Whole-Person Caring:
An Interprofessional Model for Healing and Wellness
Development of the Model of Whole Person Caring
Patient Satisfaction Results - Received from Comment Cards

Percent Satisfaction per Month Compared to Threshold

--- Day of Renewal
**Principles Guiding Bio-Medical and Whole Person Caring Models**

<table>
<thead>
<tr>
<th>Bio-Medical Model</th>
<th>Whole Person Caring Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>People seen primarily as biological beings</td>
<td>In addition, spiritual and energetic essence is acknowledged/valued</td>
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<tr>
<td>Focus on physical/physiological illness</td>
<td>Focus on caring for the whole-person</td>
</tr>
<tr>
<td>Focus on Dx and Rx of disease</td>
<td>Focus on promoting healthy lifestyle</td>
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<tr>
<td>Emphasis on cure</td>
<td>Emphasis on healing /harmony</td>
</tr>
<tr>
<td>Emphasis on suppression/relief of symptoms</td>
<td>Emphasis on exploring meaning and source of symptoms</td>
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L. Thornton: Whole-Person Caring: (2013)
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<td>Illness seen as negative, something to fix</td>
<td>⇒ Illness seen as an opportunity to explore/shift lifestyle patterns</td>
</tr>
<tr>
<td>Professional is authority – “in charge”</td>
<td>⇒ Professional is a therapeutic partner</td>
</tr>
<tr>
<td>Professional is emotionally neutral</td>
<td>⇒ Professional’s caring and compassion is a component of health and healing</td>
</tr>
<tr>
<td>Person is dependent on professional for health care needs</td>
<td>⇒ Person is empowered and encouraged to promote own health</td>
</tr>
<tr>
<td>Hierarchical relationships are valued</td>
<td>⇒ Non-hierarchical, shared governance, and partnerships are valued</td>
</tr>
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L. Thornton: Whole-Person Caring: (2013)
Moving Toward a Paradigm of Healing and Wellness . . .
When you’re headed in the wrong direction ... more speed won’t help !!!
Re-Defining Who We Are
Concepts Derived from Nurse Theorists & Modern Physics

- Florence Nightingale
- Martha Rogers
- Jean Watson
Florence Nightingale

“We are . . .
Reflections of the Divine with physical, metaphysical, and intellectual attributes.”
We are . . .

“Irreducible, indivisible, pandimensional energy fields that are infinite in nature and inseparable from the environment.”
Jean Watson

We are . . .

“. . . Sacred Beings. We must regard ourselves and others with deepest respect, dignity, mystery and awe.”
Basic Physics

All matter is composed of atoms

Atoms are composed of 99.99999\% empty space.

All 6 billion people on earth could fit inside a single apple if all the empty space was removed !!!
Modern Physics

What occupies this space?
A dynamic energy (Higgs field) fills all of space and gives particles mass
We are 99.9999% dynamic energy!
Who Are We?

Reflections of the Divine
Infinite Fields of Energy
Sacred Beings

Photo by L. Thornton
In WPC Model “Person” defined as:

An energy field that is open, infinite, and spiritual in essence and in continual mutual process with the environment.
Concept of Whole Person
Concept of Whole Person

Emotional
Physical
Social/Relational
Mental

Spiritual

Energy Field
(Field of Love)
The spiritual dimension is a unifying force that integrates the physical, mental, emotional, and social/relational aspects of being.

The spiritual dimension is the essence of self and also transcends the self. It is our closest, most direct experience of the universal life force.
Key Concepts of Whole-Person Caring

- Infinite and Sacred Nature of Being
- Self-Compassion, Self-Care, and Self-Healing
- Optimal Wellness
- Therapeutic Partnering
- Transformational Leadership
- Caring as Sacred Practice
Infinite and Sacred Nature of Being

Everything in nature is a holy temple . . . An altar for serving the Divine.

Hildegard of Bingen
Self-Compassion, Self-Care & Self-Healing
Self-Compassion

The moment you see how important it is to love yourself, you will stop making others suffer.

Thich Nhat Hahn
Loving-Kindness Meditation

“May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.”
Self-Care & Self-Healing

We must learn to treat ourselves with love and respect before we are able to treat others that way.

Jean Watson
Self-Care & Self-Healing

• Foundational for Personal and Organizational Transformation

• Primary in Establishing a Caring and Healing Culture
Optimal Wellness

The process of Optimal Wellness is one in which each aspect of our being becomes attuned and aligned to our Essence/Spiritual Self.

As our spiritual/energetic Essence infuses the patterns of our life, we recognize and develop to our full potential (Self-Realization)
Concept of Whole Person
Concept of Whole Person

Spiritual

Energy Field
(Field of Love)

Emotional
Physical
Social/Relational
Mental
Concept of Whole Person

Empathy & Compassion

Energy Field
(Field of Love)

Spiritual

Mental

Social/Relational

Physical

Emotional
Concept of Whole Person

Optimal Breathing

Energy Field
(Field of Love)
Concept of Whole Person

Knowing Love as Essence of Self & Others

Emotional
Physical
Social/Relational
Mental

Spiritual

Energy Field
(Field of Love)
We cannot do great things. We can only do small things with great love.

Mother Theresa
Creating A Healing Environment through Your Presence
Being a Healing Presence

- Centering and Intention Setting
- Therapeutic & Deep Listening
- Caring & Healing Presence
Simple Centering

• Take a deep breath. Soften your gaze.

• As you are washing your hands think of the tension flowing out of your hands and going down the drain or dissipating as you rub your hands with sanitizer.

• Quiet your mind: “I am present to the here and now”  
  Developed by Dora Kunz
Heart Centering and Intention Setting

- Take a deep breath. Soften your gaze.
- Direct awareness to the area around your heart.
- Bring to mind something or someone that evokes your love and compassion.
- When connected with that feeling of love and compassion say to yourself: “I am here for the greater good of this patient – I give my full attention to the here and now.”
Centering and Intention Setting

• You are now “present” for your patient.
• You are now “present” to the moment.
• You ARE a Healing Presence!
Your vision will become clear only when you can look inside your own heart . . .

Who looks outside dreams, who looks inside awakes.  

Carl Jung
Benefits of Implementing The Model of Whole Person Caring
Focus is on health creation and wellness

Empowers patients to take control of their own health

Self-Care and Self-Healing are foundational for health professionals
Heart-Centered Presence Creates Positive Physiological Effects for the Practitioner

- Coherence in the electromagnetic field.
- Balances heart rhythms.
- Increases IgA and natural killer cell levels.
- Increases mental clarity and problem solving abilities.
- Reduces sleeplessness, body aches, fatigue, anger, sadness, hypertension, and other chronic problems. (McCratey, 2006)
Creates Positive Physiological and Emotional Effects for Patients

• Health professionals’ heart-centered presence creates a field in which the person feels safe, nurtured, and loved.
• Results in decreased tension, anxiety and decreased pain perception.
In one mid-size hospital after implementing the WPC model, Press-Gainey Patient Satisfaction reports increased from the low 80th percentiles to 94% hospital wide. (Thornton, 2005)
Reduces Health Care Costs

Considerable cost savings for hospitals
As a result of decreasing nursing turnover, 1.6 million saved in one year on two units where WPC model was implemented.
(Thornton, 2011)

Pain Pilot Project
Reduced per member per year total average medical costs by 27 percent. (Weeks, 2017)
Effective Approach for People with Chronic Illness

• Caring for the whole person is necessary and effective in caring for those with chronic illnesses.

• A whole person caring approach is important to help people modify their behavior.
Incorporates a Variety of Therapies

Body Based
- Massage
- Reflexology
- Acupressure

Cognitive /Behavioral
- Cognitive Restructuring
- Relaxation Training
- Biofeedback

Other
- Aromatherapy
- Natural Products & Teas
Incorporates a Variety of Therapies

Biofield Therapies
- Healing Touch
- Therapeutic Touch
- Reiki
- QiGong
- Jin Shin Jyutsu

Mind-Body Therapies
- Meditation
- Imagery/Visualization
- Breathing Techniques
- EMDR, EFT, WHEE
- Yoga/Pilates
- Affirmations
- Art/Music
- Dance
Advocates for the Incorporation and Coordination of ALL Healing Professions

- Acupuncture
- Naturopathic Medicine
- Chiropractic Medicine
- Homeopathy
- Massage Therapy
- Midwifery
- Integrative and Functional Medicine
- Holistic and Integrative Nursing
Medicaid Pilot Project for Pain Management

Target population:
• Medicaid population of high utilizers of ER visits and opioids/pharmaceuticals enrolled in two health plans in Rhode Island.

Objectives:
• Reduce pain levels and opioid use, improve function and overall health outcomes, reduce emergency room costs, and educate members in self-care and accountability.
Medicaid Pilot Project for Pain Management

Program Design:
• Holistic nurse case management with directed use of patient education, community services and CAM modalities, including chiropractic care, acupuncture and massage.

Results:
• Reduced annual costs per member by 27 percent.
• Decreased average number of ER visits by 61 percent.
• Lowered number of total prescriptions by 63 percent.
• Reduced number of opioid scripts by 86 percent. (Clum et al, 2017)
A Call to Action

“Will provide legislators opportunity to understand how shifting focus in healthcare to prevention, health creation and health promotion can create cost savings while improving health outcomes for Americans.”

Go to link and ask you representative to get involved ! ! !

Self-Compassion: A Prerequisite to Self-Care
• Why are some behaviors so hard to change?

• What keeps us stuck in unhealthy patterns of living?
The Trance of Unworthiness

- Tara Brach, a clinical psychologist, developed the phrase “the trance of unworthiness” to describe the fundamental attitude – either conscious or unconscious -- that we are not worthy of treating ourselves well.

- This lack of compassion toward ourselves can impede our progress and keep us from making self-care a regular part of our lives.
Exploring Your Life

Music: “Adagio” Composed & Produced by Peter Davison from the Album “Yoga” published by Gaiam.
What Self-Care Practices Will You Commit To?
Always Remember

YOU are an Instrument of Healing!
YOU are a Healing Presence!
Questions?

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• Download free curriculum guide and articles at: www.luciathornton.com
References

- Thornton, L. (2005), The model of whole-person caring: creating and sustaining a healing environment, Holistic Nursing Practice, 19 (3) 106-115