Patient Centeredness

- 9:05 am
- Panel
- Stephen Daniels, MD, PhD
Patient Centeredness

Millie Henn

Mended Hearts
It’s All About the Person

Dennis Robbins, MPH, PhD

www.DennisRobbins.com
Leveraging The Person to Add Years to Our Lives & Life to Our Years
Healthy Living: Clues from Aristotle and Hippocrates

• Health and the “good life” of the ancient Greeks was based on the mean between the extremes of self-indulgence and self-neglect.

• Hippocrates Diatia

• Movement from “Healthcare” and Episodic Unhealth to Health and Helping The Person to Become and Remain Healthier

• Each of us is the key to add *Years to Our Lives & Life to Our Years*
Unpacking the Baggage of the Patient: A Glimpse into the Psychology of Disease

• The patient is a consequence of our reductionist approach to medicine, tied to the pathophysiology of disease where, in essence, the patient is the disease.

• This magical transformation into disease results in the person relinquishes their responsibility to the clinician(s) rather than it being their problem to resolve.

• Patients become/are expected to be passive & subservient
It’s All About The Patient Person!

• We must move from the concept of the patient as passive, subservient, wounded, and vulnerable to the person who can do ANYTHING they find to be important sufficiently meaningful or that matters enough

• We must work to make being healthy not daunting, unpleasant, or insurmountable, but to make the healthy choice the easy choice

• Small Changes Incrementally Can Make Huge Differences

• By putting the whole person in the game we can help to create a Behavioral Symphony of Wellness
I Create My Own Destiny and Future

• It is presumptuous to think we know what the person really wants better than the person him or herself, and we are often astonished by those presumptions

• I am the person most interested in their own well-being

• We can no longer jeopardize our personhood by passively and involuntarily restricting our identity by being defined by disease, condition, or body part.
Everything that makes me... ME!

Aspirations
Idiosyncrasies
My memories
What’s important to me
My values
My history

The way I see myself
Preferences
My personality
What makes me distinctive

Autonomy

Healthcare De-Personalizer
Optimizing, Maximizing, and Savoring Life
It’s All About

the

patient

person
Thank you!
Dennis A. Robbins
www.dennisrobbins.com
Talking About Risk

Anne Carol Goldberg, MD, FACP, FAHA, FNLA
Professor of Medicine
Washington University School of Medicine
The person sitting in the chair in my office wants to know:

- What should I do about my (or my spouse’s or my child’s) cholesterol?
- Do I need to do anything?
- Can I lower my levels without medication?
- Can I prevent a heart attack or stroke?
- What about my family members?
Talking About Risk

• How do we assess risk?
  o ASCVD calculator—for people without vascular disease and without very high LDL levels or diabetes
  o Lifetime risk

• Putting risk into context
  o Age, long term risk, inherited cholesterol problems

• Additional factors: family history, cluster of risk factors, personal preferences for treatment
The Conversation

- What is the person most worried about?
- Does his or her perception of risk agree with mine?
- Can I provide information to help with our decision-making process?
  - How data relate to his/her situation?
  - Safety concerns about medications?
- What can we negotiate with regard to lifestyle changes and possible medication therapy?
Working with Families

- Risk reduction is often a family issue
- Lifestyle change can involve the whole family
- Inherited cholesterol disorders
  - Familial hypercholesterolemia—increased risk, finding affected family members, deciding to treat children
Creating an Alliance

• Listening
• Indicating understanding of concerns, fears, and needs
• Encouraging participation and autonomy in decisions
• Working towards agreement and collaboration
• It’s not about the clinician
• It’s about the person who wants to take charge of her/his health