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1. Long COVID or Post-Acute Sequelae of SARS-CoV-2 infection (PASC)

- a.** For patients experiencing symptoms including ongoing pain, fatigue, and cognitive dysfunction following COVID-19 infection, the optimal care is likely an integrative approach combining traditional medical management with non-pharmacological approaches and lifestyle interventions. Such an approach has been shown to be beneficial in other chronic illnesses such as fibromyalgia, chronic fatigue syndrome, and post-Lyme disease. (Roth, Chan, & Jonas, 2021)
- b.** The acupuncture team at Connor Whole Health, University Hospitals has treated 16 PASC patients since the UH Long Haul Clinic was opened in late 2021 with a summary of outcomes to be available in the presentation. Details of a case report, published in 2022 (Trager et al 2022), would be included.

2. Mild-moderate COVID-19 infection

- a. Acupuncture:**
 - Acupuncture for COVID-19 was associated with suppression of inflammatory stress, improving immunity and regulating nervous system function. Such interventions may have additional benefits for COVID-19 patients with cancer, cardiovascular disease and obesity (Han et al., 2021)
- b. Yoga:**
 - Results of a systematic review suggest that any form of yoga, including asana practice, pranayama, and meditation, may contribute to improvements in an individual's immunological profile against COVID-19 infection by strengthening cell-mediated immunity. Yoga was found to have a positive impact on overall physical and physiological wellbeing and quality of life (Shah et al., 2022). In addition, yoga's associations with improved mental health may address the profound psychiatric implications of the COVID-19 pandemic, and its correlations with cardioprotective effects, which also may play a role by preventing lung and cardiac injury (Basu-Ray, 2022).

c. MBIs:

- Results of a scoping review suggest that non-pharmacological mindfulness-based interventions may be more widely used as an important tool for self-health care that complements the usual treatment of COVID-19 patients and survivors (Yang, Setou, & Koh, 2022).

3. Severe COVID-19 infection

- In patients with severe COVID-19 infection, a qi gong and acupuncture program improved lung function and pulmonary symptoms such as cough, and shortened the length of hospital stay (Liu et al., 2021).

4. For healthcare providers

- Healthcare workers (HCWs) have suffered physical and psychological threats since the beginning of the coronavirus disease 2019 (COVID-19) pandemic, while many types of mind-body interventions can reduce the long-term adverse health effects associated with COVID-specific chronic stress. Results from a systematic review supporting the potential of some mind-body interventions to improve the mental health of HCWs during COVID-19 (Kwon & Lee, 2022).

5. Telehealth opportunities

- Utilization of Complementary and Integrative (CIH) therapies via telehealth media increased dramatically among veterans seeking care at the Veteran's Health Administration (Der-Martirosian et al., 2022).

Risk factor mitigation

- CIH offers a variety of preventative therapeutic options to strengthen physical and mental resilience, which may ultimately improve COVID-19 outcomes (Seifert et al., 2020).

6. Furthering research

- CIH modalities remained in high use through COVID-19 pandemic, with seekers citing immune strengthening as reason for care (Lam et al., 2021).