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Patients, Evidence and Healing

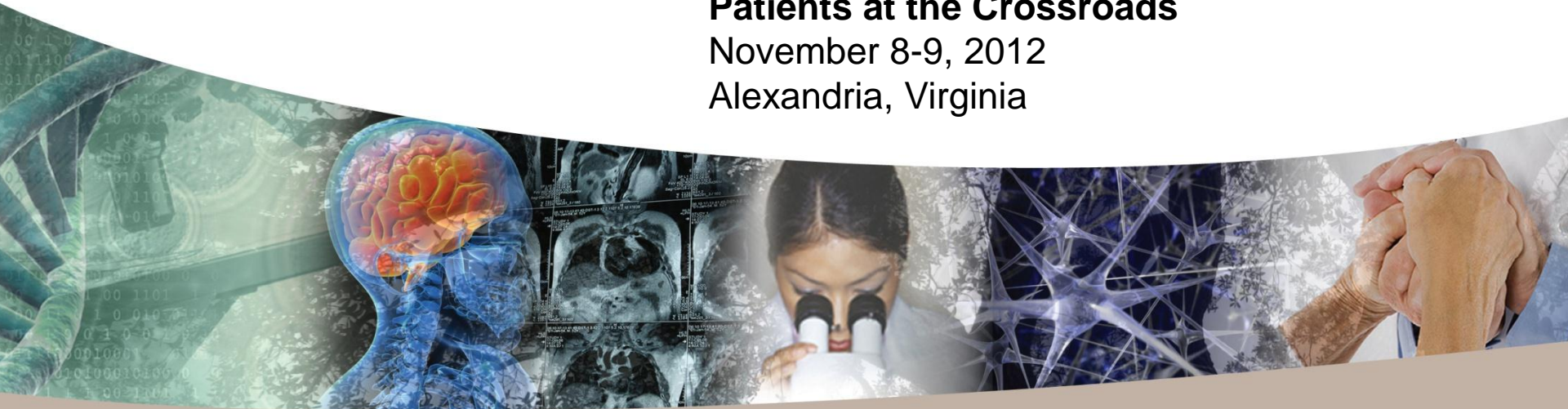
What Kind of “System” Can Deliver?

Wayne B. Jonas, M.D.
Samueli Institute

Patients at the Crossroads

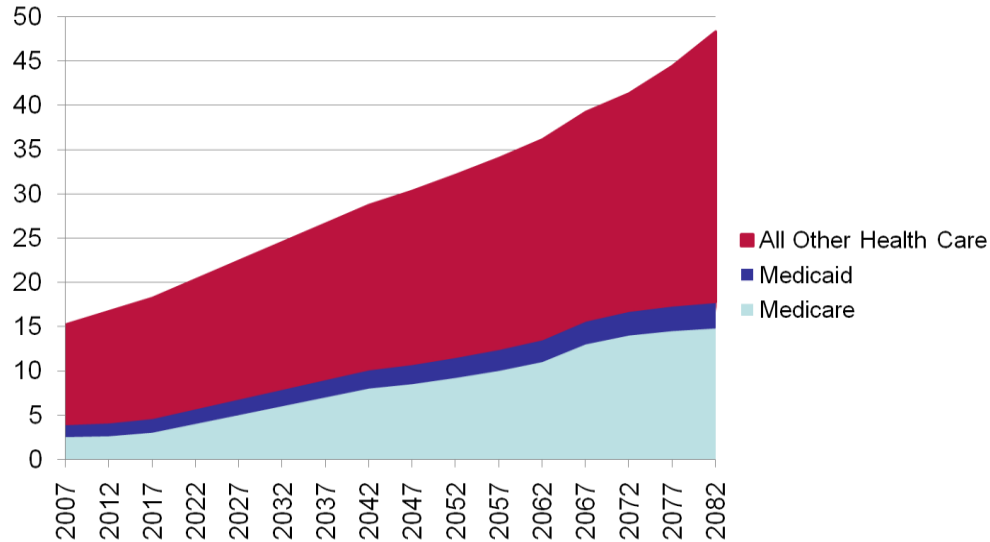
November 8-9, 2012

Alexandria, Virginia



The U.S. Does Not Have an Effective Health Care System

- We are first in spending for health care and 37th in health of the industrialized nations.
- At current cost rates, health care will make up 25% of the GNP by 2025 and 49% by 2082!
- The first of the “baby boomers” has turned 65 in 2011 starting an avalanche of aging care needs that will bury the current Medicare system.
- Health disparities will continue to increase as rationing accelerates undermining an flourishing society.



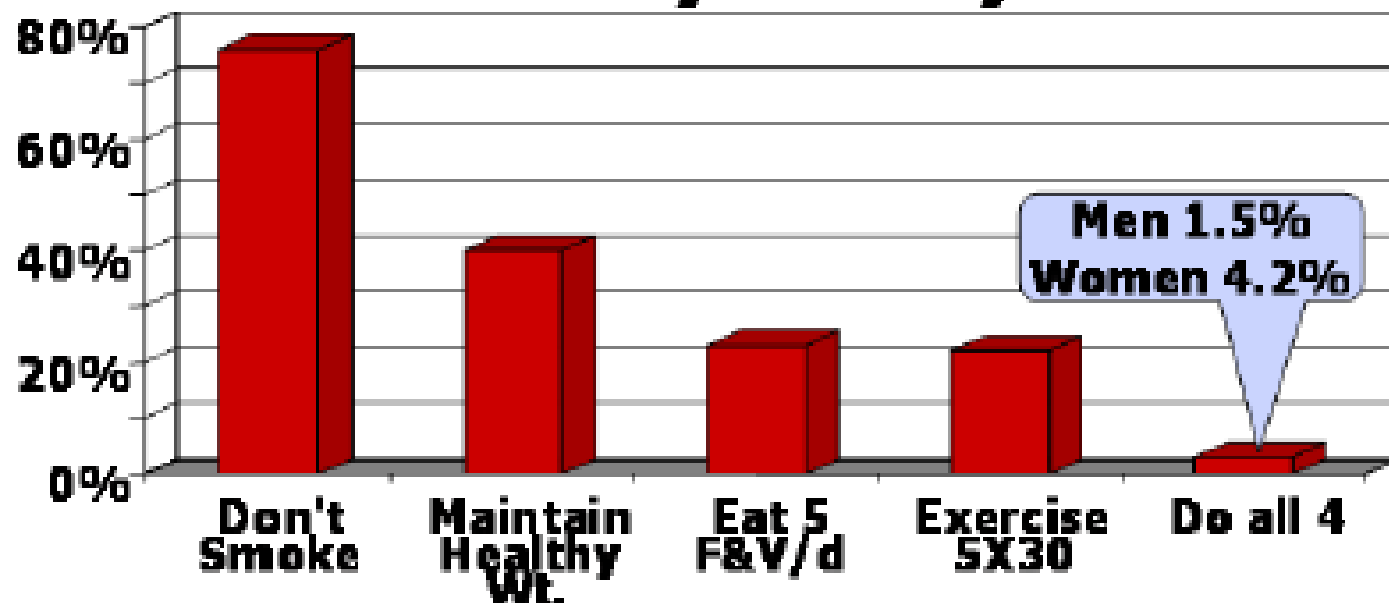
Our Future is at Risk

- The CDC estimates that 1 in 3 adults born after 2000 will develop Type II diabetes.
- For the first time in 100 years, the life expectancy of our children is declining.



Keeping People Healthy

Healthy Lifestyles



70% of premature death is lifestyle-related

50% of all illness & injuries in the last third of life can be eliminated by changing lifestyle

Reeves, Healthy Lifestyle Characteristics Among Adults in the United States, 2000, *Arch Intern Med*, 2005
Crowley & Lodge, *Younger Next Year*, Workman Publishing Company, 2004



SAMUELI INSTITUTE
EXPLORING THE SCIENCE OF HEALING

Growing Challenges for Hospital Leaders

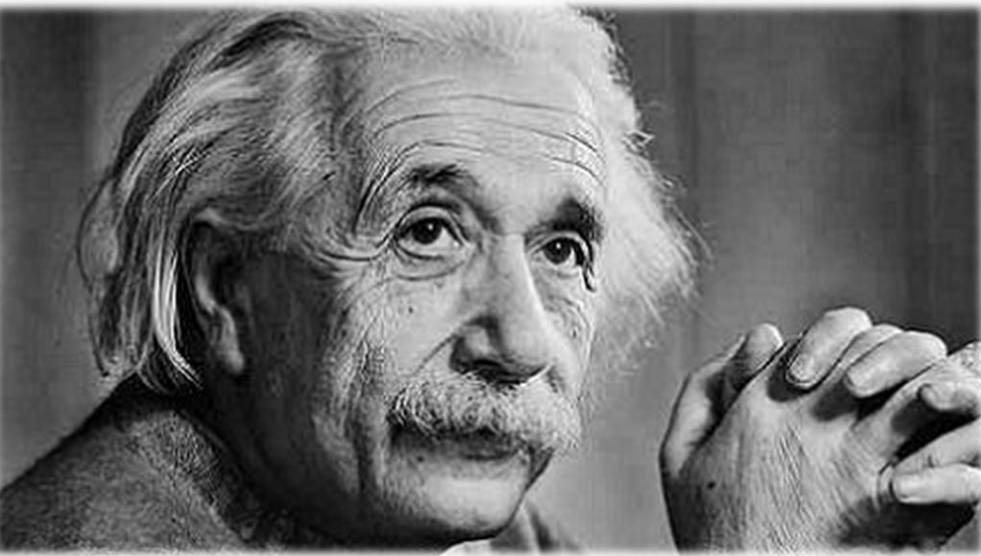
Hospital CEOs have an ‘impossible task’ in an attempt to juggle multiple requirements and divergent business models in a changing environment.

They need to find their ‘Disruptive Solution for Healthcare’
(AHA Health Forum, July 19, 2012)

Clayton M. Christensen, PhD

Harvard Business School

Author “The Innovator’s Dilemma”

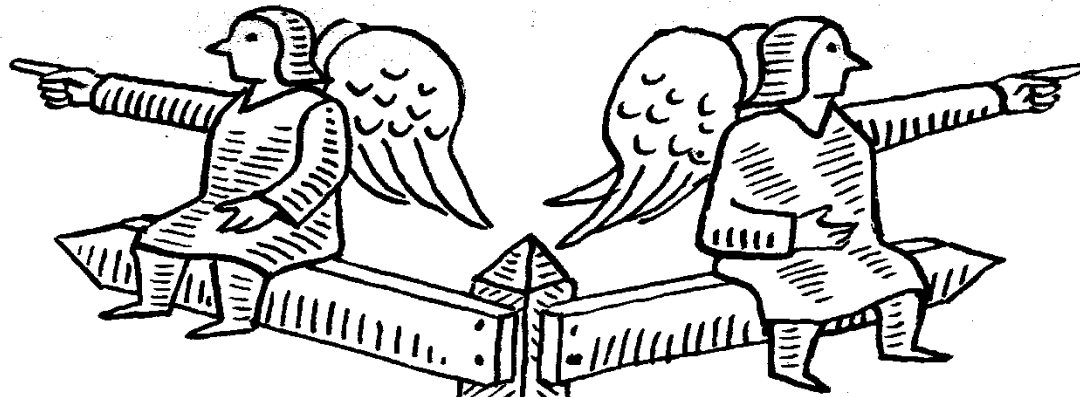


“No problem can be solved from the same kernel of consciousness that created it. We must learn to see the world anew.”

Albert Einstein

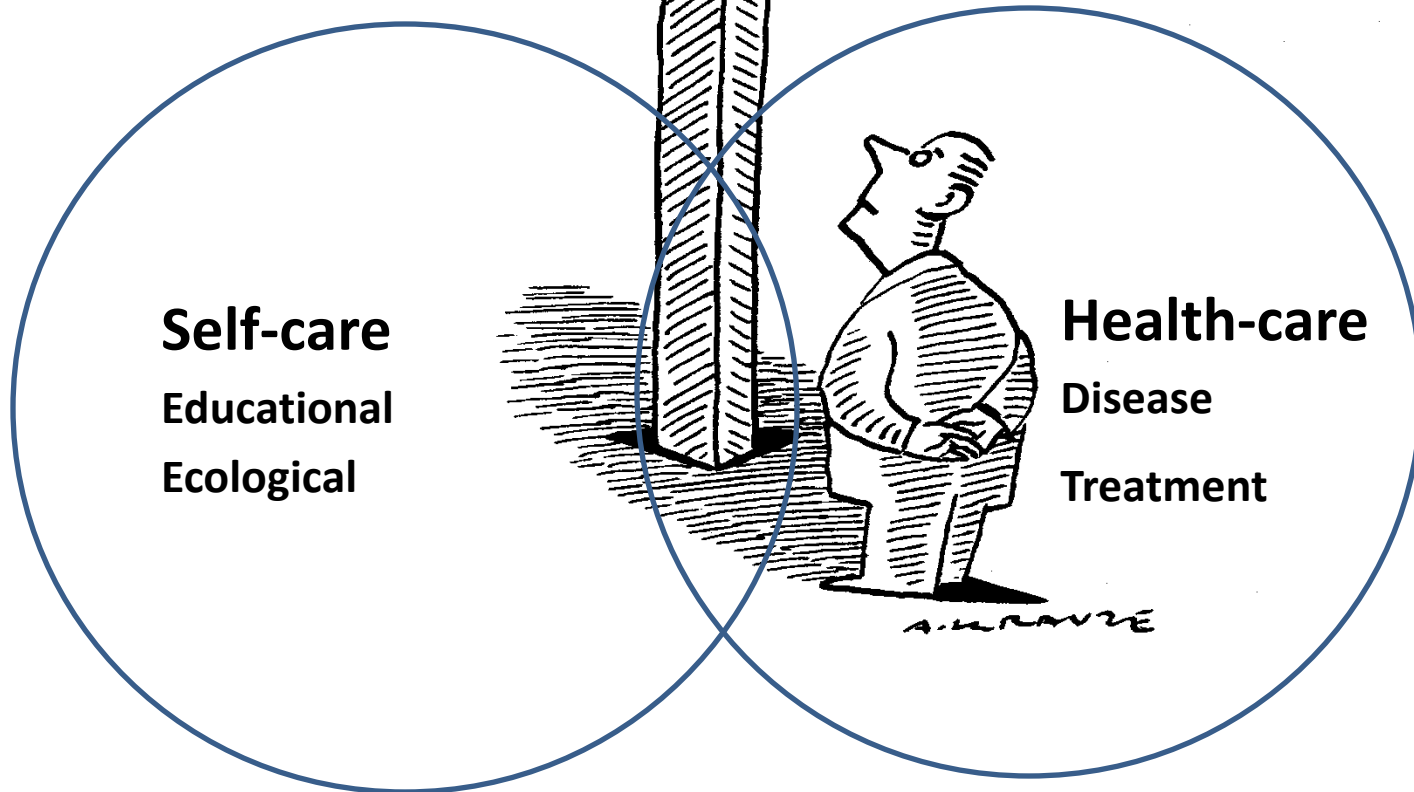
We Need Whole Person, Whole Systems Approach to Creating Health

- Science has now clearly demonstrated that 70% of chronic illness is due primarily to the lifestyle and environmental factors.
- No longer is it reasonable to wait until disease reaches an advanced diagnostic threshold and then provide expensive interventions.
- Prevention, health promotion, chronic disease management and healing require a new whole person, whole systems model for implementing self-care and lifestyle skills management.
- Integrative health care, behavioural changes in lifestyle and optimal healing environments are the best approaches to implement this vision.



HEALING

CURE



Self-care

Educational

Ecological

Health-care

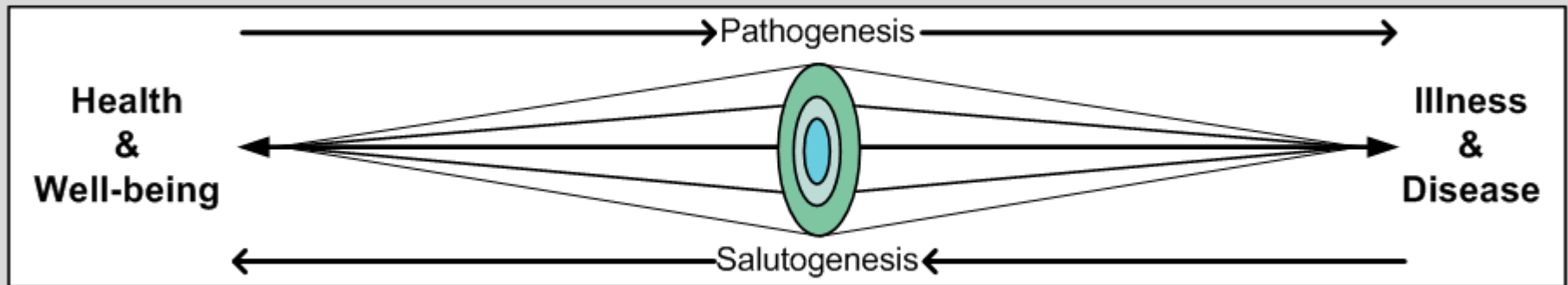
Disease

Treatment

A. KRAVITZ

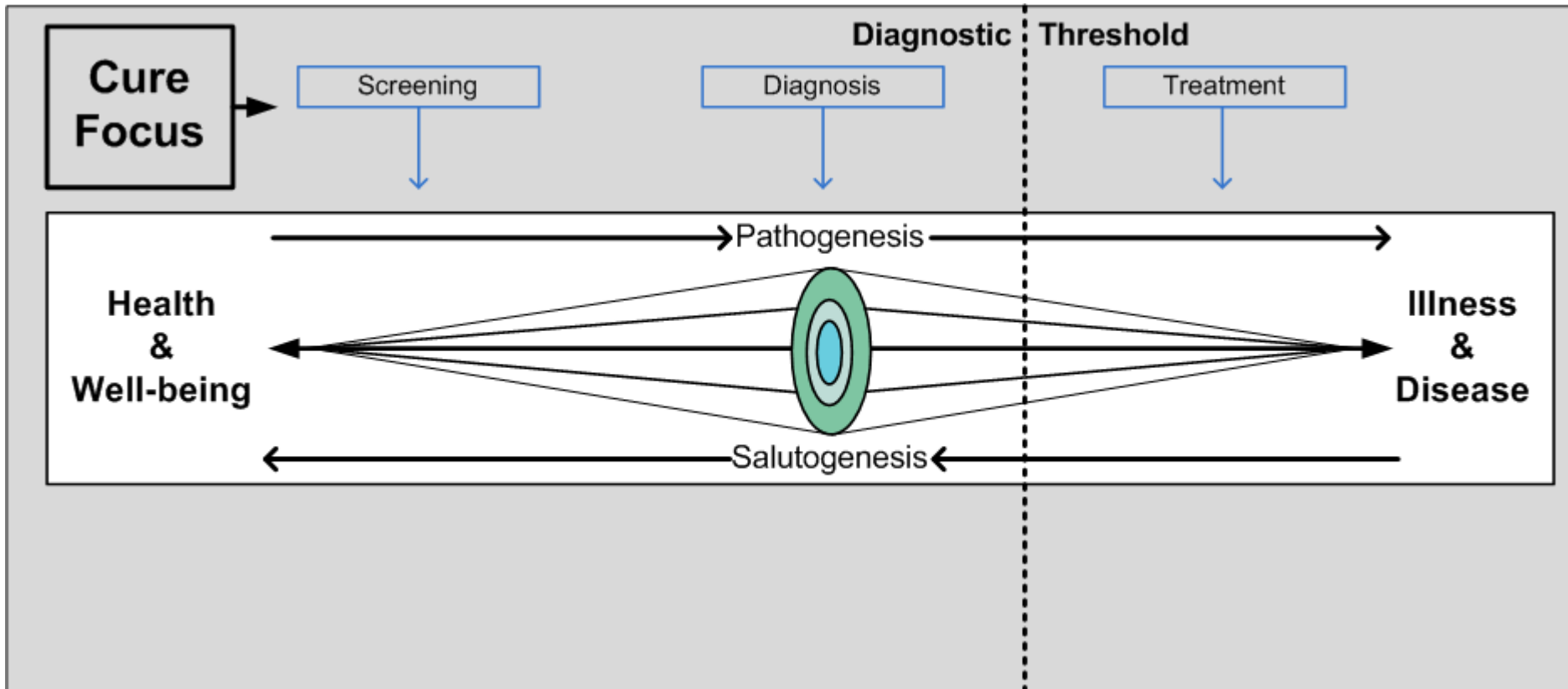
Salutogenesis

Pathogenesis: The mechanism by which a disease is caused. The term can also be used to describe the development of the disease, such as acute, chronic, and recurrent.

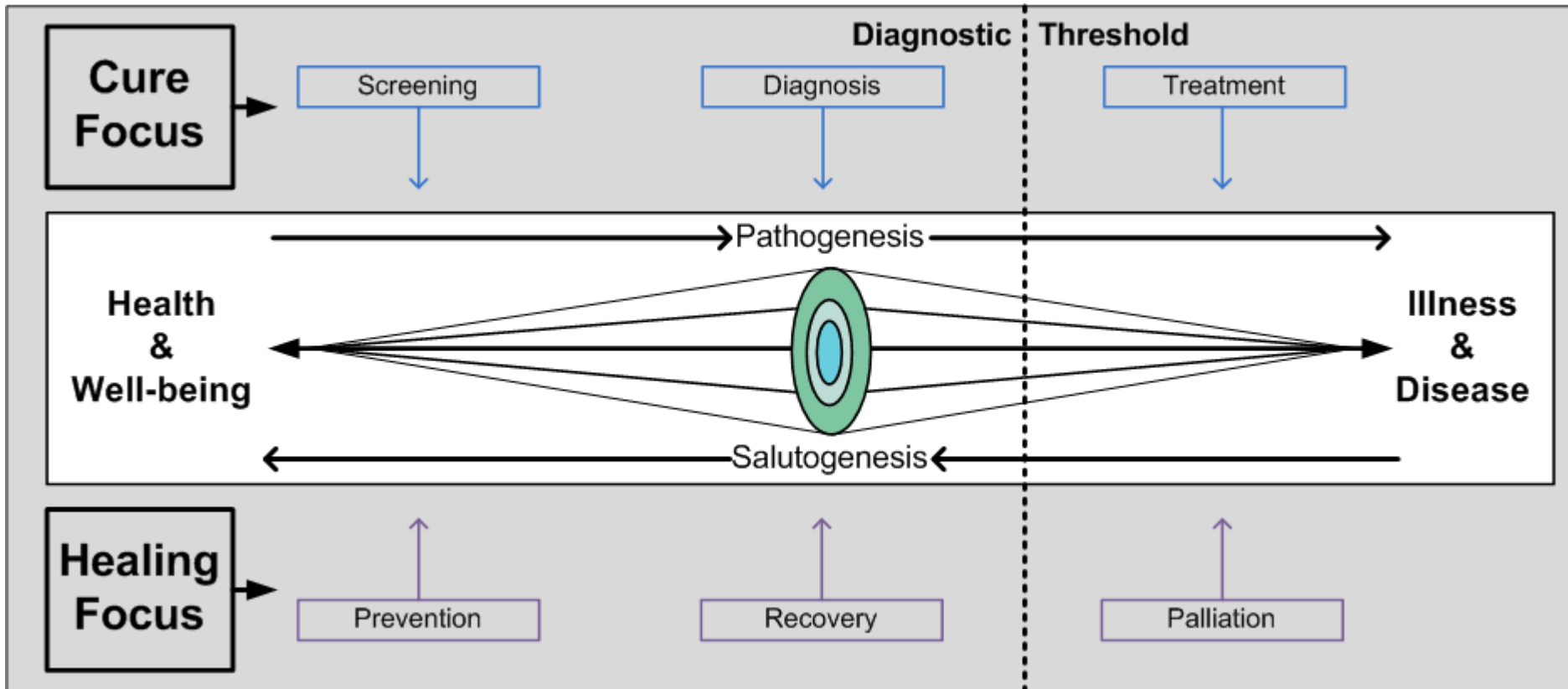


Salutogenesis: The process through which health and well-being are produced, rather than disease. Applied across the full spectrum of life from conception to conclusion.

Cure and Treatment



Healing and Wellbeing



The General Components of Salutogenesis



Human Flourishing

National Prevention Strategy

Wheel of Health



Self-Care

Professional Care

Duke Integrative Medicine

Healthy People 2020

Ecologic Model of Health



Wellness Initiative for the Nation



WellBeing



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Total Force Fitness

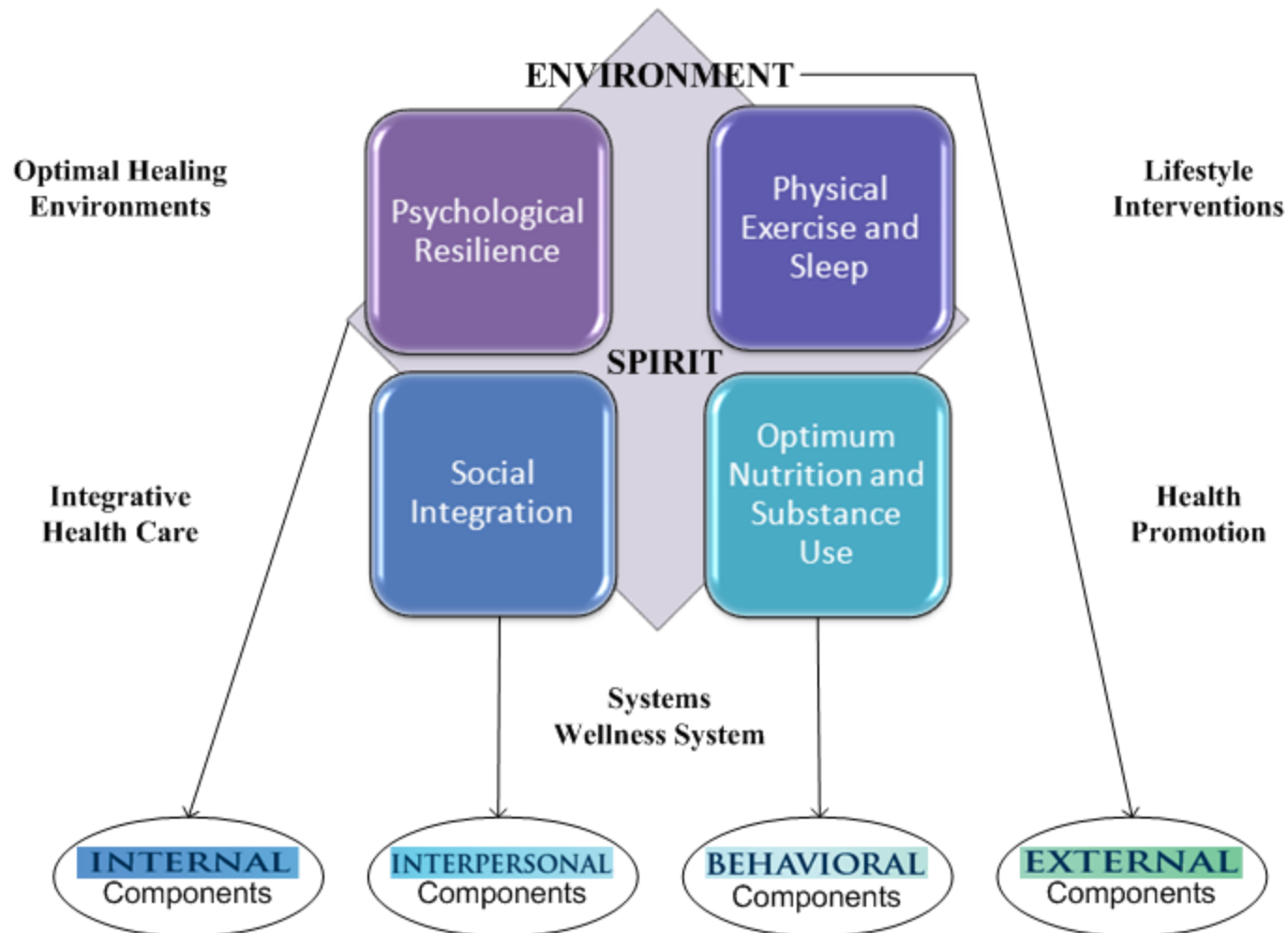


Optimal Healing Environments

INTERNAL		INTERPERSONAL		BEHAVIORAL		EXTERNAL	
DEVELOPING HEALING INTENTION	EXPERIENCING PERSONAL WHOLENES	CULTIVATING HEALING RELATIONSHIPS	CREATING HEALING ORGANIZATIONS	PRACTICING HEALTHY LIFESTYLES	APPLYING COLLABORATIVE MEDICINE	BUILDING HEALING SPACES	FOSTERING ECOLOGICAL SUSTAINABILITY
Expectation	Mind	Communication	Leadership	Diet	Integrative	Color and Light	Eco-Friendly
Hope	Body	Compassion	Mission	Exercise	Person-Centered	Art & Architecture	Green
Understanding	Spirit	Social Support	Teamwork	Relaxation	Family-Centered	Aroma & Air	Energy Efficient
Belief	Energy	Empathy	Technology	Addiction Management	Culturally Sensitive	Music & Sound	Nature
INNER ENVIRONMENTS				TO OUTER ENVIRONMENTS			

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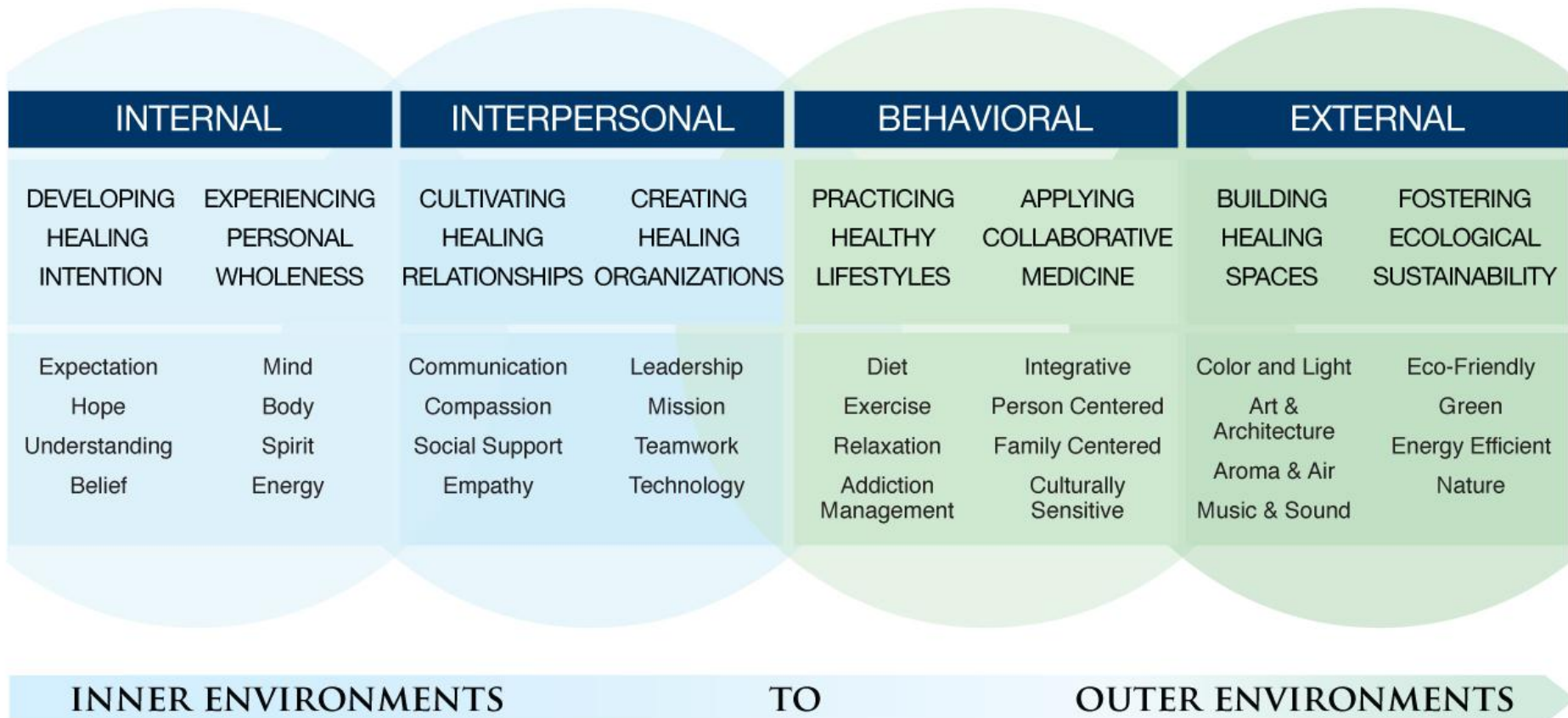
The Biopsychosocial Model of Healing



OPTIMAL HEALING ENVIRONMENTS

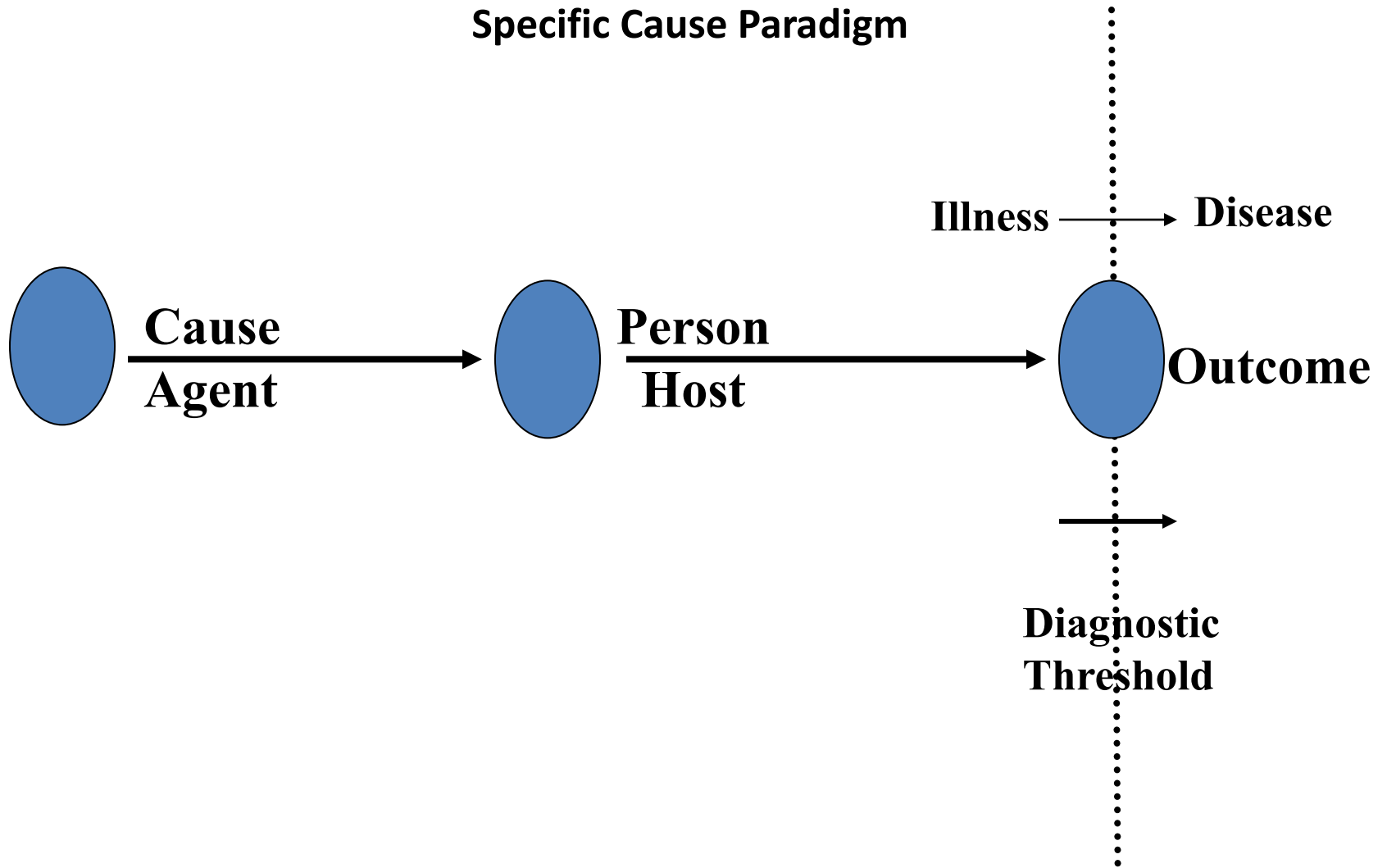
MAKING HEALING AS IMPORTANT AS CURING

An Optimal Healing Environment is one that supports and stimulates patient healing by addressing the social, psychological, physical, spiritual and behavioral components of health care and enabling the body's capacity to heal itself.

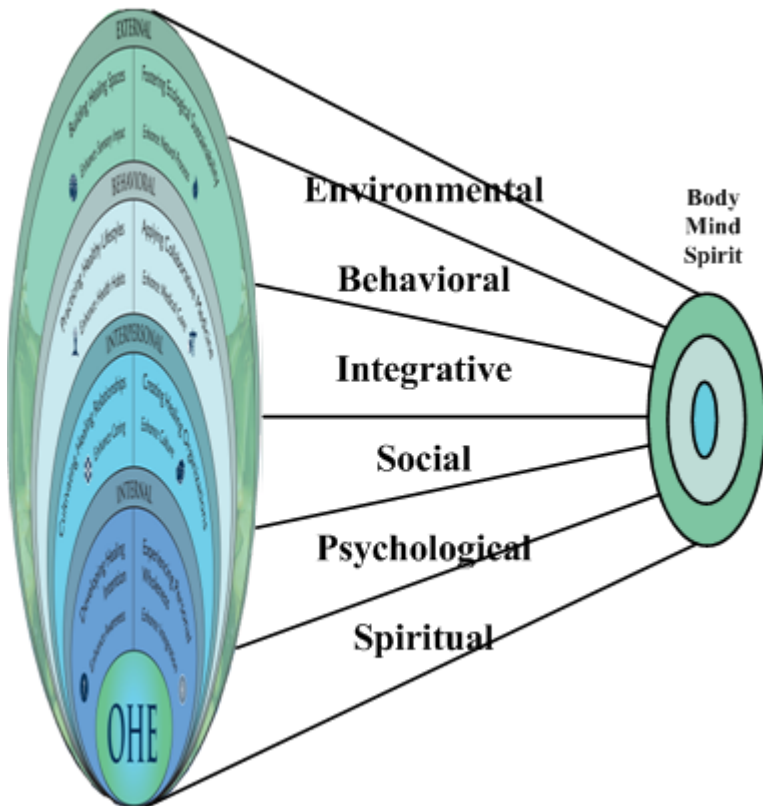


Cure Model

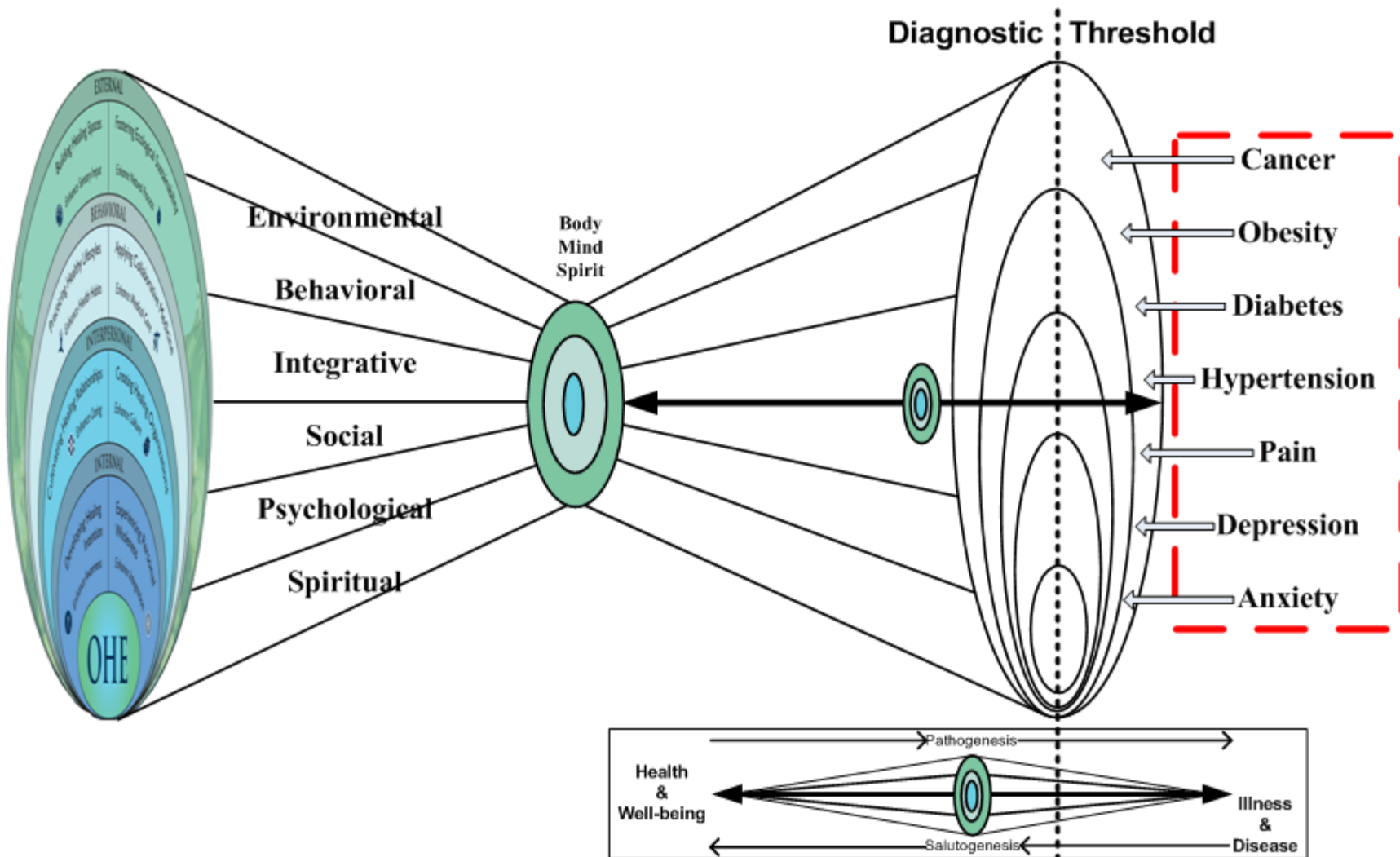
Specific Cause Paradigm



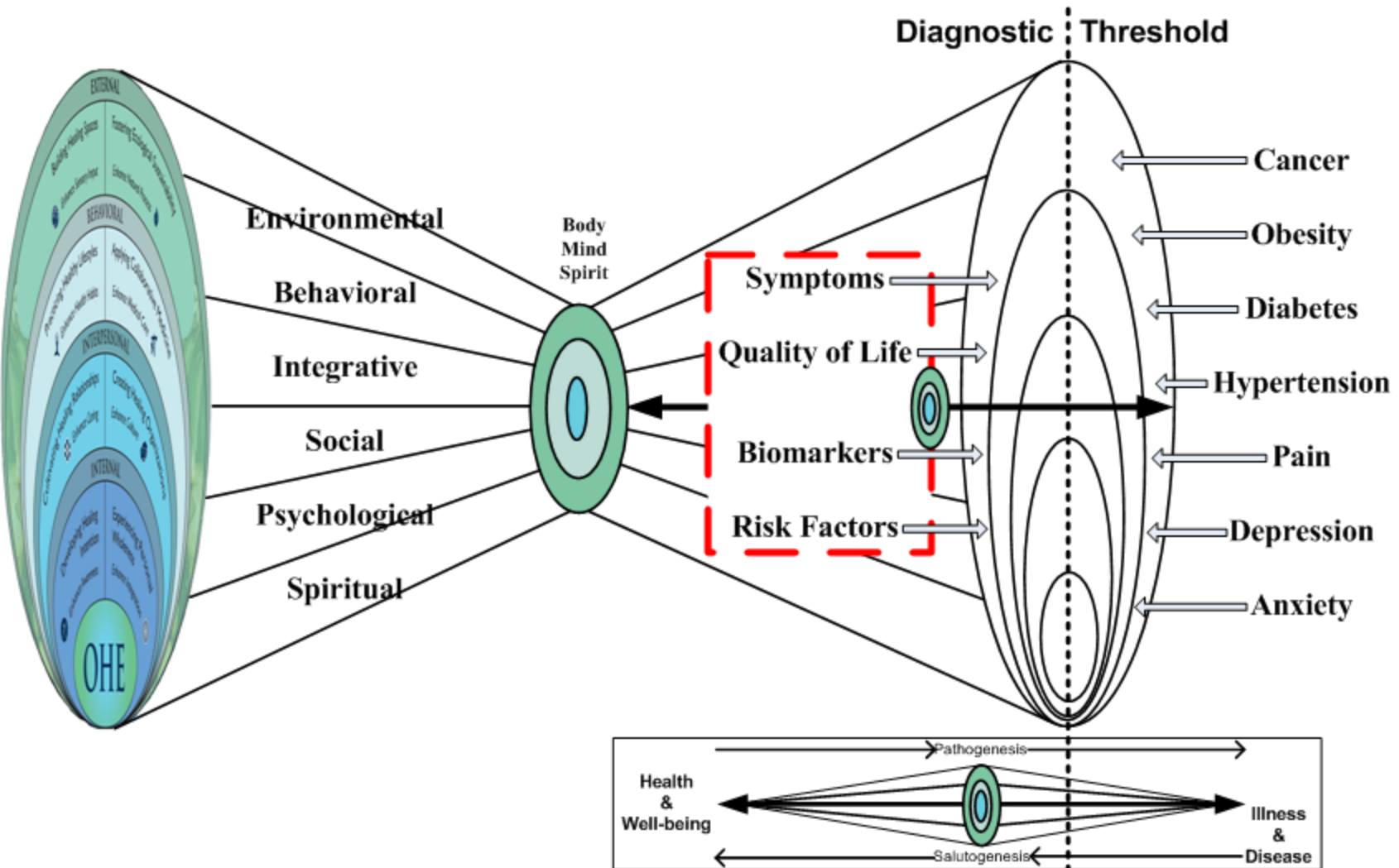
As a Systems Approach



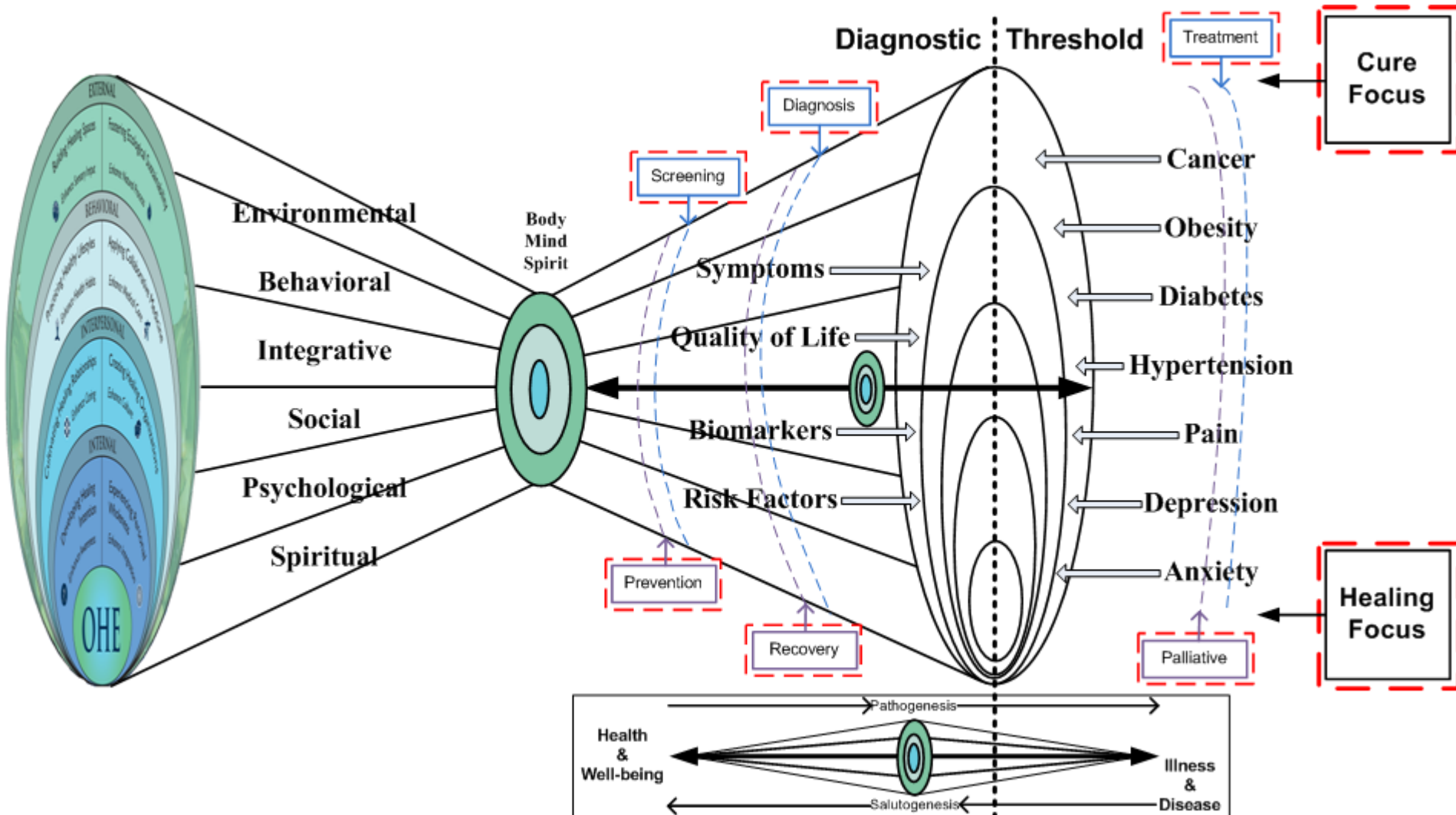
The Diagnostic Threshold



Prevention and Proactive



Healing and Cure

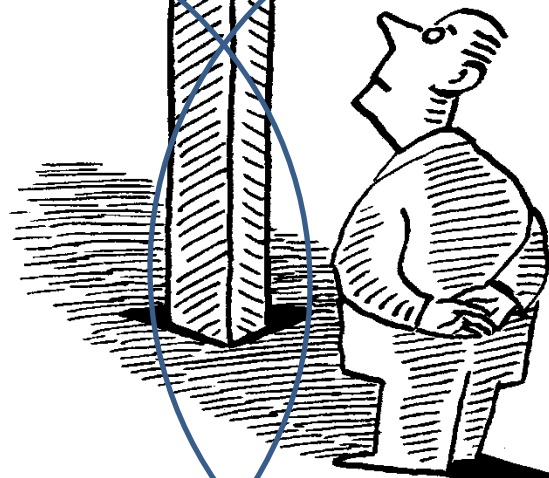
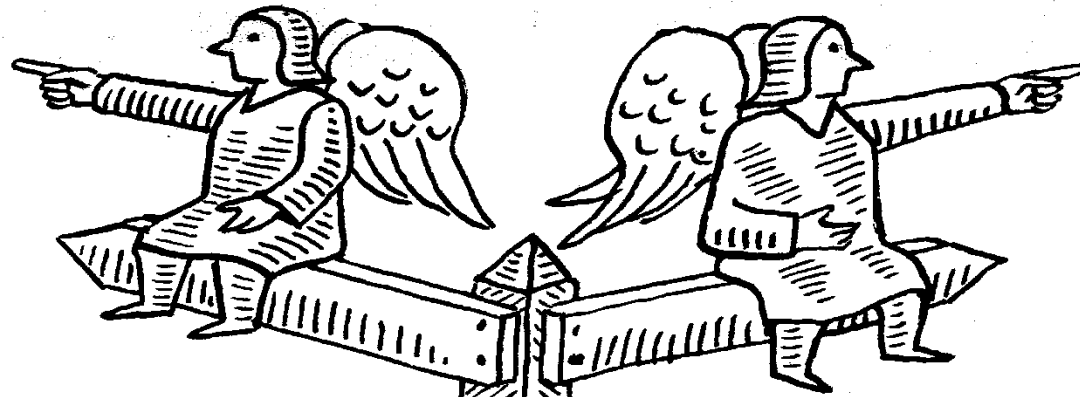


HEALING

CURE

Self-care

Health-care



A. KRAVIZ

Interpersonal Work Environment



Teaching Hospitals How to Listen

One Woman Struggled to Convince Administrators That Staff Responsiveness – or Lack of It – Affects Patient Outcome

By SUSAN OKIE
Special to The Washington Post

My friend Sylvia Stultz, who died of cancer in June, was a clinical psychologist whose passion was teaching social skills to autistic children. Until she became sick with a rare sarcoma, about two years ago, Sylvia ran therapeutic groups for such kids, helping them learn how to make friends, notice interpersonal cues and carry on ordinary conversations.

Sylvia had enviable social skills: Although she lived alone, she maintained close connections with a large network of friends and relatives who supported her throughout her illness. Her directness and sense of humor endeared her to her doctors, nurses and other caregivers, calling forth their best efforts on her behalf.

However, as a cancer patient undergoing treatment at several respected institutions in Washington and Boston, Sylvia noticed intriguing parallels between her experiences in certain clinical settings and her work with autistic children. She encountered striking differences in the cultures of the places where she received her care: While some hospitals and clinics seemed to encourage responsiveness and empathy among their staff members, others appeared to foster an atmosphere in which patients often felt ignored and employees often seemed reluctant even to make eye contact. Since Sylvia felt powerless to affect the course of her own illness, she focused her energies, for as long as she could, on a target that played to her strengths: She tried to teach social skills to hospitals.

See CULTURE, Page F4



BY STEPHANIE CARTER — GETTY

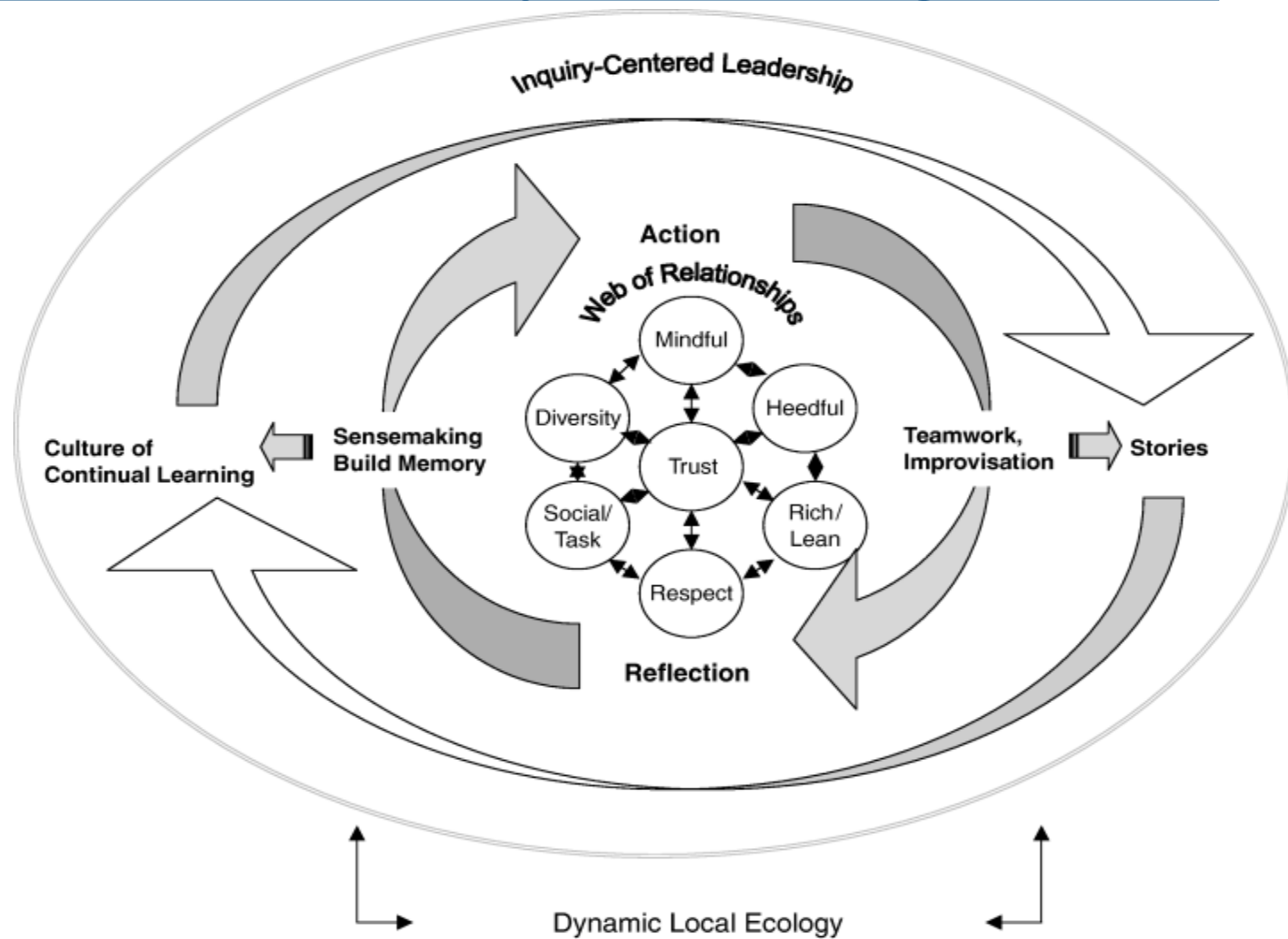


Creating Healing Organizations

- **Leadership, staff, vision, mission**
- **Organization, team building, payment**

HEALING CULTURE

A Model of Relationship-Centered Organizations



Team Care: Patient and Family Centered Care

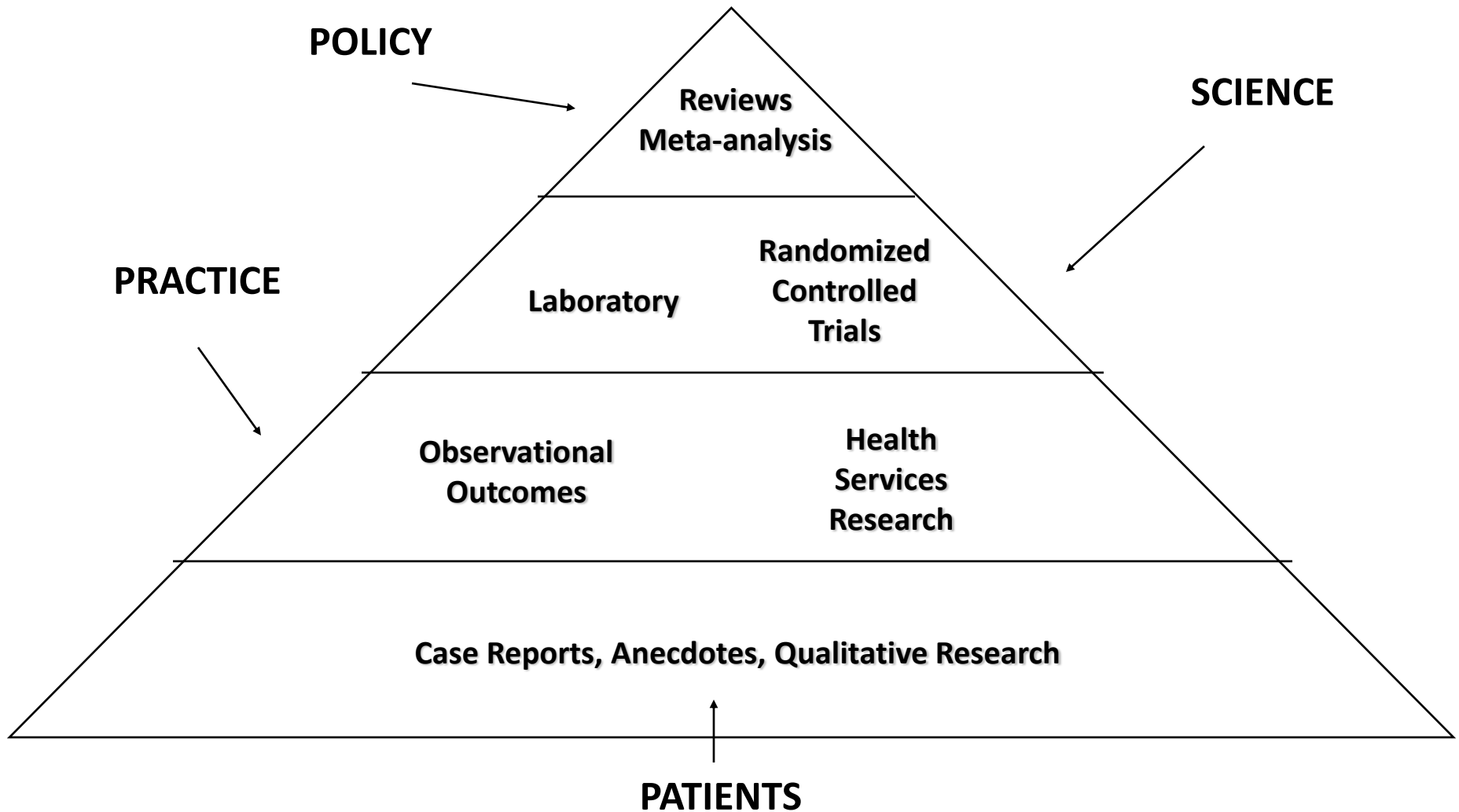
Has an Effect on:

- Reduced mortality
- Improved functional health outcomes
- Shorter length of stay
- Workforce morale and turnover

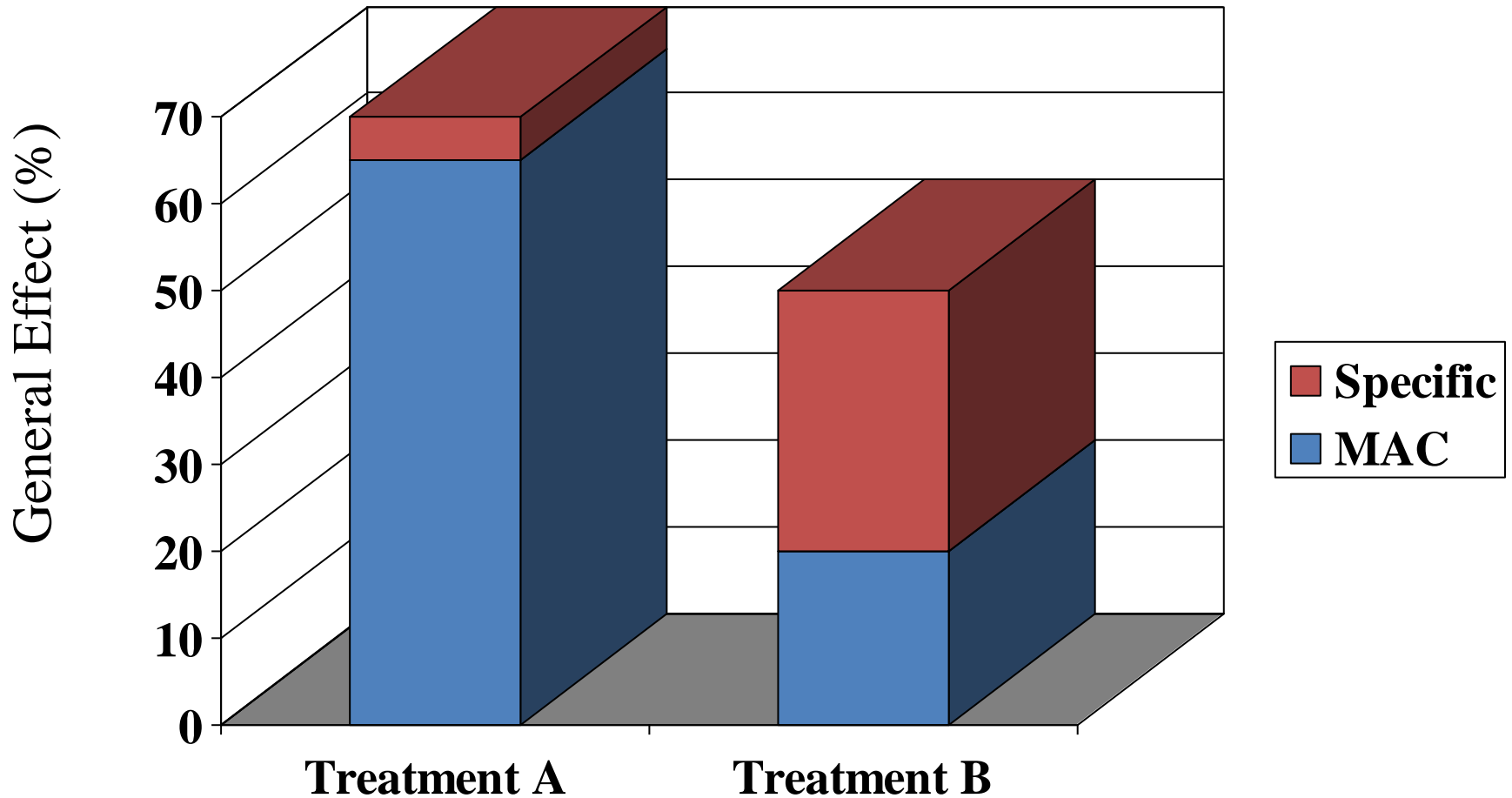
Effect of Teamwork on Mortality Risk

- Teamwork model included:
 - a structured collaborative communication protocol,
 - daily rounds attended by every team member,
 - the patient and available family members.
- 56% reduction in risk-adjusted mortality among cardiac surgery patients after introduction of a new “interdisciplinary care team” model

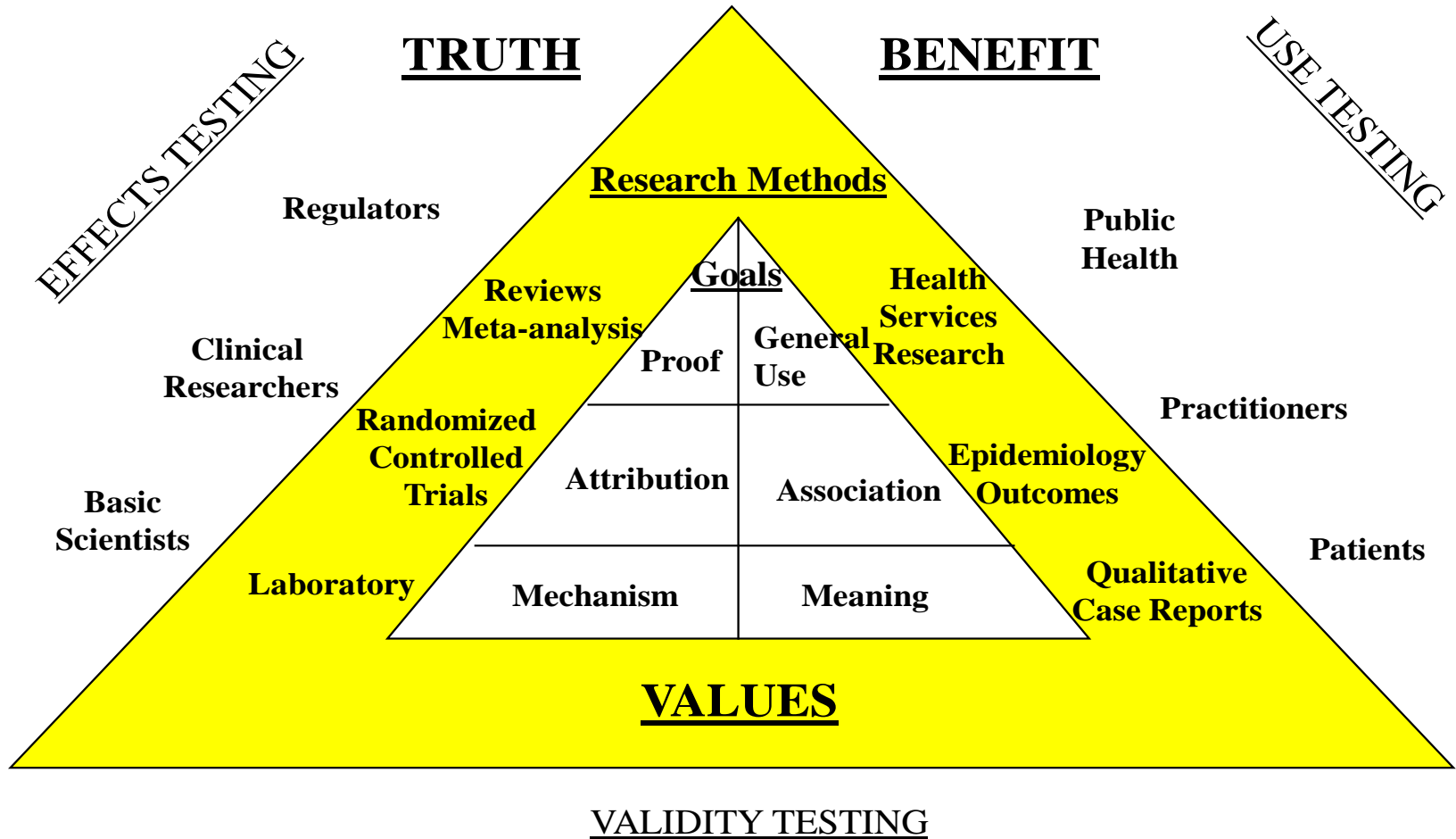
Evidence Hierarchy



Patient-centered or Evidence-based Medicine



The Evidence House



Structure

- Types of people – Wellness Professionals
- Type of training – evidence and experiential
- Research – balanced, mixed-methods
- Economic valuation – business model that aligns with what is valued

Process

- Team Based – full team (person and family) all valued
- Whole person and whole system - integrated
- Salutogenesis – healing, wellbeing - asset based
- Self-care – education, lifestyle, wellbeing coaching

Outcomes

- Cost
- Quality
- Satisfaction
- Wellbeing – risk factors, health, and resilience
- Human Flourishing Index



D. RIDDLE

Unpaid Shaman

Sitting at my desk
with so many important things to do
piling up around me like so much trash.

Will I need any of this to help the next patient
who has for fifty years had irritable bowel
in various places?

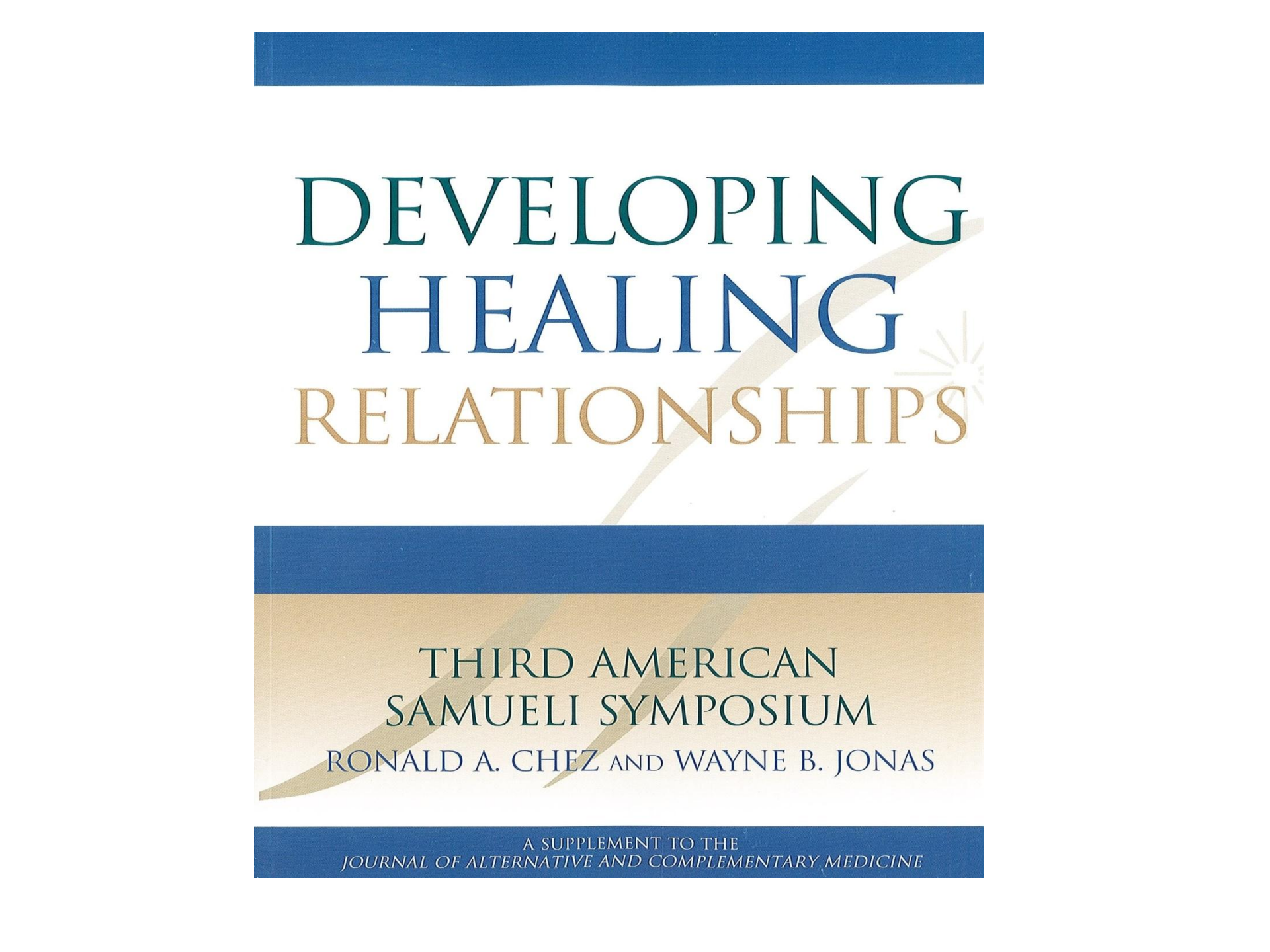
She blocks all suggestions without knowing it,
always the victim.
It is clear that only she can and cannot help herself.

I see why shamans sometimes treat from trance,
by throwing forth the possibility of change
from an appropriate distance.

Maybe we could try biofeedback
or the Relaxation Response?
I couldn't get paid as a shaman.

Soon I stop talking, silenced with
concern – I too have no power.
And she leaves disappointed.
Someone younger would not have
given up so fast.

My pager breaks the wondering.
I must prepare the student's class.
Perhaps I'll make it on something
you can cut out.



DEVELOPING HEALING RELATIONSHIPS

THIRD AMERICAN
SAMUELI SYMPOSIUM

RONALD A. CHEZ AND WAYNE B. JONAS

A SUPPLEMENT TO THE
JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE