

Group Visits as Medicine

Valuable to Payers, Providers, and Participants

VIRTUAL CONFERENCE ON SEPTEMBER 13, 2024

KEYNOTE

Group Visits and Integrative Health Care in US Safety Net Clinics: A National Survey

While group visits and integrative medicine are growing in clinical practice, major questions remain about how widespread these forms of care are in safety-net primary care. In this presentation, we will share findings from our groundbreaking national survey of safety-net clinics in the US on their use of group visits and integrative medicine. Using an online survey format and a multi-pronged recruitment strategy, our team reached out to Community Health Centers, Indian Health Service clinics and other safety-net organizations. We reached over 100 clinical sites representing 30 states and Puerto Rico. We will discuss implications for policy and practice to increase access to group medical visits and integrative medicine in safety-net clinics.



Ariana Thompson-Lastad, PhD

Ariana Thompson-Lastad, PhD, is an Assistant Professor at the University of California San Francisco, in the Osher Center for Integrative Health and the Department of Family and Community Medicine. Dr. Thompson-Lastad is trained as a medical sociologist and conducts qualitative and community-engaged research focused on the role of integrative healthcare in advancing health equity. Her work primarily examines innovative approaches to primary care, including integrative group medical visits implemented in US community health centers and the community midwifery model of postpartum care. Dr. Thompson-Lastad is currently a board member of Integrative Medicine for the Underserved. Prior to becoming a researcher, Dr. Thompson-Lastad worked in a community health center as a diabetes care coordinator and group medical visit facilitator.



Isabel Roth, DrPh

Dr. Isabel Roth is a Research Assistant Professor at the University of North Carolina at Chapel Hill School of Medicine (UNC). Her research interests involve the identification of effective implementation strategies to promote access to evidence-based complementary and integrative health practices among diverse populations. She is currently chair of the American Public Health Association's Integrative, Complementary, and Traditional Health Practices Section. She holds a doctorate in Public Health from the University of Texas Health Center at Houston, and completed postdoctoral training in complementary and integrative health at UNC. Currently, she is working on a career development award funded by the National Center for Complementary and Integrative Health entitled "Scaling-Up Integrative Pain Management in Federally Qualified Health Centers."



Nadine Ijaz, PhD

Nadine Ijaz, PhD is Assistant Professor in the Department of Law and Legal Studies at Carleton University. Professor Ijaz's interdisciplinary research draws on the fields of medical sociology and anthropology, (postcolonial feminist) science and technology studies, and critical policy studies. Her award-winning studies on traditional, complementary and integrative medicine practitioners draw attention to questions of epistemology, evidence, accessibility, risk discourse, and cultural misappropriation - including in the policy sphere. Professor Ijaz is President-Elect of ISCMR (International Society for Traditional, Complementary & Integrative Medicine Research). Prior to her academic career, she worked for fifteen years as a medical herbalist, nutritional consultant, and shiatsu therapist.

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Keynote

Planet and People: The Power of Mindfulness in Lifestyle Transformation

This talk delves into the effects of mindfulness training on lifestyle transformation, highlighting Mindfulness-Based Blood Pressure Reduction (MB-BP) and Mindfulness-Based College. It examines the impacts on sedentary behavior, diet, loneliness, and blood pressure, alongside underlying mechanisms. The presentation explores the transformative potential for both individual well-being and the health of our planet.



Eric Loucks, PhD

*Eric B. Loucks, PhD, is a professor, researcher, and pioneer in the study of mindfulness and health. As director of the Mindfulness Center at Brown University, Loucks teaches mindfulness-based programs and leads high-quality, methodologically rigorous research to investigate the science behind mindfulness and its impact on health and well-being. An expert in aging-related research, he optimizes mindfulness programs to specific age groups. He is the lead developer of Mindfulness-Based College (MBC) and Mindfulness-Based Blood Pressure Reduction (MB-BP), and has received numerous research grants from the National Institutes of Health to evaluate the effectiveness of mindfulness-based interventions, including MBC, MB-BP, and Mindfulness-Based Stress Reduction (MBSR). Dr. Loucks' book entitled *The Mindful College Student* (New Harbinger Publications) was released in April 2022. Over the course of his career, he has held teaching positions at Harvard, McGill, and Brown Universities. Loucks has practiced mindfulness for about 25 years.*

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