

PE1568/FF

NHS Centre for Integrative Care Letter of 28 June 2016

I would appreciate if the enclosed documents could be made available for circulation to the Chair and members of the Public Petitions Committee.

I am following this petition with close interest as are many of my colleagues. I am aware of keen interest from patients attending the Centre for Integrative Care too. Many patients find it difficult to express themselves or put themselves in the limelight and are grateful to the petitioner for doing so on their behalf. I do know people unable to access the service, such as former patients who wish re-referral or those living in different areas. I regularly receive referrals from specialist consultant colleagues in secondary care in Glasgow and am unable to see their patients as they live in another Health Board area although they are able to access other health care in Glasgow.

I hope the attached information will be of interest to the Committee.

1. CIC summary of In Patient Service. These refer to the 7 beds used in an innovative care model for a 5 day programme to develop self-care and enhance self-management that has evolved to meet our most vulnerable group of patients with complex problems, often multiple long term conditions.

2. Patient feedback from the in-patient stay shows how it is valued. Often these individuals have experienced a lot of medical care and intervention previously and have given up hope. It is very rewarding to see this restored and a shift towards a sense of well-being despite the problems they face.

3. The recent Patient Evaluation Survey from February 2016 of 177 patients attending different parts of the service. This reinforces other regular feedback of the service. The survey shows a reduction in use of conventional medication and attendance at the General practitioner and other Secondary Care services for a significant proportion of these patients. Also there is a significant reduction in use of conventional prescribed medication for many, with implications for cost savings.

4. Stuttgart Declaration This can inform the Committee of the wider context of our work at NHS Centre for Integrative Care, as an innovative model of Integrative Medicine which is part of a developing world-wide movement, responding to modern-day health needs. .

I would be pleased to provide any further information that would be helpful to the Committee.

With thanks

Kind regards,

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NHS Centre for Integrative Care

CIC summary In-patient activity

- Enables full assessment (medical and nursing with team approach) including 24 hour assessment of pain and rhythms of sleep and waking
- Opportunity to encourage engagement of patient in their self-care and to optimise management of their health with their active participation and in partnership
- Patients may be sedentary and socially withdrawn and isolated as a result of their long-term conditions and ill health, so activity and social interaction together with peer support is facilitated
- Other Referral may be indicated (eg local Community Mental Health Team, Breast clinic, Sleep Apnoea Clinic, Memory Clinic, Urology Clinic)
- Liaison with other health care providers and services
- Review of medication and family/social/community circumstances taken into consideration
- Attendance at nurse-led in-patient classes as part of individualised programme of care
- Therapies selected for that individual eg Acupuncture, Complementary Therapy (Bowen Therapy, Massage, Reflexology), Neural Therapy, Homeopathy
- Shift from over-medicalising a problem towards partnership with patients in their health and care, and helping patient feel more empowered in the face of chronic complex illness
- Aim is to help patient find better health whatever the limitations of their illness and particular circumstances
- The ward environment is important in providing an atmosphere where patients can feel secure and trust, of particular importance where there is a history of abuse and trauma, and the ward is a model of a Trauma-sensitive environment to reflect the patient needs
- Transformation in patients with multiple morbidity and longterm conditions towards an improved quality of life

Examples of feedback from a recent audit on the Weekly Inpatient Programme

'I have learned so much from the classes that I can place into my daily routine that will help to improve my quality of life. Thank you to all the staff.'

'Absolutely excellent information which will help me with moving forward.'

'I found all the classes very helpful in understanding myself and my condition and giving me ways to cope and help myself.'

'Everything is very well explained. Explains the positive things we can think about and ways we can help ourselves achieve goals. It also gives a direction for us, as sometimes you lose your way and we are not sure what to do.'

'I will use all the things that were put in place to help myself and can't thank staff enough.'

'Just thank-you – the week has been remarkable, life-changing. Thank you for all your care and attentiveness to my pain.'

'Without the help and treatment I receive in this hospital I couldn't do the simple everyday tasks because of my high level of pain I suffer from, being in here helps teach me how to cope at times'

'The Inpatient Programme is very educational and I've learnt a lot about myself and how to move forward with my life whilst looking after my body.'

'I was here in 2011 and I find that the centre has improved immensely and it was good before.'

'This time in hospital has changed my life. I will always be grateful for help, understanding and care from all members of staff. Thank you all so very much.'

'A wonderful healing experience. Doctors, nurses and all staff are friendly and approachable and can't do enough for you.'

'Doctors and staff go above and beyond meeting my needs. Sometimes I feel I have been blessed by being here being given complimentary therapies that make me feel whole, and knowledge to take with me to help me to help myself to have a better quality of life.'

'I am so impressed by this hospital and its lovely patient, understanding staff. You are a lifeline to so many people in pain with serious long term conditions.'

'Always leave feeling more positive about all issues in my life.'

'I now know how to change my sleep patterns and try and have a regular sleep time if I can.'

'This makes you realise that food can be part of your health issues. Now you are able to be more aware of what you eat and how this can affect you. Thank you.'

'Everyone in class had sleep problem. Gave us knowledge to take home to put into practice.'

'This unit has changed a lot for me. It has restored my faith in the NHS. I will take away from being here, a better understanding of myself and how to cope better. I have never met nurses like you. You are amazing and never seem to stop.'

'Words are not enough to express my sincere gratitude. You have given me light in a very dark tunnel.'

'It has been very inspirational to me and I leave you feeling much better. I will endeavour to do my very best to put into practice all I have learned.'

Sometimes I feel I'm in a deep well. Living with pain and tiredness is a living hell. But with kindness and caring, loving and sharing, I know one day I'll be well. And what a story I'll have to tell.'

It is really rare to find medical professionals who really listen to patients, especially with M.E. and actually offer constructive advice without being patronising. I really appreciated all the advice this week especially about Pacing and Nutrition. You all really make a difference to patients' lives – probably more than you know.'

'I will do my best to take on board all the information and tools you have given me, which will help improve my illnesses. Thank you.'

'You guys do a brilliant job. The calming nature and atmosphere of this unit is just brilliant.'

'An uplifting and humbling experience.'

'I'm taking a whole lot of stuff on board and changing things slowly but surely. Brilliant Service.'

'I can't tell you how much of a difference this week has made. I feel like a new person that can cope with whatever life throws at me.'

'Thank you for showing me the way forward.'

'The classes have helped me get back in a better place.'

I feel my stay has stopped me having a 'flare up' of my arthritis. With all the support and classes I have attended, I am able to go home feeling my condition has improved and able to cope with all I have learned.'

'The help and support and classes have made such a difference to my life.'

I was really struggling and exhausted and have never felt so grateful for the care and advice given in the classes. Feeling safe and supported goes a long way to reducing pain.'

'I thoroughly enjoyed the classes and now feel a lot better for it.'

'I feel I am going home prepared with coping methods to help me have a better quality of life. Thank you.'

'I really feel I would not have progressed without the support of the Service and I am so grateful.' Thank you for helping me get my life back'

'Without the care, compassion, time and dedication and learning, I would be sincerely lost.'

'The change in me in just one week is exceptional. I'm looking forward to carrying on a new change in routine at home.'

'I fee I have learned a lot and I am leaving in a much more positive frame of mind and with the tools to help with my illness in day to day life. You are all very dedicated and you make this a very special place.'

The staff have provided me with the best possible information which will help contribute to my future health. I've really enjoyed my stay.



Acute Services Division

Centre for Integrative Care

Patient Questionnaire 2016

Introduction

The aim of this survey was to audit the Centre for Integrative Care (CIC), to ensure that any areas for potential improvement are identified and acted upon.

Method

Throughout four weeks in February 2016, clinicians advised patients of the opportunity to participate in the questionnaire. Blank copies of the questionnaire were available at the reception area of the CIC, where patients were able to complete the survey and return it anonymously.

- 177 completed questionnaires were returned

Results

It should be noted that information gathered was provided in a variety of formats, resulting in inconsistent responses to the survey. Should the survey be undertaken in the future, it is recommended that changes are made to the survey design to allow a much richer analysis of the data.

1a. Since attending the Centre for Integrative Care, have you stopped or reduced any medication?

45% (n79) of patients responded that they have stopped or reduced medication, with 40% (n71) stating they had not stopped or reduced medication. 15% (n27) felt that the question was not applicable to them. 1 respondent did not answer the question.

1b. If yes, which medication and by how much?

Of the patients who responded yes, 66 provided information. Comments ranged from patients stating their medications and doses, explicitly mentioning lowering of their doses, stopping medications completely and other general comments (see appendix 1).

2a. Since attending the Centre for Integrative Care, have you changed the frequency with which you attend your GP?

58% (n102) of patients responded that they had changed the frequency with which they attended their GP and 33% (n59) responded that they had not. 9% (n16) felt that the question was not applicable to them.

2b. If yes, by how much?

Of the patients who responded yes, 79 provided information. This information included GP attendance reduction information, percentages, their frequency of appointments, as well as general comments (see appendix 2).

3a. Since attending the Centre for Integrative Care, have you changed the frequency with which you attend other hospital specialties?

30% (n53) of patients responded that they had changed the frequency with which they attend other hospital specialties and 41% (n72) responded that they had not. 29% (n52) felt that the question was not applicable to them.

3b. If yes, by how much?

Of the patients who responded yes, 40 provided information, again this was in a variety of formats, so difficult to theme and analyse. For a full list of responses, please see Appendix 3.

4. Could you describe in your own words the value of your attending the hospital in terms of changes to your health?

The responses to this question were overwhelmingly positive, with no areas for improvement identified. A number of themes were identified from the comments, noted below. It should be noted that many of the comments could be included in more than 1 theme.

96% (n170) of patients responded to this question. Of those responses, 97% (n165) clearly identified some value of attending the hospital via changes in their health. A total of 9 themes could be identified from responses, and a small sample of which are noted under below. The remaining 3% (n5) provided neutral responses to the value of attending the hospital via changes in health and are noted last.

Being Listened to/Talking

9% (n16) of responses highlighted the value of being listened to and talking whilst attending the hospital.

- “Like to know that there is someone I can call on if my state of health/mind changes. Having confidence that they listen and understand is worth so much to my wellbeing.”

- “I feel listened to and understand better why things occur. I am more confident that I can handle anything that occurs, e.g. eczema. I trust that homeopathic remedies work and I feel more in control of my health.”
- “It has been helpful attending as you meet other people who have health conditions. You can speak and listen to other people’s stories, which is helpful. It is great to know the doctor is doing his best to find a remedy.”
- “My treatment at CIC has been invaluable to me, as a patient and a human being. It is the only NHS environment I feel understood, listened to, supported. For those with chronic health conditions which are not understood by orthodox medicine, the CIC is the only sanctuary. The ongoing support of the CIC team has been integral to the management of my condition.”
- “Coming to CIC has been a benefit for me having time to discuss. I am healthier and able to cope more with life making me a better person all round. This centre has so much to offer.”
- “I feel I have benefitted greatly from the holistic approach. I have always felt that Dr Madden has time for me, and considers everything I say.”

Being Treated as a Whole

5% (n8) of responses highlighted the value of being treated as a whole.

- “In the process of changing my life. I feel valued again as a human being and now have hope. I feel all aspects of me are respected and valued - mentally, physically, socially and spiritually and through that I can thrive again.”
- “I feel empowered to deal with my symptoms and not solely relying on conventional meds. Elaine looks at my whole being, rather than just 1 symptom, I feel so much better in myself and my disability, this is a service I value.”
- “I received medicine to boost my energy levels (couldn’t take HRT) and allergy medicine as well as help and support from people who listen and care and treat the whole person. This has had an extremely beneficial effect on my life in terms of functioning normally”
- “By attending this hospital I have had help with every aspect of my life. All the classes have helped me to cope with my MS emotionally the way they deal with the whole person here.”
- “This has been wonderful, warm understanding staff - not our understanding of the rest of the NHS. And they listen and look at the whole person rather than bitty response of hospital specialties - it has worked for us.”

Classes and Coping Techniques

3% (n5) of responses highlighted the value of classes and coping techniques learned.

- “The MBCT class and the WEL class made a big difference to my situation and approach to life in general. Similarly does the personal care with the homeopathic medication and advice.”

- “Practical advice, attending has changed my life for the better. The moving into balance course could have been written for me, and is particularly relevant.”
- “Helped me deal with my issues by using mindfulness and other breathing exercises. I rarely require medication now.”
- “Coping strategies and breathing exercises help. Sleeping pattern is much better as is wellbeing.”

Supportive

4% (n7) of responses illustrated that attending the hospital gave them support and offered a lifeline.

- “I would be dead if I hadn’t attended this hospital, they give me hope and help me with the ongoing struggles of my life and health.”
- “I love to come in, it’s like re-booting me, I feel its saved my life. I have changed my outlook towards my health and now look forward to being able to manage my pain. The staff are always very helpful and can’t do enough to help. The atmosphere is always very calming and friendly.”
- “I can honestly say if it wasn’t for CIC I wouldn’t be here. Their support and knowledge, caring and practical tools to use help aid my health conditions.”
- “I always feel supported and encouraged by my visits to CIC which is the only healing environment I have experienced in the NHS.”
- “I am a patient with multiple health problems, I have been largely written off by acute medical facilities. The CIC took an integrated and holistic view of my total scenario and introduced my to various self management technique/education etc. Without the CIC I would not have been able to contribute to my local community, and I believe my physical, mental and emotional health would have deteriorated to a potentially fatal level.”

Mental/Emotional

7% (n12) of responses highlighted the mental and emotional value of attending.

- “Huge change in mental attitudes towards pain and fatigue. This has allowed me to have a better quality of life and also I’m learning how to enjoy life and to be in the moment.”
- “Definitely feel physically and mentally better with treatment prescribed. Have more energy than previously and certainly fewer minor ailments.”
- “I feel my mind is lifted a little, I can see a brighter future and I am dealing with my abuse in the past.”
- “My visits help me emotionally as well as guiding me on the right path with my fibromyalgia.”
- “Great foundation for recovery of mental and physical health.”

Treatment/Medication

25% (n42) of responses mentioned the health, treatment and/or medication value of attending the hospital.

- “Homeopathic powders have helped considerably, whereas for years different GP prescriptions have not helped much.”
- “My health has improved in that the painful attacks on my abdomen area have reduced therefore improving my quality of life.”
- “Since attending here and taking homeopathic medication, I am now able to do every day things.”
- “I have a huge improvement in health overall - I am most impressed with the care and the effectiveness of the homeopathic remedies.”
- “Severity of condition has been reduced, and I am convinced it is the homeopathic meds.”
- “My symptoms are reduced very much - I find that my skin condition is so much better.”
- “Vast improvement in skin condition.”

Management of Condition/Advice

8% (n13) of responses cited the advice and condition management as a value of attending the hospital.

- “As I have multi-factorial condition the support, therapy and knowledge is hugely beneficial to helping me manage chronic and terminal conditions.”
- “Since attending my condition has become controllable due to my better understanding and use of homeopathic methods that, in my case, work.”
- “Find it very beneficial in sharing different ways of thinking and coping with chronic pain.”
- “Getting treatment here has made a huge impact on my health in terms of stress, fatigue and pain. I have ME/post viral fatigue syndrome and I have been able to manage and cope much better with my illness attending here than any other treatment I have been offered on the NHS.”
- “Helped me to stop medication, helped with diet awareness and harm sugar does and how it affects my pain. About 90% better pain control. Would recommend this service to anyone, have done for a few friends.”

Lifestyle Changes/Outlook

8% (n14) of responses noted the value in lifestyle changes and outlook from attending the hospital.

- “Changed my outlook on life. Made me consider different ways of doing things, in my life, changed my diet. Helped with medical issues and emotional distress. Simply marvelous.”
- “The centre has given me a more positive outlook on life and its challenges and I have benefitted enormously.”

- “I have found attending the centre to be very helpful and have made considerable changes to my lifestyle helping to manage pain, fatigue, and depression. I can’t thank you all enough for the excellent care.”
- “This has helped to increase my entire wellbeing. I have a better understanding of my health challenges and have a greater sense of self worth. It has reignited my desire to be kind to myself and helped me on the road to my future.”
- “I feel much better within myself and can function better - less medication, less time not working, gradual improvements, but so grateful for the opportunity to attend this centre.”

General

29% (n49) of responses described the general value of attending the hospital.

- “Really pleased at the fact they could recommend something for me to take, hopefully it will work.”
- “Makes me feel good just walking through the door, always feel better for a week or more.”
- “I find the service very rewarding both physically and mentally.”
- “Much more natural effects, friendly service, not fobbed off.”
- “Like being given choice and not forced down one route.”
- “The most relaxing and lovely hospital to attend the therapeutic benefits to mental and physical health are endless and ongoing. There is no rush or pressure on anyone. There is nowhere to match this wonderful hospital and its staff.”
- “My daughter was not coping with school, refusing to go and suffering from headaches and tummy aches. This has completely turned around.”
- “After my visit my sense of wellbeing has increased. This is due to neural therapy, acupuncture, heat lamps, and the staff who are all wonderful.”
- “The quality of my health since attending the hospital has helped me immensely. The support and level of specialist care has been second to none and along with the medication I am already taking for years, keeps the quality of my life going.”
- “The value of being an inpatient has been immense. Just knowing that people understand your illness is great, and this has mentally made me reassess the symptoms I have. I look forward to putting practices in place, and I feel better already.”

Neutral

3% (n5) of responses gave neutral comments.

- “Skin condition has calmed down but would be better if stronger dose was given at the start.”
- “No change.”
- “Staff very friendly and helpful but unfortunately could not help my condition.”

- “I have only recently started coming to the centre and am grateful that I can come here and reduce my GP appointments.”

Appendix 1: Responses to Q1A/B: Since attending the Centre for Integrative Care, have you stopped or reduced any medication?? If yes, what medication and by how much?

(*unable to theme due to varying formats of responses)

- Painkillers
- Trazadone, 450mg, Diazepam 30mg, Dhydracodeine 2 x 4 daily
- Better control of asthma through better nutrition. Reduced intake of ventalin inhaler
- Inhalers - rarely use now, steroid cream, never use anymore
- migraine medication and stemetil has reduced, because dizziness has reduced in frequency
- Citlopham reduced from 30mg to 20mg
- Gabapentin
- Homeopathic remedies only
- Less severity of symptoms
- Steroids TX (topical)
- I have stopped applying any skin cream
- Water tablets
- Sepia, reduced by half
- Stopped Nazoben, nazeptin
- Substantial reduction in creams for psoriasis
- No medication was offered via GP to help
- Amitriptyline, dramatically reduced and feel much better for it
- Related to acne
- Meds for ulcerative colitis
- Mirtazipine, reducing doses
- Tramadol by 25%, paracetamol by 50%, amitphylene by 50%
- Do not take now unless really necessary which may only be once a month or less
- Now completely off gabapentin and tramadol
- From 8 to 6 tramadol
- But have cut down on use of stimulants, coffee, alcohol, sugar and TV significantly - feel much healthier, no longer depressed and fatigued
- Diazepam, tramadol, avoided humira, saving £24k a year
- Lyrica, no longer needed
- Steroid treatment no longer used
- I have reduced the amount of other meds
- Steroid cream, hydrocortisone
- Adcan D3 - replaced with cod liver oil. Paracetamol suspension - only required occasionally
- Some respiratory but would like to reduce more
- Oxynorm 10mg
- Fluoxetine 20mg, amitnptyline 50mg
- Discontinued antidepressants, painkillers
- Frequent of antibiotics
- Cocodamol 2 tablets twice daily

- Pain relief
- Tramadol from 8 to 6
- Steroid based eczema cream, when needed
- Tramadol only when required instead of daily
- Changed medication
- Venlafaxine, 50%, cocodamol, 8 tablets a day to none
- Unable to take conventional medicine
- Painkillers
- Fentanyl patches, 25mg
- Gabapentin, 2700mg/day to 1800 mg/day
- Steroid ointment reduced by 2/3rd, oral steroids reduced to nil
- Prenisone 3mg
- Painkillers
- Hepa sulph 30g
- Amitriptyline, stopped completely
- Sertvaline 100mg
- No longer taking PPIs or analgesics
- Cocodamol as required rather than 4x daily , diclofenac stopped completely
- Migralse, now taking Sepia for migraines
- Painkillers - Nil
- Methotrexate, salphasalazine, gabapentin, tramadol, amitriptyline - all stopped in tablet form
- Ibuprofen by 1/3 and paracetamol by 1/3
- Pain control meds reduced by 3/4
- Have not reduced, but have learned to manage them better
- Gabapentin, Baclofen, Fluoxetine, Trazadone, Tramadol - between 50% - 100%
- Painkillers by 50%

Appendix 2: Responses to Q2A/B: Since attending the Centre for Integrative Care, have you changed the frequency with which you attend your GP? If yes, by how much?

(*unable to theme due to varying formats of responses)

- In general, sleep pattern is better
- Every 6 months
- phone consultation instead of attending surgery
- Approx 70%
- Rarely see GP
- Previously attended GP twice a year for chest issues and had antibiotics for every winter. Haven't had to do this for 4/5 years
- Altogether
- twice a year rather than 4/5 times previously
- As an inpatient over the winter months I need to see the GP every 2 months
- Approx 50%
- Less frequent
- Approx 75%
- Seldom attend GP
- 70%
- At least 50%
- Just when required
- By once a month
- by about 4-6 times a year
- Very rare attendance
- Go on rare occasions
- 3 monthly
- 1 Year
- I complained regularly to my GP and consultant about fatigue but since attending CIC I am able to manage it better
- Only attend if necessary
- Monthly instead of weekly
- Haven't felt the need to see GP at all. Previously there every week
- Not seen GP for several months
- from monthly to bi-monthly
- Haven't attended GP for last few years
- Haven't needed the OP since
- Very rarely see GP regarding condition
- We only attend the dry as required, as well cared for within the centre. All needs addressed with care and compassion
- By up to 6-8 times per year
- By 50% at least
- By 50%
- Very much - never seem to have minor ailments, i.e. colds, flu, bronchitis etc
- Have counselling every week, helps with my wellbeing
- Not been to GP in over 1 year

- Only for check up for medication
- 2 visits per month
- 50%
- Attend GP a lot less
- halved
- Not having bouts of sickness/vomiting
- Once every 2 months, previously at least once a fortnight
- 2 months
- Certainly. Used to be at GP almost every week, don't attend as often now
- don't attend GP for eczema at all now
- 1-2 visits
- More than half
- They did nothing - homeopathy the way to go
- Less frequent
- From 4 weekly to weekly appointments
- 75%
- reduced attendance at GP
- Only a few times a month now
- Monthly to every second months
- 50%
- Much prefer integrative care approach
- Difficult to quantify about 25%
- 50%
- 30% less
- haven't been in 6 months
- 40%
- Have not attended in 5 months

Appendix 3: Responses to Q3A/B: Since attending the Centre for Integrative Care, have you changed the frequency with which you attend other hospital specialties? If yes, by how much

(*unable to theme due to varying formats of responses)

- Pain and coping better
- Respiratory signed off
- Don't attend pain clinic at stobhill as don't take pain meds
- Altogether
- Hernia related issues
- Discharged from hospital check - now with optician again, homeopathic medicine has reduced the pressure in my eyes - strong family history of glaucoma
- Only attend CIC at the moment
- water retention, so far no need to go back
- No longer see ENT specialist
- Dermatology, zero attendance
- Do not attend ENT now
- Osteoporosis and arthritis clinic
- ulcerative colitis
- Cardiology, 2 years
- 6 months
- Dietary and relaxation
- I have not been admitted as an inpatient for 12 months, from 2 x per year
- Dermatology
- Don't attend pain clinic at all now.
- Pain clinic
- Only attending yearly now
- Sleep clinic - referral waiting for results, outpatients acupuncture
- Urology, now 1 year, gynaecology, no longer attend
- Gastroenterologist - stopped attending
- 50%
- only attended ENT recently because of unpredictable bleeding in nose
- Metabolism clinic, 5 yearly instead of yearly
- 75%
- Down to 1 a year
- The CIC is what I need to get better
- Dermatology dept, reduced to 6 monthly check ups
- rheumatology by half
- Physio, psychology
- Able to deal with things myself
- rheumatology
- See Rheumatologist consultant about twice a year now
- Don't attend any other hospitals
- No longer attend pain clinic, orthopaedics and rheumatology, so 100%
- Cant say exactly, feels like I'm attending less
- Almost stopped as symptoms have reduced or disappeared.

Stuttgart Integrative Health & Medicine Declaration

Originally endorsed by the participants of the International Congress for Integrative Health & Medicine, June 9-11, 2016 in Stuttgart, Germany.

Background

Medicine today faces immense challenges: chronic and lifestyle-related diseases are overwhelming health systems; antimicrobial resistance has become a threat to human health; child and maternal mortality remain disproportionately high in low income countries; climate change and pollution is affecting human health; universal access to health services is still not assured in many countries; health care costs are rising without a corresponding improvement in health and wellbeing.

The focus on disease treatment has diminished the focus on individuals as whole persons, and distracts from the intimate connection between the health of individuals, the health of our communities and the health of our environment.

Demand for traditional and complementary medicine (T&CM) is high in all countries because people experience the limitations of the biomedical model to respond to all their health needs. People look for an approach to healing that focuses on the person as a whole, supports self-healing and health creation, and is participative.

Integrative Health and Medicine

Integrative health and medicine has emerged as a movement that focuses on the whole person, considering the individual in its physical, psychological, spiritual, social and environmental context, and is inclusive of all professions and practices that use this approach.

Integrative health and medicine stands for an evidence-informed integration of conventional biomedicine with traditional and complementary medicine (T&CM). All appropriate therapeutic approaches and healthcare disciplines are used to achieve optimal health and healing, while recognizing and respecting the unique contribution from many medical systems.

Integrative health and medicine affirms the importance of the practitioner-patient relationship, the empowerment and participation of patients, and emphasizes interprofessional collaboration, networks and teams.

The Stuttgart Congress illustrated the support that integrative health and medicine offers to addressing global health challenges such as antimicrobial resistance and non-communicable diseases; to expanding universal health coverage; and to

addressing social, economic and environmental determinants of health at the individual and community level.

Successful integrative care models exist today across the health care spectrum, including in cardiology, oncology, pain management, mental health, pediatrics and others, waiting to be scaled up.

There is growing and in many cases good evidence on efficacy, including quality of life, safety and costeffectiveness of traditional and complementary medicine, integrative health and medicine and the integrative care model, but more investment in research is needed.

The Integrative Health & Medicine model is fully aligned with the WHO Traditional Medicine Strategy 2014-2023, providing models of a meaningful integration into healthcare systems. Some countries are making significant progress in integrating T&CM into their healthcare system but many countries are lagging behind despite several resolutions by the World Health Assembly - the supreme decision-making body of the WHO - urging them to do so.

A Call for Action

Based on our commitment to reach the Sustainable Development Goals 2030 and a shared vision to improve human health and wellbeing for all, we aim to build a concerted, global movement to advance the integrative health & medicine approach, based on mutual respect, exchange, collaboration and cooperation.

We commit ourselves and call on others to take action to address pressing global health needs such as antimicrobial resistance and the rising burden of non-communicable disease by further developing, evaluating, sharing and implementing integrative prevention and care models.

We commit ourselves and call on others to collaborate and cooperate in conducting relevant research to increase scientific evidence.

We unite behind the goal to demonstrate the affordability of integrative health care and ensure access for all.

We call on governments:

* To recognize integrative health and medicine as a whole society approach that will help to reach the Sustainable Development Goals;

* To include integrative T&CM into national health service delivery and self-care, as agreed in the WHO Traditional Medicine Strategy 2014-2023 and several World Health Assembly resolutions;

- * To collaborate with integrative health and medicine research centers, practitioners and civil society in establishing integrative health and medicine policies;
- * To create and fund ambitious public research programs to increase evidence of T&CM treatments and integrative care models;
- * To establish and support systems for qualification, accreditation or licensing of integrative medicine practitioners;
- * To ensure inclusion of integrative health concepts in the education programs of all health professionals
- * To adopt medicine regulation pathways tailored to the specific nature of traditional and complementary medicines.

We call on the World Health Organization:

- * To prioritize the implementation of the WHO Traditional Medicine Strategy 2014-2023;
- * To adopt, whenever relevant, an integrative health and medicine approach across WHO departments and strategies to reach the Sustainable Development Goals;
- * To facilitate regional collaboration of countries and to closely collaborate with T&CM research centers, practitioners and civil society to advance the implementation of the WHO Traditional Medicine Strategy.

We call on professional organizations:

- * To actively support the implementation of WHO Traditional Medicine Strategy, including through certification of T&CM practitioners and practices.