A Hearty Collaboration: Integrative Nurse Coaches and Cardiologists

Deborah McElligott, DNP, ANP-BC, HWNC-BC
hnpcoach@gmail.com

Nurse Practitioner, Katz Institute for Women’s Health
Center for Wellness & Integrative Medicine, Northwell Health, Roslyn, NY
Associate Faculty Integrative Nurse Coach Association
Assistant Clinical Professor Hofstra-Northwell School of Medicine
Objectives

- Define the role of an Integrative Nurse Coach in two different Cardiology practices
- Describe/Experience an integrative health assessment (IHWA, MSQ & IFM timeline)
- Discuss components of the Nurse Coach & IFM Clinical Nutrition approach to whole person healing using the Elimination and Cardiometabolic Food Plans.
- Experience 2 simple Reflective techniques for clients
Outline

- Client care begins with self care
  - Assessment tools & IFM approach

- A tale of two hearts: two clients in different practice settings:
  - Integrative assessments for heart disease
  - Obesity, Diabetes, Inflammation

- Role of the Nurse Coach in Whole person healing
  - Therapeutic presence
  - Reflective practices
  - SMART goals
Integrative Nurse Coaching is a vehicle for moving the integrative health care paradigm forward.

- The Nurse Coach is a RN or APN who integrates coaching competencies into any area of practice to facilitate change in individuals or groups to promote goal achievement.

Integrative Nurse Coaching

A skilled, purposeful, results oriented and structured relationship centered interactions

http://www.centrecmi.ca/learn/brief-action-planning/
http://www.motivationalinterviewing.org/
https://appreciativeinquiry.case.edu/
Integrative Nurse Coaching

• Includes Nursing and social science theories
• Integrates body-mind-spirit perspective of healing
• Aligns with IFM principals
• Acknowledges individual change begins from within before it can be manifested & sustained externally
IFM/Nurse Coach Approach

- Focus on whole person healing
- Therapeutic relationship
- Evidence-based practice
- Root cause of disease
  - Ex: obesity, diabetes, inflammation
- Individualized personal approach
Self-Assessment Checklist

MSQ
IHWA
# Medical Symptoms Questionnaire (MSQ)

Patient Name: ________________________________ Date: ________________

Rate each of the following symptoms based upon your typical health profile for the past 14 days.

<table>
<thead>
<tr>
<th>Point Scale</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
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<tr>
<td>3</td>
<td>Frequently have it, effect is not severe</td>
</tr>
<tr>
<td>4</td>
<td>Frequently have it, effect is severe</td>
</tr>
</tbody>
</table>

### HEAD
- Headaches
- Faintness
- Dizziness
- Insomnia

### EYES
- Watery or itchy eyes
- Swollen, redened or sticky eyelids
- Bags or dark circles under eyes
- Blurred or sunned vision (Does not include near or far-sightedness)

### EARS
- Itchy ears
- Earaches, ear infections
- Drainage from ear
- Ringing in ears, hearing loss

### NOSE
- Stuffy nose
- Sinus problems
- Hay fever
- Sore throat
- Excessive mucus formation

### MOUTH/THROAT
- Chronic coughing
- Gagging, difficulty in clearing throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores

### SKIN
- Acne
- Hives, rashes, dry skin
- Hair loss
- Red, hot, or flushed
- Excessive sweating

### HEART
- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain

### LUNGS
- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

### DIGESTIVE TRACT
- Nausea, vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain

### JOINTS/MUSCLE
- Pain or aches in joints
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness

### WEIGHT
- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

### ENERGY/ACTIVITY
- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness

### MIND
- Poor memory
- Confusion, poor comprehension
- Poor concentration
- Poor physical coordination
- Difficulty in making decisions
- Stuttering or stammering
- Slurred speech
- Learning disabilities

### EMOTIONS
- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, aggressiveness
- Depression

### OTHER
- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge

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<th>Total</th>
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**Grand Total**
Integrative Health & Wellness Assessment

Life Balance & Satisfaction

Health Responsibility

Environmental

Physical (Nutrition, Exercise, Weight)

Emotional

Mental

Spiritual

Relationships
A Tale of Two Hearts

Wellness & Integrative Medicine

- HTN, Weight loss
- Nutrition & Activity

Traditional Cardiology Office

- HTN, Weight loss
- Stress management, grief, coping
Recommendations for Health

AADE7™ Self-Care Behaviors

- Healthy Eating
- Being Active
- Monitoring
- Medication
- Problem Solving
- Healthy Coping
- Reducing Risks

American Heart Association 2013

- Healthy Lifestyle
  - Heart healthy nutrition
  - 30 min brisk activity daily
  - Weight management
  - Smoke free
  - Control risk factors (BP, diabetes, cholesterol, etc.)

Traditional factors contributing to Cardiometabolic Risk

- Obesity
- Metabolic Syndrome (Lipids, BP, Glucose)
- HTN
- Abnormal Lipids
- Smoking
- Physical Inactivity
- Environment
- Age, Race, Gender, Genetics
- Social, Spiritual

Brunzell, et al. JACC 2008; 51:1512-1524
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

BMI of 30 or higher

https://www.cdc.gov/obesity/data/prevalence-maps.html

Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
Assessing Risk r/t weight

- Overweight or Obese
  - (Scale & BMI)

- Over FAT
  - Bioimpedance Analysis,
  - Skin fold measurements

- Over VAT (Visceral adipose tissue)
  - Waist Circumference & Waist /Hip ratio
  - Some bioimpedence analysis
Initial assessment- confirm with other data

Apple vs. Pear

Android Obesity
Overfat
Over VAT

Gynoid Obesity
Overfat
Over SAT
Metabolic Syndrome

- Risk factors increasing the risk of heart disease, diabetes & stroke
- Metabolic = biochemical processes involved in the body’s normal functioning
- Large waistline
- Usually BMI >30) plus 2 of the following
  - High triglycerides (>150)
  - Low HDL (<40-50)
  - HTN (>120/80)
  - High fasting blood sugar

http://www.nhlbi.nih.gov/health/health-topics/topics/hbp
Metabolic Syndrome Definition:
Central obesity (usually BMI >30 kg/m²), plus 2 of the following:
- TGs >150 mg/dL
- HDL <40-50 mg/dL
- ↑ blood pressure
- hyperglycemia

Abnormal liver function:
- Hepatic glucose output ↑
- Glucose uptake ↑↑ (conversion into lipids)
- Fatty acid uptake ↑↑
  (conversion into TGs and VLDL and their release into the bloodstream)

Abnormal gastrointestinal activity:
- Dietary fats & sugar absorption ↑
- Gut motility ↑
- Alterations in gut microflora, contributing to metabolic disease

Abnormal central regulation of systemic metabolism:
- Disrupted endocrine hormone axis (HPT)
- Dysregulated efferent autonomic nervous system

Dysregulated efferent autonomic nervous system
- Pancreatic hormones:
  - Glucagon ↑
  - Insulin ↑ (but with resistance)

Dietary nutrients ↑↑
- Gut hormones:
  - CCK
  - Ghrelin
  - PYY
  - ECs
  - GLP-1
  - GIP

Incretin action ↓:
- Stimulates insulin release
- Inhibits glucagon release
- Increases insulin sensitivity
- Effect on gut motility

Systemic low-grade inflammation
- Net result:
  - Increased fat storage & fat tissue hypertrophy

Abnormal adipose tissue function:
- Glucose uptake ↓
  (conversion into lipids & stored as fat)
- Lipid uptake ↑↑
  (stored as fat)
- Lipolysis ↑
  (release of fatty acids into the bloodstream)

Complications of chronic disease:
- Chronic kidney disease
- Cardiovascular disease
- Peripheral nerve damage
- Eye disease & blindness
- Non-healing skin ulcers, usually leading to amputations
- Non-alcoholic fatty liver disease, which can lead to cirrhosis

Abnormal muscle function:
- Glucose uptake ↓
- Fatty acid uptake ↑↑
Diabetes
2014 Prevalence in US

29 million with Diabetes

86 million with Pre-Diabetes

AADE 2016
Diabetes Stats

- 29 million Americans with diabetes (9.3%)
- 25.6% over 65
- 8.1 million undiagnosed
- 1.2 million TYPE 1 (adult & children)
- Prediabetes
  - Age 20 & older
  - 86 million in 2012
  - 79 million in 2010

Diabetes by Race/Ethnicity

Rates of Diagnosed Diabetes

- American Indians/Alaskan Natives: 15.9%
- non-Hispanic blacks: 13.2%
- Hispanics: 12.8%
- Asian Americans: 9.0%
- non-Hispanic whites: 7.6%

Type 3 Diabetes-Brain Diabetes

- Brain produces insulin
- Drop in insulin production may contribute to brain degeneration; Without insulin brain dies
- Over-consumption of sugars and "grains" may a result in Type 3 Diabetes (brain diabetes).
- With high levels of glucose, the insulin signaling in brain is desensitized.
- Impairments occur in your thinking and memory abilities, eventually causing permanent brain damage.


The estimated total economic cost of diagnosed diabetes in 2012 was $245 billion.

41% increase from the previous estimate of $174 billion (in 2007 dollars).

Projection by 2050 is one in 3 Americans.

Intangibles not included in the study:
- pain & suffering,
- unpaid caregivers
- burden from those undiagnosed

Insulin Costs
- (ex NPH in India $12/vial; $300 in US;
- Cost of monitoring, syringes
- Analogs (long acting) are 7-8x more expensive than human insulin
- Many patients have to pay a percentage of the cost
- 1/3 of type 2 patients require insulin

Diagnosing Diabetes

2 hour test

Random level above 200
Usually repeat test a second time

http://www.diabetes.org/diabetes-basics/diagnosis/
Women and Heart Disease - Microvascular

- Symptoms:
  - SOB
  - Sleep problems
  - Fatigue
  - Lack of energy (noticed during ADL & stress)

http://www.heart.org/HEARTORG/Conditions/HeartAttack/DiagnosingaHeartAttack/Coronary-Microvascular-Disease-MVD_UCM_450320_Article.jsp#.WHPHq7YrLxg
Stress

Body
- headaches
- frequent infections
- taut muscles
- muscular twitches
- fatigue
- skin irritations
- breathlessness

Mind
- worrying
- muddled thinking
- impaired judgement
- nightmares
- indecisions
- negativity
- hasty decisions

Emotions
- loss of confidence
- more fussy
- irritability
- depression
- apathy
- alienation
- apprehension

Behavior
- accident prone
- loss of appetite
- loss of sex drive
- drinking more
- insomnia
- restlessness
- smoking more
Mental Stress-Induce Myocardial Infarction (MSIMI)

- REMIT (Responses of Myocardial Ischemia to Escitalopram Treatment) study (Duke)
- Focus: examine the prevalence and demographic/clinical characteristics of MSIMI, as well as compare LV response to mental & exercise tests
- MSIMI - more common than exercise induced ischemia in pts with clinically stable coronary heart disease.
- Women, unmarried men and individuals living alone are at higher risk

Contributors to Increased Cardiac Risk

- Increased reactivity of the fibrinogen system
- Activation of HPA-axis
- Repeated sympathetic stimulation increases HR and BP
- Decreased HR variability and higher morning cortisol
- Mental stress-induced ischemia

Highlighted by Dr. Romm at IHS 2015


National Policy & Science Summit on Women’s CV Health

- Evaluate sex-specific epigenetic effects of environmental exposures
- Explore role of technology, social media, health coaching...for behavior modification and cv risk reduction & establish effectiveness.
Stress, Gut and Inflammation
Microbiome has an influence on psychology, including anxiety and depression. This “gut-brain axis” is a big piece of the puzzle.

“What happens in the gut does not stay in the gut.”
Sugar and HPA axis health

- Study - Glucose intake amplifies cortisol response to psychosocial stress and smoking in young men
- Sustaining localized inflammation and elevated cortisol impedes healing and contributes to mental/emotional/physical illness
- Connection between inflammation & cm disease

Prolonged Stress

Elevated Cortisol

HYPERVIGILANCE

HPA Axis

Prolonged Stress

Elevated Cortisol

HYPERVIGILANCE

https://www.niddk.nih.gov/health-information/health-topics/endocrine/cushings-syndrome/Pages/fact-sheet.aspx
Comparison of Weight Loss Diets (for Diabetes Prevention in Obesity Prone Clients)

- Study in 744 mainly white, overweight or obese US-randomized to 1 of 4 diets (2 hi fat; 2 low fat)

- Plant based foods-reducing intake of red meat, sweets, high-fat dairy, and refined grains appears effective in preventing the onset of type 2 diabetes.

- A Mediterranean diet (higher in polyunsaturated fats) can be beneficial especially if you have a high genetic risk for obesity.

- High fat calorie restricted

- Helps to prevent prediabetes from progressing to DM

Weston Price, DDS
Issac Newton of Nutrition
Studied sequestered villages on various continents

World wide traditional cultures

- 4x the calcium & other minerals, rich in A & D
- 10x fat soluble vitamins
- Beautiful teeth & dental arches
- Premarital food plan for men & women

Recommendations: traditional foods

- Healthy fats-slow down digestion, relieve cravings
  - Properly prepared grains-soak, sprout,
  - Proper dairy
  - Bone stocks (avoid boullion)
  - Fermented foods

http://fearlesseating.net/category/fermented-foods/
http://www.westonaprice.org/health-topics/weston-a-price-dds/
Ornish Program

- **Nutrition**: very low-fat diet including predominantly fruits, vegetables, whole grains, legumes, and soy products in their natural, unrefined forms;

- **Exercise**: moderate exercise such as walking;

- **Stress management**: various stress management techniques including yoga-based stretching, breathing, meditation, and imagery;

- **Social support**: enhanced love and social support, which may include support groups.

https://www.ornish.com/
Physician Programs

- Mark Hyman, MD
  http://drhyman.com
  Medical Director Of Cleveland Clinic Center for Functional Medicine & Founder of the UltraWellness Center; Chairman of the board of IFM.
  Using functional Medicine to address root causes of chronic disease
  Long time advocate of healthy living with numerous food plans

- Steve Masley, MD
  http://drmasley.com
  MD, Nutritionist, Fellow in AHA
  Metabolic Factor food plan
  President Masley Optimal Health Center
  Focus on heart disease and aging and the role of lifestyle changes
Allostatic Load

“The price the body pays over long periods of time for adapting to challenges


Whole person approach-
Nurse Coaching
A Tale of Two Hearts

Wellness & Integrative Medicine
- HTN, Weight loss
- Nutrition & Activity

Traditional Cardiology Office
- HTN, Weight loss
- Stress management, grief, coping
Center for Wellness & Integrative Medicine
PRACTICE, Roslyn, NY
Target Population for Cardiac Wellness Program

- Risk factors for heart disease:
  - HTN, DM, obesity, auto immune disease, inflammatory markers
  - Family history
- Diagnosed CV disease (stable)
  - Provider recommendation preferred
- Post cath, or post cardiac surgery (after 3 months) who completed cardiac rehab and/or are cleared by provider
Integrative Team

Individual Assessments

- Medical Director
- Behavioral Psychologist
- Registered dietician
- Exercise physiologist

Group Programs

- NP Nurse coach
- Yoga instructor
Exercise Physiology

Health/ Functional Assessment & Corrective Exercise
56 yr female with HTN who wants to lose weight

Seen in August and described her readiness as a 5/10 with summer parties

Family Hx: heart disease & diabetes

Hx: HTN, post menopausal, GERD

IHWA focus: weight & stress

Goal in Oct lose weight, decrease HTN and cholesterol, decrease joint pain and improve digestion (bloating, GERD)
The Narrative or Patient’s Story

FUNCTIONAL MEDICINE Timeline
- Antecedents
  - Triggers or Triggering Events
- Personal History
  - Birth
- Current Concerns

FUNCTIONAL MEDICINE Matrix
- Antecedents
- Triggers
- Mediators/Perpetuation

Organic Organizing Systems and Core Clinical Influences
- Energy
- Structural Integrity
- Communication
- Sleep & Nutrition

Antecedents, Triggers, and Mediators
- Mental, Emotional, Spiritual Influences
- Genetic Predisposition
- Experiences, Attitudes, Beliefs

Personalizing Lifestyle and Environmental Factors
- Sleep & Relaxation
- Nutrition & Hydration
- Stress & Resilience
- Relationships & Networks
- Trauma
- Microorganisms
- Environmental Pollutants

Gather Oneself & Information
Organize on the Matrix
Tell the Patient’s Story
Order of your Priorities
Initiate Assessment and Care
Track Progress

IFM - Institute for Functional Medicine
Medical Symptoms Questionnaire (MSQ)

Rate each of the following symptoms based upon your typical health profile for the past 14 days.

**Point Scale**
- 0 – Never or almost never have the symptom
- 1 – Occasionally have it, effect is not severe
- 2 – Occasionally have it, effect is severe
- 3 – Frequently have it, effect is not severe
- 4 – Frequently have it, effect is severe

---

**HEAD**
- Headaches
- Fatigue
- Dizziness
- Insomnia

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**EYES**
- Watery or itchy eyes
- Swollen, reddened or sticky eyelids
- Bags or dark circles under eyes
- Blurred or tunnel vision
  (Does not include near or far-sightedness)

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**EARS**
- Itchy ears
- Earaches, ear infections
- Drainage from ear
- Ringing in ear, hearing loss

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**NOSE**
- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

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**MOUTH/THROAT**
- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores

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**SKIN**
- Acne
- Hives, rash, dry skin
- Hair loss
- Itching, hot flashes
- Excessive sweating

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**HEART**
- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain

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**DIGESTIVE TRACT**
- Nausea, vomiting
- Diarrhea
- Constipation
- Bloated feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain

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**LUNGS**
- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

---

**Mental**

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**Emotions**

---

**OTHER**
- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge

---

**Grand Total**

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**Health Responsibility & Satisfaction**
IHWA

- Areas of focus
  - Weight
  - Mental
  - Emotional
  - Activity
  - Environment

MSQ

- Total Score=58
- Major areas (score>4)
  - Skin=10
  - Mouth/throat=7
  - Digestion=7
  - Joints=6
  - Energy=7
  - Mind=5
THE FUNCTIONAL MEDICINE TREE

Organ System Diagnosis

Gastroenterology
Endocrinology
Cardiology
Pulmonary
Neurology
Immunology
Urology
Hepatology

Signs and Symptoms

The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation
Digestion, Absorption, Microbiota/GL
Behavior
Defense and Repair
Immune system, inflammatory processes, infection and microbe

Energy
Energy regulation, Mitochondrial function
Biotransformation and Elimination
Toxicity, Detoxification
Communication
Endocrine, Neurotransmitters, immune messengers, cognition

Transport
Cardiovascular, Lymphatic systems
Structural Integrity
From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences
Genetic Predisposition
Experiences, Attitudes, Beliefs

Sleep & Relaxation
Exercise/Movement
Nutrition/Hydration
Stress/Resilience
Relationships/Networks
Trauma
Microorganisms
Environmental Pollutants

Personalizing Lifestyle and Environmental Factors
Jean’s Time Line Summary

- **Antecedents**: frequent strep throat as a child. Frequent antibiotics; constipation
- **Mediators**: “normal” family stress, busy life, work stress
- **Slight weight gain over the years**: loves to eat
- **Menopause**: 20 lb weight gain & HTN
- **Triggers**: season-Autumn
GERD, Bloating

Sensitive gut

menopause

Years of poor diet

Joint pain

Hypothyroid, mental blur

inflammation

fatigue

constipation

HTN

6 hrs/night

none

Simple carbs

Work/life balance

Boss-stress

Family supportive
Jean’s Markers

Lab markers
- A1C 5.9
- HDL 40
- LDL 140
- Triglycerides 150
- Insulin resistance: 3.75

Traditional
- BP: 150/90
- Weight: 195
- Waist: 41
- Hips: 48
- Waist hip ratio: .85
- BMI: 31.4
- Pulse Ox: 99%
- EKG: WNL
- PBF 49%

Fat analysis
- Skin fold measurements
- Body Impedance analysis-various methods
  - Hand held
  - Scale
  - Water method

http://www.bmi-calculator.net/bmr-calculator/#result
http://www.bmi-calculator.net/bmr-calculator/
Insulin Resistance

- Simple test: TG/HDL ratio
- <3=normal
- >3=suggestive of Insulin resistance

Marotta et al. (2010). Triglyceride-to-HDL-cholesterol Ratio and Metabolic Syndrome as Contributors to Cardiovascular Risk in Overweight Patients. Obesity 18(8), 1608–1613
Initial Plan Detox as MSQ 58

- Reviewed detox plan & client decided on elimination plan
- Pt refused shakes
- Pt challenges (soda, bread, pasta, pizza, pretzels, popcorn, chocolate and eating out)
- Agreed to follow plan & keep food log
## Features of the IFM Food Plans

<table>
<thead>
<tr>
<th>General Features</th>
<th>Core</th>
<th>Elim Diet</th>
<th>CardioM</th>
<th>Detox</th>
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<td>Personalized Diet Approach</td>
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<tr>
<td>Phytonutrient Diversity</td>
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<tr>
<td>Reduces Inflammation</td>
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<tr>
<td>Low in Simple Sugars</td>
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<tr>
<td>High in Fiber</td>
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<tr>
<td>Balanced Quality Fats</td>
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</table>

| Calorie and Frequency Features          |      |           |         |       |      |
|-----------------------------------------|      |           |         |       |      |
| No Calorie Restrictions                 |      |           |         |       |      |
| Targeted Calories                       |      |           |         |       |      |
| Reduced Carbs with Ketogenic Options    |      |           |         |       |      |
| Intermittent Fasting with Calorie Restriction |      |           |         |       |      |
| Regular Eating Times                    |      |           |         |       |      |

| Food Sensitivity Features               |      |           |         |       |      |
|-----------------------------------------|      |           |         |       |      |
| Identifies Food Triggers                |      |           |         |       |      |
| Reduces Food Triggers                   |      |           |         |       |      |
| Dairy-free                              |      |           |         |       |      |
| Gluten-free                             |      |           |         |       |      |
| Low Grain and Gluten-free              |      |           |         |       |      |
| Promotes Body Awareness to Food         |      |           |         |       |      |

| Specific Intervention Features          |      |           |         |       |      |
|-----------------------------------------|      |           |         |       |      |
| Repairs Intestinal Permeability         |      |           |         |       |      |
| Phytonutrients to Heal Gut              |      |           |         |       |      |
| Reduces Toxic Burden                    |      |           |         |       |      |
| Condition-Specific Phytonutrients       |      |           |         |       |      |
| Modified Mediterranean                  |      |           |         |       |      |
| Low Glycemic Index and Load            |      |           |         |       |      |
| Supports Liver Function                 |      |           |         |       |      |
| Eat Clean and Organic                   |      |           |         |       |      |
| Provides Targeted Antioxidants          |      |           |         |       |      |
| Encourages Healthy Elimination of Toxins|      |           |         |       |      |
| Balances Hormone Metabolism             |      |           |         |       |      |
| Therapeutic Foods for Mitochondrial Energy |      |           |         |       |      |
Let food be thy medicine and medicine be thy food.
SAD Food Plan  $21.50/day

Mediterranean Diet $18/day
GOAL SETTING

Specific
Measurable
Achievable
Realistic
Timely
Jean’s Plan

Metabolic
- GI System
- Elimination food plan-3 weeks
  - Pt refused detox
  - Agreed to food journaling
- Exercise plan-Assessment by Exercise Physiologist
  - Corrective exercise
  - Progress to yoga class
- Stress/Relaxation
  - Meditation class weekly
  - Daily 10 min meditation

Environmental
- Read Food labels/ Shop Organic
- Safer cleaning and Personal care products
- Avoid microwaving – esp. in plastic
- Avoid pesticides in garden & lawn
- Cook a healthy dish to bring to family gatherings
- Limit eating out to special occasions
Example of an Integrative Food Journal
### Elimination Diet Food Plan

#### PROTEINS

<table>
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<th>Servings/day</th>
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**Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred**

**Animal Proteins:**
- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz
- Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- Poultry: Chicken (skinless), Cornish hen, turkey—1 oz

**Plant Protein:**
- Burger alternatives: Bean, mushroom, veggie (no soy or wheat)—1 oz

**Protein Powder:**
- Check label for # grams/scoop—1 protein serving = 7 g Hemp, pea, rice protein

1 oz serving = 35-75 calories, 7g protein

**Eliminate**
- Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein).

#### DAIRY ALTERNATIVES

<table>
<thead>
<tr>
<th>Servings/day</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Unsweetened**
- Coconut yogurt (cultured coconut milk) and kefir—½ c
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

1 serving = 50-100 calories, 12g carbs, 7g protein

**Eliminate**
- Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

#### NUTS & SEEDS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chia seeds—1 T
- Coconut flakes (unsweetened)—3 T
- Flaxseed, ground—2 T
- Hazelnuts—5
- Hemp seeds—1 T

1 serving = 45 calories, 5g fat

**Eliminate**
- Mixed nuts (with peanuts), peanuts, peanut butter

#### FATS & OILS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Minimally refined, cold-pressed, organic, non-GMO preferred
- Avocado—2 T
- Coconut milk, regular (canned)—1½ T
- Coconut milk, light (canned)—3 T
- Olives, black or green—8
- Prepared salad dressing with acceptable oils—2 T
- Oils, cooking: Coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, high-oleic safflower and sunflower, pumpkin, sesame, walnut—1 t

**Eliminate**
- Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

### Notes:
Nutritional amounts are based on average values for the variety of foods within each food category.
Dietary prescription is subject to the discretion of the health practitioner.

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Version 5
### VEGETABLES Non-starchy

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td></td>
</tr>
<tr>
<td>Arugula</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td></td>
</tr>
<tr>
<td>Bok choy</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Celeriac root</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Chard/Swiss chard</td>
<td></td>
</tr>
<tr>
<td>Chervil</td>
<td></td>
</tr>
<tr>
<td>Chives</td>
<td></td>
</tr>
<tr>
<td>Cilantro</td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
</tr>
<tr>
<td>Daikon radishes</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>Endive</td>
<td></td>
</tr>
<tr>
<td>Escarole</td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td>Greens (beet, collard, dandelion, kale, mustard, turnip)</td>
<td></td>
</tr>
<tr>
<td>Horseradish</td>
<td></td>
</tr>
</tbody>
</table>

1 serving = \( \frac{1}{2} \) c cooked, 1 c raw, 25 calories, 5 g carbs

### VEGETABLES Starchy

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn squash, cubed – 1 c</td>
<td></td>
</tr>
<tr>
<td>Beets, cubed – 1 c</td>
<td></td>
</tr>
<tr>
<td>Butternut squash, cubed – 1 c</td>
<td></td>
</tr>
<tr>
<td>Plantain (( \frac{1}{2} ) whole) – ( \frac{1}{2} ) c</td>
<td></td>
</tr>
</tbody>
</table>

Potatoes, mashed (made with non-dairy milk) – 1/2 c
Root vegetables: Parsnip, rutabaga – 1/2 c
Yam – 1/2 c

1 serving = 80 calories, 15 g carbs

Eliminate: Corn, Potato (if avoiding nightshades)

### FRUITS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsweetened, no sugar added</td>
<td></td>
</tr>
<tr>
<td>Apple – 1 sm</td>
<td></td>
</tr>
<tr>
<td>Applesauce – 1/2 c</td>
<td></td>
</tr>
<tr>
<td>Apricots, fresh – 4</td>
<td></td>
</tr>
<tr>
<td>Banana – 1/2 med</td>
<td></td>
</tr>
<tr>
<td>Blackberries – 1/4 c</td>
<td></td>
</tr>
<tr>
<td>Blueberries – 1/4 c</td>
<td></td>
</tr>
<tr>
<td>Dried fruit (no sulfites) – 2 T</td>
<td></td>
</tr>
<tr>
<td>Figs, fresh – 3</td>
<td></td>
</tr>
<tr>
<td>Grapes – 15</td>
<td></td>
</tr>
<tr>
<td>Grapefruit – 1/2 med</td>
<td></td>
</tr>
<tr>
<td>Juices, diluted – 1/2 c</td>
<td></td>
</tr>
<tr>
<td>Kiwi – 1</td>
<td></td>
</tr>
<tr>
<td>Kumquats – 4</td>
<td></td>
</tr>
<tr>
<td>Lemon – 1</td>
<td></td>
</tr>
<tr>
<td>Lime – 1</td>
<td></td>
</tr>
<tr>
<td>Melon, all – 1 c</td>
<td></td>
</tr>
<tr>
<td>Mango – 1/2 sm</td>
<td></td>
</tr>
<tr>
<td>Nectarine – 1 sm</td>
<td></td>
</tr>
<tr>
<td>Orange – 1 med</td>
<td></td>
</tr>
<tr>
<td>Papaya – 1 c</td>
<td></td>
</tr>
<tr>
<td>Peach – 1 sm</td>
<td></td>
</tr>
<tr>
<td>Pear – 1 sm</td>
<td></td>
</tr>
<tr>
<td>Persimmon – 1/2 c</td>
<td></td>
</tr>
<tr>
<td>Pineapple – 1/4 c</td>
<td></td>
</tr>
<tr>
<td>Plums – 2 sm</td>
<td></td>
</tr>
<tr>
<td>Pomegranate seeds – 1/2 c</td>
<td></td>
</tr>
</tbody>
</table>

1 serving = 75-110 calories, 15 g carbs

Eliminate: Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

### GLUTEN-FREE GRAINS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prunes – 3 med</td>
<td></td>
</tr>
<tr>
<td>Raisins – 2 T</td>
<td></td>
</tr>
<tr>
<td>Tangerines – 2 sm</td>
<td></td>
</tr>
</tbody>
</table>

1 serving = 40 calories, 15 g carbs

Eliminate: All fruits, if directed by your healthcare provider

### BEVERAGES

- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Green tea
- Fresh juiced fruits/vegetables
- Unsweetened nut/seed milks
- Unsweetened coconut water

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

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Week 1 of Elimination

- Planned food & chose start date
- Ensure regular BM (magnesium & fiber)
- Decrease coffee to 2x day then wean off
- Started on weekend as she was off
- Agreed to monitor feelings etc
Throughout program

- Daily food tracking
  - Slowly weaned off coffee-(3 wks)
  - Weighed self daily
- Held off on introduction of activity
  - Works full time, cooks for family
- Introduced to daily meditation
  - Especially found finger holds helpful at work
  - Ordered heart math program on phone
Heart Math- Heart Lock In

❤️ Shift your attention to the area around your heart

❤️ Focus on your heart & breathe slowly.

❤️ Activate & sustain a feeling of appreciation or care for someone in your life.

❤️ Send these feelings of care to yourself & others.

❤️ If your mind wanders, focus on the breath & reconnect with you feelings of appreciation

Emotions, Heart Rate Variability and Self-regulation

**Frustration - Dysregulated**

- Inhibits
  - Hormonal
  - Cognitive
  - Immune
  - Cardio

**Appreciation - Self-regulated**

- Facilitates
  - Hormonal
  - Cognitive
  - Immune
  - Cardio
Pt progressed to Cardiometabolic food plan
Continued to avoid gluten
Slowly introduced small amounts of cheese
Began activity program
  walking,
  arm weights at night while watching tv
  weekly Yoga
### Cardiometabolic Food Plan (1200–1400 Calories)

#### Proteins

<table>
<thead>
<tr>
<th>Servings/day: 7–9</th>
<th>□ Hummus or other bean dips—½ c</th>
<th>□ Refined beans, vegetarian—¼ c</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins and wild-caught fish preferred</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Animal Proteins:</td>
<td>□ Cheese, low-fat—1 oz</td>
<td>□ Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz</td>
</tr>
<tr>
<td>□ Cheese, hard—½ oz</td>
<td>□ Poultry (skinless): Chicken, Cornish hen, turkey—1 oz</td>
<td></td>
</tr>
<tr>
<td>□ Cottage cheese, low-fat—¼ c</td>
<td>□ Egg or 2 egg whites—1</td>
<td></td>
</tr>
<tr>
<td>□ Egg substitute—½ c</td>
<td>□ Feta cheese, low-fat—1 oz</td>
<td></td>
</tr>
<tr>
<td>□ Parmesan cheese—2 T</td>
<td>□ Ricotta cheese, low-fat—¼ c</td>
<td></td>
</tr>
<tr>
<td>Fish/Shellfish:</td>
<td>□ Burger alternatives: Bean, mushroom, soy, veggie—1 oz</td>
<td></td>
</tr>
<tr>
<td>Hallibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz</td>
<td>□ Miso—3 T</td>
<td></td>
</tr>
<tr>
<td>Tofu, tempeh—½ c</td>
<td>□ Yogurt, plain or coconut (cultured coconut milk)—6 oz</td>
<td></td>
</tr>
<tr>
<td>Protein Powder:</td>
<td>□ Yogurt, Greek, plain—4 oz</td>
<td></td>
</tr>
<tr>
<td>□ Check label for # grams scoop—1 protein serving = 7 g Egg, hemp, pea, rice, soy, whey</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1 oz serving = 35–75 calories, 7 g protein

#### DAIRY & ALTERNATIVES

| Servings/day: 1 | □ Buttermilk—4 oz | □ Kefir, plain—4 oz |
| Unsweetened | □ Milk: Cow, goat—4 oz |
| □ Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, soy—8 oz | □ Yogurt, Greek, plain—4 oz |

1 serving = 50-100 calories, 12g carbs, 7g protein

**Low Sugar Impact Recommendations**

Limit to 1–2 servings per day

### NUTS & SEEDS

| Servings/day: 2 | □ Almonds—6 | □ Peanuts—10 |
| Proteins/Fats | □ Brazil nuts—2 | □ Pecan halves—4 |
| □ Cashews—6 | □ Pine nuts—1 T |
| □ Chia seeds—1 T | □ Pistachios—16 |
| □ Coconut, dried flakes, unsweetened—3 T | □ Pumpkin seeds—1 T |
| □ Flaxseed, ground—2 T | □ Sesame seeds—1 T |
| □ Hazelnuts—5 | □ Soy nuts—2 T |
| □ Hemp seeds—1 T | □ Sunflower seed kernels—1 T |
| □ Mixed nuts—6 | □ Walnut halves—4 |
| □ Nut and seed butters—½ T | 1 serving = 45 calories, 4 g fat |

### FATS & OILS

| Servings/day: 3–4 | □ Avocado—2 T |
| Fats | □ Butter—1 T, 2 t whipped |
| □ Chocolate, dark, 70% or higher cocoa—1 sq, 1 square = 7 g |
| □ Coconut milk, regular, canned—1½ T |
| □ Coconut milk, light, canned—3 T |
| □ Ghee/clarified butter—1 t |
| □ Mayonnaise, unsweetened—1 t |

#### Items in blue indicate preferred therapeutic foods

**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

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### VEGETABLES
#### Non-starchy
- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss chard
- Chervil
- Chinese cabbage
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Herbs/Spices, all

### VEGETABLES
#### Starchy
- Acorn squash, cubed—½ c
- Beets, cubed—½ c
- Butternut squash, cubed—½ c
- Plantain (½ whole)—½ c

1 serving = 80 calories, 15 g carbs

**Low Sugar Impact Recommendations**
Short term: Consider removal
Long term: Limit to 1 serving per day

### FRUITS
#### Unsweetened, no sugar added
- Apple—1 sm
- Applesauce—½ c
- Apricots, fresh—4
- Banana—½ med
- Blackberries—½ c
- Blueberries—¼ c
- Cherries—12
- Grapefruit—½
- Grapes—15
- Kiwi—1
- Mango—½ sm
- Melon, all—1 c
- Nectarine—1 sm

1 serving = 60 calories, 15 g carbs

**Low Sugar Impact Recommendations**
Limit to 2 servings per day
Avoid dried fruit and fruit juices

### WHOLE GRAINS (100%)
#### Unsweetened
- Amaranth* (cooked)—¾ c
- Barley, cooked—½ c
- Buckwheat/Kasha* (cooked)—½ c
- Bulgur (cooked)—½ c
- Couscous—½ c
- Crackers, rye—4–7
- English muffin—½
- Kamut (cooked)—½ c
- Millet* (cooked)—½ c
- Muesli—½ c
- Oats* (cooked; rolled oats, steel-cut oats)—½ c
- Pasta (cooked)—½ c
- Pita—½
- Quinoa* (cooked)—½ c
- Rice* (cooked; basmati, black, brown, purple, red, wild)—½ c
- Semolina (cooked)—½ c
- Sorghum* (cooked)—¼ c
- Spelt (cooked)—½ c
- Teff* (cooked)—¼ c
- Tortilla (wheat, teff*)—1, 6 in
- Whole wheat cereal (cooked)—½ c

### BEVERAGES
- Beetroot juice
- Filtered water
- Sparkling/mineral water
- Green tea
- Low-sodium vegetable juice
- Steamed soy milk (organic, unsweetened)
- Unsweetened nut/seed milks

---

1 serving = ⅛ c cooked, 1 c raw, 25 calories, 5 g carbs

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Jean chose Yoga
3 Month Success Story

- 15 lb weight loss (desires 10 more)
- Sleep improvement
- Increased energy
- New coping strategies
- Mindful Eating
- Improved relationship with boss
- Healthy food socially

- Referred to PMD for med adjustment & repeat labs
- Returned to EP-onsite activity programs
- Continued on CM Food Plan (no gluten, no sugar)
- Occasional “cheat” day
Jean MSQ from week 1- week 12

Skin=10
Mouth/throat=7
Digestion=7
Joints=6
Energy=7
Mind=5

Skin=6
Mouth/throat=1
Digestion=0
Joints=0
Energy=0
Mind=1
Jean's Anthropometrics

BP
150/90
130/80
Lifestyle Changes/New Choices

- Change Food patterns
- Create movement in her life-individual & group
- Daily Meditation
- Journaling as needed
- Motivated her family to change
Integrative Nurse Coach Role in Cardiology Office
Cardiology Office Program
Supported by a Grant

Program components:

- Individual Lazer Coaching (15-30) min
- IHWA
- MSQ
- EMR with Anthropometrics & medical history
- Scheduled individual Coaching Sessions- 1 hour
- Referral for support/coaching groups
Integrative Nurse Coaching
Client Case study: Ellen

- 72 yr female-goal-lose weight, decrease A1C, HTN & stress
- Family Hx: heart disease & diabetes
- Hx: HTN (newly diagnosed), overweight, diabetes (newly dx)
- IHWA focus: weight, life balance, activity & stress
- Interested in diabetes prevention program (unable to participate)
Wellness Intake Assessment

- IBS
- Anxiety
- Steady weight gain
- Sugar, carbs cravings
Years of IBS

Husbands decline

Last year poor diet, anxiety

IBS, Bloating

Joint stiffness

fibromyalgia

anxiety

mental blur

inflammation

fatigue

Frequent BM

HTN

Simple carbs, sugar snacks

Husbands illness

Her labs

Daughter supportive

5 hrs/night

none

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Modifiable Personal Lifestyle Factors
Ellen’s Metabolic Plan

- GI System, CV, inflammation
-Elimination food plan
-Exercise plan-walk in neighborhood
-Stress/Relaxation
  -Introduce meditation
  -Quilting
  -Group support
  -Counseling
GOAL SETTING

S - Specific
M - Measurable
A - Achievable
R - Realistic
T - Timely
Ellen’s Plan

- Read Ingredients and Food labels
- Food log Shop Organic
- Safer cleaning and Personal care products
- Healthy choices at restaurant
- Healthy Snacks
- Eliminate gluten and dairy as reported sensitivities
- Strict food log to assess response
- Stronger emphasis on clean foods
Plan Elimination

- Reviewed elimination & CM plan-
  - not amenable to making major food changes at this time, “aware” of some trigger foods
- Agreed to keep food log initially
- Agreed to healthier snacks
Example of an Integrative Food Journal
Unable to focus on 2nd visit as husband was discontinued from hospice & she needed to find additional resources

Returned 3 month later, stressed, angry and fatigued
- Stress management –Let Go
- Healthy snacks
- Identified support

Agreed to monitor feelings etc

Pts husband died 2 months later-(Aug 2016)
Mom 27, healthy
C-section
Tonsillectomy at 4
IBS as teen

1st daughter
married
Wgt gain
Anxiety
IBS

2nd daughter
New school
Fibromyalgia
anxiety

Caregiver
Divorce
Remarried
Anger
Weight gain

DM
Fibromyalgia
IBS
anxiety

Name: ____________________ Date: ____________ CC: ____________
Ellen Anthropometrics 2015-2016

Dec, March and Sept

BP 160/90
Weight 155
Height 5’3”
Waist 35
BMI 27.5

Glucose not Reflective of A1C
Ellen A1C Dec, March & September

The bar chart shows the A1C values for Ellen over the specified months.
Areas of focus
- Weight
- Mental
- Emotional
- Activity

Total Score = 39
- Head = 4 (insomnia)
- Ears = 4
- Digestion = 12
- Joints = 9
- Weight = 7
- Emotions = 3
Pt returned for insomnia & fatigue 2 months after he died

Intake Goal: improve sleep and “take care of self”-decrease A1C and HTN

Goal..........sleep, peace

Session: Imagery, coaching
November visit

- Improved sleep
- Joined another quilting group
- Planned for PT eval & activity
- Continued food journal
- Testing blood sugars daily
- Consider volunteering in the spring
Review YOUR self assessment

- Discuss with partner-one change you can make in the next week
- SMART goal
- BAP
Brief Action Planning (B.A.P.)

“Is there anything you would like to do for your health in the next week or two?”

Offer a 'behavioral menu' if requested or needed

SMART Behavioral Planning

Elicitation of Commitment Statement

“How confident (on a scale from 0 to 10) do you feel about carrying out your plan?”

If confidence is less than 7, “Problem Solve” barriers

“When would you like to check in with me to review how you are doing with your plan?”
Integrative Nurse Coach Role

- Listening to the story
- Assist Client in Identifying themes
- Support clients plan
- Set smart goals
- Follow up as life changes
- Collaborate with health care team
The Art and Science of Nurse Coaching

The Provider’s Guide to Coaching Scope and Competencies

DARLENE R. HESS
BARBARA M. DOSSEY
MARY ELAINE SOUTHWARD
SUSAN LUCK
BONNIE GULINO SCHAUER
LINDA BARK

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Integrative, Integral and Holistic Nurse Coaching Model
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