Integrating Programs for Veterans & Active-Duty Service Members

Ruth Meyer, MEd, RKT, FMFA, ATRIC February 8, 2024 MFA Webinar





How many of your members are Veterans? How many of your staff are Veterans? Are you aware of the resources available?





Objectives

- Explore the <u>Total Force Fitness HPRC (hprc-online.org)</u> resources
- Identify existing virtual resources developed specifically for active duty servicemembers(ADSM) and Veterans
- Create Veteran centric programming to build and sustain membership





VHA MISSION

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

being.

VA can and should lead the transformation of healthcare for our Veterans, and the Nation.

Veterans Health Administration



"No one left behind ... "









HUMAN PERFORMANCE RESOURCES by CHAMP **TOTAL FORCE FITNESS** OPTIMIZE YOUR PERFORMANCE



Human Performance Resources by CHAMP (HPRC) is the human performance optimization (HPO) educational arm of the Consortium for Health and Military Performance (CHAMP), a DoD Center of Excellence located at the Uniformed Services University.

HPRC provides holistic, performance optimization resources that help members of the military community stay physically and mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient—all pieces of the puzzle that make up Total Force Fitness. Human Performance Resources by CHAMP **Operation Supplement Safety**



About HPRC Events Ask the Expert

Total Force Fitness Physical Fitness Mental Fitness Nutritional Fitness Social Fitness Resources & Partners

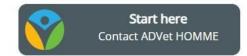
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What is ADVet HOMME? The Active Duty and Veterans' Holistic Musculoskeletal Management and Enhancement program is a collaboration between CHAMP and VA Dayton to deliver holistic, musculoskeletal pain-management resources, following the DoD Total Force Fitness and VA Whole Health frameworks.

ADVet HOMME contains links to a home exercise program for common musculoskeletal injuries; frequently used VA programs such as My HealtheVet, Whole Health, and VA Video Connect; HPRC nutrition resources; and alternative painmanagement strategies such as tai chi and yoga. Follow the links of the specific resources your medical provider recommended, or explore the content ADVet HOMME and HPRC have available.

If you've been referred by your medical provider, contact us to start the program and be connected with your VA health coach or CHAMP health education specialist. At this time, only active-duty Service Members and Veterans referred to ADVet HOMME by a participating medical provider are eligible for related coaching or education services.



Rx3: Rehab, Refit, Return to Duty is a home exercise program for common musculoskeletal injuries. After your medical provider evaluates your injury and refers you to the ADVet HOMME page, follow the Rx3 link to the program's main page. From there, select your injured body part, and follow the home exercise program, starting with phase one. Or submit an Ask the Expert inquiry, and one of HPRC's subject-matter experts can point you in the right direction.

Other nutrition and VA-specific resources are available through ADVet HOMME too. Follow the Nutrition link to see various HPRC educational resources and VA-specific resources such as Whole Health, My HealtheVet, and VA Video Connect.



hoose VA



Nutrition Resources







HPRC – The military's source for fitness, wellness, and performance

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Home > Resources & Partners > OPSS

OPERATION SUPPLEMENT SAFETY

OPSS's mission is to provide the best evidence-based information about dietary supplements to Military Service Members, their families, healthcare providers, and leaders to achieve human performance optimization. Many Military Service Members use dietary supplements—for promoting health, improving performance, bodybuilding, losing weight, and more. Unfortunately, some supplements have resulted in adverse events that compromise rather than improve performance, and in some cases supplements result in positive drug tests. Our goal is to provide the tools and resources to help users make informed decisions about dietary supplements to reduce the potential risks to their health and careers.

OPSS

Published on: June 17, 2019



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Home > Total Force Fitness Pain Management

These resources can help you treat and manage pain and stay up to date with what DoD and the Veterans Health Administration are doing to improve pain treatment and management.



Tai chi for pain management

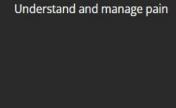


Maintain joint health and prevent arthritis during military service

Article

Article







Supporting your family through combat injury and getting back on the road...

Article 📔

Article



Total Force Fitness and holistic health strategies for Military caregivers



Ways to manage chronic pain for military wellness

Article 🎽

Article



Tips to cope with family challenges and build resilience after



Manage back pain for military



How to prevent and manage



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Home > Total Force Fitness Get into Fighting Weight: A Total Force Fitness Guide

Introduction to HPRC's Get into Fighting Weight: A Total Force Fitness Guide

CHALLENGE 1: Assess your habits to create a holistic weight loss plan

CHALLENGE 2: Meal planning strategies for weight loss

CHALLENGE 3: Focus your military workout to improve your fitness

Check in with your holistic military wellness goals

CHALLENGE 4: Add sleep to your holistic weight management plan

CHALLENGE 5: Stress management strategies for weight loss

Review your SMART goals

Introduction to HPRC's Get into Fighting Weight: A Total Force Fitness Guide

If you're ever worried you might not make weight or pass your fitness test, this guide's got you.

What makes this weight-loss guide different from other tools? It encourages you to look at how different aspects of your life contribute to your weight and overall health in ways you might not expect.

For example, eating an apple instead of a piece of cake might seem like an obvious choice when you want to lose weight. But consider other factors beyond diet: What kinds of social settings are you in? Are you feeling more stressed or anxious than usual? Are you getting enough sleep?

How it works

This guide contains 5 challenges. Start with Challenge 1 so you can set up a few things as a baseline. Then feel free to skip around and take on challenges as you like. You might want to improve just one or 2 areas rather than all 5. Or you might prioritize one challenge over another.

There's no specific timeline to complete the challenges, but 3 months is a good place to start. You'll be prompted to set your goals and timelines as you go.

You'll also want to use the "Check-in" section. It's between Challenges 3 and 4 but meant to be used at whatever points you want. That way you can assess how you're feeling and make adjustments as needed.

Bottom line

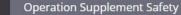
Healthy, sustainable weight loss isn't just about diet and exercise or quick fixes. Find out how you can optimize various factors that affect your health, so you can reach peak performance.

Use the links below to visit the Challenges (and the Check-in page) and get on your way to a healthy weight.





Human Performance Resources by CHAMP Operation





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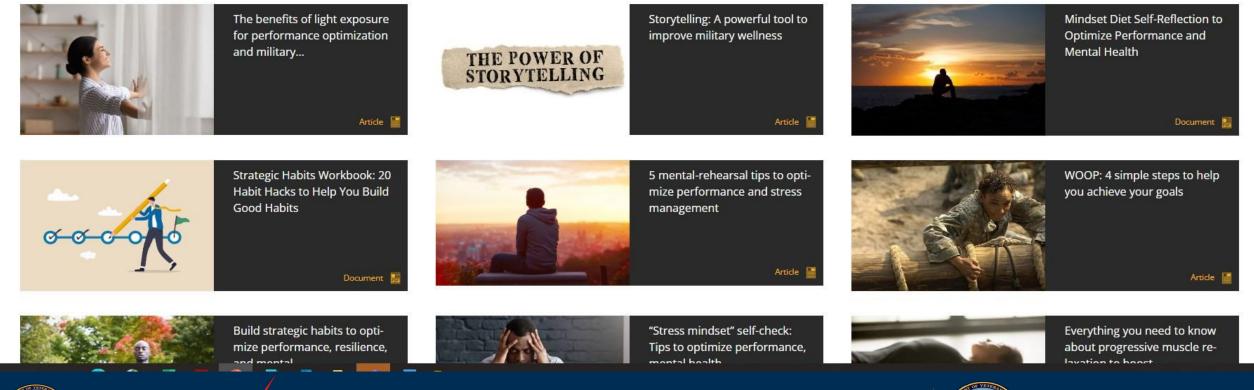
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Home > Mental Fitness Performance Psychology

Mind and body work together to create optimal performance. Learn skills that strengthen the connection between mind and body to optimize your overall health and performance.

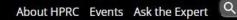
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CHAMP Uniformed Services University Performance esources

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Home > Nutritional Fitness **Performance Nutrition**

Learn about how nutrition basics and specialty topics enhance Warfighter performance during workouts, training, missions, and recovery.

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Nutritional Fitness: Messages for Leadership

Document



Fuel up to stay everyday strong



Plant-Forward Eating for Health and Performance

Infographic

Article



Plant-forward eating ideas to fuel your day

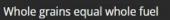
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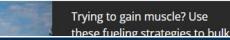






Disordered eating: A growing problem in the military

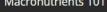




MACRONUTRIENTS CARBS PROTEIN

Macronutrients 101











Rx3 Exercises

	Rx3 is a guide to help Service Members and Veterans rehab and recover from musculoskeletal injuries, ultimately improving their overall health and physical fitness.	Low Back The Low Back Pain Rehabilitation program is organized in 4 phases Unless your healthcare provider instructs otherwise, begin with Phase 1			
	Download the Rx3 app on your phone for program tracking Learn More				
		Phase 0	Phase 1	Phase 2	Phase 3
Musculoskeletal Injuries Exercises and stretches to increase the strength, endurance, and flexibility of your injured area	transformation of the second s	1 Phase 1			198 2
		How Often? Do all exercises 3-5 times a week			
		How Long?			
		Graduate to phase 2 when you can perform all exercises without cifficulty, or when instructed by your medical provider.			
	tity Core Stability Potpartum	Exercise List ————————————————————————————————————			
Additional Programs Rehabilitation and reconditioning programs to improve function and pain		Some of the exercises in this phase recomm • Foam Roller • Fillow • Resistance Band • Small Hand Weights (1-5 lbs) • Sturdy Chair	nend using this equipment:		
		START PROGRAM			





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Veterans Health Administration Dayton VA Medical Center

Exercise PDF and web based app



Lower Back Rx3 Program: Phase 1

Phase 1 should be completed for 1-3 weeks. You may graduate to Phase 2 when you are able to perform all exercises without difficulty at the maximum number of repetitions or when instructed by your medical provider.

EXERCISES

- Perform exercises in a circuit in the order listed. Repeat the circuit 3 times with a brief rest between exercises. Alternate exercise Day A and Day B but, do not complete them on the same day.
- · Complete Day A twice a week Complete Day B twice a week
- 10-12 reps (increase number of reps to increase) exercise difficulty)
- 3 circuits = 3 sets per exercise
- Minimal rest between exercises

1. Seated Diaphragmatic Breathing

Starting position: Sit on a chair with your hips and knees bent 90 degrees. Sit up tall and maintain good posture.

Place one hand on your chest and the other on your stomach.

How to perform: Breathe in slowly

and deeply through your nose, letting the air into your lower belly. The hand on your chest should remain still, while the one on your belly should move with your stomach as your lungs fill with air.

Then, slowly tighten your stomach muscles by pulling your belly button up towards your rib cage as you exhale through your mouth.

This should not be a forced breath or cause a "crunch" motion in your stomach.

Repeat for the number of reps listed in the instructions above.

2. Adduction Glute Bridge

Choose VA



Starting position: Lie on the floor on your back with your knees bent, your feet shoulder width-apart and flat on the floor.

Place a small couch pillow or soccer sized ball between your knees and hold it with enough pressure to keep it from falling (you'll maintain this constant pressure throughout the movement).

Allow your lower back to maintain its natural curve. You should be able to slide your hand between the floor and your lower back.

CHAMP Services University	uman erforma esourc	ance es	
Knee			
Exercise	Set 1	Set 2	Set 3
Nov 15, 2022			
7 Severe Pain			
Focus of attention, prevents doin	ng daily act		
Resisted Standing 3-way hip	8	0	0
Kickstand RDL	8	0	0
Nov 15, 2022			
Resisted Standing 3-way hip	8	0	0
Kickstand RDL	10	0	0
Nov 21, 2022			
Resisted Standing 3-way hip	8	10	0
Kickstand RDL	8	10	0
Mini Squats	10	0	0
Dec 05, 2022			
1 Mild Pain Hardly notice pain			
Resisted Standing 3-way hip	8	10	0
Kickstand RDL	10	0	0
Mini Squats	10	0	0
Notes: Used extra heavy band			





Collaboration with Medical Fitness facility staff



Benefit to Veteran

- Empowers Veteran with self-care option
- Focus on health & well-being
- Build goal setting skills
- Activity on their terms (setting & time)



Benefit to MFA team

- Veteran centric resources
- Encourages lifelong exercise habits
- Veteran engagement in self-care
- Advocates for complementary programs











Program Focus	Virtually coached home exercise program with specific musculoskeletal focus	Weight management education nutrition, activity, health behavior, medical	Group exercise for Veterans over 65 yo to promote physical fitness	An approach to healthcare that empowers & equips people to take charge of their health & well-being and to live their life to the fullest	
Group or individual?	Individual	Group or Individual	Group	Group education and Indiv Health coaching	
Consult Requirement	Consult placed by provider; under REHAB	Self Refer for MOVE! Provider Consult for TeleMOVE!	Consult placed by provider; under PM&R OutpatientConsults	Consult for Intro to WH, Health Coaching and TCMLH Under Primary Care "Introduction to Whole Health"	
Eligibility Criteria	Provider MSK eval w/in 60 days	None	>65 yo PCP annual eval	Veteran desire and motivation to participate	
Class Offering	Virtual	Both virtual or in-person	Both virtual or in-person	Varies, see Calendar on SharePoint	
Location	Virtual	Dayton Main Campus, Bldg or Virtual	Dayton Main Campus Bldg 305 - Fitness Center or Virtual	Dayton Main Campus CBOC Mon or Fri check schedule	
Session Time	Initial: 45-60 min Follow-up: 20-30 min	Group: 1 hour Individual: 30-60min	1 hour	Varies 45 min - 1 hour, see Calendar	
How often	Weekly	Weekly	Up to 3 times per week	Weekly	
Program Duration	Variable, typically 9-12 weeks	16 weeks TeleMOVE is 90 days MOVE! Coach app is 19 week Individual vary with Veteran preference	No limit: Lifetime membership	Skill building Variable TCMLH 8 weeks Health Coaching 4 weeks minimum	
National website (link)	ADVet HOMME HPRC (hprc-online.org)	https://www.move.va.gov/	Gerofit - A Program Promoting Exercise and Health for Older Veterans - Geriatrics and Extended Care (va.gov)	Whole Health Home (va.gov)	
Is there an App? (link)	https://rx3.usuhs.edu	<u>MOVE! Coach - MOVE! Weight Management</u> <u>Program (va.gov)</u>		Mobile Apps and Online Tools - Whole Health (va.gov) Whole Health Home (va.gov) #LiveWholeHealth	







Live Whele Health.

Create a warm handoff with shared language

MAP – Mission, Aspiration and Purpose

MAPS – Meaning, Awareness, Permission and Strategy







U.S. Department of Veterans Affairs

Veterans Health Administration Dayton VA Medical Center

Areas to develop and expand services

- Acupuncture/Acupressure
- Healing touch/Reiki
- Mindfulness (MBSR)
- Food and beverage
 - Healthy Teaching Kitchen
- Massage Therapy
- Tai chi, Qi Gong (adaptive)
- Yoga (iRest, lyengar, chair....)

- Social engagement
- Environment /surroundings
- Sleep hygiene practices
- Communication and language
- Cognitive Behavioral Therapy
- Fitness & movement: HIIT...
- Well being: mindfulness, MAP...







U.S. Department of Veterans Affairs

Functional Medicine-based Integration for War-related Chronic M (FELLOW-CMI)

Omowunmi Osinubi, M Carrie Carlson, DO, Selene Mak, PhD Pauline McM Elijah Sacra, Clarissa Kussin

Office of Patient Care Services

Health Objective Miles

Research projects

Reach out to your local VA facilities and Veteran Service organizations. <u>Veteran Service Organizations (VSO)</u> (vetinfo.org) DAV,VFW, Vet Centers <u>Veterans Service Organizations - SEP</u> (va.gov)

Functional medicine and integrative medicine are available at most VA Medical Centers

ADVet H?MME

Active Duty and Veteran's Holistic Musculoskeletal Management and Enhancement

THANK YOU

Contact: ruth.meyer@va.gov

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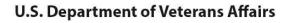
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Visit ADVet HoMME

https://www.hprc-online.org/advethomme





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