



CASEY
HEALTH
INSTITUTE

Integrative Primary Care What's all the Hype?

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What is Integrative Medicine?

- Puts the patient at the center
- Addresses the Physical, Emotional, Social, Spiritual, Environmental, and Mental factors that affect the patient
- Prioritizes Nutrition, Stress Reduction, and Exercise as treatment modalities
- Goal is to Get well and stay well.





What is Primary Care

- Health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses in a variety of health care settings
- Keeps the patient at the center of their health care
- Doctors specializing in you!





Integrative Primary care

- Patient Centered Care
 - Emphasizes the practitioner/patient relationship
- Healing is Innate
 - Facilitate one's own natural healing potential
- Preventing illness and promoting health
- Seek to determine the root cause of illness
- Practitioner is an educator
- Team-based approach
 - Incorporates multiple modalities of treatment
- Commitment to evidence-based practice
 - Equal weight to patient preferences and clinician's expertise and experience





Patient Case- JU, 75 yo Female

- PMH

- Sick Sinus Syndrome s/p Pacemaker
- Obesity, s/p gastric bypass
- Degenerative disc disease, uses a walker
- Hepatitis C, resolved post treatment
- Sleep apnea
- Depression
- GERD
- Hypertension
- Hypothyroidism

- Meds

- Oxycodone
- Oxycontin
- Ranitidine
- Lisinopril
- Synthroid

- Social

- Recently widowed
- Retired social worker
- 2 adult children, 1 of whom has special needs





JU, continued

- Lots of specialists, fragmented care
- Was willing to work on her grief, but not willing to change any meds or her diet
- Referred to yoga therapy, chiropractic, reiki, and a grief support group
- Reiki- was able to release attachments to her husband and move forward
- Yoga- was able to increase movement and decrease pain medication
- Grief support group- helped increase socialization





JU, continued

- Ultimately we met her where she was.
- Helped coordinate her care to decrease overlapping work
- Decreased dependence on pain medication
- Helped her get unstuck

