

VA Whole Health Virtual Library

WHOLE HEALTH: CHANGE THE CONVERSATION

Advancing Skills in the Delivery of Personalized, Proactive and Patient-Driven Care

About Key Resources Onsite Programs Educational Overviews & Clinical Tools Veteran Materials

Whole Health:

- Places each person at the center of his or her own health care
- Shifts the focus of care toward health and well-being
- Utilizes Mindful Awareness to promote self-care and healing
- Emphasizes the importance of relationships and partnerships
- Incorporates a range of conventional and complementary approaches
- Supports the VHA's mission and #1 strategic goal
- Includes [onsite programs](#), [educational overviews](#), [clinical tools](#) and [Veteran materials](#)

VHA Mission

Honor America's Veterans by providing exceptional health care that improves their health and well-being.

VHA #1 Strategic Goal

Provide Veterans personalized, proactive, and patient-driven health care.



Whole Health: Change the Conversation is a collaborative effort of the VHA Office of Patient Centered Care and Cultural Transformation, Pacific Institute for Research and Evaluation, and the University of Wisconsin-Madison School of Medicine and Public Health, Integrative Medicine Program, in support of the VHA's effort to affect transformational change towards a Whole Health model of health care delivery.



The new Whole Health Virtual Library is a vast resource of hundreds of pages providing modules and clinical tools supporting CIH

The [Whole Health Virtual Library](#) is a user-friendly, evidence-supported compendium of practical and up-to-date resources, educational modules and clinical tools that support busy clinicians in holistically caring for Veterans, family members, and even themselves. Over 35 modules and 161 clinical tools, in addition to course materials, are readily available to augment the exploration, education and practice of Whole Health, making this the busy VA clinician's top resource in support of Whole Health care for Veterans. Each area of the Circle of Health and Well-being is reviewed in depth, including comprehensive overviews of relevant evidence as well as well-organized, easily accessible practical information and clinical pearls for patient care.

Whole Health places each person at the center of his or her own health care, promotes self-care and healing and emphasizes the importance of relationships and partnerships. It incorporates a range of conventional and complementary approaches and shifts the focus of care toward health and well-being. The [Whole Health Virtual Library](#) is a collaborative effort of the University of Wisconsin-Madison School of Medicine and Public Health, Integrative Medicine Program (a national leader in Integrative Health), Pacific Institute for Research and Evaluation, and the VHA Office of Patient Centered Care and Cultural Transformation, in support of VHA's mission and transformational change towards a Whole Health model of health care delivery and its #1 strategic goal of providing personalized, proactive and patient-driven health care.

Dr. Ben Kligler, Director of OPCC&CT's Integrative Health Coordinating Center says, "The Whole Health Virtual Library is a valuable asset to all health providers looking at specific strategies to help patients manage their health and well-being using complementary and integrative methods. This is one resource developed by VA that can be used by any healthcare institution or even by individuals looking at ways to further expand their self-care."

Access the [Whole Health Virtual Library](#) and begin exploring the wide array of useful resources available to support your clinical practice as well as your own self-care.

- See more at: http://www.va.gov/PATIENTCENTEREDCARE/features/Whole_Health_Virtual_Library.asp#sthash.f0aXIRHF.dpuf