

UNC Physical Therapy - Health & Wellness Course

Assignment:

1. BPS Case Study Patient Scenario
2. Experiential practice

BPS Case Study – Please consider the case study of Dina, in the book chapter, who is suffering from chronic pain, which includes low back pain and pelvic pain. Consider the following reflection questions and post a response of 850 words maximum that responds to a minimum of 2 questions. Response to at least 1 classmate is required by midnight of the last day of the unit.

Reflection Questions

1. What other biopsychosocial information would you want to gather about Dina in:
 1. Material body, physical and nutritional sheath (*Annamaya [ahn-nuh mah-yuh]*)
 2. Vital sheath, Energetic body, life force, breath (*Pranamaya [prah-nuh mah-yuh]*)
 3. Mind, emotional, social body, discrimination (*Manomaya [mahn-noh mah-yuh]*)
 4. Intellectual body, wisdom/discrimination (*Vijnanamaya [vignyah-nuh mah-yuh]*)
 5. Bliss body, spiritual, individual connected with the divine/soul (*Anandamaya ([ahn-nahn-duh mah-yuh]*)
2. What do you think are Dina's main contributors to allostatic load?

3. What factors might warrant referring Dina out to another health care provider? What health care providers may need to be members of a potential multi-disciplinary team for Dina's best care?
4. What do you perceive as being Dina's greatest need(s) for lifestyle change? Does she demonstrate change readiness behavior?
5. How might you create a "Partnership model" relationship with the patient in order to address any of her obstructions to well-being mentioned in the case study?
6. What do you think the mechanisms are for creating resilience (to stress, to allostatic load) in the individual? How can yoga intervene?
7. What are the barriers to access to a yogic biopsychosocial model of care?

Experiential practice – You will be participating in an asynchronous, guided medical yoga practice for breathwork and meditation. Some of the guided meditations include restorative yoga postures, which require minimal equipment that can be found at home. A yoga mat is not necessary. Choose any breathwork guided meditation and/or yoga posture practice from <http://www.gingergarner.com/category/garner-yoga-podcast/>. After the practice (DURATION: some are 5' and others are up to 45'), take a moment to self-reflect on how it will effect your current or future clinical practice as a physical therapist

and record a Voice Thread considering these questions? The Voice Thread need be no longer than 3-5' and can be shared via the Forum or, if beneficial for classmates and others, on social media. Consider these in your reflection:

- Will you consider the use of yoga to delivery bipsychosocial-sensitive care?
- Does yoga seem like a feasible option for intervention?
- How would being able to use yoga as a form of physical therapy influence your decision to accept a job position? (ex: Does the facility you are considering employment with offer safe space for therapeutic yoga instruction?)
- Would your potential employer allow for group-based therapies that are yoga-driven?)