

**Implementing Change:  
How to Deal with Trouble  
at the Border**

September 19, 2012




Wexner Medical Center



Improving People's Lives  
through innovations in personalized health care

**Goals**

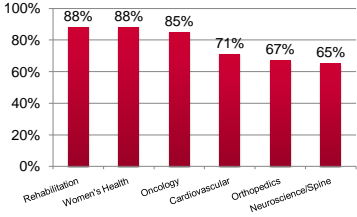
- Identify self-care activities that can build personal resilience
- Discover organizational strategies that can help move ideas into actual existence
- Creation of an action plan for your area



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**Integrative Therapies and Patient Experience**


Incorporating integrative medicine practices in the inpatient setting has been shown to increase patient satisfaction with pain management.



My pain was improved as a result of the therapies I received (such as acupuncture, massage, guided imagery, aromatherapy or relaxation techniques).

Percentage of patients answering Strongly Agree/Slightly Agree on 5-point Likert scale.


Source: Dasek and Knutson: P04.37. The impact of integrative medicine on inpatient patient satisfaction at Abbott Northwestern Hospital. BMC Complementary and Alternative Medicine 2012, 12 (Suppl 1): P307.



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**We Need You!**


- Incorporating integrative therapies into our clinical care is the right thing to do for our patients
- Each of us plays an integral part in changing the culture of our organization
- After Conference Support
  - Mentors
  - Monthly e-mails



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**Agenda**

<b>Self Care</b> Beth Steinberg, MS, RN, CCTN	Identify self-care as a pre-requisite for authentic leadership
<b>Rethinking Change, Change Process Story</b> Dan Weberg, RN, BSN, MHI	Apply change theory strategies to integrate complementary care modalities into clinical practice
<b>Personal Action Plan: What is next right step for me?</b> Patrice Rancour, MS, RN, PMHCNS-BC	Devise a personal action plan to integrate complementary care modalities into clinical practice
<b>Case Study/Unit Example</b> Dan Weberg, RN, BSN, MHI	Utilize a case study to apply concepts of self-care, change theory and action planning for complementary therapy integration into clinical practice



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