

Complementary & Integrative Care, Rehabilitation, Technology, and Challenging Times

Presented by Matt Erb, PT

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Disclosures

Presenter, Matt Erb, PT
has disclosed that he has
financial interest in
Embody Your Mind, a
teaching/consulting
business.

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Learning Objectives

1. Identify the need, challenges, and opportunities of tele-health in relation to the COVID-19 pandemic and complementary/integrative rehabilitation medicine (CIRM)
2. Explain the relevance of stress as influential to navigating health and disease processes
3. Point out the relevance for integrative practices to support well-being in challenging times
4. Explore and experience a mind-body medicine technique delivered via the virtual forum
5. Identify and apply tips for enhancing delivery of CIRM via telehealth

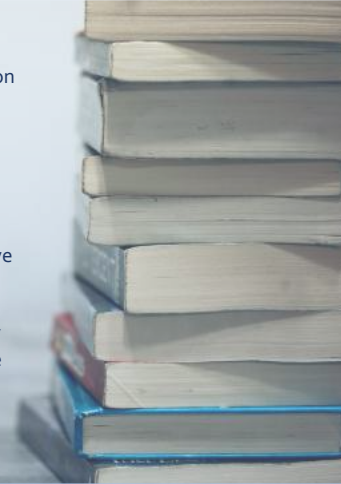
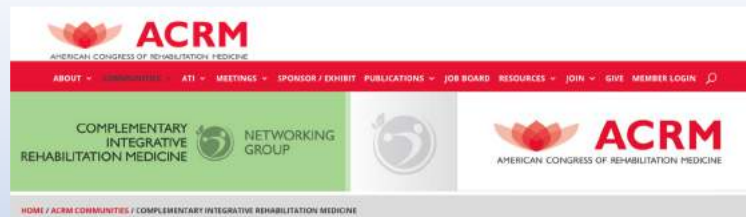


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Complementary & Integrative Rehabilitation Medicine Networking Group



- Devoted to evidence-based CIRM
- Encourages a both/and approach rather than a polarizing "either/or" look → bridgebuilding the best of traditional and integrative care into enhanced person-centered support

NEW WEBINAR SERIES



Watch for the **Hot Topics in CIRM** webinar series coming soon!

Arlene Schmid, OTR, PhD, will kick-off the new Hot Topics in CIRM Webinar Series in May with a presentation on the evidence-base for yoga therapeutics in stroke rehabilitation, as well as a short overview of the general movement for yoga integration into rehabilitation. Watch for details coming soon from the Complementary Integrative Rehabilitation Medicine Networking Group.

Tele-health Tele-medicine Tele-rehab

One of many opportunities that COVID-19 is creating

Balancing the challenges with a focus on discovering the upside

The emergence of creativity



Image Courtesy of Kari Shea on Unsplash

CIRM delivery via telehealth

- Individual / 1:1 care transitions
- Small group offerings
- Large group offerings

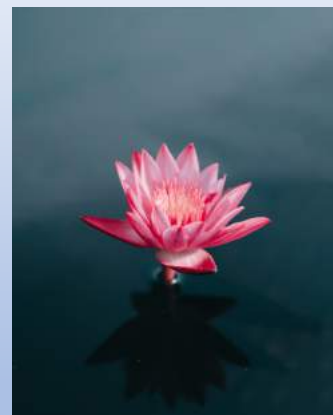
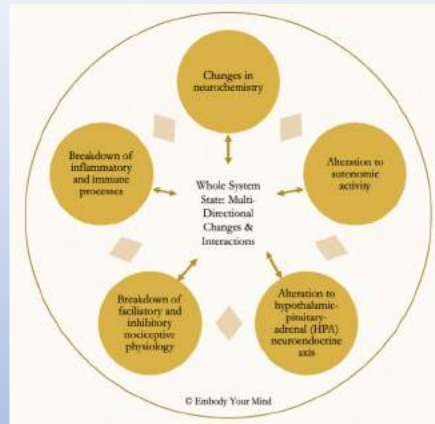
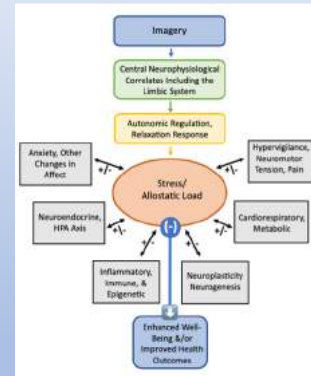


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The Science



(Muehsahm 2017, Fox 2016, Moraes 2018, Taylor 2010)



Adapted from a graphic presented in: Hadjibalassi et al. 2018.

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Hot off the presses!

Complementary Therapies in Clinical Practice
Volume 39, May 2020, 101132

Effects of progressive muscle relaxation on anxiety and sleep quality in patients with COVID-19

Kai Liu ^{1,2,3,4}, Ying Chen ^{5,6,7}, Duzhi Wu ⁸, Ruzheng Lin ⁹, Zaisheng Wang ⁵, Liqing Pan ¹

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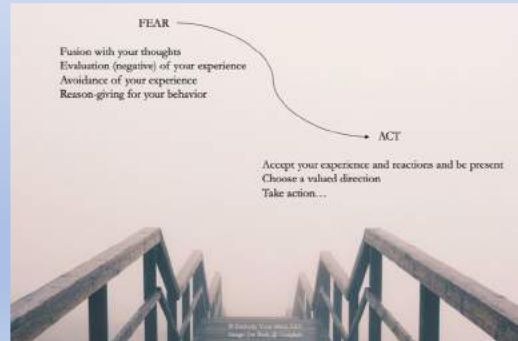
Key Findings:

- RCT, 51 participants
- Anxiety and sleep disturbances increase after diagnosis and isolation treatment.
- Many sleep-promoting drugs have respiratory depression.
- Treatment delivered progressive muscle relaxation and self-regulations skills training to reduce anxiety and improve sleep training
- Delivered remotely without directly facing the patient, reducing doctor-patient contact and reducing medical infection risk.
- The average anxiety score (STAI) before intervention was not statistically significant ($P = 0.730$), and the average anxiety score after intervention was statistically significant ($P < 0.001$). The average sleep quality score (SRSS) of the two groups before intervention was not statistically significant ($P = 0.838$), and it was statistically significant after intervention ($P < 0.001$).

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Aligning to need

- What needs exist and do our offerings align with those needs?
 - Pandemic stress
 - Fear contagion
 - Living with uncertainty
 - Scattered minds



(Buhrman 2013)

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What to offer?

- A space to share
- Mind-body integration →
- Support for regulation and resilience
- Mindfulness practices (Bernstein 2019)
- Movement practices (Schmahl 2014)
- Guided Imagery (Hadjibalassi 2018)
- Specialized support if you are trained in evidence-based IM →
- Your professional expertise, tailored to telehealth and online forums!



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Tips for delivering CIRM via telehealth

- Your physiological state matters!
- Appearance and environment matter!
- Audio and video quality matter!
- Length?
- Mix it up... attention spans will appreciate you 😊
- Keep it simple, relatable, and accessible
- Approach learning from a phenomenological heuristic (Lutz)
- Remember that the choices people make during stressful times are subject to the choices available to them → aspects of “self-care” are a luxury for many.

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Experiential



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Questions and comments



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