

# IMFA

## Integrative Medicine For All

"Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity"

World Health Organization (WHO)



Medical Care  
integrative  
hospital



**MEDICAL CARE**  
Rehabilitation Hospital One Step Forward

 **IMFA** אפוא  
INTEGRATIVE MEDICINE FOR ALL



## Who is IMFA

**IMFA (Integrative Medicine For All) is an association focused on the goal of advancing and facilitating Integrative Medicine practice in Israel and in other countries around the world.**

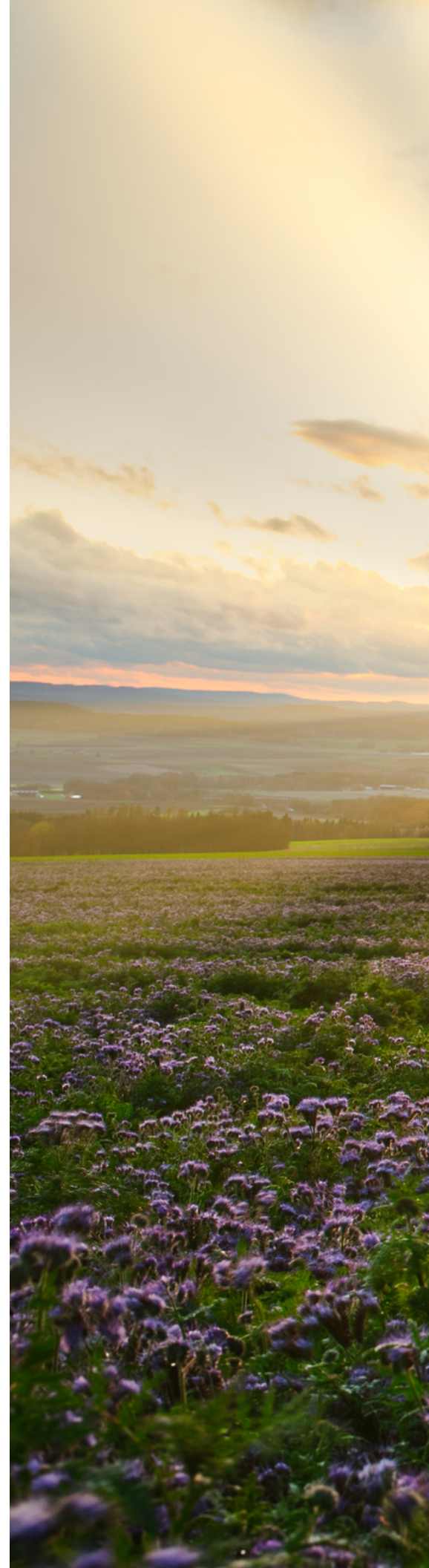
IMFA (Integrative Medicine For All) association was established in order to raise general awareness to the new medicinal and rehabilitation approach – namely, Integrative Medicine - which is focused on seeing the person behind the disease, while treating not only the physical aspects but also the emotional, mental and spiritual aspects.

In June of 2022, our vision took a huge leap forward upon the establishment of the Medical Care New Rehabilitation Center in the city of Bat Yam, Israel.

It is the first rehabilitation hospital in Israel to implement Integrative Medicine as an integral part of the rehabilitation protocol, treating the trauma as well as the medical issue.

Our patients receive advanced medical treatments, alongside supportive, empowering, and inspiring emotional treatments.

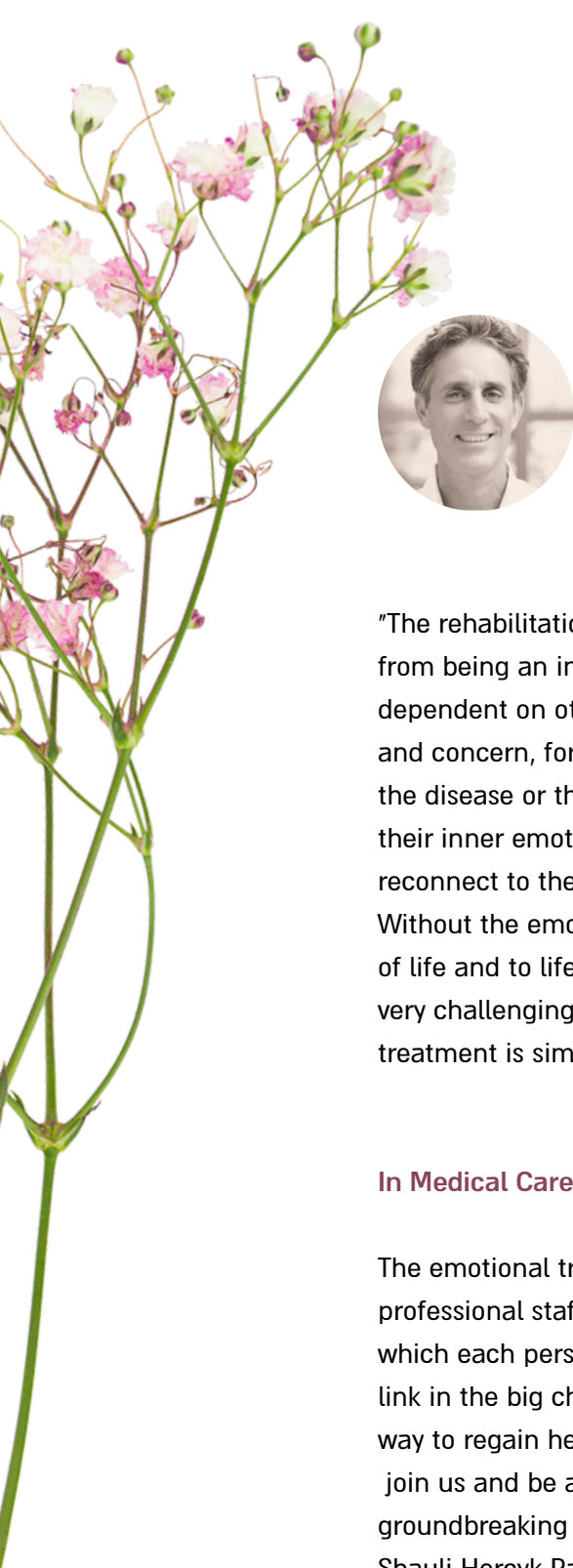
These treatments are paramount in building and sustaining the motivation needed to undergo difficult and painful rehabilitation processes especially when it is accompanied with major trauma.





## Medical Care Vision

Medical Care was established to become the leading integrative rehabilitation center in Israel, that will bring forth a new and unique promise of wellness to people in Israel and around the world. It is based on a rehabilitative protocol which is improved and empowering more than ever before. It includes advanced medical rehabilitation based on the latest conventional medicinal practices and scientific breakthroughs, and at the same time, offers integrative supporting mind-body-spirit rehabilitation treatments which focus on the emotional aspect and trauma solving of the disease, the injury and the difficult process of recovery.



"The rehabilitation process is often an extremely traumatic experience. The transition from being an independent functional individual to being a disabled person who is dependent on others for simple everyday needs, often involves deep feelings of anxiety and concern, for the patients as well as for their caregivers. It is even more so when the disease or the injury incident was traumatic. Therefore, we need to help them find their inner emotional strengths to empower their motivation to get better, and to reconnect to their lives.

Without the emotional motivation to heal, without a deep connection to the meaning of life and to life's purpose, it will be almost impossible to drag a person through the very challenging process of physical treatments and Rehabilitation. The medical treatment is simply not enough.

**In Medical Care, we are striving to always be one step ahead!**

The emotional treatment provided to our patients, their caregivers, and our professional staff, enables us to achieve what we call - a Total Rehabilitation Circle, in which each person who is involved in the process learns how to serve as a supporting link in the big chain of healing. We deeply believe that this chain of support is the best way to regain health.

join us and be a part of the Total Rehabilitation Circle, the innovative and groundbreaking rehabilitative process in Medical Care."

Shauli Hercyk Paz, CEO, IMFA



Today we operate in 6 wards, and we are in the process of opening 3 more, with the Ministry of Health authorization.

## The operating Rehabilitation wards are:

1. ward of Respiratory Rehabilitation and Long-Term Respiration
2. ward of Geriatric Rehabilitation
3. ward of Complex Nursing
4. ward of Nursing
5. ward of oncologist and autoimmune diseases Rehabilitation
6. ward of Rehabilitation after surgeries

Total licensed operating beds – 179



**We are now under the process of renovating and adapting 3 more wards to expand our general rehabilitation capacity so we'll be able to help in the rehabilitation process of the war victims.**

Total licensed operating beds in 2-3 months will be – 307

## The integrative treatment protocol:

In all our Rehabilitation departments, patients receive their integrative rehabilitative treatments aimed at healing them physically, emotionally, and spiritually. Our main goal is to help our patients regain lost functional capabilities and to enable them to recover from the trauma to achieve optimal quality of life, physically, cognitively, and emotionally.

The rehabilitative course of therapy is individually tailored to each patient's needs and conditions and is managed by the best and finest specialists in their field. The treatments are integrative, advanced and technology assisted. Integrating the InHeal process into the rehabilitation protocol provides patients with emotional tools that empower them in handling their trauma, disease, or medical condition, supports their motivation to succeed, and therefore, raises probabilities and actual rates of success. (See more of the InHeal Method in [www.inheal.org](http://www.inheal.org))

Relatives of patients also experience extreme difficulties in adapting to their loved ones' new situations. In Medical Care we believe that the emotional support we provide to family members and caregivers is an integral part of the therapeutic circle. The personal support provided enables them to make peace with the new circumstances, to provide quality care to their relatives and at the same time to maintain their own well-being, and to manage their emotions in a positive way.







## Advanced Multidisciplinary Care

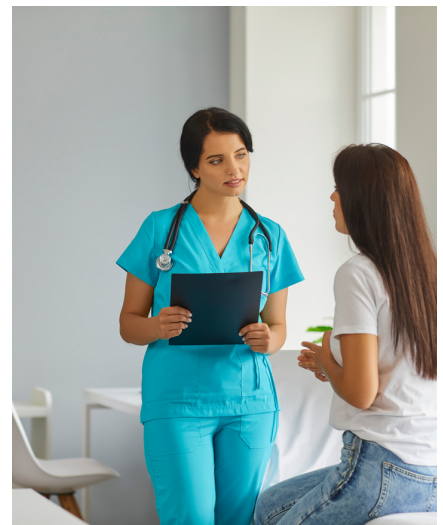
Patients receive their course of therapy under an advanced multidisciplinary approach. This approach integrates nursing, medical and emotional care provided around the clock, in a rehabilitative process designed to help patients retrieve lost capabilities due to trauma or disease.

The holistic rehabilitative process integrates therapies from multiple disciplines:

- Physiotherapy
- Occupational therapy
- Speech therapy
- Rehabilitative psychology
- Clinical nutrition
- Therapeutic occupation
- Music therapy
- Nursing
- Social work
- Reflexology
- Acupuncture
- Resilience workshops
- Group dynamics for close family members, for emotional ventilation
- Meditation and guided imagery
- Story telling
- Medical massage
- Breathing techniques
- Naturopathic medicine
- Access Bars mind body therapy
- Healing

A para-medical multidisciplinary team of specialists provides all patients with the therapies they need to maintain their cognitive and motor capabilities, thereby improving their well being and their quality of life.

All our team members are personally familiar with the patients, and any signs of distress are immediately attended to. Doctors and other staff members are all professional, extremely experienced, and fully dedicated to ease patients' agony, and to always maintain their dignity, in all situations.

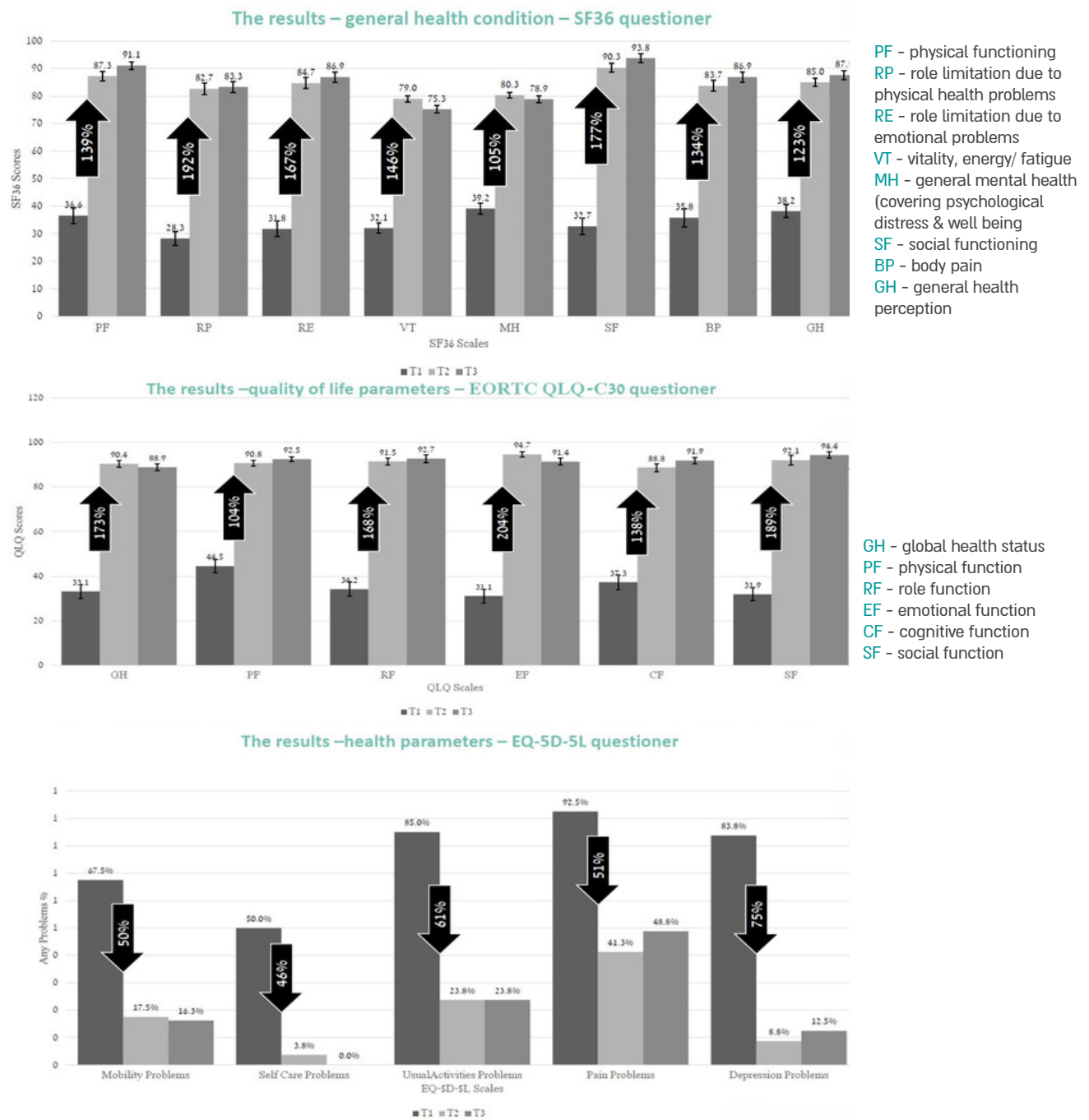


## Clinical Research

In Medical Care we invest a lot of attention into raising our patients' motivation to get well, into helping them reconnect to their purpose in life, and into rekindling their joy of life.

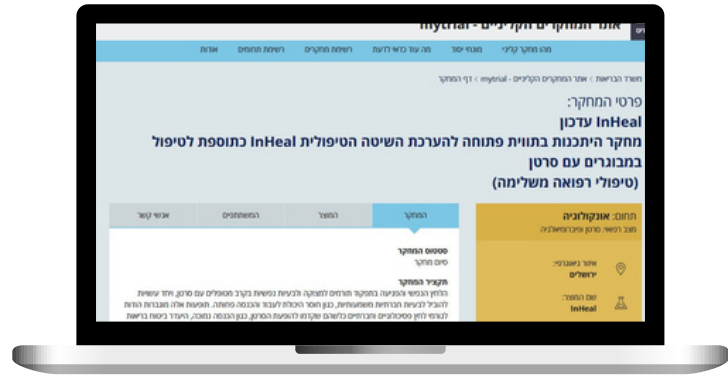
Our experience has proven that there is a direct correlation between our ability to rehabilitate patients on the emotional level, and the probability of success of their physical medical rehabilitation.

In our recent clinical research that was led by Prof. Nir Peled, manager of the Cancer center in Shaarei Tzedek hospital, we witness a huge improvement in all Quality-of-life parameters for Oncology patients.





These results were published as part of the ministry of health internet site



### Results

All subscores of the SF-36 questionnaire and the EORTC QLQ-C30 significantly increased at the end of the intervention compared to the baseline assessment at the beginning of the intervention. A significant decrease was observed for all 5 health problems of the EQ-5D-5L questionnaire at the end of the intervention compared to the baseline assessment. Improved QoL was maintained 4 weeks after the end of the intervention.

### Conclusion

An integrative intervention can provide non-pharmacologic recovery support that optimizes QoL and reduces the symptom burden in breast cancer patients and survivors.



# Expanding Medical Care general rehabilitation capacity for the sake of the wounded

As soon as the crisis started, we cleared one of our rehabilitation wards in the hospital, to host families who lost their homes in the south.

We are now hosting 40 people with about 20 kids and treating their trauma with the best tools we have.

In addition, with the Ministry of Health approval, we are now adapting 2 of our existing wards along with another 2 of the new ones, to increase rehabilitation capacity in Israel.

**In 2 months, we will be adding 120 general rehabilitation beds (on the total of 900 existing in Israel).**

We will also open a **trauma center** equipped with professional PTSD therapists and psychologists and with all the new medical equipment needed, to treat the victims of the war with an integrative rehabilitation protocol. They will receive advanced medical treatments, alongside supportive, empowering, and inspiring emotional treatments.



**Promotional video for the need to expand rehabilitation capacity:**





## Treating the care givers and our teams:

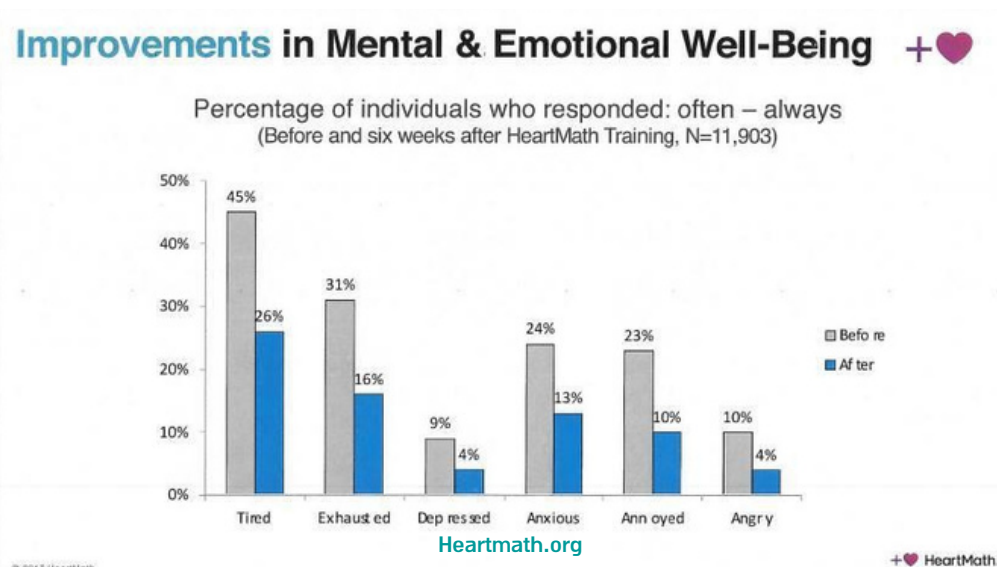
We believe that the family members and care givers are crucial to the success of the rehabilitation plan, and we understand that they too, are facing a terrible period when their loved one is facing a major medical problem.

This is why, we offer specialized programs for the families too, so that they can be empowered and strengthened considering the difficult situation that they had encountered. Our programs help them maintain their emotional regulation, in a way that allows them to continue to support their loved ones for the long run. These programs include various workshops, which train participants with emotional tools that enable them to reprocess the difficult experience, own it, regain control over their emotions, and cope in a positive way. A wide variety of personal treatments is also available and could be tailored to meet specific needs.

For our teams we launched a unique personal wellbeing plan and we measured its affect on their wellbeing, happiness and exhaustion levels, the improvement of measures was amazing.

We collaborate in this plan with **Healtmath Institute USA**, a well-known company that has a vast & proven experience in Resilience plans. Read more at: [Heartmath.org](https://Heartmath.org)

Enclosed are the results of the resilience plan that was measured in the US on approximately 12,000 people:



## Ambulatory Rehabilitative Care Institute

The ambulatory rehabilitative trauma center in Medical Care is now being prepared for ;launch ASAP so it can be open for services in a few weeks. The trauma center will offer a care clinic that integrates all needed medical and emotional services that patients require to undergo a successful rehabilitation process while maintaining their daily life routines.

Our ambulatory clinic will offer a wide range of therapy treatments, including professional physical and Psychological treatments, as well as a rich variety of integrative workshops and treatments which are vital for mental and emotional support, for maintaining motivation, for empowering the sense of self value, and for keeping up the optimism during the rehabilitation process.

Our patients will receive their treatments several days a week. They will receive an integrated mix of multidisciplinary treatments including individual or group sessions for mental and emotional encouragement, as needed.

Physical rehabilitative treatments will include any of the following, as needed: nursing assistance, physiotherapy, occupational therapy, speech therapy, rehabilitative psychology, social therapy, and physical rehabilitative exercises in a rehabilitative gym. Mental and emotional rehabilitative treatments will include any of the following, as needed: reflexology, acupuncture, resilience workshops, group dynamics to family members for emotions, and at the same time, offers integrative supporting mind-body-spirit rehabilitation treatments which focus on the emotional aspect of the disease, the injury and the difficult process of recovery.





In Medical care we strive to deliver to all our stakeholders a 5-star experience:

## Five Star Treatment

Our patients and their families are treated whole heartedly, with total sincerity and with our full commitment. We realize that our patients should not be treated solely for their condition, but rather as individuals who are undergoing difficult and excruciating processes of rehabilitation. Therefore, their mental, emotional, and spiritual wellbeing should receive the same level of attention as their physical health. This is why our patients enjoy a comprehensive rehabilitative program which is integrative and diverse and includes mind-body-spirit treatments and therapy for support, awareness, and empowerment, in addition to focused physical healing and recovery.





# Five Star Medicine

The integrative mind-body-spirit treatment protocol requires us to strive for excellence in every aspect of our work. The professional staff members in Medical Care are strictly selected, highly skilled and very experienced in their field. All medical equipment in our wards is top of the line, based on the most innovative and advanced technology available. It enables us to provide our patients with a wide array of health care solutions and possibilities. As our patients, you will also benefit from advanced technological solutions for emotional empowerment and resilience building treatments, including for example, specialized applications for memory training and cognitive exercises and a special communication system for the respiratory patients who can't communicate with their families in any other way. This equipment supports the rehabilitative processes and make them more effective with better results.



## Five Star Hospitality

In Medical Care we take every aspect seriously, whether major or minor, to create the perfect experience for the Rehabilitation process. Our wards are designed to offer pleasantness and luxury for our patients' comfort. We have standard hospital rooms for one or two patients as per their choice. All our rooms hold highly advanced equipment, especially fitted to suit the patient's needs: an electrically controlled bed, cable TV, internet, a spacious luxurious washing room, a personal cabinet, and a hosting space. In all our hospitalization rooms, we use special lightning, clear air systems and we allow therapeutic music to support the healing process

All culinary services are supervised by a professional dietitian who is also a naturopath and herbalist, and who is highly experienced in rehabilitative and healing nutrition. She adjusts every patient's nutrition personally and provides precise instructions to our chef. All the meals are kosher under the supervision of the Bat Yam Rabbinat.

We also have on the premises ample public resting areas, which are pleasantly designed for comfort and relaxation. They include a wide spacious roof balcony, with tables, chairs, couches, and a wonderful view to the ocean. The premises also contain lecture rooms, a spacious dining hall, a large workshop and meeting hall for group activities and richly equipped rooms for individual treatments.



**Thank you for your  
attention and support.**



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