

TRANSFORMATION CHART

CURRENT MEDICAL PRACTICE <i>Evolving to...</i>	INTEGRATIVE PRACTICE
Health is most often considered to be the absence of disease.	Health is seen as a vital state of physical, mental, emotional, social and spiritual wellbeing, which enables a person to be engaged in life.
The physician tends to act as the authority figure.	The physician acts as a partner in the patient's care.
The patient is encouraged to follow the physician's directions.	The empowered and informed patient is an integral part of the decision-making process.
The interventions are often directed only towards the treatment of a specific disease or trauma.	The interventions are designed to treat the illness as well as the whole person, addressing the physical, mental, emotional, social and spiritual factors that influence health and disease.
A patient's stress level is not always taken into consideration or treated.	Patients are taught how to recognize, manage and decrease stress.
A patient's dietary habits are largely ignored.	Patients are given nutritional counseling; food is understood to have a significant influence on health and disease.
Social determinants of health such as unemployment, abuse, neglect, and financial status are not always given full consideration.	Social determinants of health such as unemployment, abuse, neglect, and financial status are considered in the care.
Environmental influences are rarely addressed.	Environmental influences on health and healing are investigated, considered and addressed in the care process.
Care is not always coordinated across providers.	Care is coordinated across providers.
Health plans are rarely created.	Each patient is given an individualized health plan based on his or her unique needs and circumstances.
Many decisions are based on the needs of the health care system.	Decisions are based on the needs of the patient.
Prevention and health promotion are not always practiced.	Prevention and health promotion are emphasized.
Only conventional interventions are considered.	The care makes use of all appropriate therapeutic approaches.