

## Chapter 1 : How to Practice the Five Principles of Health: 5 Steps

*Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. Employing a personalized strategy that considers the patient's unique conditions, needs and circumstances, it uses the most.*

Consider the safety of the survivor: Always be aware of the security risks a survivor might be exposed to after sexual violence. Hold all conversations, assessments and interviews in a safe setting. Try, as much as the context and your position allow you, to assess the safety of the survivor Does the survivor has a safe place to go to? Will the survivor be confronted with the perpetrator? Inform yourself about all options for referral available to the survivor. If possible, take action to ensure the safety of the survivor. Do not share the story of the survivor with others. This can be especially important in cases of biased-motivated crimes. Respect the wishes, needs and capacities of the survivor: Every action you take should be guided by the wishes, needs and capacities of the survivor. Ensure attention for all needs of the survivor: For children, the best interests of the child should be a primary consideration and children should be able to participate in decisions relating to their lives. Treat the survivor with dignity: Assure a supportive attitude: Provide emotional support to the survivor. Show sensitivity, understanding and willingness to listen to the concerns and story of the survivor. Retain a caring attitude, regardless of the type of intervention you make. Check whether the survivor fully understands all the information, and, if necessary, adapt the presentation of the information to the capacity of the survivor at that time. Always be clear about your role and about the type of support and assistance you can offer to a survivor. Always refer the survivor to the appropriate services. Respect also the limitations of what you can do see as well Module 8. Provide information on safety planning. Ensure referral and accompaniment: Make sure you are well-informed about the options for referral medical, psychosocial, economic, judicial and available services, along with their quality and safety. Inform the survivor about these options. Consider the possibility of accompaniment of the survivor throughout the process – that is, having a supportive, trusted person who is informed about the process accompany the survivor to different services Ensure non-discrimination. Treat all survivors equally. Do not make assumptions about the history or background of the survivor. Be aware of your own prejudices and opinions about sexual violence and do not let them influence the way you treat a survivor. Caring for Survivors Training Pack , pg. Participation From the on-set of an emergency involve local communities and local stakeholders including vulnerable populations and NGOs representing the LGBTI community, women with disabilities, etc. Do no harm Mental health and psychosocial support programs have a high potential to cause harm because they deal with highly sensitive issues. As such, it is extremely important to ensure that such programs do no harm. Remain alert to possible adverse effects during programme planning. In addition, measure and record unintended negative consequences through programme monitoring and evaluation. Such unintended consequences might include: Reduce the risk of harm in various ways, such as: Build on available resources and capacities Build local capacities, supporting self-help and strengthening the resources already present. Externally driven and implemented programmes often lead to inappropriate mental health and psychosocial support and often the sustainability is limited. Integrated support systems Focusing on stand-alone services, for example those dealing only with people with specific diagnoses, such as post-traumatic stress disorder, can create a highly fragmented care system. In order to avoid this, ensure that interventions and programming are as integrated as possible. Integrate psychosocial support programs and activities into wider systems such as: This will ensure that psychosocial support programs reach a wider population and carry less stigma. Experience has also shown that integration often increases programme sustainability. Multi-layered supports In conflict and post-conflict humanitarian settings, people are often affected in different ways and as such require different kinds of support. Organize mental health and psychosocial support response programs by developing a layered system of complementary services e. Non-stigmatizing services When implementing mental health and psychosocial support programs, include--but

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do not specifically target--survivors of violence against women and girls. Specifically targeting survivors can risk creating additional problems for these women and girls such as stigma, discrimination and violence adapted from WHO,

## Chapter 2 : How the Four Principles of Health Care Ethics Improve Patient Care

*by Academy of Integrative Health & Medicine Holistic medicine is the art and science of healing that addresses the whole person - body, mind, and spirit. The practice of holistic medicine integrates conventional and alternative therapies to prevent and treat disease, and most importantly, to promote optimal health.*

Strategic Human Resource Management How the Four Principles of Health Care Ethics Improve Patient Care Whether your role is that of a doctor or a health care administrator, working in the field of health care is both highly rewarding and challenging. Many medical procedures and treatments have both merits and downsides, and patients have their own input and circumstances to consider. The four principles of health care ethics developed by Tom Beauchamp and James Childress in the Principles of Biomedical Ethics provide medical practitioners with guidelines to make decisions when they inevitably face complicated situations involving patients. The four principles of health care ethics are autonomy, beneficence, non-maleficence, and justice. The Four Principles of Health Care Ethics The basic definitions of each of the four principles of health care ethics are commonly known and used often in the English language, but they take on special meaning when being utilized in a medical setting. All of these principles play a key role in ensuring optimal patient safety and care. In medicine, autonomy refers to the right of the patient to retain control over his or her body. A health care professional can suggest or advise, but any actions that attempt to persuade or coerce the patient into making a choice are violations of this principle. This principle states that health care providers must do all they can to benefit the patient in each situation. All procedures and treatments recommended must be with the intention to do the most good for the patient. Non-maleficence is probably the best known of the four principles. The principle of justice states that there should be an element of fairness in all medical decisions: Case Study One hypothetical case study involves a patient who has an ovarian cyst that, left untreated, will result in kidney failure. An operation to remove the cyst is the best treatment, but the patient is frightened of needles and is against the surgery that would require a needle to give her anesthesia. Although the surgery is the best choice, forcing the patient to accept the needle would be harmful to her non-maleficence. So before making the final decision the doctor must consider all four principles of health care ethics, which will help the physician make the choice that will have the best possible benefits for both the patient and society. The Role of a Health Care Administrator Health care administrators plan, organize, and oversee the functions of the health care facilities at which they work, as well as the other members of the staff who work there, including doctors and nurses. Thus, they play a vital role in ensuring that patients are receiving high quality and ethical treatment. As science and technology further increase the abilities of doctors and advance the field of health care, the role of health care ethics will change and only continue to increase in importance. Thus, it is vital that health care administrators be properly trained to meet the current and future challenges of ethically helping patients receive the best care. Healthcare is changing and opportunity awaits. You may also be interested in [Learn More About](#).

## Chapter 3 : The 5 Principles of Functional Medicine - mindbodygreen

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Healing Centers Community Page featuring healing centers serving our community Holistic healing, we can safely say, has become mainstream. An example is Massage therapy, which is used to relax the body and relieve a number of acute and chronic conditions. It can be found everywhere, and more qualified practitioners are graduating every year to serve the needs of an awakening population. Multiple healing modalities and natural products and supplements make the holistic approach one of the most sought-after forms of treatment today. Holistic Medicine, according to [www](http://www). Such techniques could include non-invasive, non-pharmaceutical techniques such as Medical Herbalism, Acupuncture, Homeopathy, Reiki, and many others. In many cases, properly chosen non-invasive and non-pharmaceutical healing techniques plus properly chosen lifestyle changes can completely and safely heal both acute and chronic illnesses. Natural Healing usually refers to the use of non-invasive and non-pharmaceuticals techniques to help heal the patient. It emphasizes the connection of mind, body, and spirit. The goal is to achieve maximum well-being, where everything is functioning the very best that is possible. The principles of Holistic Health state that health is more than just not being sick, according to the American Holistic Health Association: For example, taking an aspirin for a headache would be like disconnecting the oil light on the dash of a car when it flashes. The irritation is eliminated, but the real problem still exists. In holistic medicine, a symptom is considered a message that something needs attention. So, the symptom is used as a guide to look below the surface for the root cause. Then, what really needs attention can be addressed. Optimal Health is the primary goal of holistic medical practice. It is the conscious pursuit of the highest level of functioning and balance of the physical, environmental, mental, emotional, social and spiritual aspects of human experience, resulting in a dynamic state of being fully alive. This creates a condition of well-being regardless of the presence or absence of disease. The Healing Power of Love. Holistic health care practitioners view people as the unity of body, mind, spirit and the systems in which they live. Holistic health care practitioners promote health, prevent illness and help raise awareness of dis-ease in our lives rather than merely managing symptoms. All people have innate powers of healing in their bodies, minds and spirits. Holistic health care practitioners evoke and help patients utilize these powers to affect the healing process. Integration of Healing Systems. Holistic health care practitioners embrace a lifetime of learning about all safe and effective options in diagnosis and treatment. These options come from a variety of traditions, and are selected in order to best meet the unique needs of the patient. The realm of choices may include lifestyle modification and complementary approaches as well as conventional drugs and surgery. The ideal practitioner-patient relationship is a partnership which encourages patient autonomy, and values the needs and insights of both parties. The quality of this relationship is an essential contributor to the healing process. Holistic health care practitioners focus patient care on the unique needs and nature of the person who has an illness rather than the illness that has the person. Holistic health care practitioners continually work toward the personal incorporation of the principles of holistic health, which then profoundly influence the quality of the healing relationship. All life experiences including birth, joy, suffering and the dying process are profound learning opportunities for both patients and health care practitioners.

## Chapter 4 : Principles of psychosocial care

*WHO/MNH/MND/ MENTAL HEALTH CARE LAW: TEN BASIC PRINCIPLES with Annotations Suggesting Selected Actions to Promote their Implementation This is an edited version of a WHO document which lists and describes ten basic principles of.*

Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body, and spirit. The goal is to achieve maximum well-being, where everything is functioning the very best that is possible. How Holistic Health Developed Ancient healing traditions, as far back as 5,000 years ago in India and China, stressed living a healthy way of life in harmony with nature. Holistic concepts fell temporarily out of favor in Western societies during the 20th century. Scientific medical advances had created a dramatic shift in the concept of health. Germs were identified as outside sources causing disease. Gaining health became a process of killing microscopic invaders with synthesized drugs. However, for some conditions medical cures have proven more harmful than the disease. In addition, many chronic conditions do not respond to scientific medical treatments. In looking for other options, people are turning back to the holistic approach to health and healing. The Holistic Health lifestyle is regaining popularity each year, as the holistic principles offer practical options to meet the growing desire for enjoying a high level of vitality and well-being. The Basic Principles of Holistic Health Holistic Health is based on the law of nature that a whole is made up of interdependent parts. The earth is made up of systems, such as air, land, water, plants and animals. If life is to be sustained, they cannot be separated, for what is happening to one is also felt by all of the other systems. In the same way, an individual is a whole made up of interdependent parts, which are the physical, mental, emotional, and spiritual. When one part is not working at its best, it impacts all of the other parts of that person. Furthermore, this whole person, including all of the parts, is constantly interacting with everything in the surrounding environment. For example, when an individual is anxious about a history exam or a job interview, his or her nervousness may result in a physical reaction—such as a headache or a stomach ache. When people suppress anger at a parent or a boss over a long period of time, they often develop a serious illness—such as migraine headaches, emphysema, or even arthritis. The principles of Holistic Health state that health is more than just not being sick. A common explanation is to view wellness as a continuum along a line. The line represents all possible degrees of health. The far left end of the line represents premature death. On the far right end is the highest possible level of wellness or maximum well-being. The center point of the line represents a lack of apparent disease. This places all levels of illness on the left half of the wellness continuum. The right half shows that even when no illness seems to be present, there is still a lot of room for improvement. Holistic Health is an ongoing process. As a lifestyle, it includes a personal commitment to be moving toward the right end of the wellness continuum. No matter what their current status of health, people can improve their level of well-being. Even when there are temporary setbacks, movement is always headed toward wellness. The decisions people make about their life and habits are, therefore, by far the largest factor in determining their state of wellness. New cells are built from what is available. Harmful substances or lack of needed building blocks in the body can result in imperfect cells, unable to do what is required to keep that person healthy. The majority of illnesses and premature death can be traced back to lifestyle choices. There are the well-known dangers connected with drugs, alcohol, nicotine, and unprotected sexual activity. Less recognized is the impact of excesses in things like sugar, caffeine, and negative attitudes. Combined with deficiencies in exercise, nutritious foods, and self-esteem, these gradually accumulate harmful effects. Quality of life, now and in the future, is actually being determined by a multitude of seemingly unimportant choices made everyday. The right half of the wellness continuum invites people to constantly explore which everyday actions work for them and discovering what is appropriate to move them toward maximum well-being. People are motivated by how good it feels to have lots of energy and enthusiasm for life, knowing that what they are doing that day

will allow them to continue to feel this great for years to come. When disease and chronic conditions do occur, the Holistic Health principles can also be applied. The term is usually changed to holistic medicine, and additional factors are added. The healthcare professionals using the holistic approach work in partnership with their patients. A holistic approach to healing goes beyond just eliminating symptoms. For example, taking an aspirin for a headache would be like disconnecting the oil light on the dash of a car when it flashes. The irritation is eliminated, but the real problem still exists. In holistic medicine, a symptom is considered a message that something needs attention. So, the symptom is used as a guide to look below the surface for the root cause. Then what really needs attention can be addressed. The Benefits of Holistic Health Holistic Health supports reaching higher levels of wellness as well as preventing illness. People enjoy the vitality and well-being that results from their positive lifestyle changes, and are motivated to continue this process throughout their lives.

## Chapter 5 : The Basic Principles Of Eating Clean - mindbodygreen

*Integrated Care combines primary health care and mental health care in one setting. There are many ways to integrate care, and they may go by different names, including "Collaborative Care" or "Health Homes." This is an important model of care because: Primary care settings, like a doctor's.*

In a systems perspective, the potential conflict between primary health care as a discrete level of care and as an overall approach to responsive, equitable health service provision can be reconciled. This shift emphasizes that primary health care is integrated into a larger whole, and its principles will inform and guide the functioning of the overall system. A health system based on primary health care will: Intervention across the disease continuum is needed to achieve the comprehensive care envisaged by such a system. To deal with the increasing burden of chronic diseases, both noncommunicable and communicable, requires upstream health promotion and disease prevention in the community as well as downstream disease management within health care services. Evidence supports the use of these integrated models as a means of implementing primary health care principles, with demonstrated reduction in health care costs, lower use of health care services, and improved health status 6,9. No blueprint exists, but valuable examples are emerging. The Khayelitsha antiretroviral programme uses a nurse-based service model and relies on strong community mobilization for peer support. Similarly, if the recommendations of the Commission on Macroeconomics and Health for large increases in global investment in health are followed by the international community, the coming years will offer a crucial opportunity for development of health systems that are led by primary health care. Enormous obstacles to the scale-up of health systems based on primary health care persist. In some countries, violent conflicts and other emergencies have seriously damaged health systems see Box 7. Multiple forms of inefficiency undermine systems, such as government health expenditure disproportionately devoted to tertiary care and programmes that do not focus on a significant burden of disease. Lack of financial resources remains a fundamental problem. In many countries, especially the poorest, people in need of treatment for themselves or their families still pay for the bulk of health services out of pocket. Health indicators dropped to levels comparable to some of the least developed countries: The Oil for Food programme brought a relative improvement of the health of Iraqi people, although still far from pre levels. Health outcomes are now among the poorest in the region. Iraq is below the regional average in terms of physicians to population 5. Following the war, the health infrastructure, which had suffered from years of disrepair, was further weakened by the widespread looting, inadequate electricity and water supply, and institutional instability. The pre war health system was hospital-based and driven by curative care, and did not respond adequately to health needs. The challenge for Iraqi policy-makers and the donor community is to re-establish basic services in the short term while transforming the inefficient and inadequate health services to a system based on primary care, prevention, and evidence-based policy. Major challenges face the health sector: Senior staff from the Ministry of Health, officials from the Coalition Provisional Authority, and representatives of organizations of the United Nations system, nongovernmental organizations and donors met in Baghdad in August to determine immediate and medium-term priorities to enable the health sector to provide health services that are accessible, equitable, affordable and of adequate quality. Re-establishing the functioning of the health sector to pre-war levels requires funds for salaries and other priority recurrent expenditure. All efforts to improve health care systems in developing countries must confront several main challenges: The remaining sections of this chapter consider these topics. Systems face difficulties in numerous other areas as well, but all four of these problems demand urgent action in order to scale up the system to meet health targets. If constraints in these areas are not overcome, little progress will be made in improving access to care among the poorest.

## Chapter 6 : Vermont Ethics Network

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*A mental health service provider must have regard to the mental health principles when providing mental health services. A person must have regard to the principles in performing any duty or function or exercising any power under or in accordance with the Mental Health Act*

## Chapter 7 : WHO | Chapter 7: Health Systems: principled integrated care

*Integrated care requires revisions and additions to the traditional way in which health care providers are educated and trained to practice. This applies to all forms of clinical care, including family practice, primary care, and behavioral health.*

## Chapter 8 : Principles of Holistic Healing Support our Whole Self | The Edge Magazine

*Part 1 The Principles of Mental Health Care in the General Hospital Chapter 1 The Provision of Holistic Care 3 Chapter 2 Psychological Responses to Illness and Injury*

## Chapter 9 : Four fundamental principles of ethics

*One principle of integrated health systems is the comprehensive scope of clinical and health-related services covered. Integrated health systems assume the responsibility to plan for, provide/purchase and coordinate all core services along the continuum of health for the population served (Leatt et al. ; Marriott and Mable , ).*