Presented by: Winslow Engel, MD, Kekupu Nourrie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD
Pilot Project Goals

- Decreased ED visits
- Reduction in patients' opioid dose

Pilot Project Stats (2017-2019)

<table>
<thead>
<tr>
<th>Ho'okūola Hale</th>
<th>1,488</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total patients seen</td>
<td></td>
</tr>
<tr>
<td>Total number of sessions (includes all providers)</td>
<td>15,660</td>
</tr>
<tr>
<td>Number of patients seen by provider type</td>
<td></td>
</tr>
<tr>
<td>Medical physician/Nurse practitioner</td>
<td>11,258</td>
</tr>
<tr>
<td>Acupuncture specialist</td>
<td>2,602</td>
</tr>
<tr>
<td>Exercise physiologist/Physical therapist</td>
<td>514</td>
</tr>
<tr>
<td>Native Hawaiian/traditional healer</td>
<td>63</td>
</tr>
<tr>
<td>Psychologist</td>
<td>1,223</td>
</tr>
<tr>
<td>Total patients who accessed ED services</td>
<td>870</td>
</tr>
<tr>
<td>Total number of ED visits</td>
<td>3,620</td>
</tr>
<tr>
<td>Total number of patients prescribed opioids</td>
<td>802</td>
</tr>
<tr>
<td>Total number of patients prescribed &gt;50 mg morphine equivalents</td>
<td>225</td>
</tr>
<tr>
<td>Staff hired in the 2 year grant funding period</td>
<td>15</td>
</tr>
</tbody>
</table>
Pilot Project Patient Profile

ETHNICITY (in unduplicated patients)

- Native Hawaiian
- Caucasian
- Filipino
- Samoan
- African American
- Portuguese
- Puerto Rican
- Japanese
- American Indian
- Hispanic
- Chinese
- Other
- Did Not Specify

Ethnicity distribution among patients.

Clinic offers integrated approach to pain management

A clinic offers an integrated approach to pain management, combining traditional Hawaiian healing practices with modern medical techniques. Patients are treated with a variety of methods, including acupuncture, massage, and traditional Hawaiian herbal remedies. The clinic also offers support groups and counseling to help patients manage their pain and improve their quality of life.

Presented by: Winslow Engel, MD, Kekupu Nourrie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD
Drug addiction is nothing new. But there's something different about the latest epidemic:

"I think opioids are getting all the attention now because we're seeing patterns emerging in prescriptions that aren't typical," said Winslow Engel, MD, Director of Pain Recovery Services and program director of Kuhualani's pain management program.

By calling the opioid epidemic the "first and the second epidemic," she said, "there's a reason to believe it's not just happening to a small population of people who were at risk. The concern is that we see it happening in a group of people who are not at risk. I think it's going to be a significant problem for the general population."

Malie Ka 'Uhane: A Cultural Approach to Chronic Pain and Stress Management

Presented by: Winslow Engel, MD, Kekupu Nourie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD

Local News

Local health plan AlohaCare now covers Native Hawaiian healing practices

Hawaii Public Radio | By Ku‘uwehi Hiraishi
Published August 16, 2022 at 3:42 PM HST

WAIANAE COAST COMPREHENSIVE HEALTH CENTER
Healing, Learning, Innovation
Early Hawaiians led active lives, ate fresh foods, and consulted with kāhuna lapa'au whenever they suffered from illness or injury. Every Hawaiian family had a healer: a person trained to diagnose, gather and prepare plant medicine, and administer cures.

MAULI OLA
A Hawaiian chiefess who married her cousin, a king of Kukulu o Kahiki, was deserted by him, swam back to Hawai‘i with her small child and arrived at Waipi‘o in a famished state. She climbed the cliffs and ate of the ʻūlei berries without offering the local deity a sacrifice; a great offense. As punishment she became distraught and wandered away into the wilderness. Her husband repented and found her after a long search. With KIND treatment, she regained her reason and the family was happily re-united.
KAUMAHA

Heavy, weight, heaviness. Emotional weight bearing down on a person.

LU'ULU'U
is expressed in the physical affect of drooping forward with sorrow as in the bereavement of a loved one.

'AOA
is expressed in the wailing of distress to depict hurt and sadness as in the loss of something or someone dear to one's heart.

'EHA
is expressed as a form of sadness associated specifically with a relationship breakup. Hawaiians would say "the heart throbs with agony [love]."

INO'INO
is another form of depression, expressed as a state of being contaminated, damaged, or deeply troubled. This type of depression is most associated with one's spirit or soul. This type of sadness is a result of one feeling disconnected to their God(s), culture, family, or to their church community.

KAUMAHA

Heavy, weight, heaviness. Emotional weight bearing down on a person.

LU'ULU'U
is expressed in the physical affect of drooping forward with sorrow as in the bereavement of a loved one.

'AOA
is expressed in the wailing of distress to depict hurt and sadness as in the loss of something or someone dear to one's heart.

'EHA
is expressed as a form of sadness associated specifically with a relationship breakup. Hawaiians would say "the heart throbs with agony [love]."

INO'INO
is another form of depression, expressed as a state of being contaminated, damaged, or deeply troubled. This type of depression is most associated with one's spirit or soul. This type of sadness is a result of one feeling disconnected to their God(s), culture, family, or to their church community.

TREATMENT

HA OLA
LIFE GIVING BREATH

Breathing practices were used to re-center, refresh & re-align the body, the mind & spirit. And Often times used to diagnose ailments.

LA’AU LAPA’AU
HEALING PLANTS

Land plants, ocean plants and various herbs were used as medicines to treat certain ailments.

LOMI LOMI
HAWAIIAN MASSAGE

To rub, press, squeeze, crush, mash fine, knead, massage, rub out; to work in and out.

Presented by: Winslow Engel, MD, Kekupu Nourrie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD
LOMI LOMI

TO RUB, PRESS, SQUEEZE, CRUSH, MASH FINE, KNEAD, MASSAGE, RUB OUT; TO WORK IN AND OUT.

LA’AU LAPA’AU

‘AWA is used to treat a wide variety of ailments. 6 different chemicals are found in the awa root. The components have differing physiological effects including relaxed mental and physical state, improved ability to think, and stabilization of feelings.

‘OLENA Is known for its anti-inflammatory properties. Often times mixed with other plants & made into a paste as a topical for swollen muscles, joints and injuries.

‘ULEI To treat ‘ea and pa‘a‘o‘o, the leaf buds and seeds ʻūlei are eaten until the illnesses are gone. To treat open cuts or injuries, the ʻūlei bark, leaves, and salt are pounded into a mass and applied to the cut (kali ʻeha).

HAʻUOI Leaves, stems, flowers poulticed for external application on cuts and bruises. Flowers are edible; leaves can be made into tea to ease anxiety and stress.
HI’UWAI KAPUKAI PIKAI
Water purification ceremony. A traditional practice conducted at the beach, using the ocean to prepare a patient for the process of healing.

HO’OMAIKA’I
give thanks, what are you thankful for?

MIHI
forgive, repent. Forgive yourself first.

HO’OULU
CONNECT TO THOSE AROUND YOU.

OLI
Oli is defined as a “song, a chant of any kind, poem, to sing or chant.” Oli is often tied to Mo’okuauhau, ka’ao, or mo’olelo. With influences of politics, society and religious aspects.

Oli was also utilized for health & wellness purposes. The frequencies and vibrations created within chanting is used to improve lokahi of self.
MALIE KA ‘UHANE: A Cultural Approach to Chronic Pain and Stress Management

Presented by: Winslow Engel, MD, Kekupu Nourrie, LMHC, Makani Tabura, and Nicole S. Wright, PsyD