

5<sup>th</sup> International Conference on  
**MEDICINAL PRACTICES: HERBAL, HOLISTIC &  
TRADITIONAL**  
November 26-27, 2018 Bali, Indonesia

### **Incorporation of holistic medicine into academic healthcare setting**

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An integrated care model combines evidence based conventional medical approach with holistic modalities to address not just the physical symptoms but also the psychological, social, spiritual and environmental influences on health and wellbeing. Three years ago, we created the Integrative Health and Wellbeing program to bring evidence based holistic modalities into academic healthcare setting. When we began this venture, we took a great deal of time to learn how others had developed and sustained similar programs. We visited established Integrative Health programs around the country and met with leaders in the field and who are actively expanding the footprint of the integrative approach in the U.S. and globally. We thought it equally important to understand our own institution and the patients we would soon serve. Through our process of discovery, we applied what we had learned into a new model and launched The Integrative Health and Wellbeing Program at New York Presbyterian Hospital in 2015. This program offers services such as physician consultation, nutrition, psychotherapy, Ayurveda, functional medicine, acupuncture, meditation, yoga, Reiki and Pilates. These services are offered alongside conventional medical plan in a team based approach. There are several elements that have been integral to our early success: stakeholder engagement, strategic planning, organizational structure and operations, marketing and communications, building performance metrics, and building our team. We would like to share some of these lessons we have learned along the way. We hope this knowledge can help other clinicians and healthcare institutions create successful and sustainable programs by embracing a more holistic care approach to care.

#### **Biography**

Chiti Parikh is board certified in Internal and Integrative Medicine with additional training in Functional Medicine, Ayurveda and Acupuncture. She is an Assistant Professor of Medicine at Weill Cornell Medical School where she plays an active role in clinical care, education and research. She co-founded the Integrative Health and Well Being Program at New York Presbyterian Hospital, USA.

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