

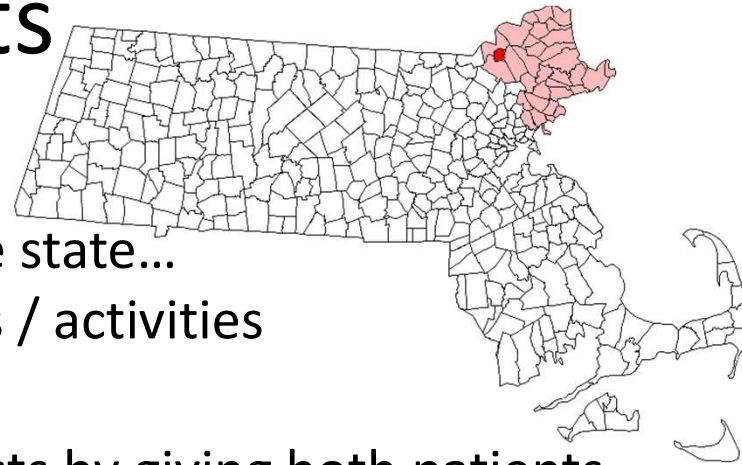
The future of Health care in Underserved Communities ECCF Lunch and learn



Jeffrey Geller, MD

Director of Integrative Medicine, Kronos Health
President Integrated Center for Group Medical Visit
President Emeritus, IM4US

ICGMV Supports



- Lawrence, MA
 - One of the Poorest city in the state...
 - Low access to health services / activities
- Kronos Health
 - High quality care at lower costs by giving both patients and providers more time
 - With 30-60 minute appointments!
- Group Visit Model –
 - Support and Training for providers (www.ICGMV.org)
 - Patient centered with mental health benefits
 - Exercise, Acupuncture, Massage, Yoga



Transcendence of suffering



- Overcome loneliness
 - Learn how to build meaningful relationships.....
- Learn life skills
 - Try new things....

An empty space has potential!



We did not start from scratch!



The vision

The Lawrence community has barriers to health.

- Health complicated by the social determinants of health.
- The community has few integrative and integrated services.
- There is a lack of sufficient mental health support
- Poor access to technology.
- Not enough opportunities for exercise and connection.

Kronos Health supports primary care in Lawrence

- High quality care with longer patient visits.
- More time allows for a better care of a more complex patient.

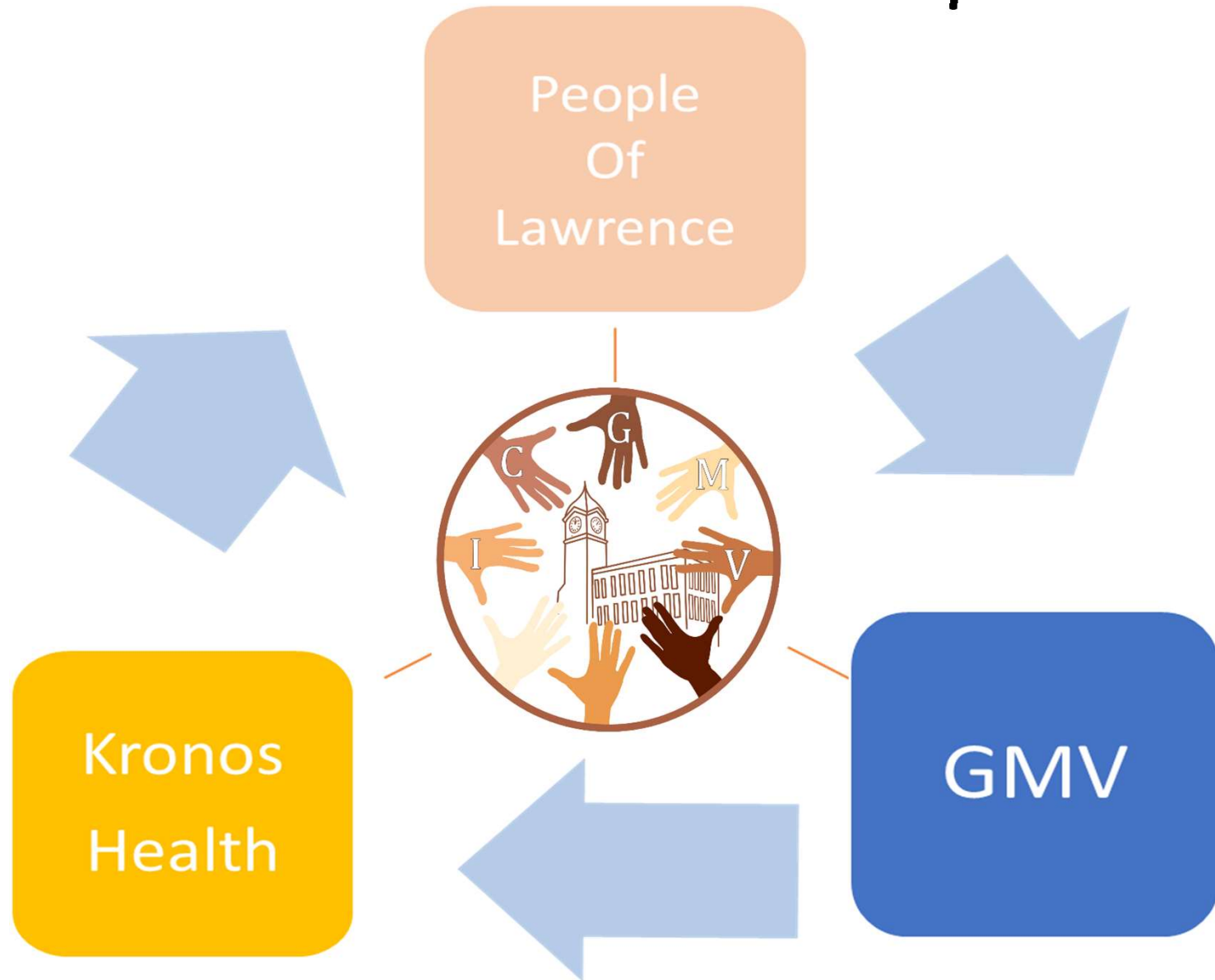
Group medical visits can support the Kronos Health mission

- The higher volume enables longer visits and more services while addressing mental health
- Enhanced programs for mental and physical health of patients

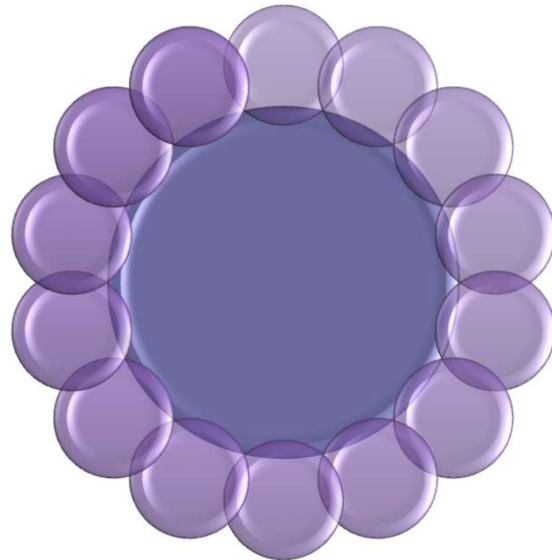
Integrated Center for Group Medical Visits

- Elevates GMV and acts as a training center.
- Non-profit status allows funding opportunities for better services.

Local work – National Impact!



What are Group Medical Visits?



Provide Support



People working together



Recording Paused

Or this location
....



Ask to Unmute ...



Mute Stop Video

Security

Participants 9

Polls

Chat

Share Screen

Resume/Stop Recording

Reactions

Leave

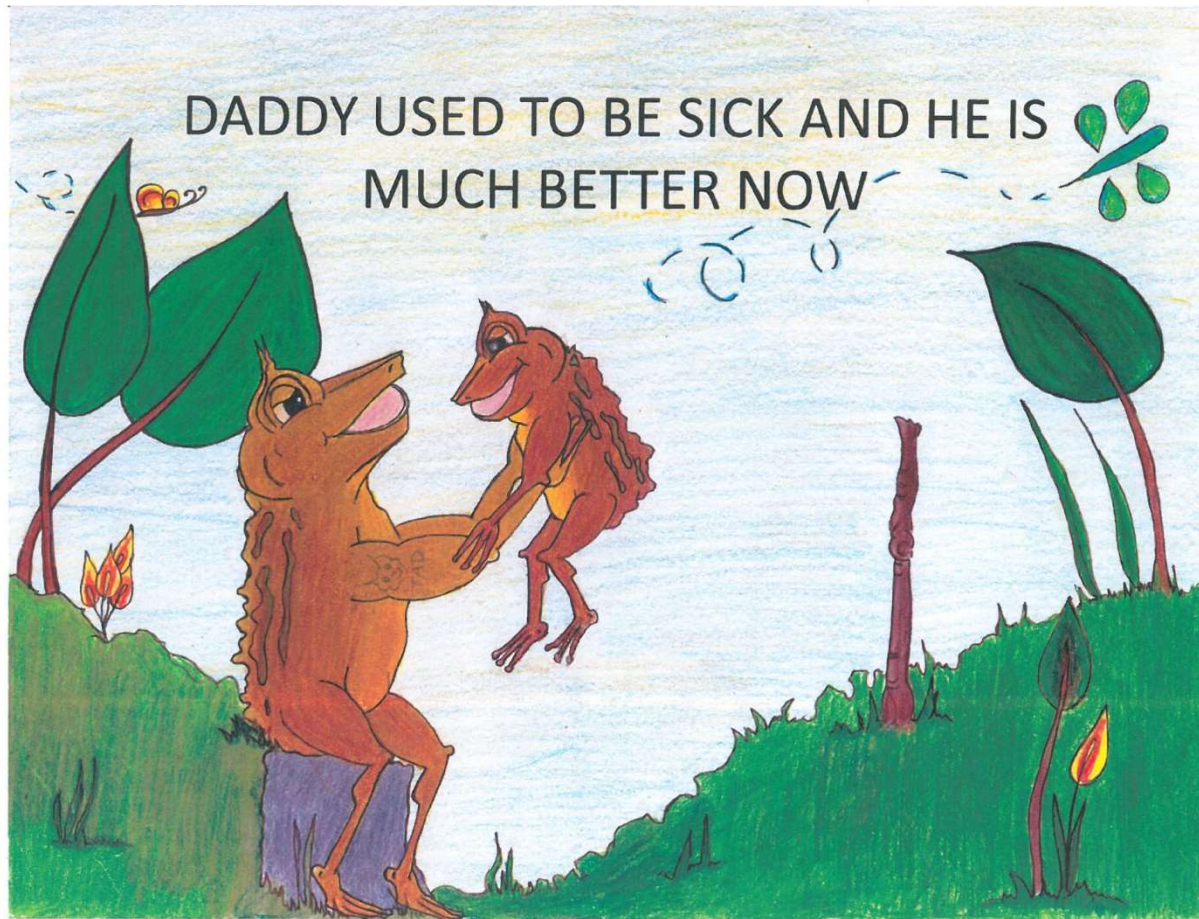
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2:45 PM

What does our community need?



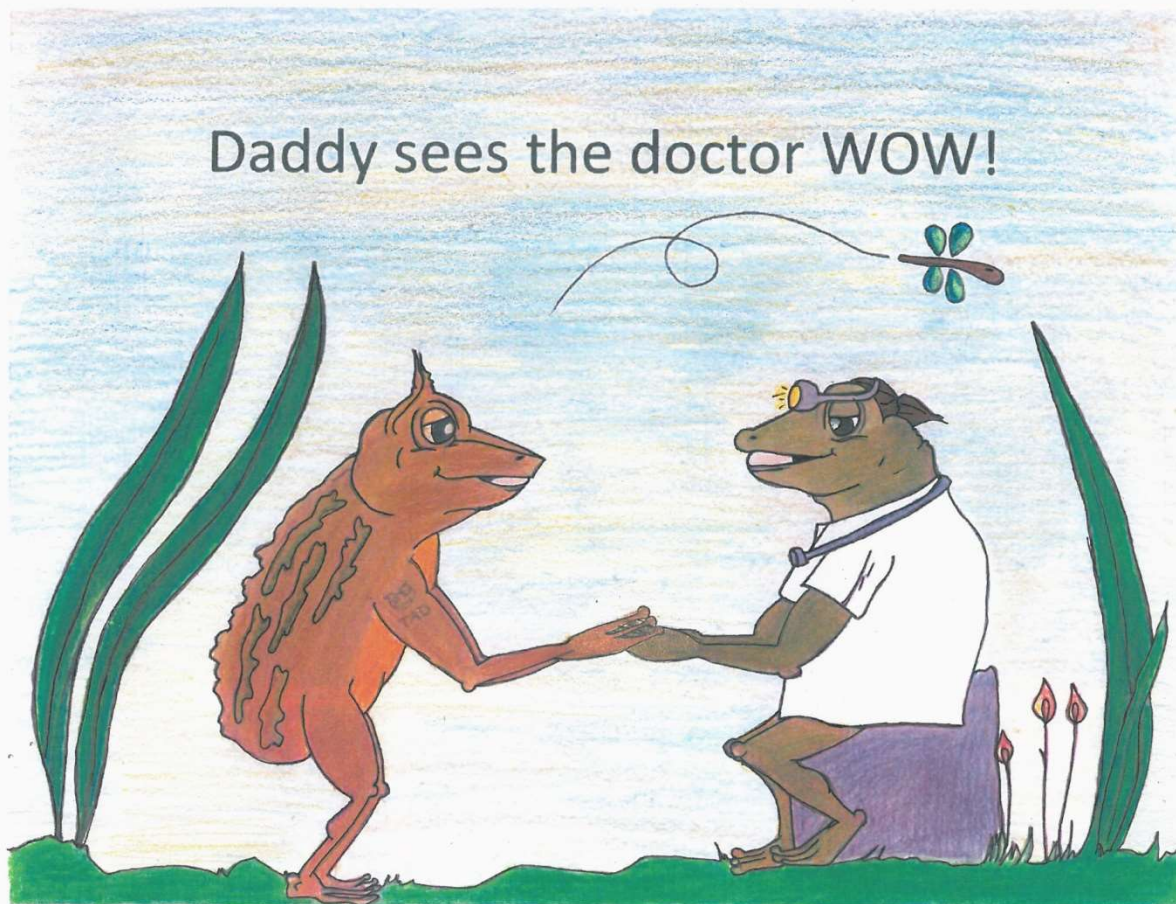
Our 3 PM Suboxone group



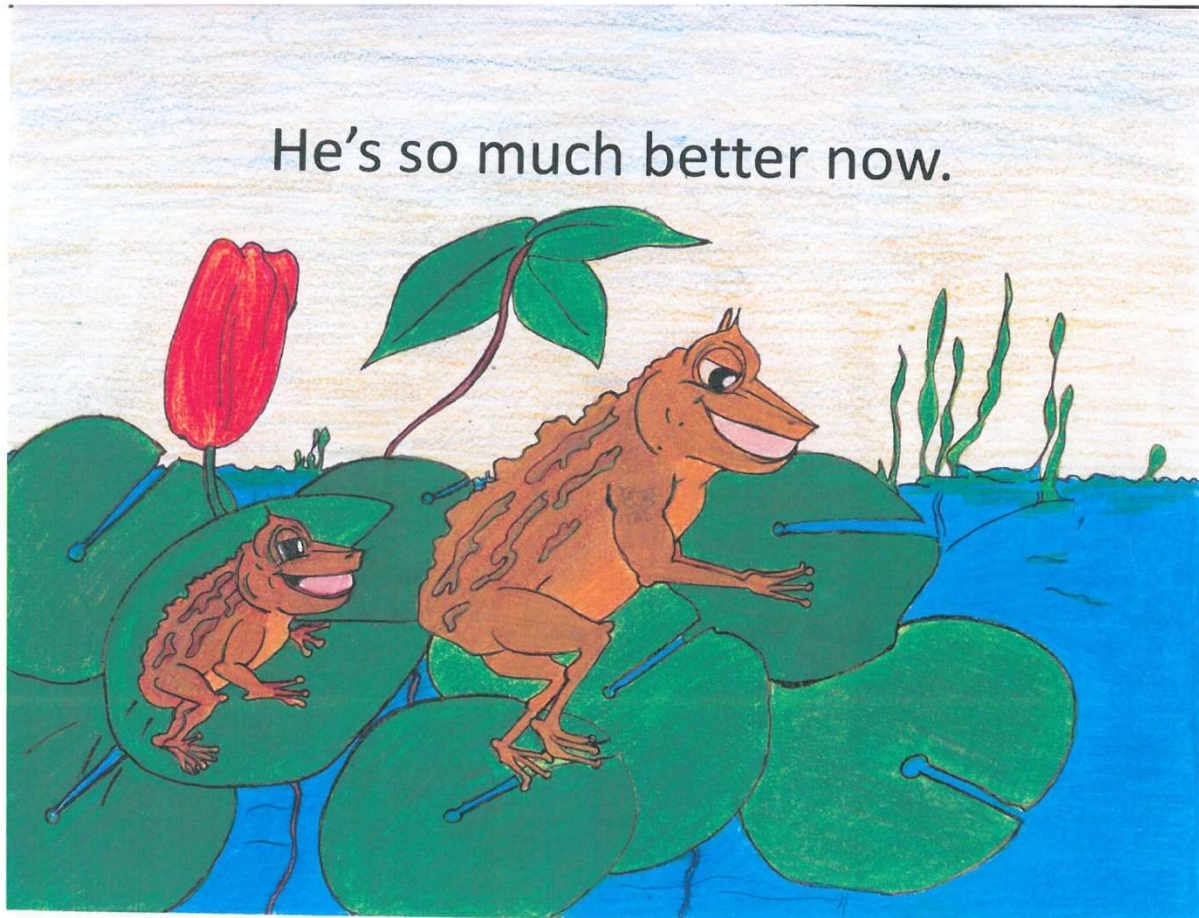
There was a time when he wasn't
there. I used to think he didn't care.



Daddy sees the doctor WOW!



He's so much better now.



There are many barriers to good health in underserved or poor communities!

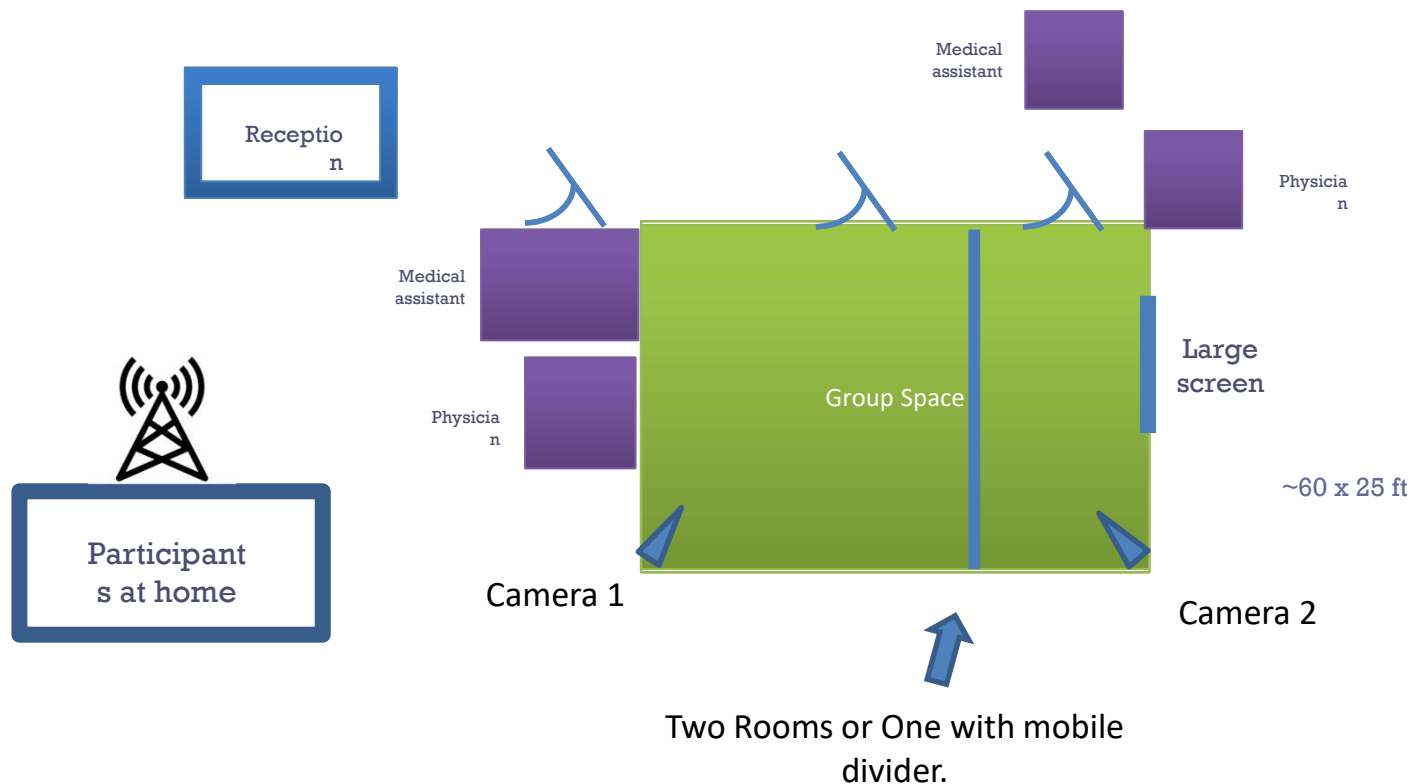
- Economical
 - Do you have time to engage in a healthy lifestyle?
 - Are you limited by transportation to beautiful places? Healthy food?
 - Can you afford health care? Access to medicine / hospitals / Doctors?
 - POOR ACCESS TO TECHNOLOGY....
- Social
 - Do you have positive role models?
 - Are there internal stereotypes?
 - Are you educated in best health practices?
- Cultural
 - Do you have cultural rules or limitations that are not consistent with best health?
- Physical
 - Is there access to parks and safe exercise areas?
 - Are you physically able to do the things you need to do?
- Mental
 - Do you believe that change is possible?
 - STRESS!!!!!!!!!!
 - Abuse? Truama?

What do group visits offer to overcome these barriers?

- Patient efficiency of care = **Improved access**
 - i.e. Prenatal group, suboxone group, acupuncture
 - Integrative medicine / Stress Reduction / Mental Health
- Patient education = **More time** for teaching health longitudinally
 - i.e. Asthma inhaler use, Nutrition class for diabetics
- Provide services / experiential opportunities = **overcome social barriers**
 - Farmers market, yoga, exercise classes, acupuncture
- Patient support = Reduce the suffering / share best practices
 - Living with chronic disease.
 - Loneliness / Depression / Anxiety undermines health.
 - Support groups
- **Patient empowerment** = Hope and Self-efficacy
 - Groups for those with (dis) abilities
- Health provider training = **Cultural competency**
 - Learn about a whole community in the context of community

Or... This location... HOoLA Group!

Home
Option
or
Live
Attendance



Prior to Covid we offer 24 groups

- Acupuncture groups (4)
- Massage / Osteopathic Manipulation (3)
- Chronic Pain (3)
- Yoga (2)
- Suboxone (2)
- Diabetes (2)
- Physical exam (2)
- Headache, Insomnia, Smoking cessation, Obesity



We had Additional groups”coming soon”

- Exercise (6) (for heart disease)
- Telemedicine for the Homebound
- Pediatric Obesity
- Arthritis
- Back Pain
- Hearing impaired
- ADHD
- Special needs.





Other Programming

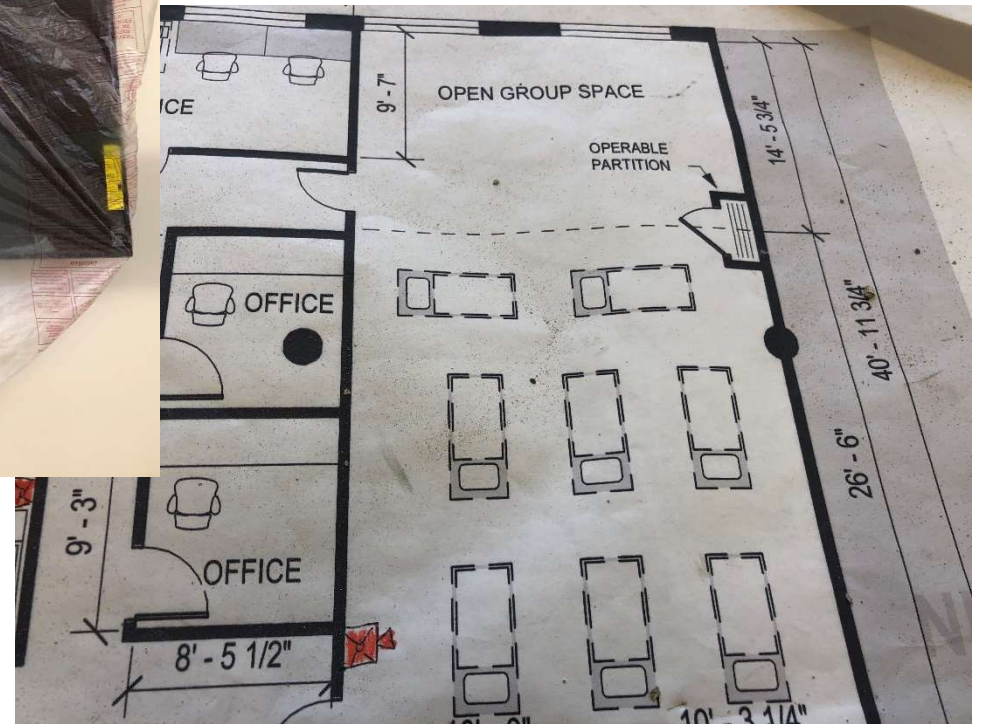
- Movie night
- Pot luck meals
- Pet-a-Pet
- Painting classes
- Exercises at home virtually

Post Covid we are changing

- More exercise movement and connection for children, immune suppressed, and the elderly (and everyone....)
 - HOoLA groups from home or in person
 - Integrative Medicine for the Underserved
 - Opening our new space
 - Working with the Senior Center and other community groups.

New schedule here...

We prepare for a new future!!!



We share a room to communicate



“It is about finding ways to manage the pain, not to eliminate it. I have found out about many new things that I had never heard of in the group. These guys recommend things like chanting, meditation, and weird foods. I have been to physical therapy and many other doctors, but no one had ever bothered to examine me and find out about my life.”

A. (U.S. Veteran)

Functional Medicine Group



- Thank you Essex County Community Foundation!!!!
 - You were extremely important and appreciated during the gas explosions... now more so....

For resources or to contact me please
see:

- WWW.ICGMV.ORG
- IntegratedCenterforGMV@gmail.com
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You can do this too!!!!
www.ICGMV.org



Conference September 17th

- Share your experiences
- Learn important aspects of group medical visits from others
- The latest research
- Logistics
 - Billing
 - Coding
 - HIPAA