



The Holistic Approach in Health and Care as an Innovation for Health – Promoting Policy

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Introduction

An innovative concept envisages the need of policy coordination of various institutions to achieve better health for all groups of the society through a holistic approach. Health-promoting practices, as well as practices for continuity of care require the commitment of the state and the community to introduce the holistic approach, along with innovative technologies, which ensures high quality of health and care.

Introduction

For better planning and implementation of this concept is necessary to combine all efforts to enhance positive health and prevent inequalities through health education, disease prevention, and health protection. This is a continuous, socially (re)adapting, (re)socializing, and institutional-coordination process aimed at holistic health, social independence, creative and social active life.

Purpose

The challenges facing specialists in improving holistic health require determining the individual potential that must be explored, preserved, and enhanced.

Material and Methods

Material

The activity is carried out in centers and independent practices that are registered under Bulgarian legislation and are financed by the patient. Subsequently, the financial costs incurred by patients with severe disabilities are reimbursed by the Social Assistance Agency. In this sense, ensuring the quality of trained complementary medicine specialists and authorized complementary medicine products is a necessity and a prerequisite for the safe practice of complementary medicine.

Material and Methods

Methods

Utilizing the possibilities of holistic medicine implies the discovery and application of practices that have not yet been developed. Complementary medicine, as part of integrated care, has inexhaustible opportunities for implementing the holistic approach, including ensuring a trusting relationship with clients and achieving better quality of services. Complementary medicine methods have been increasingly implemented in the prevention and treatment process in Bulgaria.

The resource for the development of complementary medicine is in the ongoing treatment after active hospital therapy. National legislation places it at the level of primary and outpatient medical care and does not provide for financing from the health insurance system. However, the application of complementary methods in health and care, as part of the comprehensive therapy of the modern patient is completely possible.

Conclusion

Holistic behavior includes, in addition to the well-known means of high-tech Western medicine, methods known from antiquity: acupuncture, acupressure, auriculotherapy, moxibustion, aromatherapy, reflexotherapy, nutrition and dietetics, physical activity (yoga, meditation), phytotherapy, environmental and lifestyle changes.

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THANK YOU



Messages

The Holistic Medicine aims at the complete healing of the person and ensures the achievement of the desired state of complete physical, mental, and social well-being. The expectations of citizens and society in the coming years will inevitably be turned to unconventional treatment methods as an opportunity to improve their holistic health.