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A Patient Centered Integrative and Holistic Medicine Algorithm Model of Collaborative Healthcare

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Integrative medicine has emerged as a potential solution to the American health care crisis. It provides care that is patient-centered, healing oriented, emphasizes the therapeutic relationship, and uses therapeutic approaches originating from conventional and alternative medicine. Initially driven by consumer demand, the population spends an average of \$40 billion out of pocket for these therapies and treatments. The attention integrative medicine places on understanding whole persons and assisting with lifestyle change is now being recognized as a strategy to address the epidemic of chronic diseases bankrupting our economy.

This paper defines integrative and holistic medicine and its principles, describes the history of complementary and alternative medicine (CAM) in American health care, discusses the current state and proposes a new patient centered integrative and holistic algorithm approach to collaborative healthcare. The importance of patient-centered care, patient empowerment, behavior change, continuity of care, outcomes research, and the challenges to successful integration are discussed. The authors suggest a model for an integrative health care system grounded in an integrative and holistic algorithm model. The authors propose the integrative of all fields from mental, emotional, physical, spiritual and allopathic within a systematize triage and care.

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