

# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

THE ALBERT  
SCHWEITZER  
FELLOWSHIP®  
*Addressing Health Disparities  
by Developing Leaders in Service*

## Integrative Therapy At Mount Carmel St Ann's Family Medicine Center

### Background

- According to the US Census Bureau, as of 2017, there are approximately 38,000 people in Westerville, Ohio and 24% of them rely solely on public health insurance.
- Many of these patients on Medicaid and Medicare are under significant stress due to the cycle of poverty. The chronic stress placed on these individuals from financial challenges and food insecurity contributes to less positive health outcomes.
- This project offered integrative therapies to augment medical care to relieve patients' stress, teach them coping tools, and help them re-center on wellness and prevention practices in their lives.



### Project

This project took place at Mt Carmel St Ann's Family Medicine Center. I used essential oils, guided meditation, yoga, breath practices, and Reiki to provide patients and staff with support. The project aims were to:

- Reduce effects of chronic stress in patients through use of integrative therapies.
- Provide patients with tools to support their stress relief activities at home.
- Provide educational materials and learning opportunities for staff members.



### Impact

100% of patients who had an individual session stated they felt calmer and patients surveyed showed an average of:

- 33% decrease in stress
- 8% decrease in pain
- 17% improvement in mood
- 25% decrease in exhaustion
- 21% decrease in anxiety

Feedback from patients:

- "You always make me feel so much less stressed and happier after each session."
- "That was very relaxing and restorative."
- "I have never been more aware of how my body occupies the space around me. Thank you so much!"
- "This is so valuable. Thank you!"

### Partners

Mount Carmel St Ann's Family Medicine Center (Westerville, OH) and Mount Carmel Healthy Living Center (Franklinton, OH)

### Acknowledgements

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"Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge."

—Albert Schweitzer, PhD, MD



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