



# **COPING WITH COVID**

*WITH A WHOLE PERSON PERSPECTIVE*

**WAYNE JONAS, MD**

 ***@DrWayneJonas***

# DR. WAYNE JONAS

- Family Physician, Integrative Health Expert, Researcher, Teacher and Author
- Former Director NIH Office of Alternative Medicine
- Former Director World Health Organization Center for Traditional Medicine
- Former Director of Medical Research Fellowship at Walter Reed Army Institute of Research
- Retired Lt. Colonel United States Army Medical Corps
- Practicing Family Physician at Fort Belvoir Community Hospital Integrative Pain Clinic
- Executive Director of Samueli Integrative Health Programs
- Professor of Family Medicine  
Georgetown University SOM  
USUHS School of Medicine
- Author: 200 peer-reviewed publications and
- Author: *How Healing Works*

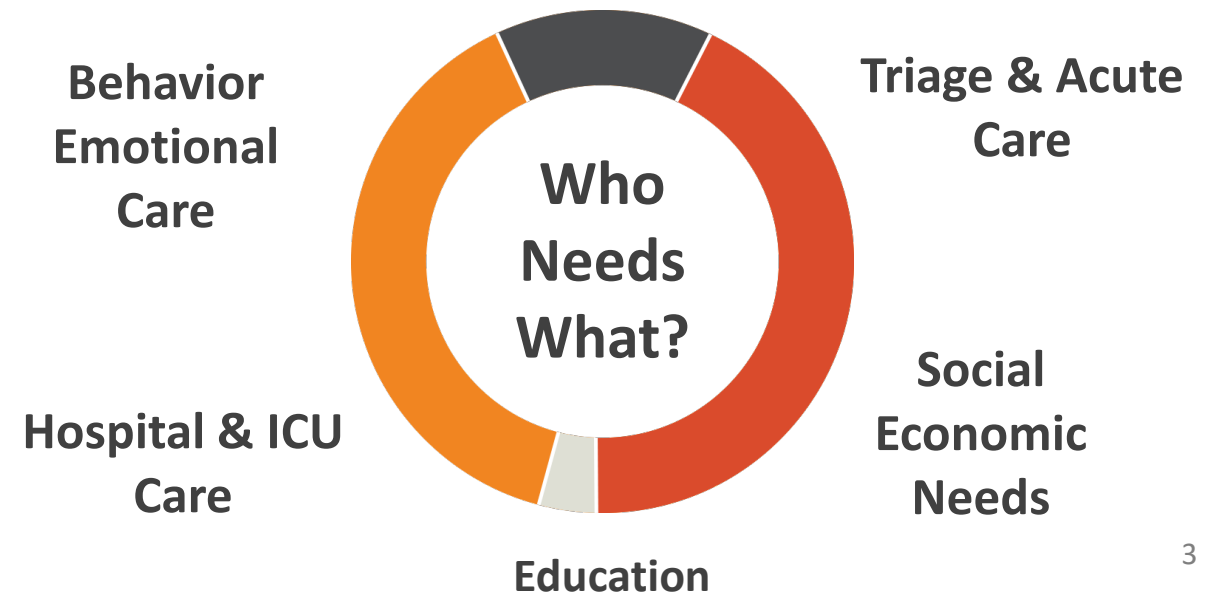


# WHAT IS THIS PANDEMIC LIKE?

*NOTHING EXACTLY*

- My Practice at 130<sup>th</sup> General Hospital
  - Daily sick call – 40 patients a morning
  - Afternoons were
    - Team coordination
    - Well child and woman's clinic
    - Chronic disease and integrative health
    - Public and population health
  - Whole person care was covered
- Mass Casualty Exercises
  - Triage During BW Warfare

## SHAPE SHIFTING



# WHO NEEDS WHAT NOW?

## Rates Per 1M

Cases 1,946

Deaths 86

## Rates Per 2000

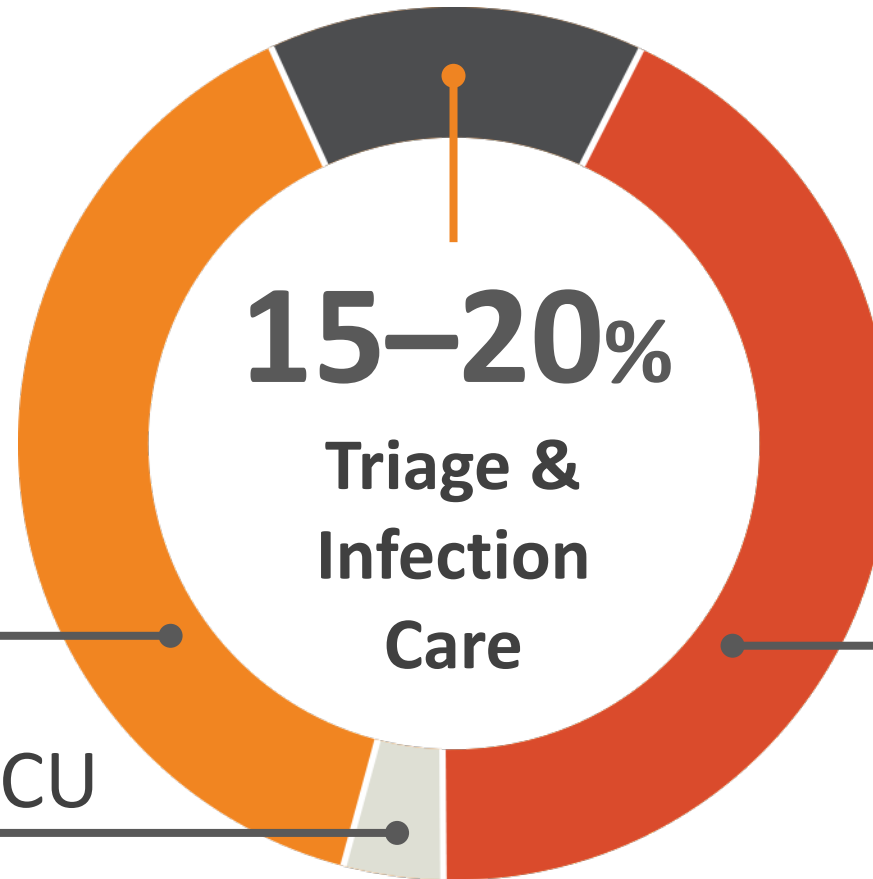
Cases 3.9 (2%)

Deaths 0.2 (0.1%)

**Behavior &  
Lifestyle Impacts**

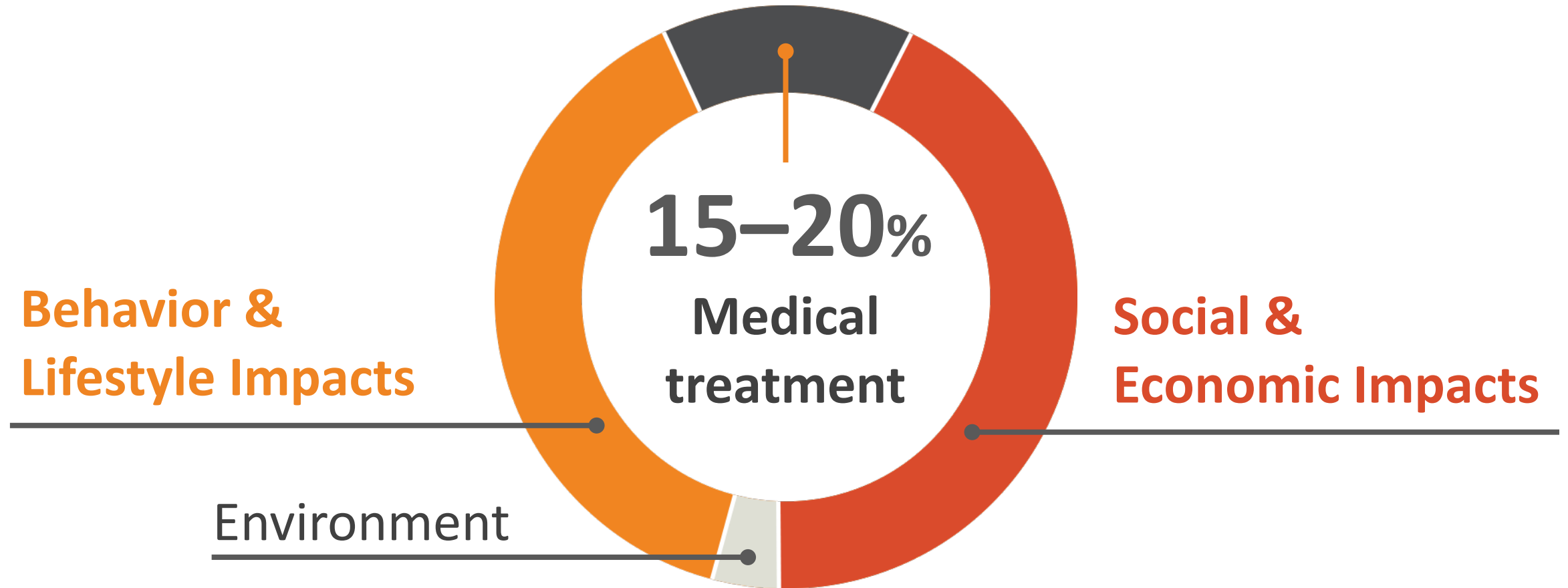
**Social &  
Economic Impacts**

Hospital & ICU  
Health Care



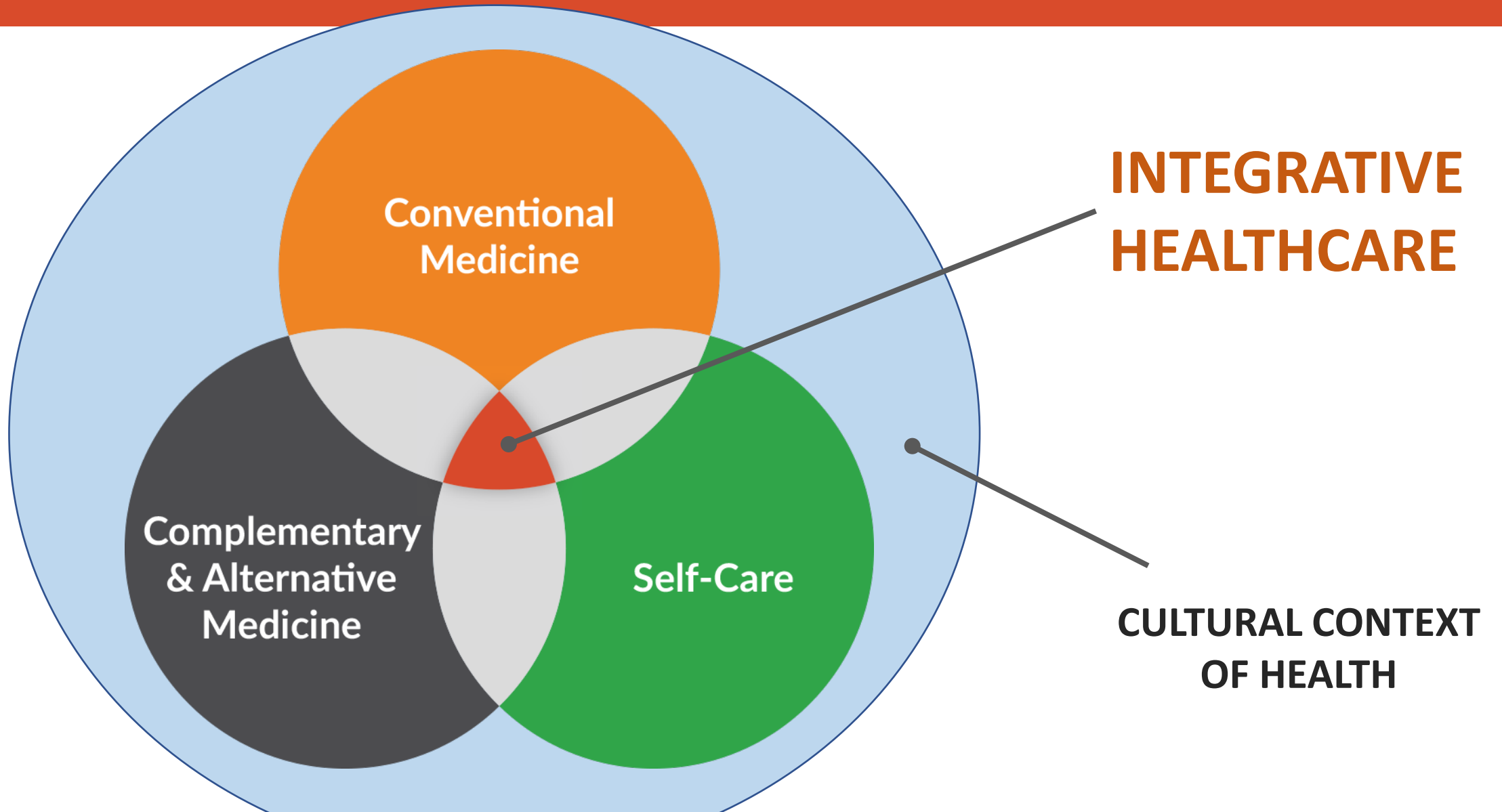
Source: <https://www.worldometers.info/coronavirus/country/us/>

# WHERE HEALTH COMES FROM



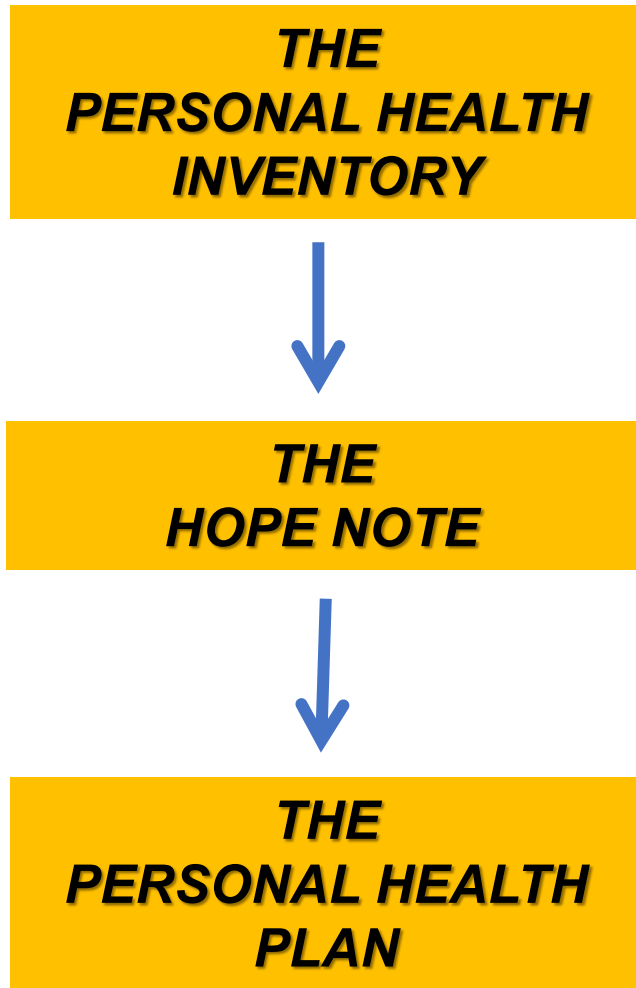
Source: McGinnis JM, Williams-Russo P, Knickman JR. The Case For More Active Policy Attention To Health Promotion. *Health Aff (Millwood)*. 2002 Mar-Apr;21(2):78-93. doi: 10.1377/ hlthaff.21.2.78

# USE ALL THE TOOLS IN YOUR TOOLKIT



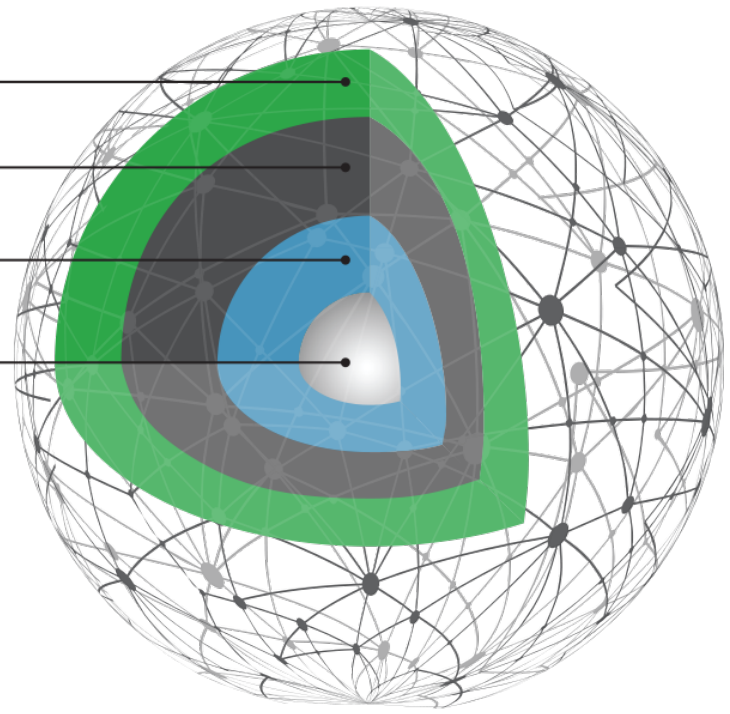
# WHOLE PERSON INTEGRATIVE SERVICES

## *Healing Oriented Practices and Environments*



### The HOPE Note Toolkit

- BODY & EXTERNAL
- BEHAVIOR & LIFESTYLE
- SOCIAL & EMOTIONAL
- SPIRITUAL & MENTAL



*A Focus on  
"What Matters?"*

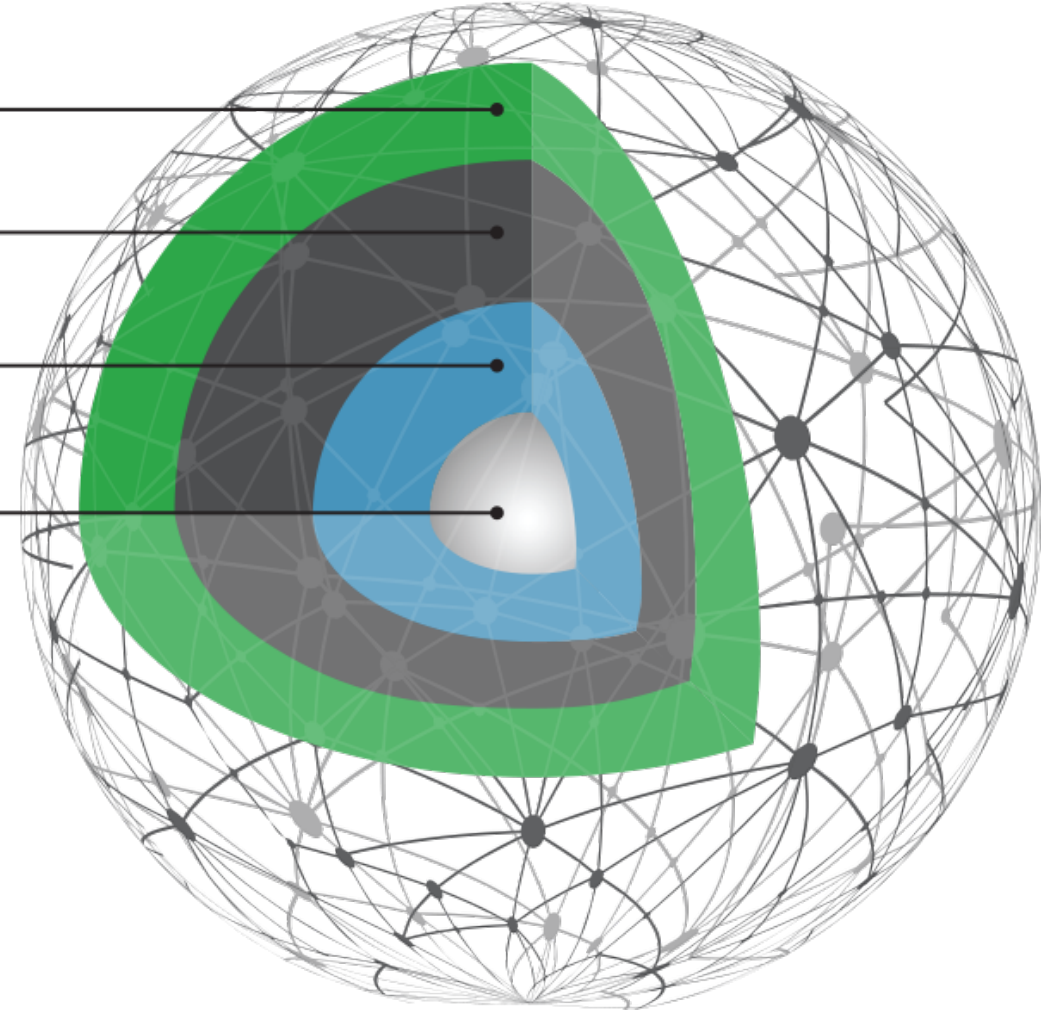
# TAKE A WHOLE PERSON APPROACH TO YOUR SELF-CARE

**BODY & EXTERNAL**

**BEHAVIOR & LIFESTYLE**

**SOCIAL & EMOTIONAL**

**SPIRITUAL & MENTAL**



Explore your personal  
determinants of health and wellbeing  
*Focus on “What Matters?”*



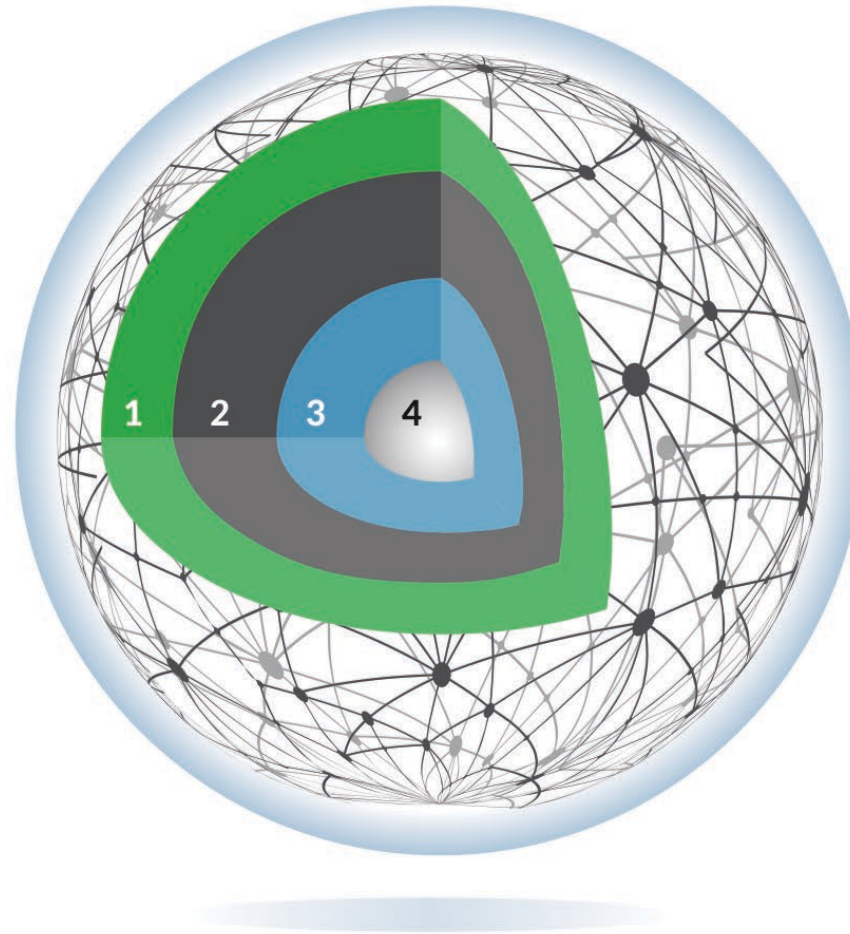
# 2-MINUTE SELF-ASSESSMENT

## BODY & EXTERNAL

- Wash hands, PPE
- Follow CDC guidelines
- Get outside

## BEHAVIOR & LIFESTYLE

- Get extra sleep
- Eat nourishing foods
- Manage stress
- Stay physically active



## SOCIAL & EMOTIONAL

- Connect with others
- Stay social while distancing
- Keep your personal space

## SPIRITUAL & MENTAL

- Practice gratitude
- Focus on what you can control (it's not your fault)
- Limit news

© 2019 Wayne Jonas, MD

*What's one thing you can improve today?*

# IMMUNE BOOSTING

## *THE AGENT OR THE HOST?*

### **PRACTICING SELF-CARE**

- Don't smoke, drink alcohol or take unprescribed drugs – these can impair your both innate and adaptive immunity – epithelial barrier, NK cells, T-cells
- Relax and lower your stress – more stress the more likely a virus will “take”
- Get extra sleep – inadequate sleep lowers your resistance
- Keep fit and get out in nature – both improve natural killer cell function
- Eat more: chicken soup, garlic, vitamin C, greens, bananas, zinc containing foods
- Consider getting more ginger, garlic, curcumin, ashwagandha, olive leaf, lemon balm, black elderberry and other herbal foods and teas

# BOOST MENTAL RESILIENCE



Materials typically have two options upon experiencing stress and strain



Return to Normal or Break

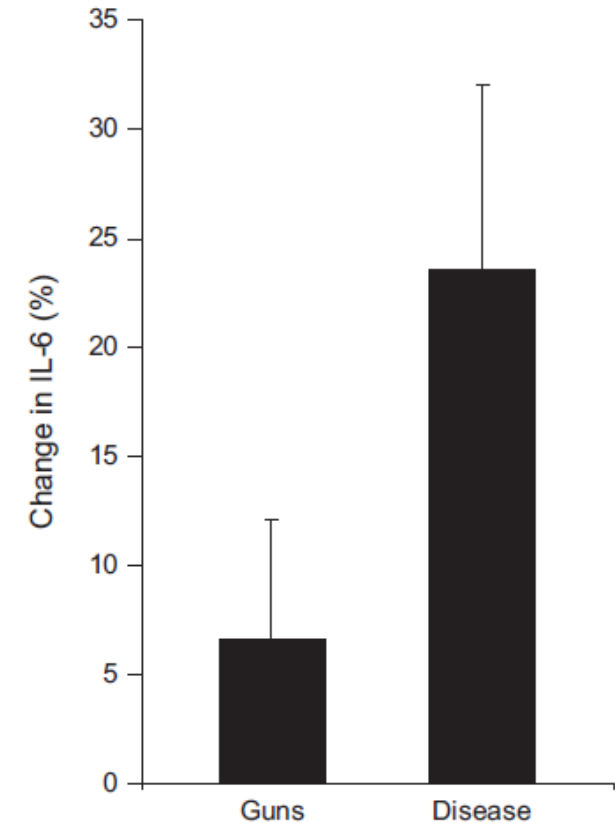


People have a third option: USE THE STRESS TO GROW

**Those who thrive  
have strong  
relationships to  
patients, peers and  
purpose**

**MINDSET  
MATTERS**

# MERE VISUAL PERCEPTION OF OTHER PEOPLE'S DISEASE SYMPTOMS FACILITATES A MORE AGGRESSIVE IMMUNE RESPONSE



**Percent Change in IL-6**

Schaller, Mark, et al. "Mere visual perception of other people's disease symptoms facilitates a more aggressive immune response." *Psychological Science* 21.5 (2010): 649-652.



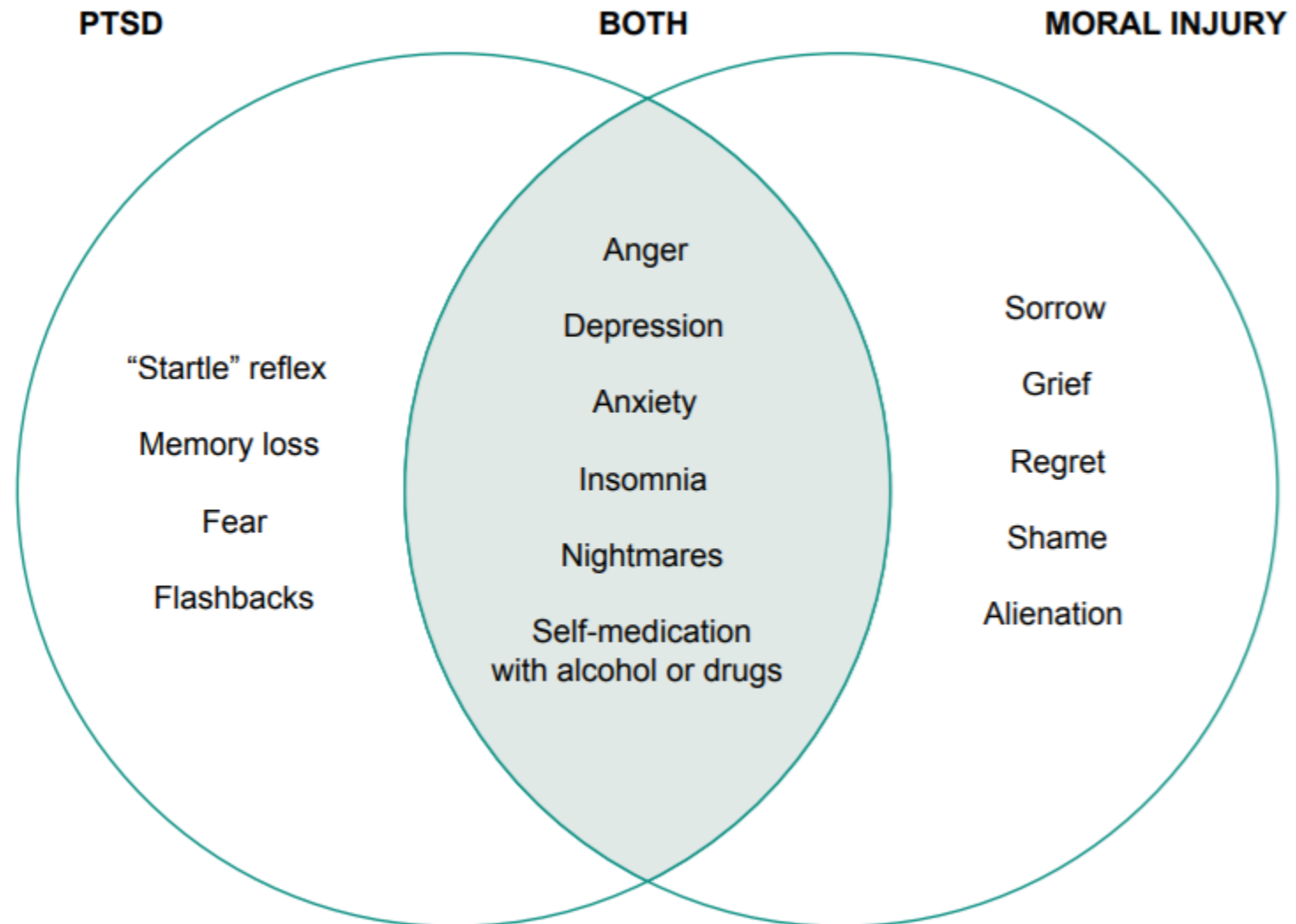
# SOCIAL AND EMOTIONAL TRAUMA

- **Moral Injury**

- When you have to make decisions not in line with your morals and values
- Signature wound of service members
- Part of burnout for care givers

- **PTSD**

- Most of those with PTSD self-treat or don't treat



# RESOURCES

- [Grand Rounds Video: Professional Well-Being In A Time of Crisis](#)



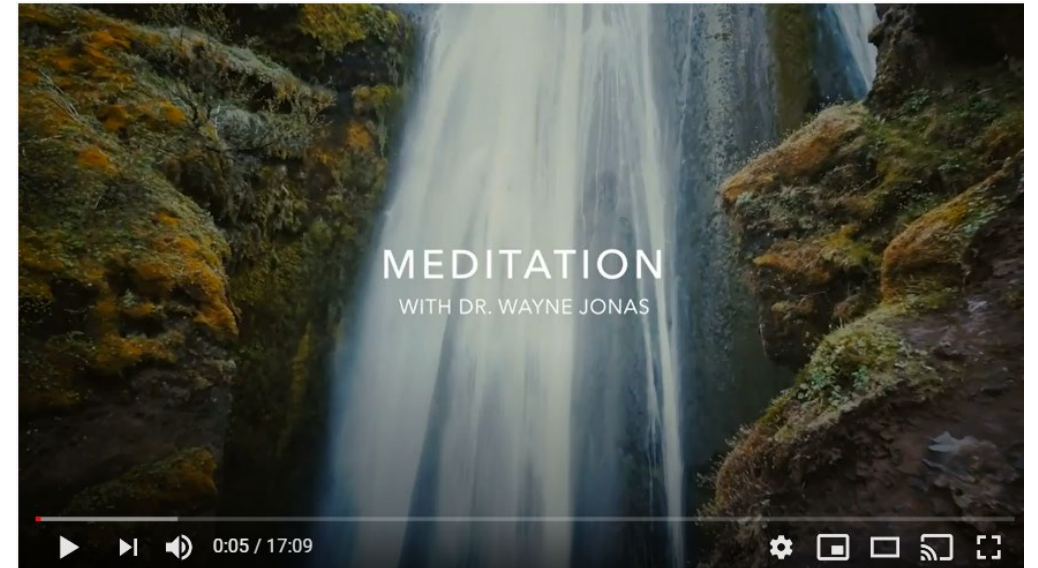
Dr. Amy Locke explains how to:

- Recognize trauma and secondary trauma
- Reduce burnout in yourself and your team
- Learn tips for psychological first aid
- Manage biases in crisis when rationing care

Shared with permission

# RESOURCES, CONT.

- [15-minute breathing exercise](#)  
by Dr. Wayne Jonas
- [Wellbeing Resources](#)  
from the Academic Consortium for  
Integrative Medicine and Health
- [7-minute video](#)  
Applying Evidence-Based Medicine  
Concepts for Dealing with a Pandemic  
from Department of Family Medicine,  
Tufts University School of Medicine

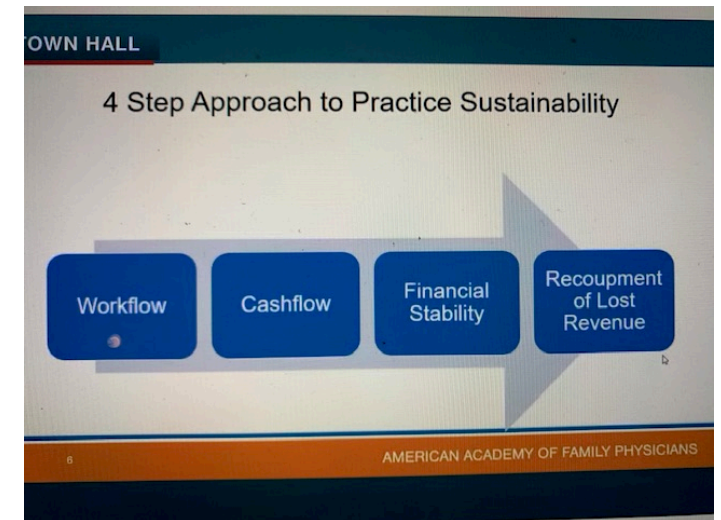
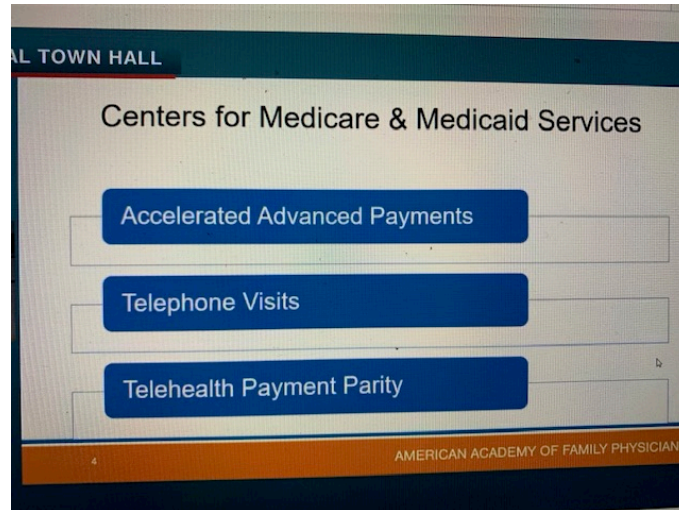
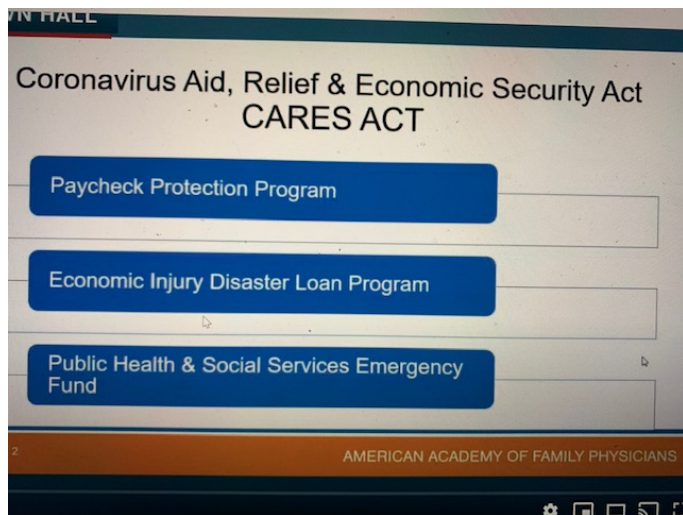




# RESOURCES, CONT.

## Financial Survival During COVID *AAFP Weekly Webcast*

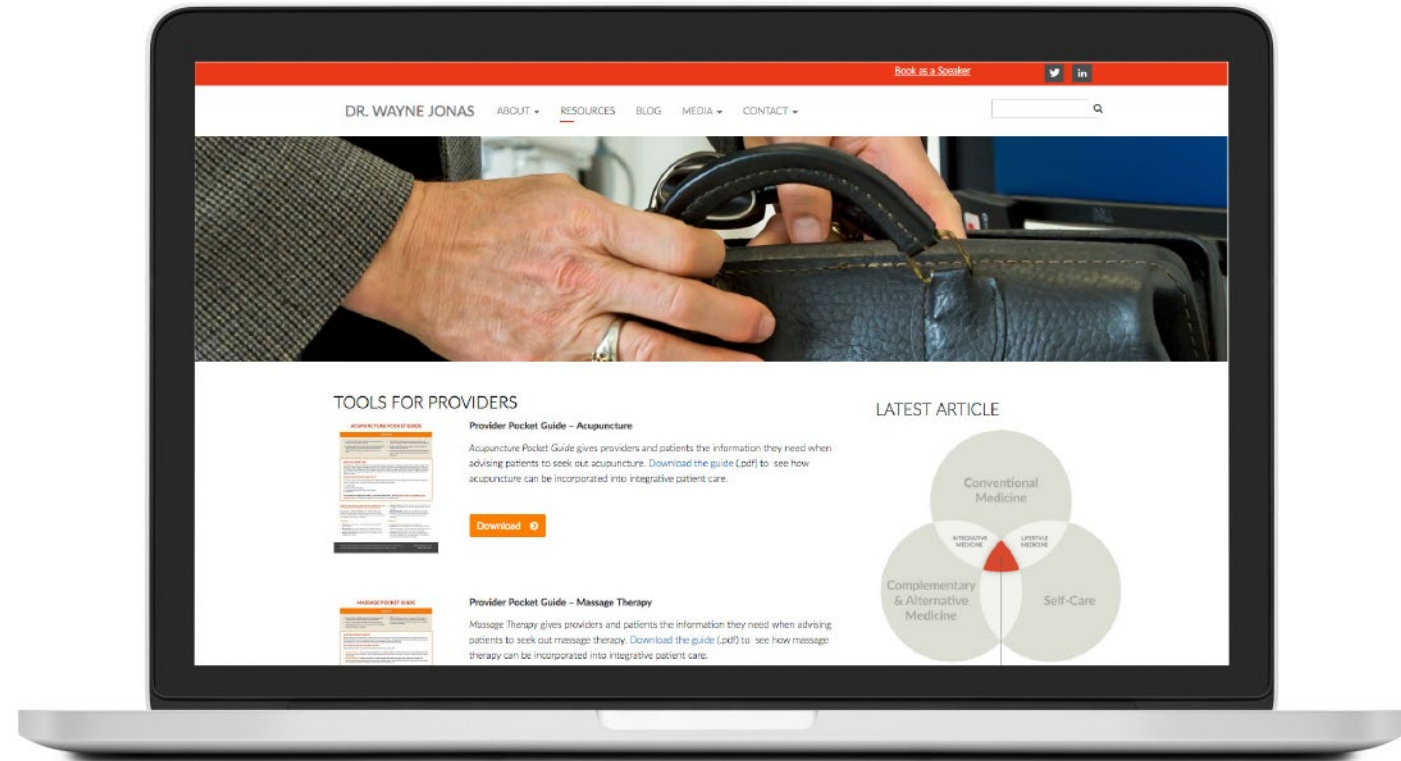
- [https://www.youtube.com/watch?v=c1PMGhsKKP4&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=c1PMGhsKKP4&feature=emb_rel_pause)



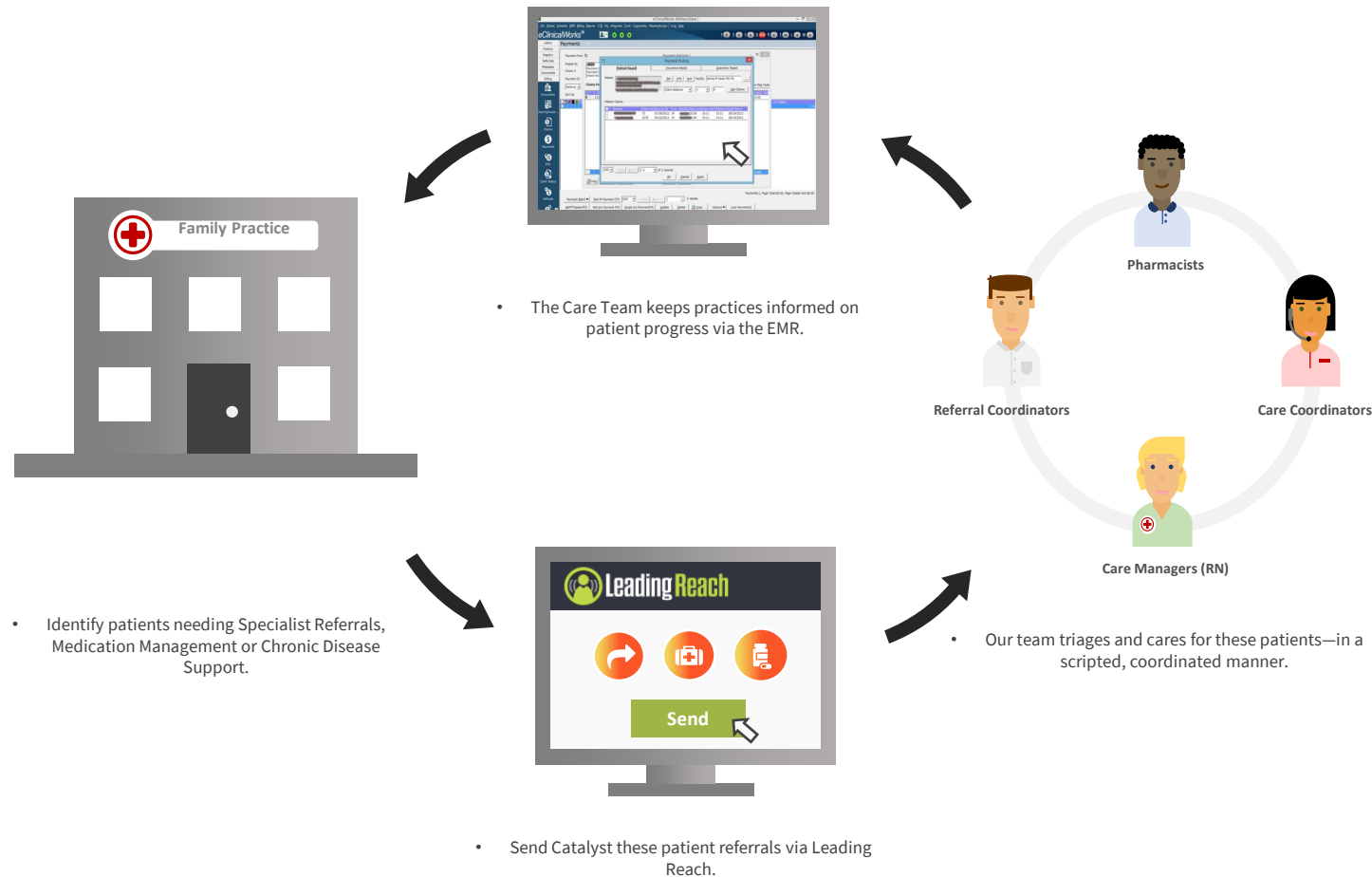
# HELP WITH HEALING

**DrWayneJonas.com** provides information and tools for physicians, health professionals and patients to improve health and wellbeing.

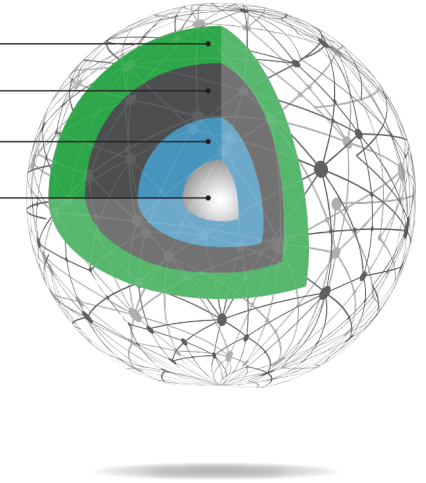
*“The most powerful way to transform healthcare, your patients lives, and your own practice is to fill your medical bag with tools for healing.”*



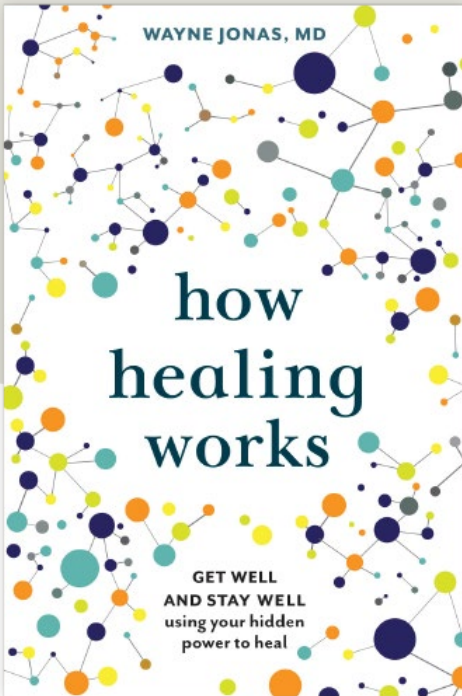
# Care Integration Platform - Flow



BODY & EXTERNAL  
BEHAVIOR & LIFESTYLE  
SOCIAL & EMOTIONAL  
SPIRITUAL & MENTAL



**Integrative Health  
and HOPE Tools  
Now Offered in the  
CIP Services**



***DrWayneJonas.com***

 ***@DrWayneJonas***