

KINA

A Collaborative Regional Model in Integrative Pediatrics

Integrative Pediatrics Combines:

**Evidence-based
Conventional Medicine**

Lifestyle Medicine

Prevention

Mind-Body Health

**Family Centered
Care**

**Safe
Complementary
Approaches**



KINA Integrative Pediatrics: not only as a consultation style, but also as a regional system of care.

The KINA model

KINA translates this philosophy of Integrative Pediatrics into:

Integrated Care Pathways

Cross-Disciplinary Collaboration

Shared Decision Making

Whole-Child Care

One regional network connecting:

- Pediatricians
- Youth healthcare physicians
- Rehabilitation physicians
- Allied health professionals
- Lifestyle professionals
- Complementary therapists

The Goal:

- The Right Care
- At the Right Place
- At the Right Time

What makes KINA different?

● BRIDGING

Preventive + Curative care
Hospital + Community care
Conventional + Integrative
Professional expertise +
Family needs

● FOCUS

Whole-Child Care
instead of
Diseased-centered care

● INTEGRATION

Integrated care as the
operationalization of
Integrative Pediatrics

One Ecosystem Designed around the Child



Educational evenings



Regional communication



Multidisciplinary meetings



Referral Pathways



Joint consultations (future)

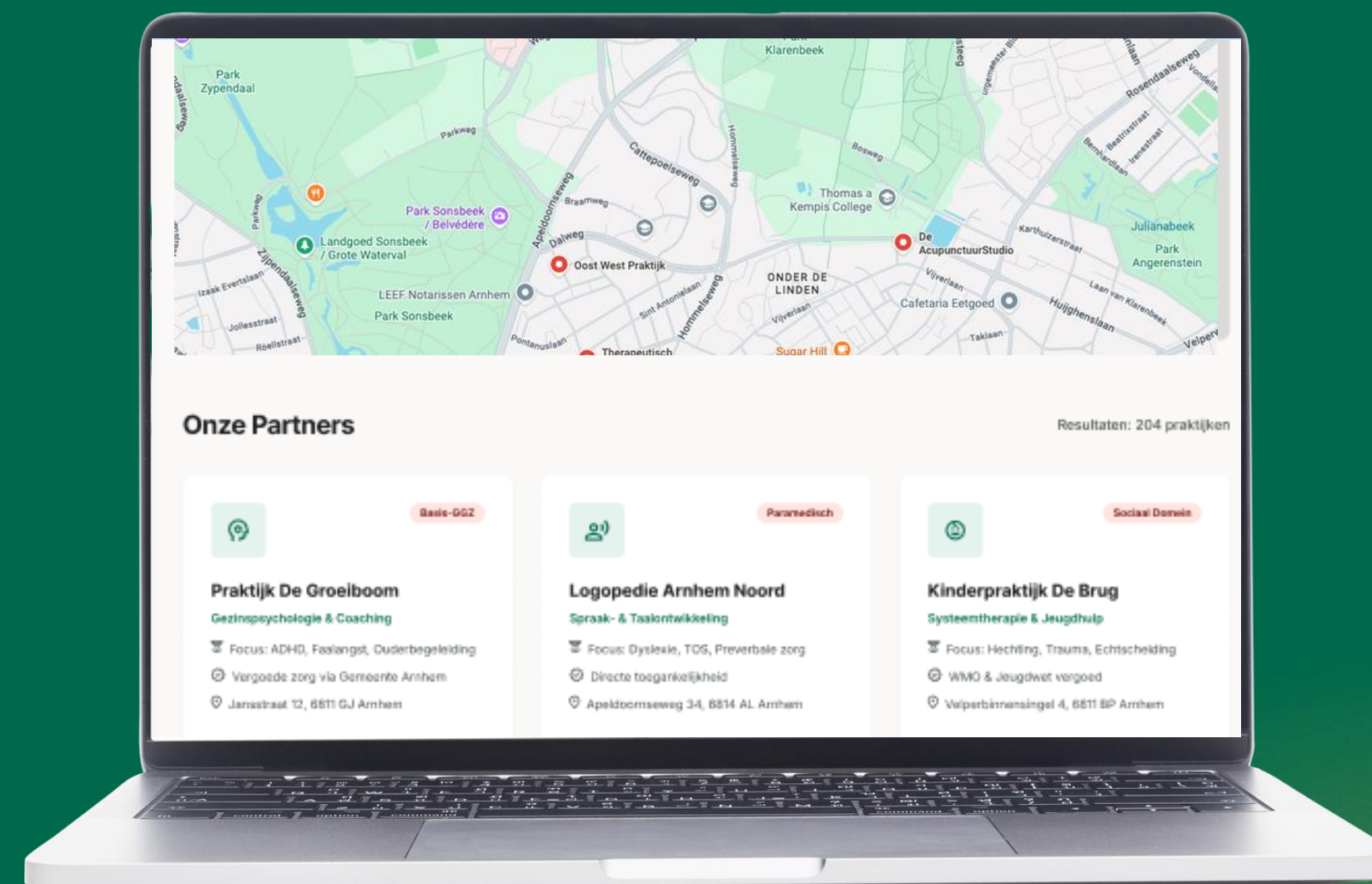
A Digital Platform

Integrative Pediatric Care Pathways:
For Patients and Healthcare Professionals

Conventional Medicine

Lifestyle Medicine

**Integrative/
Complementary Medicine**



Better navigation through complex care

A Digital Platform

For patients, families and professionals:

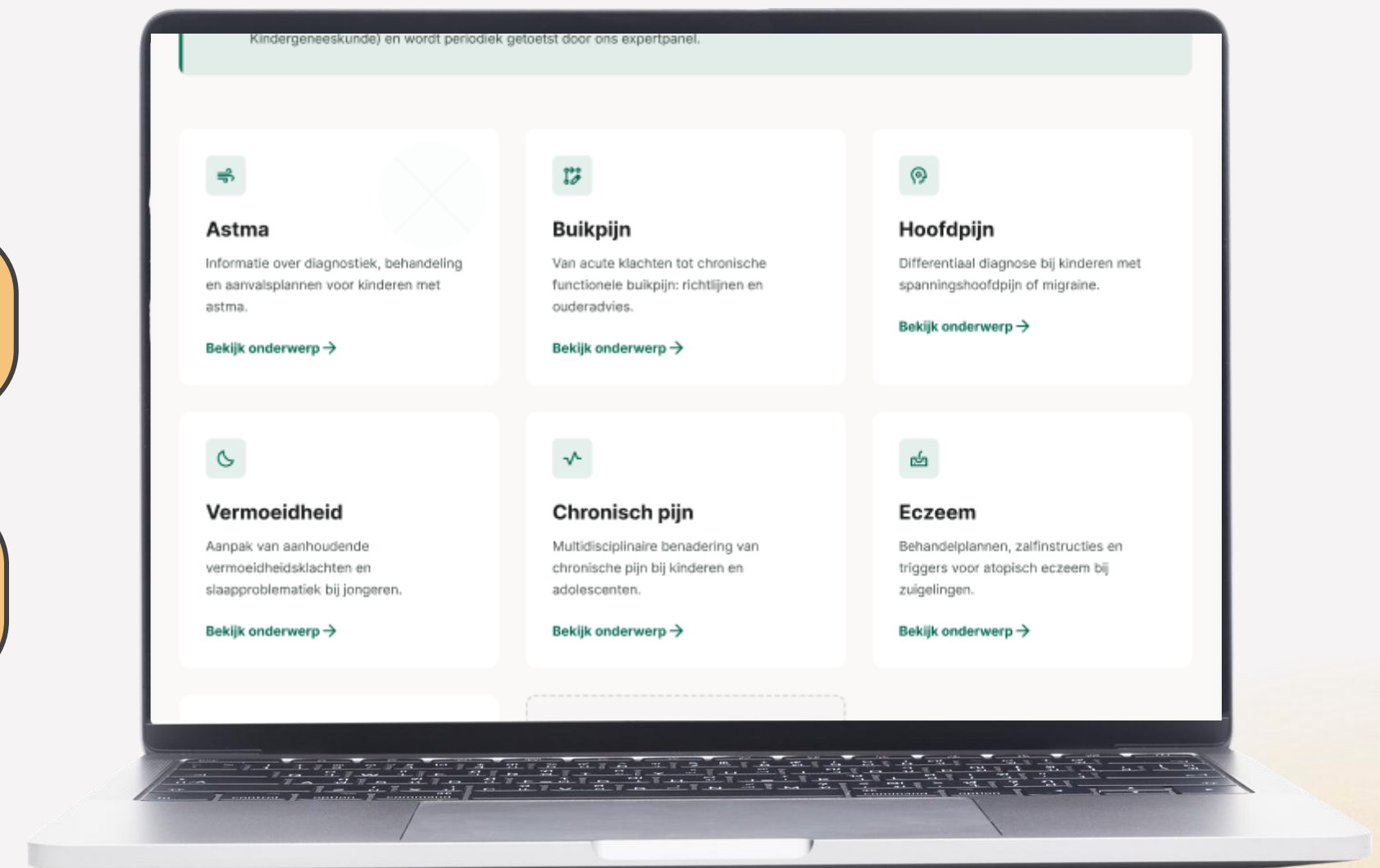
Evidence-informed

**Lifestyle
Recommendations**

**Integrative Treatment
Options**

Care Pathways

**Regional referral
network**



Facilitators

- Shared Vision
- Trust between disciplines
- Lifestyle medicine as common language
- Regional collaboration
- Digital platform
- Family-centered approach

Barriers

- Fragmented healthcare systems
- Financing and reimbursements
- Different medical cultures
- Limited time for collaboration
- Communication across healthcare levels

Vision for the Future



Kina aims to:

Build scalable integrated care models

Develop best practices

Stimulate research

Inspire regional and international collaboration

**“It takes
a network
to care for
a child”**

