

Building Sustainable Access to Chinese Medicine for Healthy Aging



Integrative
Nutritional
Counseling

Sunny Pak

Associate Medical Director



Evelyn Y. Ho



UNIVERSITY OF
SAN FRANCISCO

Maria T. Chao



University of California
San Francisco

Today's Talk



INTEGRATIVE HEALTH EQUITY: EXPANDING OPTIONS

- Definition, context
- Mt. Zion Health Fund for community-academic partnerships



ON LOK PACE: HEALTHY AGING IN PLACE

- Existing services: acupuncture, tai chi



SUSTAINABLE PARTNERSHIP

- Process: How we are approaching the work
- Methods: informed by CBPR and implementation science

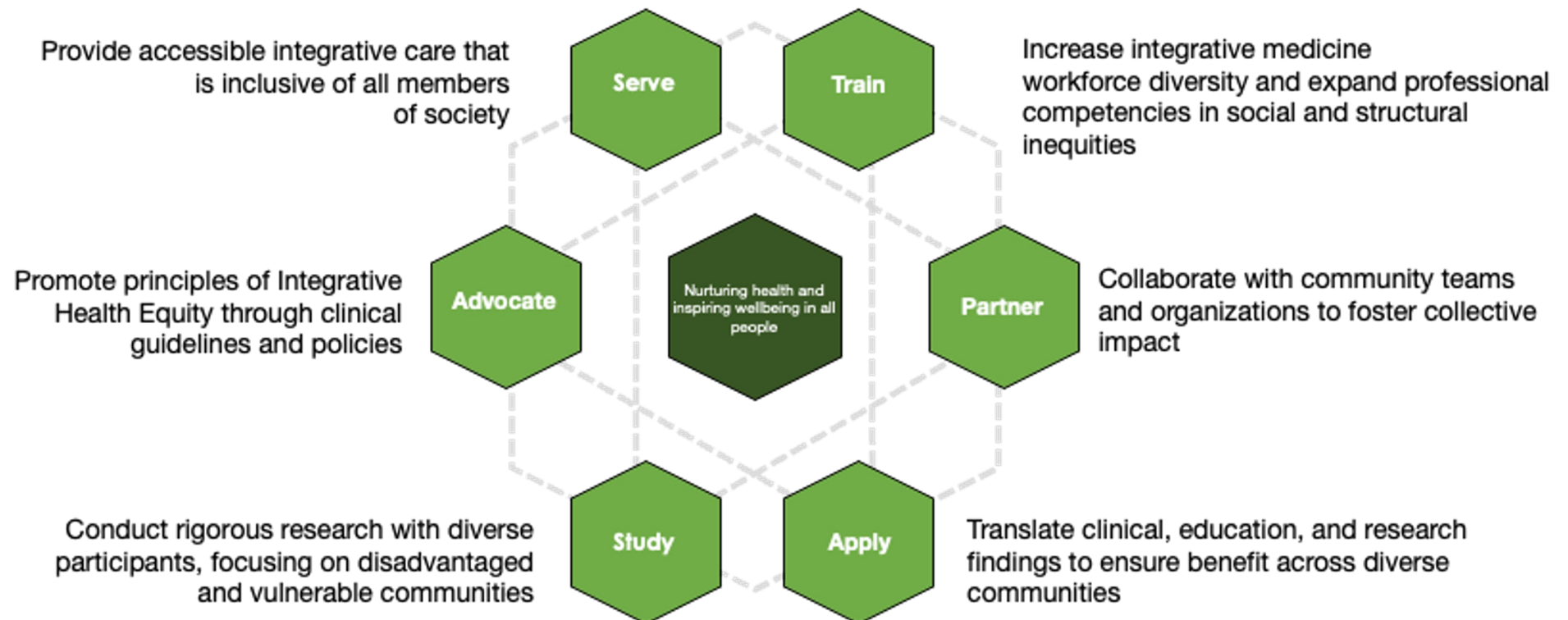
Integrative Health Equity (IHE)

Chao & Adler (2024)

- ◆ “optimal health for all through a whole-person approach that explicitly recognizes cultural, social, and structural determinants of health”
- ◆ Integrative health principles align with health equity
 - Strengths-based, culturally aligned
 - Whole person, multimodal, multilevel

UCSF Osher Center Integrative Health Equity Initiative

To consolidate and advance our efforts to resolve longstanding inequities in health and healthcare using the unique framework of integrative medicine



Mt. Zion Health Fund



**Build and sustain community partnerships
to advance integrative health equity**

Three year award

1. Build capacity for three partnerships
2. Create mechanisms for ongoing feedback and accountability
3. Identify and disseminate promising practices

Aims vs. Reality

Community based work requires flexibility and adaptability



Original Year 1 Aims	Actual Year 1 Work
Meet regularly with research team to refine priorities and develop/implement opportunities	9 meetings with movement/activity therapy 2 site visits + 1 meeting with acupuncturist/MD MOU/DUA process
Two in-service trainings around Integrative Nutritional Counseling	Still developing relationship
Develop Chinese-English tai chi course + run 2 experiential focus groups to gather feedback and iteratively refine	2 classes already happening: added performance Co-developed research protocol IRB approved



On Lok PACE

the original



1940

Total PACE Clients

across 8 sites in San Francisco, San Jose, Fremont

72%

Asian Clientele

dependent on site

55%

Chinese speaking

primarily Cantonese

Acupuncture



- ◆ One MD at one SF center (Gee) to provide in-house acupuncture to Gee Center participants only
 - Limited capacity requiring additional outside referrals
- ◆ All other centers refer to outside acupuncturists
- ◆ 6 visits at initial referral, extend to 12 visits if effective. Can add more at PCP's discretion
- ◆ Demand is high for chronic pain issues

Sustainability Goals



- Bringing acupuncture internally would reduce costs, increase convenience, and spread the work for better access



- Recruiting, hiring, credentialing
- Improve treatment setting for individual and group acupuncture



- Floating acupuncturists
- Expand indicated condition beyond pain with acupuncture in-service for provider to increase understanding



Tai chi*

- ◆ Group exercise led by Activities Lead
- ◆ Combine both traditional tai chi (太極) movements with other qigong (氣功) exercises in standing and seated positions
- ◆ Consistent in one center only
- ◆ Activities Lead occasionally travels to other centers to lead classes
- ◆ Not closely integrated with PT / OT

* 太極 (taiji - increasing the extremes)

Building Sustainability



- Tai chi performance
- Participant anticipation



- Video recording
- Wider adaptation across centers



- Seated tai chi adaptation
- On the forever “to do” list with closer collaboration with PT/OT



Measuring Sustainability

Workflow Integration

- Existing practice of public performance post-class
- Incentivize instructor expansion of seated tai chi
- Support creation of videos for sustainability
- Partners all use all available resources for benefit
- Regular meetings at end of day “slower” times

Monitoring & Evaluation

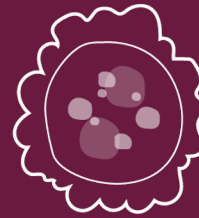
- Building on evaluation practices with research
 - Using On Lok’s existing evaluation measures
 - Adding validated scales on loneliness, exercise self-efficacy, mental health
- Conducting qualitative assessments over time



Year 2 and 3...



BUILDING TOGETHER,
MEASURING &
ITERATIVELY IMPROVING



Integrative
Nutritional
Counseling

EXPLORING INC
CHINESE MEDICINE NUTRITION +
WESTERN MEDICINE NUTRITION

Thank you!

sunny.pak@onlok.org

eyho@usfca.edu

maria.chao@ucsf.edu

On Lok

Ben Lui

Rick Gagarin

Nicholas Sager

Jianhao Lu

Sherry Lifton

Joyce Leung

RAs

Livia Corsale

Socks Dijamco

Natalie Ha

Angela Li

Corina Mong

Stephanie Zhong

