

Customized Integrative Care for Hospitalized Patients



Penny George Institute for Health and Healing is the largest hospital-based integrative health program in the country

For most people, the thought of a hospital stay brings some degree of stress, anxiety and uncertainty. For some patients these feelings may seem overwhelming, which has the potential to delay the healing process or increase levels of pain.

The George Institute's team of health professionals provides inpatient services throughout Abbott Northwestern Hospital including the Orthopaedic Institute, Sister Kenny® Rehabilitation Institute, the Spine Institute, WomenCare, Minneapolis Heart Institute®, Neuroscience Institute and the Virginia Piper Cancer Institute®. Patients are referred for integrative services at the request of a physician, nurse or other caregiver.

Inpatient services were first offered five years ago, made possible through generous philanthropic support to the Penny George Institute for Health and Healing. In January, the inpatient services team marked a milestone by surpassing its 50,000th hospital visit, confirming that the George Institute is the largest hospital-based integrative health program in the country.

A total of 23 highly credentialed practitioners deliver patient-focused, individualized integrative health services. Each weekday morning, the team of practitioners meets to assign an average of 25 to 30 new patient referrals each day. On a typical day, 60 to 75 patients will receive an integrative consult or service. The George Institute's multidisciplinary team works directly with the patient, family and medical staff to determine the best options for each particular patient. "The physicians and nurses at Abbott Northwestern are highly supportive of our work," said Pat Vitale, LICSW, manager, Integrative Medicine. "Our professionals are seen as the experts in their field, using the best of complementary health care practices that are truly integrated into the health care setting to promote healing and enhance the patient's hospital stay."

According to Vitale, the George Institute's practitioners have the highest credentials in their area of expertise. Referrals for integrative services are most commonly sought to address patient pain, anxiety, nausea, sleep problems or issues related to pain medication. The most

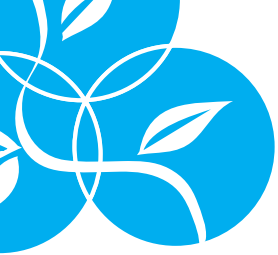
common services include acupuncture and acupressure, mind/body therapies including guided imagery and relaxation response, energy healing, music therapy, reflexology and therapeutic massage. The George Institute's professionals come directly to the patient by providing care at the bedside, where they work closely with physicians, consult with nurses and document their care in Excellian, Allina's electronic medical record system.

"With some patients, we see them pre-surgery, immediately post-surgery and there have been occasions where our practitioners have been with the patients during surgery or a procedure," explained Vitale. "In the Birth Center, we have worked with patients and their anesthesiologists to address anxiety related to a C-section birth, even accompanying the woman into the delivery room to work with her during the anesthesia process."

Inpatient practitioners are seen as valuable members of Abbott Northwestern's health care team. "Through research, we know that there is a significant difference in the average pre-intervention pain score versus the average post-intervention pain score," explained Lori Knutson, RN, BSN, HNC, executive director of the George Institute. "We also see higher levels of patient satisfaction following treatments. For a patient's family members or loved ones, we're also a support system, teaching them how to master certain skills that will be useful when they are discharged from the hospital so that they are able to care for the patient in a holistic manner."



The Penny George Institute for Health and Healing's team of professionals provides inpatient services throughout Abbott Northwestern Hospital. In early 2009, the inpatient services team marked a milestone by surpassing its 50,000th hospital visit.



Resilience Training Study Finds that the Program Transforms Lives

The George Institute's Resilience Training Program is an eight-week, outpatient educational program that empowers participants to discover their innate healing capacities and enhance their natural resilience. Participants learn strategies and techniques to holistically deal with life's struggles and depression.

Led by Henry Emmons, MD, a holistic psychiatrist, and based on his book, *The Chemistry of Joy*, the program addresses how the mind perpetuates stress and offers practical information and practice on how to use meditation, nutrition, exercise and other healing tools to work through difficult emotions, manage stress and reduce daily anxiety.

Allina Hospitals & Clinics recently conducted a study on the program to evaluate biologic and psychological changes in participants before and after the eight-week program. The study included two cohorts of 20 Allina employees who completed the program. Employees who expressed interest in the program were screened for mild to moderate depression and 40 were selected to complete the program from September to December of 2008 and January to March of 2009. "Allina is committed

those with chronic conditions to decrease their illness burden."

The research study was led by Jeffrey Dusek, PhD, the George Institute's research director, who presented the results in May at the 2009 North American Research Conference on Complementary and Integrative Medicine. "We saw a significant reduction in depressive symptoms, anxiety and stress, along with improvements in sleep," explained Dusek. The study also included biologic sampling of participants before and after the program to evaluate changes in vitamins, essential fatty acids and other important nutrients and other indicators for well-being.

Across the country, health care workers are dealing with a stressful environment and as caregivers, many find that caring for their own needs takes a back seat. According to Dusek, depressive symptoms are a common ailment for today's health care workers. "Employees need to take care of themselves in order to best take care of others," said Dusek. "There are many tools available for our employees to do this without taking additional medications. Through the Resilience Training Program, they are able to acquire skills that will help them better care for themselves in what is today, for many, a stressful time."

Participants in the program work with a team of professionals including Emmons, nutritionist Carolyn Denton, LN, and exercise physiologist, Sue Masemer, MS, to learn specific techniques to overcome stressful situations, mild depression and anxiety. "While this approach is not appropriate for those in an acute stage of depression, someone in long-term recovery can work to create a life that is full and joyful, where depression is not a day-to-day issue any more," said Emmons.

Dusek's research will be used to further evaluate ways that the George Institute's



programs could be used to reduce the cost of health care for employees and the general public, while improving quality of life without additional medications. "This pilot was extremely successful," said Dusek. "Through nutrition, exercise, meditation and other techniques, people are better able to care for themselves. Allina is fortunate to have the resources of the Penny George Institute for Health and Healing and at the same time the George Institute is very fortunate to have strong support from Allina to evaluate innovative ideas. We're looking at groundbreaking ways on enhancing care and offering these options to our own employees is one component of our work."

For more information on the George Institute's Resilience Training program, call 612-863-3333.

Special Events

The Art of Healing Program

The George Institute's Art of Healing Program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern campus and at other facilities of Allina Hospitals & Clinics. The program includes music therapy, artists at the bedside, collaborations with area arts groups, a volunteer program and more. Visual arts exhibits and visual, movement, written word and music classes are offered for the public with a focus on the therapeutic benefits of the arts.

Visual arts exhibit calendar

Each month a new local artist is chosen to display work at the George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit may be viewed during clinic hours, Monday to Thursday, 8 a.m. - 9 p.m., and Friday from 8 a.m. - 4:30 p.m.

JUNE-JULY EXHIBITS

Abbott Northwestern, Wasie Building lower level (by LiveWell Fitness Center) Watercolor paintings by Dianne Jandt

George Institute's Outpatient Clinic (SE corner of 28th and Chicago) Textiles by Kimber Olson

AUGUST-SEPTEMBER EXHIBITS

Opening reception held at the George Institute's Outpatient Clinic on Friday, Aug. 7, 6-8 p.m.

Abbott Northwestern, Wasie Building lower level (by LiveWell Fitness Center) Watercolor paintings by Nanci Yermakoff

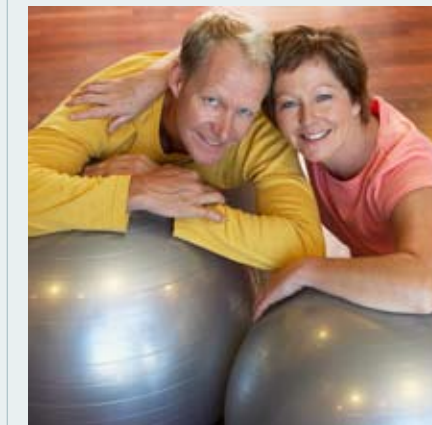
George Institute's Outpatient Clinic (SE corner of 28th and Chicago) Photography by Nancy Cox

Related healing art programming

DRUM CIRCLE

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on health. Experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

Kim Donley, MS, MT-BC, instructor
Mimi Lindell, RN, HN-BC, CHTP, instructor
Thursdays, 7-8 p.m.
July 16, Aug. 20 and Sept. 17
\$10



Yoga

THERAPEUTIC YOGA

Anyone can do yoga. Yoga is a wonderful aid to healthy living and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga can also be used to support the healing process in a variety of ways. Among other health issues, yoga can be of help to people who are experiencing low back pain, living with neurological disorders or

fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. To make an appointment, call 612-863-3333.

CHAIR YOGA

In this six-week class learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

Megan Hatch, CYT, instructor
Mondays, 4:30-5:30 p.m.
Series start July 13 and Sept. 7
(no class Sept. 21)
\$89

BEGINNING GENTLE YOGA

In this six-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

Megan Hatch, CYT, instructor
Wednesdays, 5-6:15 p.m.
Series start July 15 and Sept. 9
(no class Sept. 23)
\$89

Other Classes

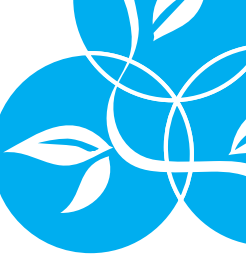
MINDFULNESS-BASED STRESS REDUCTION

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting

"Allina is committed to the wellness of the community it serves."

—Penny Wheeler, MD
chief clinical officer
Allina Hospitals & Clinics

the wellness of the community it serves," said Penny Wheeler, MD, chief clinical officer, Allina Hospitals & Clinics. "Our care model calls for increased emphasis on prevention and the continued support of



and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

Scott Cruse, LICSW, instructor
Mondays starting July 13, 6-8:30 p.m., plus Saturday, Aug. 22, 9 a.m.-4 p.m.
OR
Mondays starting October 5, 6-8:30 pm, plus Saturday, Nov. 14, 9-4.

- \$300 plus approximately \$45 for books and tape available at the class
- up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

AYURVEDA: THE PATH TO HEALTH **Part I: Tuesday, Aug. 4, 6:30-8 p.m.**

The first class will be an introduction to Ayurveda. Marcia Meredith will give a general introduction to Ayurveda and also talk more specifically about the concept of “dosha” or mind-body-spirit constitution. This class will also introduce the concept of Prakurti, our essential nature, and Vikruti, our current health condition.

Part II: Tuesday Aug. 11, 6:30-8 p.m.

The second class will focus on Ayurvedic diet. Fresh whole foods are generally good for us to eat. Ayurveda offers ideas that refine this recommendation and has suggestions for eating to help balance your constitution and choosing food with awareness of the season. The concepts of “Agni,” the digestive fire and “Ama,” toxins in the body will be discussed with an emphasis on eating to reduce toxins and improve health and well-being.

Marcia Meredith, RN, NP, certified Ayurvedic practitioner
Tuesdays, Aug. 4 & 11, 6:30-8 p.m.
\$50 for both sessions
3.0 CEUs available for nurses

COUPLES MASSAGE— LEVEL II

This two-hour class is for couples who have completed a first-time couple’s massage class. The instructor will build on the therapeutic techniques that were taught in the first class and add a deeper dimension to the knowledge and skill that couples can take home and put into practice. Each participant will give and receive a full body massage!

Jeremy E. Miller, LMT, NCTMB, BS, instructor
Tuesday, July 14, 6:30-9 p.m.
\$60 per couple

KOREAN HAND CORRESPONDENCE THERAPY—

For Health Care Professionals and the General Public

Enhance your professional healing practice and enrich your self-care and the care of your family by learning Korean Hand Correspondence Therapy. This therapy is based in the theories of Traditional Chinese Medicine; if energy does not flow freely, a person experiences pain and discomfort. Pain can be reduced or eliminated by acting on the blockage.

In this class, you will learn the basics of the correspondence therapy, using the hand to represent the entire body. You will learn:

- how to locate the area of the hand that represents the area of the body in which pain is experienced
- palpation of the points so that you are treating the correct area
- use of the hand beads to stimulate the points
- use of the hand correspondence system to provide the relief of massage to areas of the body.

Pam Weiss, PhD, MPH, BSN, RN, LAC, DiplAc, instructor
Mondays, Sept. 7 and 21, 6-9 p.m.
(Class will meet twice, two weeks apart, to allow for practice and observation between classes.)
\$75 includes supplies
5 CEUs

ACUPRESSURE FOR FAMILY AND SELF-CARE

This course will introduce you to the basic use of acupressure for common health concerns. According to Traditional Chinese Medicine, energy circulates

through our bodies to keep us well. When the energy flow is blocked, we experience pain or illness. Acupressure is one of the techniques of that activates acupuncture points, treating our symptoms and helping to restore health.

In this class you will learn:

- the location of helpful acupuncture points
- to stimulate the points using pressure
- the combination of points for a particular symptom
- resources online and in print that will help you relieve your symptoms and restore your health.

Pam Weiss, PhD, MPH, BSN, RN, LAC, DiplAc, instructor
Thursday, Sept. 3, 6-9 p.m.
\$45 includes book and related materials
3 CEUs

EATING IN HARMONY— Functional Nutrition and Traditional Chinese Dietary Therapy

What is healthy eating for you and how do you get there? Come discover the joy and ease of eating well. In this class we will show you the ways in which the ancient principles of eating dovetail with concepts of modern nutrition. You will gain insight into understanding your body’s needs, get a basic roadmap for healthy nutrition and even collect some fun recipes for those summer vegetables sitting in your refrigerator.

Carolyn Denton, MA, LN, and Jennifer Blair, LAc, MA, OM, instructors
Thursday, Aug. 6, 6:30-8:30 p.m.
\$20

PERSONAL STRATEGIES FOR MAINTAINING CHANGE

Have you recently made a lifestyle change and find it difficult to maintain? Would you like to learn the secret to make that change a permanent part of your life? In this experiential class, you will discover and develop your personal strategy for maintaining the change you desire. Based on Neuro-Linguistic Programming, this class will help you tap into your values and use them to make lasting change. Please bring a bag lunch.

Molly Ellefson, MS, NCC, and Barbara Hopperstad, MA, CTC, instructors
Saturday, Sept. 26, 9:30 a.m.-4:30 p.m.
\$75

Exercise is Medicine



Highly credentialed staff at the LiveWell Fitness Center help clients at all levels develop a safe, effective and enjoyable fitness program

There’s an old adage about nutrition that says an apple a day keeps the doctor away. Turns out, the same could be said for exercise. In fact, the benefits of regular exercise are so overwhelmingly positive that some clinicians and fitness experts are now referring to exercise as medicine.

“Most people struggle with how to develop a fitness routine at some point in their life,” said Sue Masemer, manager of the George

Institute’s LiveWell Fitness Center and Minnesota’s representative for the Medical Fitness Association. “With today’s health care crisis and the public health epidemic of two-thirds of our population classified as overweight or obese, we can’t continue with business as usual. Health professionals need to focus on keeping people healthy instead of focusing on just treating illnesses. Better exercise, nutrition and the mind-body connection all play an important role.”

At the LiveWell Fitness Center, a team of highly credentialed exercise physiologists, physical therapists, nutritionists and mind-body experts work together to provide a wide range of services and programs for individuals seeking to lead a healthier life.

“Many people think that exercise needs to be a long, painful process and many are uncertain about what is appropriate for them,” explained Masemer. “Time is also a

Continued on Page 6





Exercise is Medicine continued

big excuse for avoiding exercise, but the fact is that there is a means for almost everyone to be active. This is what we call the medical fitness model.”

Professionals at the LiveWell Fitness Center offer programs and services for all levels of health and situations, including cancer survivors and those struggling with depression. “People can survive and thrive with a better quality of life by maintaining a fitness program,” Masemer added. Ensuring that a program is safe and effective is critical, according to Masemer. It also helps to find something that you personally enjoy. “When it comes to nutrition, most of us are able to find healthy foods that we also enjoy,” stated Masemer. “The same is true with exercise.

If we find an exercise program that we enjoy, we will do it.”



Masemer suggests that people work with an expert at the LiveWell Fitness Center and start out small by putting more activity into one’s daily life. A fitness routine need not be painful to be effective. “Many people try to do too much, too soon when starting a fitness program,” said Masemer. She recommends progressing slowly and recognizing that not everyone has a full hour to carve out of the day. “We know through research that the benefits of exercise are cumulative, so if you spread your activity throughout the day in 10 or 20 minute blocks, it really adds up and it’s just as beneficial.”

When clients work with staff at the LiveWell Fitness Center, they are assessed from a holistic perspective, including nutrition, activity level and their individual goals. The center’s 12-week Take Action Program is a highly successful program for people who want to lose weight and keep it off. Participants learn the skills they need to manage their weight including a regular program of exercise, healthy nutrition and lifestyle modification.

Masemer states that exercise is such a powerful form of medicine that it is useful in managing, and possibly even preventing, chronic health conditions. “We often say that if exercise could be put in pill form, it would be the most commonly prescribed medication,” she stated.

For more information on the LiveWell Fitness Center’s programs and services, including the Take Action Weight Management Program, call 612-863-5178.

If we find an exercise program that we enjoy, we will do it.”

— Sue Masemer,
The George Institute’s LiveWell Fitness Center manager



Class Registration

OUR LOCATION

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting on the 28th Street entrance.

REGISTRATION

Pre-registration is required for all classes. To register, fill out the form below and mail or fax with your payment to the George Institute. You may also register and pay by phone

REFUND POLICY

Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

EDUCATION CREDITS

Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit abbottnorthwestern.com.



Registration Form

To register, please fill out the form and mail, phone or fax to:
PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING
Abbott Northwestern Hospital
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Phone: 612-863-3333 Fax: 612-863-9019

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.

Drum Circle

starts July 16 (\$10) starts Aug. 20 (\$10) starts Sept. 17 (\$10)

Chair Yoga starts July 13 (\$89) starts Sept. 7 (\$89)

Beginning Gentle Yoga

starts July 15 (\$89) starts Sept 09 (\$89)

Mindfulness-Based Stress Reduction

starts July 13 (\$300) starts Oct. 5 (\$300)

Ayurveda: The Path to Health starts Aug. 4 (\$50)

Couples Massage - Level II July 14 (\$60)

Korean Hand Correspondence Therapy

starts Sept. 7 (\$75)

Acupressure for Family and Self-Care Sept. 3 (\$45)

Eating in Harmony Aug. 6 (\$20)

Personal Strategies for Maintaining Change

Sept. 26 (\$75)



Penny George Institute for Health and Healing

800 East 28th Street
Minneapolis, MN 55407

From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.



Integrative Medicine Physician Consultations at the Outpatient Clinic

Looking for a doctor who has a broad understanding of holistic and integrative health? Consider an integrative medicine physician consultation at the George Institute's Outpatient Clinic. Through the consultations, patients partner with a physician to explore evidence-based options and co-create care programs to reduce adverse effects, help with rehabilitation, and support the discovery and development of mind-body self-care skills to improve quality of life.

"Consultations with our integrative medicine physicians do not replace the role of a primary care physician," explained Lori Knutson, executive director. "Rather, our physicians partner with individuals to develop plans of healing and offer advice on how to holistically approach health care needs."

MEET OUR INTEGRATIVE MEDICINE PHYSICIANS

Gregory Plotnikoff, MD, MTS, FACP, medical director, is a board-certified internist and pediatrician who has received international honors for his work in cross-cultural and integrative medicine. A graduate of Carleton College, Harvard Divinity School and the University of Minnesota Medical School, Plotnikoff returned to Minnesota in 2008 after six years in Tokyo, Japan where he was an associate professor at Keio University School of Medicine. While in Japan, he received several international awards as well as the Early Career Distinguished Achievement Award from the University of Minnesota Medical School. Plotnikoff is well known for his work in interventional nutrition, herbal medicines and spirituality in clinical care. He has additional training as a hospital chaplain,

in medical acupuncture, in mind-body skills and as a practitioner of Traditional East Asian Medicine.

Gary Carlson, MD, is board-certified in family medicine, holistic medicine and board-eligible in medical acupuncture. Carlson's focus at the George Institute is on comprehensive chronic disease and chronic medical problem consults. The goal of these consults is to develop patient-centered programs of healing that integrate the best of traditional and complementary medical care. Carlson spent 2004 on a Bush Fellowship studying integrative medicine and presently sees patients at the George Institute's Outpatient Clinic while also practicing integrative primary care at the Allina Medical Clinic - Northfield.

To make an appointment, call 612-863-3333.