

Report on attending the federal government's Summit on Integrative Medicine and the Health of the Public: *Notes From My Watercolor Journal*

by Christine (Tina) Devoe, RN, HTCP/I

The Center of My Universe:

I was honored to participate in the **Summit on Integrative Medicine and the Health of the Public** on February 25-27, 2009 in Washington, DC as a volunteer representing Healing Touch Program. Jointly sponsored by the Institute of Medicine (www.IOM@edu.org) and The Bravewell Collaborative (www.bravewellcollaborative.org), over 500 public and private sector experts were invited to discuss policy and to advise the Obama administration regarding changes to Healthcare reform. In the tradition of the IOM which serves as an adviser to the nation to improve health, this summit was convened to discuss issues in an open environment that facilitated evidenced based dialogue. **A full video webcast of the Institute of Medicine's Summit on Integrative Medicine and the Health of the Public is now available to view at <http://www.imsummitwebcast.org>.**

Panels were rich and deep in the exploration of models of integrating health and healthcare, in research, the workforce, education and economics. It did not take long for the leaders of the dialogue to embrace **INTEGRATIVE HEALTHCARE** as the term to call this new perspective that centers on *Wellness and Prevention*.

Mimi Guarneri, MD, author of [The Heart Speaks](#), represented Scripps Center for Integrative Medicine as one of the eight centers of The Bravewell Collaborative. Dean Ornish, MD, a keynote speaker the second day, stressed the importance of science in bringing forth evidence-based information to the public for personalized, predictable and preventative approaches to wellness.



Be sure to check out the wisdom of Dean Ornish who said "WE can inspire Wellness" by viewing his slide presentation posted on www.iom.edu/integrativemedicine. The final morning of the Summit, United States Senator Tom Harkin of Iowa addressed changing the "Stagnant Quo." Another significant shift occurred that morning when Senator Harkin announced his intention to change the name of **NIH National Center of Complimentary and Alternative Medicine to NIH Center of Integrative Health!**

I was touched by a sentence from Jon Kabat-Zinn: "There is more that is right about us at any one moment than what our symptoms are!" My new mantra!

I spoke at a Lunch-time breakout session, which focused on Educating the Workforce. Healing Touch has a 20 year track record of offering weekend classes to provide continuing education in the holistic approach to healing. I spoke of my experience of knowing how one Healing Touch practitioner in a hospital can change the culture of the hospital through the integrity and diligence of the work.

Motivated by the ground swell of professional interest in creating a culture of wellness, I ask that you write your United States Senators http://www.senate.gov/general/contact_information/senators_cfm.cfm and Representatives <https://writerep.house.gov/writerep/welcome.shtml> to let them know of your support to reform our Health Care System to one that promotes health through Prevention and Wellness. Sen. Harkin specifically requested that the American public do this.

For more insight regarding the Senate committee on Health, Education, Labor and Pensions: Senators Harkin, along with Senator Barbara Mikulski of Maryland and Senator Mike Enzi of Wyoming heard from four leading physicians: Mehmet Oz, Dean Ornish, Andrew Weil and Mark Hyman who presented testimony on behalf of Integrative Medicine. (http://help.senate.gov/Hearings/2009_02_26/2009_02_26.html)

About the author:

Christine Devoe integrates her training in touch therapies with a holistic nursing philosophy to empower her clients with the self-awareness of body, mind and spirit. She draws from her 20 years of maternal child health experience as a labor and delivery nurse and patient educator for high-risk pregnancies. As a member of the Department of Integrative Medicine at Calvert Memorial Hospital, she pioneered the practice of Healing Touch and Massage. Tina has written coursework to include Holistic Approaches to Wellness and Medical Massage for College of Southern Maryland. Through her teaching and workshops, she aims to increase knowledge of the human biofield and its relevance to health. Tina resides in Amelia Island Plantations where she is growing a new Healing Touch Community. Watercolor is her passion.