

Prescribing Wellness

A workshop for primary care providers

October 9, 2018



The University of Vermont
LARNER COLLEGE OF MEDICINE

Wellness Planning for Families

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Disclosures

- We have no relevant financial relationships to disclose or conflicts of interest to resolve
- We will discuss no unapproved or off-label pharmaceuticals



Why Wellness?

- Evidence-based for
 - Promoting patient and family well-being
 - Reducing burnout (Scarlet et al. 2017; Atkinson et al. 2017)
- Strengths-based
 - Building resilience (Fredrickson et al., 2008)



Why Wellness?

Research Letter

ONLINE FIRST

October 1, 2018

Dose-Dependent Associations Between Sleep Duration and Unsafe Behaviors Among US High School Students

Matthew D. Weaver, PhD^{1,2}; Laura K. Barger, PhD^{1,2}; Susan Kohl Malone, PhD, RN, NCSN³; et al

[» Author Affiliations](#) | [Article Information](#)

JAMA Pediatr. Published online October 1, 2018. doi:10.1001/jamapediatrics.2018.2777

Youths in America are sleeping less than ever before. More than 70% of high school students average less than 8 hours of sleep,¹ falling short of the 8 to 10 hours that adolescents need for optimal health.² Insufficient sleep negatively affects learning and development and acutely alters judgment, particularly among youths.³ We estimated associations between sleep duration and personal safety risk-taking behaviors in US high school students.



Why Wellness?

THE LANCET Child & Adolescent Health

Associations between 24 hour movement behaviours and global cognition in US children: a cross-sectional observational study

[Jeremy J Walsh, PhD](#)   • [Joel D Barnes, MSc](#) • [Jameason D Cameron, PhD](#) • [Gary S Goldfield, PhD](#) •

[Jean-Philippe Chaput, PhD](#) • [Katie E Gunnell, PhD](#) • et al. [Show all authors](#)

Published: September 26, 2018 • DOI: [https://doi.org/10.1016/S2352-4642\(18\)30278-5](https://doi.org/10.1016/S2352-4642(18)30278-5) •



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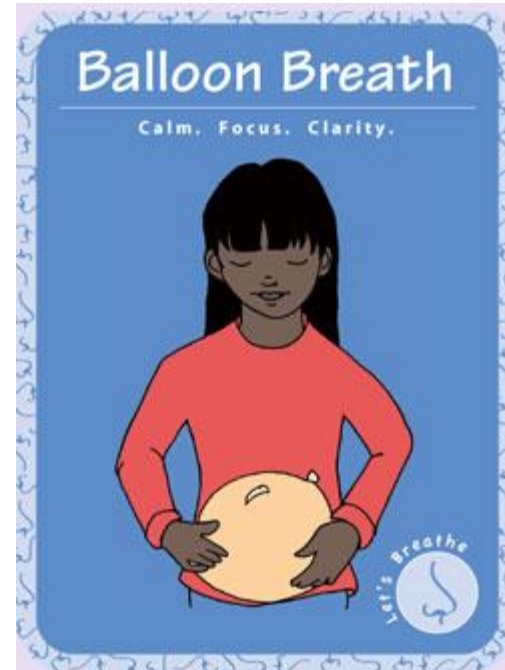


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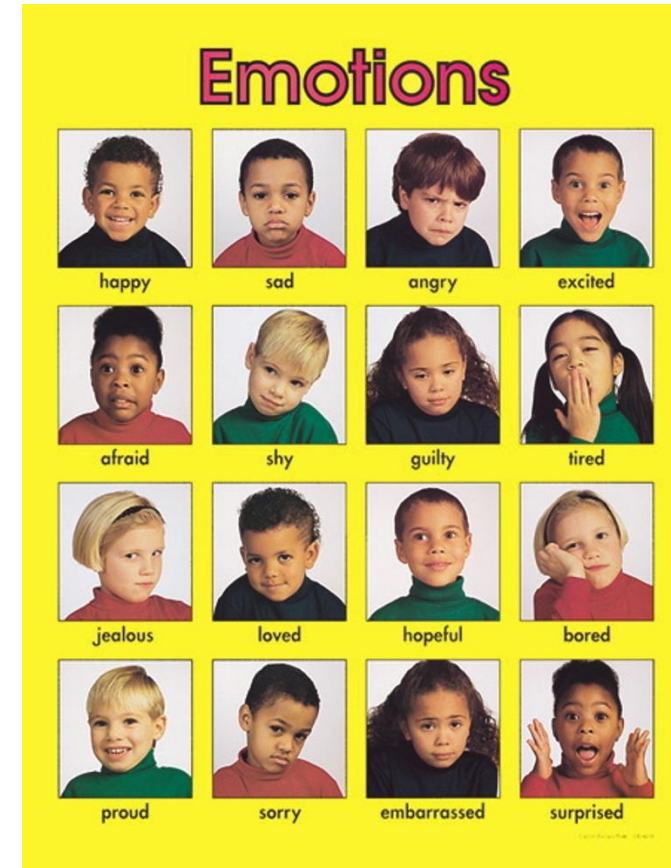
How Wellness?

- Practice What You Preach!
 - Abdominal breathing



How Wellness?

- WAPs
- WAGs



Wellness Action Plan (WAP)

- Read It
- Give Case Example
- Fill Out Your Own





Wellness Action Goals (WAG)

- Read It
- SMART Goals
- A word about Motivational Interviewing
- Do It With A Partner



Wellness Action Goals (WAG)

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Wellness Action Goals (WAG)

- SMART Goals:
 - **Specific**
 - Running outdoors 3 times per week for 30 minutes or more with Billy
 - **Measurable**
 - How will I know if I'm making progress?
 - **Achievable**
 - Can I really do this? What do I need to make it happen?
 - **Relevant**
 - Do I care enough to do this—is it a priority?
 - **Timely**
 - Do I have time to do this now?



Wellness Action Goals (WAG)

- A word about Motivational Interviewing: OARS
 - **Open-Ended Questions: inquire broadly, listen closely**
 - “so what makes you interested in exercising?”
 - **Affirmation: notice something good**
 - “how great that you’ve already got a FitBit!”
 - **Reflection: state the feeling**
 - “you sound worried about your knees hurting.”
 - **Summarize: put it all together**
 - “so if I’m hearing you right, you’re worried about your knees, but excited to start walking more and counting your steps, and you want to set small goals to begin with?”



Wellness Action Goals (WAG)

- Read It
- SMART Goals
- A word about Motivational Interviewing
- **Do It With A Partner**
 - Take 2 minutes to jot down notes on what you're already doing
 - Take 2 minutes to set a SMART goal for yourself
 - Take 3 minutes to interview your partner about their SMART goal using the OARS skills
 - Take 3 more minutes to switch roles

Zooming in from 30,000 Feet: Mindfulness & Yoga



- Broad Evidence
 - Reduces perceived stress and amygdala size and reactivity (Holzel et al., 2010)
 - Decreases anxiety, depression, chronic pain symptoms (Sibinga 2016; Kabat-Zinn 1982, 1992)
 - Prevents depression relapse (Keng et al., 2011)
 - Builds positive emotions, self-esteem, life satisfaction, self-compassion (Lykins & Baer, 2009; Brown & Ryan, 2003)



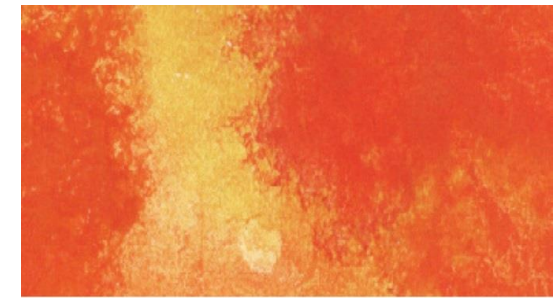
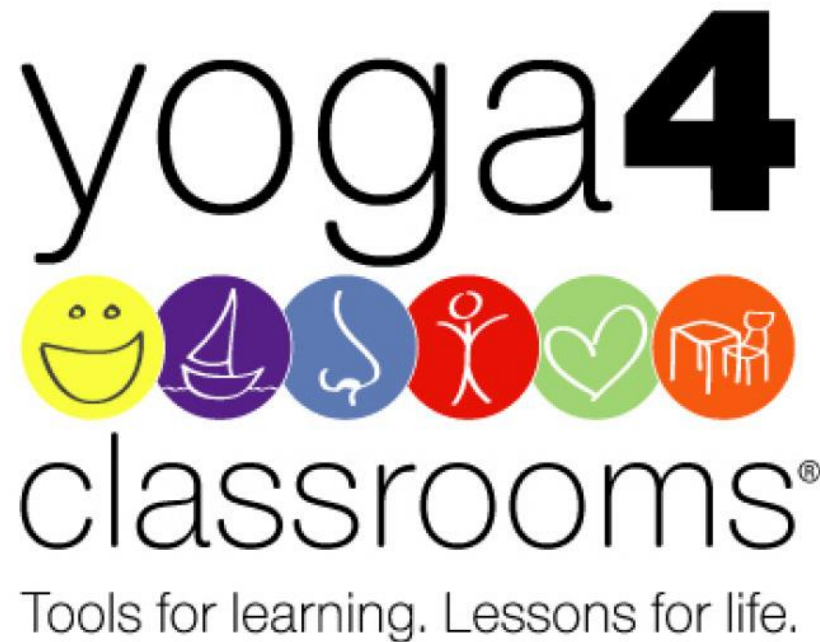
Zooming in from 30,000 Feet: Mindfulness & Yoga

- Yoga cards
- Flying Bird breathing
- Physical exam correlates
 - Belly breathing on pulmonary exam
 - Focus practice on extraocular muscle exam



Mindfulness & Yoga: Other Tips & Tricks

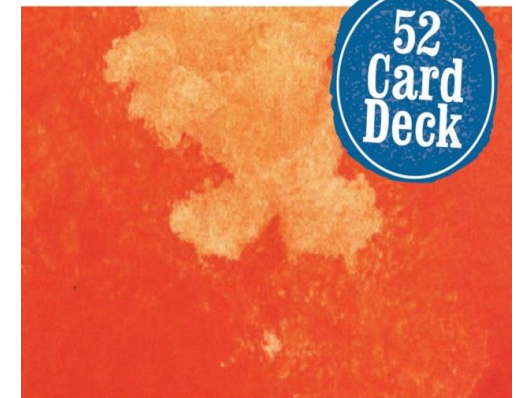
- More cards
 - Growing Mindful
 - Growing Happy
 - Be Mindful (for teens)
 - Yoga Kids
 - Yoga 4 Classrooms
 - Etc.



GROWING

MINDFULNESS PRACTICES FOR ALL AGES

MINDFUL



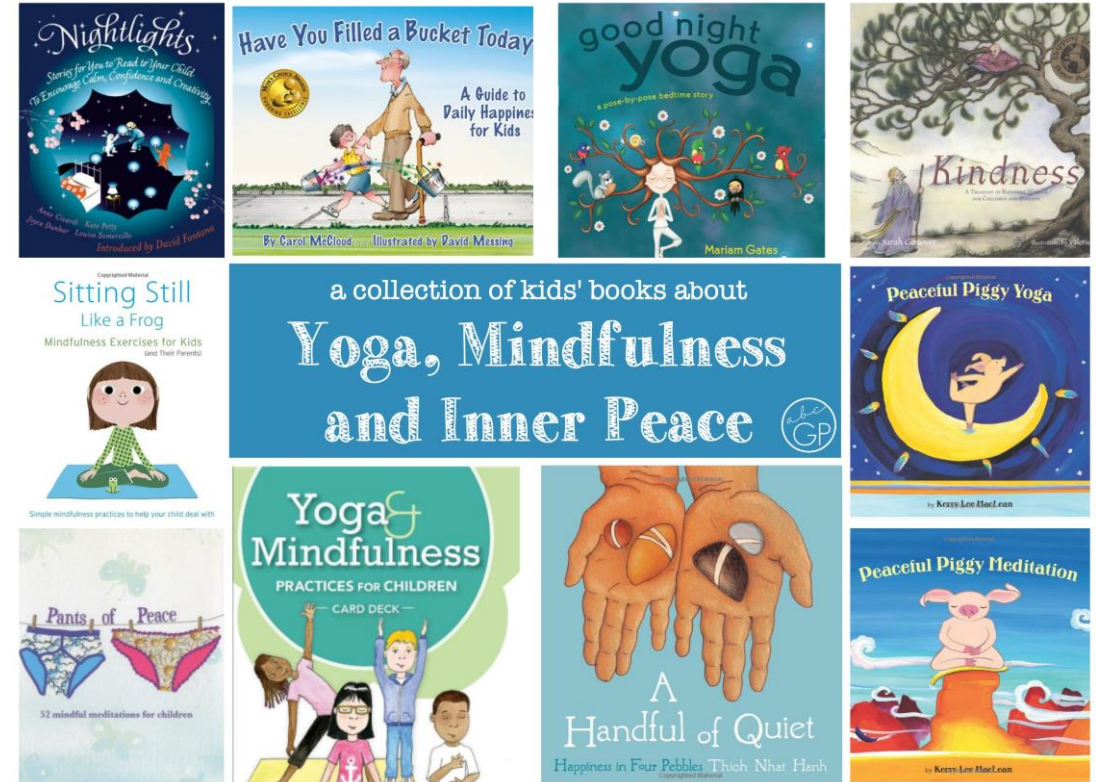
Mindfulness & Yoga: Other Tips & Tricks

- Apps
 - Smiling Mind
 - Insight Timer
 - Calm
 - Stop Breathe & Think
 - Headspace
 - Zazen
 - Etc.
- Toys/Props
 - Feathers, Bells, Clocks, Timers, Hoebberman spheres....



Why Wellness? Reflection

- Did you notice the bell?
- What stood out for you today?
- Questions?



Follow-Up Survey

- Our collaborator Dr. Benjamin Smith will be emailing you a survey regarding these wellness prescribing tools. Stay tuned....!





Thank you!



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