

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

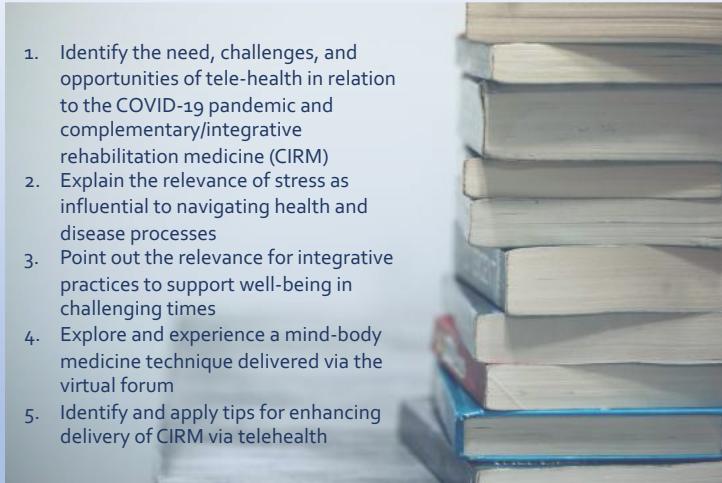


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Complementary & Integrative Rehabilitation Medicine Networking Group

A screenshot of the ACRM (American Congress of Rehabilitation Medicine) website. The header features the ACRM logo (a red flower) and the text "ACRM AMERICAN CONGRESS OF REHABILITATION MEDICINE". Below the header, there is a navigation bar with links: ABOUT, COMMUNITIES, ATI, MEETINGS, SPONSOR / EXHIBIT, PUBLICATIONS, JOB BOARD, RESOURCES, JOIN, GIVE, MEMBER LOGIN. A green sidebar on the left says "COMPLEMENTARY INTEGRATIVE REHABILITATION MEDICINE" and "NETWORKING GROUP". The main content area shows the "ACRM AMERICAN CONGRESS OF REHABILITATION MEDICINE" logo again, along with a "HOME / ACRM COMMUNITIES / COMPLEMENTARY INTEGRATIVE REHABILITATION MEDICINE" breadcrumb trail.

- 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

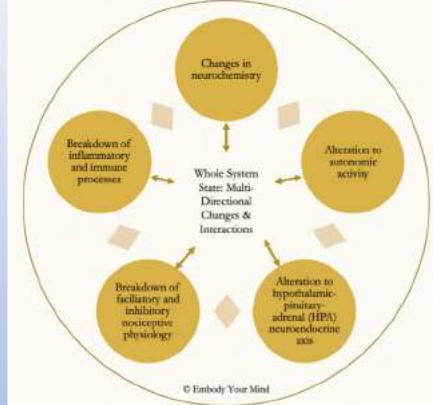
CIRM delivery via telehealth

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

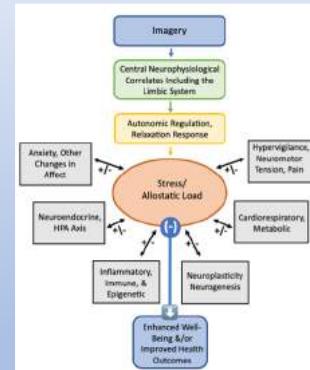


Image Courtesy of Saffu on Unsplash

The Science



(Muehsam 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 ^{a,1}, A. ^a, Ying Chen ^{b,2}, Duzhi Wu ^a, Ruiheng Lin ^c, Zaiheng Wang ^c, Liqing Pan ^c

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<https://doi.org/10.1016/j.ctcp.2020.101132>

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Key Findings:

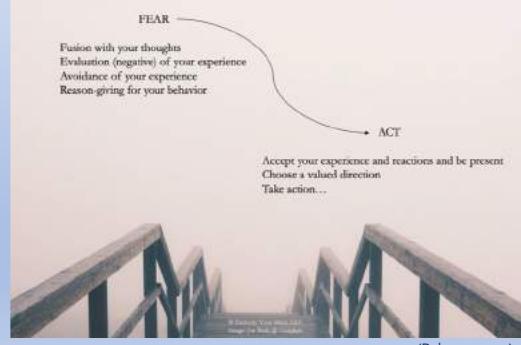
- RCT, 51 participants
- Anxiety and sleep disturbances increase after diagnosis and isolation treatment.
- Many sleep-promoting drugs have respiratory depression.
- Treatment delivered progressive muscle relaxation and self-regulations skills training to reduce anxiety and improve sleep training
- Delivered 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 (Schmazl 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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