



Northeast Network

Healthcare Review[®]

New England's Leading Healthcare Media Source

July 18, 2004

Healthcare Review

Making Healthcare Healthier

by Mary-Anne Benedict, MSN, RN

In the current market driven healthcare environment, a gap in the overall care of patients has been recognized. Our fast-paced, ever changing healthcare system, while providing the most technologically advanced medicine in the world, falls short of one essential element - time. Time to listen and be fully present, time to provide care to the whole person, time to create heart-centered relationships, not only with our patients, but also with our colleagues and co-workers.

How do we begin to close this gap? How do we make healthcare healthier and find the time and resources, to enable us to serve the whole person? Michael Barry, M.D., of Mass. General Hospitals' Practice Evaluation Center, stated in JAMA, Dec.22, 1999, Vol. 282. No.24, that "time is certainly a major issue in trying to incorporate shared decision making into office practice." How then, do we serve the need for shared-decision making, patient empowerment and disease management?

These were questions The New England School of Whole Health Education (NE-SWHE) wanted to answer when, in 1997, a Pilot Trail Study was begun on the relationship-centered, patient education model NESWHE began developing in 1980, through its relationship with the Lemuel Shattuck Hospital's Pain and Stress Clinic.

In collaboration with Union Hospital, a Partners' HealthCare Affiliate, the study, utilizing NESWHE's unique model of patient interaction, Whole Health Education[®], was conducted through

the Cardiac Rehabilitation Department. Its Primary Investigator, and Director of Cardiac Rehabilitation at Union Hospital, was Harvey Zarren, M.D., F.A.C.C. The study compared behavioral and clinical outcomes of 50 cardiac patients, who received both standardized cardiac care and the Whole Health Education ® model, with 50 cardiac control patients receiving only standardized cardiac care. Although no significant clinical differences were observed between the treatment and control group in SF36 or CDCI data, after 6 months, the quality of life data of patients receiving Whole Health Education was significantly better than the control group. As P.I. for the study, Dr. Zarren stated, "As a physician, I find Whole Health Education incredibly supportive in my attempt to help patients regain or maintain wellness. Whole Health Education is a very potent, valuable tool in helping patients transform their lives."

The success of this 2 year study caught the attention of a wider medical audience, especially nurses. This was no surprise to NESWHE, as nursing professionals make up a significant portion of their student body. Wherever presented, Whole Health Education ® has met with rave reviews; Salem State College School of Nursing, Lahey's Burlington Clinic, and St. Elizabeth's Medical Center, to name a few. Dr. Carolyn Stone, Associate Professor of the Graduate Program in Nursing at Salem State College stated, "It was wonderful! The reviews of the course and speakers were excellent; students agree the course has made changes in their thinking and in their lives. Whole Health Education [is] an outstanding additional modality for nurses." Evaluations by Lahey Clinic Nurses, on the NESWHE curriculums presented at the Burlington hospital, consistently state: "Excellent program!", "Outstanding!", "One of the most interesting presentations I have ever attended", "Fascinating, extremely informative and pertinent", "Fabulous!". Barbara Wilson, MSN, RN, New England Regional Manager of Healthcare Staffing, for Kelly Healthcare Resources ®, is committed to the concept of Whole Health Education. She incorporates whole health philosophy into her nursing care and feels "better able to connect with and care for patients - patients and caregivers benefit enormously."

The success of Whole Health Education ® has encouraged NESWHE to offer, in addition to the Whole Health Certified Nurse program, an Enhanced Medical Assisting program, integrating their whole health curriculum with traditional Medical Assisting

training. The Whole Health Certified Nurse curriculum is approved for nurse's continuing education contact hours, and submitted for endorsement to the American Holistic Nursing Association. NESWHE believes nurses and medical assistants are the hands and hearts of healthcare and by creating integrated curriculums for these dedicated care-givers, Whole Health Education ® can be appropriately incorporated into the mainstream healthcare system.

NESWHE is opening the Enhanced Medical Assisting program for registration on May 1, 2003. Designed as a self-paced, independent study program to accommodate today's busy learner, both the Whole Health Certified Nurse and Enhanced Medical Assistant programs include optional in-person classes, conducted in Boston, at the New England Medical Center. The Medical Assisting program provides 32, professionally filmed Instructional Video classes, clinical lab CD-ROM's, a comprehensive written curriculum which meets national accreditation guidelines, clinical training tools, including state of the art phlebotomy training, developed for nursing programs. Both curriculums include job placement registration, through Kelly Healthcare Resources ®, and an on-line medical library subscription to w. Cambridge based, Natural Standard provides the most current evidence-based, peer-reviewed CAM health information in the world. This outstanding library of medical information, from over 50 renowned academic institutions, is provided to whole health students through special arrangement with Natural Standard. Utilizing the whole person patient education format, developed by NESWHE, this information provides the patient a "big picture" understanding of their condition. This in turn, supports and improves the patient-provider relationship, and places the patient at the center of their healthcare. Kate Ulbricht, PharmD, co-founder of Natural Standard states, "Natural Standard is in strong support of evidence-based, inter-disciplinary educational programs, and works with NESWHE to provide quality resources to its' students."

For more information: 1-800-354-HEAL (4325), w; e-mail at wholehealth-.edu.verizon.net.

Mary-Anne Benedict, MSN, RN, is an education consultant with a focus on continuing education for the healthcare professional.

Healthcare Review

Millyard Technology Park 20 Technology Way Nashua, NH 03060
Tel: (800) 325-6464 (in New England) or (603) 579-8900
(outside New England)
Fx: (603) 579-8998 hcr@healthcarereview.com
[Privacy Policy](#)
