



Healing Journal

A newsletter from Abbott Northwestern's
Penny George Institute for Health and Healing

Founded by the George Family Foundation and the Ted and Roberta Mann Foundation

Winter 2009

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Announcing the Penny George Institute for Health and Healing

Abbott Northwestern Hospital celebrates the first five years of its integrative medicine program

The Institute for Health and Healing commemorated its fifth anniversary by changing its name to the Penny George Institute for Health and Healing to honor national integrative medicine advocate and philanthropist Penny George. Founded in 2003 by the George Family Foundation and the Ted and Roberta Mann Foundation, the George Institute is the largest hospital-based integrative medicine program in the country.

In 2007, more than 8,000 patient visits were made to the George Institute's Outpatient Clinic. That same year, in the hospital, more than 14,300 inpatient visits were made by the George Institute's team of health care professionals.

"We started with one small team of health care professionals and approximately 100 patient visits each month," said Lori Knutson, RN, BSN, HNC, executive director of the George Institute. "We now have 22 professionals who provide an average of 1,400 patient visits each month at Abbott Northwestern. This is extraordinary growth and speaks to the importance of creating an optimal healing environment for our patients."



Gregory Plotnikoff, MD, MTS, FACP, medical director, added that the George Institute is nearing another significant milestone of surpassing 50,000 integrative medicine inpatient visits since 2003. "These remarkable milestones have been made possible through strong community and institutional support as well as the many Abbott Northwestern nurses and physicians who request these services for their patients," he said. "The desire for enhanced care is clear: we will continue to transform health care across Abbott Northwestern and beyond."

The George Institute's clinical services include inpatient programs, an Outpatient Clinic and the LiveWell Fitness Center, which opened in 2006. In addition, the George Institute's Research Center opened this year.

Six teams of integrative medicine professionals care for patients across Abbott Northwestern. More than 600 physicians on the hospital's Medical Staff refer patients for integrative medicine consults and services as part of their care plan.

In July 2004, the George Institute's Outpatient Clinic opened. Since that year, the number of patient visits has grown from 1,000 in 2004 to more than 8,000 in 2007. Four treatment rooms were added in 2006 and hours of operation were expanded to meet the community demand. Services have been expanded to include a Resilience Training Program, spiritual direction and an Ayurvedic nurse practitioner.

A member of the Society for Arts in Healthcare, the George Institute's *Art of Healing* program offers monthly art exhibits, a permanent art collection, partnerships with community arts groups, music therapy, and community programs on visual arts, music, creative movement and expressive writing.

The George Institute is actively engaged in world-class integrative medicine research. From this foundational work, the George Institute will partner with insurance companies and government agencies to achieve systemwide recognition of integrative medicine's contributions to health and healing. Through Allina's electronic medical record, the George Institute has the largest data set detailing inpatient visits and the impact of integrative services on patient outcomes and well-being. "This research will set the groundwork for data-driven transformation of health care," explained Plotnikoff.

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**ABBOTT
NORTHWESTERN
HOSPITAL**

Allina Hospitals & Clinics

**Penny George Institute
for Health and Healing**

With a focus on community outreach, the George Institute also offers educational classes for the community and health care professionals. Programs include lifestyle skill development for patients, and advanced training for nurses, nursing students and other students of the healing arts. The George Institute's Transformative Nurse Training Program provides advanced training in holistic nursing philosophy, self-care and application of integrative therapies at the bedside.

According to Knutson, more than 100 nurses have graduated from the program.

"The George Institute is recognized nationally as the integrative medicine resource for our patients, physicians and other health care professionals," said Knutson. "Our vision is to transform health care by blending the art of healing and the science of curing to optimize health of the whole person." 

A Commitment to Integrative Medicine Research



In 2007 the Penny George Institute for Health and Healing solidified its commitment to integrative medicine research with the addition of Jeffery A. Dusek, PhD, as research director.

Dusek came to the George Institute from Harvard Medical School where he was director for behavioral sciences research at Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. While serving as the associate medical director of Harvard's Mind/Body Medical Institute, he was co-principal investigator of a seven-year, \$10 million grant funded by the Centers for Disease Control and Prevention.

Dusek received significant national praise for his pioneering research in mind-body research including his most recent publication that documented positive genetic changes with relaxation response training. In the past year at the George Institute, he has established a comprehensive, hospital-wide research program in integrative medicine.

This fall, the Integrative Health Research Center at the George Institute moved into a new location on the Abbott Northwestern campus. The 2,000-square-foot Research Center offers a physiology laboratory, treatment areas and areas for physical exams related to clinical research. "The new Research Center provides an ideal space for George Institute leadership in research studies across all patient care areas of the hospital," said Dusek. "Having this world-class physiology laboratory means that we will advance our understanding of the biological mechanisms behind integrative therapies that enhance health."

The following innovative research studies are underway at the George Institute:

Hypertension: The National Institutes of Health has funded Dusek to study non-pharmacologic approaches for treating individuals with systolic hypertension (blood pressure above 140 mm Hg). Eligible persons for this eight week study should be older than 55 years and on one anti-hypertensive medication. This study, which follows from Dusek's previous studies, will advance the George Institute's mission of self-care skills development for people with chronic illnesses. For more information on participating in this clinical trial, please call the George Institute's Research Line at 612-863-9862.

Health services research: Since 2004, the inpatient care team at Abbott Northwestern has provided nearly 50,000 patient treatments. This represents the largest integrative medicine intervention in the country. Dusek is leading efforts to analyze this unique database for cost-effectiveness and return on investment. At the American Heart Association Scientific Meeting in New Orleans, Dusek recently presented his preliminary analysis of the first 43,726 visits conducted from 2004 to 2008. He has documented significant reductions in acute pain and anxiety in patients seen by George Institute practitioners. This research is being conducted with colleagues from Allina and the University of Minnesota School of Public Health.

Employee wellness: This cohort study of 40 Allina employees will evaluate biologic and psychological changes before and after participating in the George Institute's eight-week Resilience Training Program. The program will be evaluated for its feasibility and value for employees. More than 400 employees requested to participate in this program.

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Classes Available at the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing provides integrative medicine at Abbott Northwestern Hospital. Integrative medicine blends the best of conventional medicine with healing philosophies and a variety of healing therapies, often drawn from other medical traditions, emphasizing caring for the whole person and focusing on healing as much as curing.

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

— special events —

Mindfulness-Based Stress Reduction

A weekly class for eight weeks, including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Participants learn and practice the basic skills and begin to experience their impact on everyday life, health and well-being. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

- Scott Cruse, LICSW, instructor
- Mondays starting Jan. 12, 6-8:30 p.m., plus Saturday, Feb. 21, 9 a.m.-4 p.m.
- \$300 plus approximately \$45 for books and tape available at the class
- Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

the art of — healing program —

The Penny George Institute for Health and Healing's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and to the broader Allina Hospitals & Clinics. Program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. Program components available to the general public include visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

VISUAL ARTS EXHIBIT CALENDAR

Each month a new local artist is chosen to display work at the Penny George Institute for Health and Healing's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit may be viewed during clinic hours, Monday to Thursday, 8 a.m.-9 p.m., and Friday 8 a.m.-4:30 p.m.

December to January Exhibit — "Suspending the Eclipse" Mandalas by Richard Bonk

Opening reception Friday, Dec. 5 from 6:30-8:30 p.m.
For many years Bonk has focused his spiritual-art explorations on the creation of mandalas or circular art forms incorporating geometric patterns, symbols, nature and spiritual representations. Since mandalas are often used as a meditative preparation or focus with the intent of invoking a specific state of consciousness and/or insight, these images were (and remain) of special interest. More recently Bonk has ventured outside the circular "box" to explore new directions including tapestry-like presentations, energy portraits, abstracted landscapes and semi-relief environments.

RELATED ART OF HEALING PROGRAMMING

Drum Circle Series

Come and drum with us! Drumming has been shown to reduce stress and have a positive impact on your health. Attend this three-part series to experience a sense of relaxation and well-being through self-expression, physical activity, sharing in the group energy and having a lot of fun. No musical experience necessary. A variety of percussion instruments will be provided, but you are welcome to bring your own drum as well.

- Kim Donley, MS, MT-BC, instructor
- Mimi Lindell, RN, HN-BC, CHTP, instructor
- Thursdays, 7-8 p.m.
- Series runs Jan. 15, 22 and 29
- \$40

— yoga —

Therapeutic Yoga

Anyone can do yoga. Yoga is a wonderful aid to healthy living, and a regular yoga practice can provide many benefits, including:

- easing muscular tension
- improving circulation
- increasing flexibility and balance
- improving functioning of various body systems
- toning and strengthening the body
- providing relaxation of body and mind.

Yoga can also be used to support the healing process in a variety of ways. Among other health issues, yoga can be of help to people who are experiencing low back pain, living with neurological disorders or fighting cancer. If you are dealing with a health issue and would like to explore yoga as a complement to your conventional care, your needs would be best met by an individual consultation with our yoga therapist. To make an appointment, call 612-863-3333.

Chair Yoga

In this six-week class, learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

- Megan Hatch, RYT500, instructor
- Thursdays, 4-5 p.m.
- Series start either Jan. 8 or Feb. 19
- \$89

Beginning Gentle Yoga

In this six-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

- Megan Hatch, RYT500, instructor
- Wednesdays, 5-6:15 p.m.
- Series start either Jan. 7 or Feb. 18
- \$89

— one-time classes —

Ayurveda: The Path to Health

Part I: Tuesday March 24, 6:30-8:30 p.m.

The first class will be an introduction to Ayurveda. Marcia Meredith will give a general introduction to Ayurveda and talk more specifically about the concept of “dosha” or mind-body-spirit constitution. This class will also introduce the concept of Prakurti, or our essential nature, and Vikrti, our current health condition.

Part II: Tuesday March 31, 6:30-8:30 p.m.

The second class will focus on Ayurvedic diet. Fresh whole foods are generally good for us to eat. Ayurveda offers ideas that refine this recommendation and has suggestions for eating to help balance your constitution and choosing food with awareness of the season. The concepts of “Agni,” the digestive fire and “Ama,” toxins in the body will be discussed with emphasis on eating to reduce toxins and improve health and well-being.

- Marcia Meredith, RN, NP
certified Ayurvedic practitioner
- Tuesdays, March 24 and 31, 6:30-8:30 p.m.
- \$50 for both sessions
- 4.0 CEUs available for nurses

Couples Massage

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

- Jeremy E. Miller, LMT, NCTMB, BS, instructor
- Tuesday, March 17, 6:30-9:00 p.m.
- \$60 per couple

All classes will be held at the Penny George Institute for Health and Healing's Outpatient Clinic on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

Our Location

The Penny George Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting at the 28th street entrance.

Registration

Pre-registration is required for all classes unless otherwise noted. To register, fill out the form below and mail or fax with your payment to the Penny George Institute for Health and Healing. You may also register and pay by phone.

Refund Policy

Payment at the time of registration is required to reserve your spot in the class. If a class is cancelled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

Education Credits

Continuing Education Units (CEU) are now available for select classes. Refer to individual class listings for CEU options.

For detailed directions to your class or event, call 612-863-3333 or visit www.abbottnorthwestern.com

Resilience Training: Concurrently, the George Institute is evaluating the physiological and psychological benefits of the Resilience Training Program for community-referred persons with clinical depression. This is an eight-week program developed by George Institute holistic psychiatrist Henry Emmons, MD, with the George Institute’s holistic nutritionist, Carolyn Denton, and exercise physiologist, Sue Masemer.

Sister Kenny Rehabilitation Institute and George Institute collaborative study: The George Institute’s LiveWell Fitness Center and Sister Kenny Rehabilitation Institute have teamed up to study exercise-based interventions in persons with paraplegia (spinal cord injury). Funded by the Sister Kenny Foundation, this pilot study evaluates the impact of exercise on the weight and body composition in this population.

This year, the George Institute has also provided strong collaborative support for clinical research being conducted by the Minneapolis Heart Institute, the Virginia Piper Cancer Institute, the Perinatal Care Program and the Adolescent Psychiatry Program.

Several pilot prospective studies are being planned for 2009:

Congestive heart failure, spinal surgery, premature labor and breast cancer survivorship: Two studies with hospitalized patients undergoing spine surgery and for women with premature labor will help determine how integrative therapies are most beneficial for these particular patient populations. In collaboration with the Minneapolis Heart Institute, an exploratory study for patients with congestive heart failure will help determine the best use of integrative therapies for patients living with this growing and costly medical condition. Finally, in collaboration with the Virginia Piper Cancer Institute’s focus on cancer survivorship, a study of psychological and biological outcomes in breast cancer survivors will be initiated in 2009.

Emergency Department Study: Partially funded through a grant from the Johnson Foundation, this exploratory study will assess the role of integrative therapies in the Emergency Department setting.

Philanthropic support plays a key role in funding research at the Penny George Institute for Health and Healing. To learn more, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

To register, please fill out the form and mail, phone or fax to:

PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital
 800 East 28th Street
 Mail Route 15115
 Minneapolis, MN 55407
 612-863-3333 (phone) 612-863-9019 (fax)

Name _____

Address _____

City, State, Zip _____

Phone _____

Amount Enclosed _____

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # _____ Exp. Date _____

Cardholder Signature _____

Make check payable to the Penny George Institute for Health and Healing.

_____ **Mindfulness-Based Stress Reduction**

starts Jan. 12 (\$300)

_____ **Drum Circle Series** starts Jan. 15 (\$40)

_____ **Chair Yoga** starts Jan. 8 (\$89) starts Feb. 19 (\$89)

_____ **Beginning Gentle Yoga** starts Jan. 7 (\$89) starts Feb. 18 (\$89)

_____ **Ayurveda: The Path to Health** Mar. 24 & 31 (\$50)

_____ **Couples Massage** Mar. 17 (\$60)



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From the Penny George Institute for Health and Healing

The Penny George Institute for Health and Healing is supported by the financial generosity of the community. To make a donation to the George Institute, call the Abbott Northwestern Hospital Foundation at 612-863-4126.

LiveWell Fitness Center Classes

Take Action Program for weight management

Winter session begins Tuesdays or Thursdays, Jan. 20 or 22

Tuesdays, 4-5 p.m. or

Thursdays, noon-1 p.m.

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

Fee for group program:

\$299 member, \$349 non-member

Fee for individual program:

\$525 member, \$559 non-member

Body in Balance: A program for core strength, posture and balance

Do you want to look and feel better, improve your posture and be stronger? Learning to have good posture is more than learning to sit up straight and avoid slouching. Good posture is about body awareness, alignment and balance. In addition, good posture takes stress and strain off of bones, joints, lungs and even internal organs.

Body in Balance is an individualized program that includes an initial 90-minute consultation and posture assessment, three 30-minute sessions with a physical therapist, plus three 20-minute independent sessions using the Nintendo Wii™ FIT technology. Complete the program at your own pace—from two weeks to one month.

Fee: \$159 member

\$179 non-member