b>	Sara Grimsgaard	Mobile: 202-607-5409 <a href="mailto:Sarah.Grimsgaard@VA.Gov">Sarah.Grimsgaard@VA.Gov</a>
	<b>Culinary Medicine; CHEF Coaching</b>	<b>VVC/Teams</b>	Jane Barg	<a href="mailto:JaneBarg@Gmail.com">JaneBarg@Gmail.com</a> <a href="mailto:RaniPolak@Gmail.com">RaniPolak@Gmail.com</a>
	<b>My Life, My Story</b>	<b>Independent</b>	Laura Fiore	<a href="mailto:Laura.fiore@va.gov">Laura.fiore@va.gov</a>
	<b>Final Student WH-LM Presentation</b>	<b>Independent Via TEAMS</b>	Eddie Phillips/ Laura Fiore	<a href="mailto:VHABHSWHLMCurriculum@va.gov">VHABHSWHLMCurriculum@va.gov</a>

### Resources for Further Learning:

- Peruse the [Whole Health Home \(va.gov\)](#) website
- [Live trainings](#) Whole Health
- TMS Courses in Whole Health (Continuing Education)

- Whole Health Foundations Review of key elements related to Whole Health. *TMS 41929 1 CEU*
- Mindful Awareness Explore and experience mindful awareness; learn its benefits *TMS 31300 TRAIN 1070567*
- Introduction to Complementary and Integrative Approaches Reviews complementary and integrative health approaches within the Whole Health model. *TMS 29890 TRAIN 1069357 1 CEU*