

You Trump
Pills!!



The Clinician Effect

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Title of Program: Family Medicine Grand Rounds

Title of Talk: The Clinician Effect: How Human Connection Impacts Outcomes

Speaker/Moderator: David Rakel MD

Planning Committee Members: John King, MD, MPH, Melisa Gibson, MD, Anne Morris, MD, Whitney Calkins, MD

Date: September 26, 2016

Workshop #: 17-101-03

Learning Objectives

- 1.
- 2.
- 3.

DISCLOSURE:

Is there anything to disclose? Yes or No

Please list the Potential Conflict of Interest (if applicable):

All Potential Conflicts of Interest have been resolved prior to the start of this program.

Yes or **No** *(If no, credit will not be awarded for this activity.)*

COMMERCIAL SUPPORT ORGANIZATIONS *(if applicable):*

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The University of Vermont designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Rural Medicine

Teton Valley
Driggs, Idaho



*That to which we
give attention,
grows!*

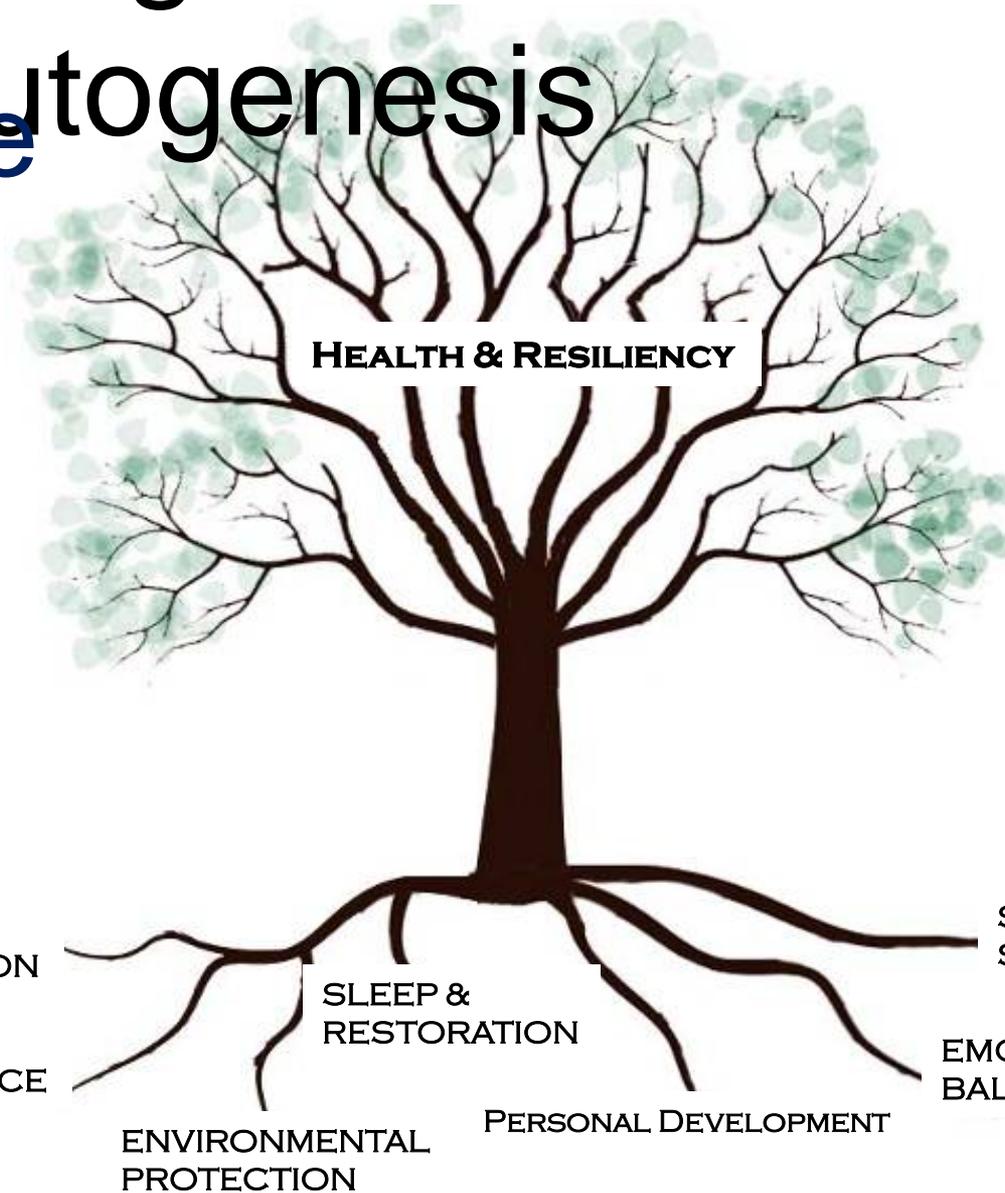


Pathogenesis vs

Salutogenesis

Passive

Active





Cultural Conditioning & Perception

Perception of a
label...

“Alternative”

”Complementary”

“Integrative”

Bringing unconscious
bias to
consciousness

On Being Sane in Insane Places

Rosenhan DL, Science Vol. 179, 1973



4 Psychologists
1 Psychiatrist
1 Pediatrician
1 Painter
1 Homemaker

8 Sane people
admitted to different
psych hospitals

- All given the diagnosis of schizophrenia in remission
- Avg length of stay: 19 days (7-52 days)

How Many Fs?

Finished files are the result of years of scientific study combined with the experience of years.



Perception and Art





Perception and Medicine

Linear vs Circular

Linear Treatment

- Pathological Process
- Treatment
- Restoring old state
- Volume
- Hierarchical
- Dependency
- Passive
- Concrete

Circular Healing

- Natural Process
- Transformation
- Achieving new state
- Value
- Collaborative
- Empowering
- Active
- Context

Linear

PPI for GERD

Circular

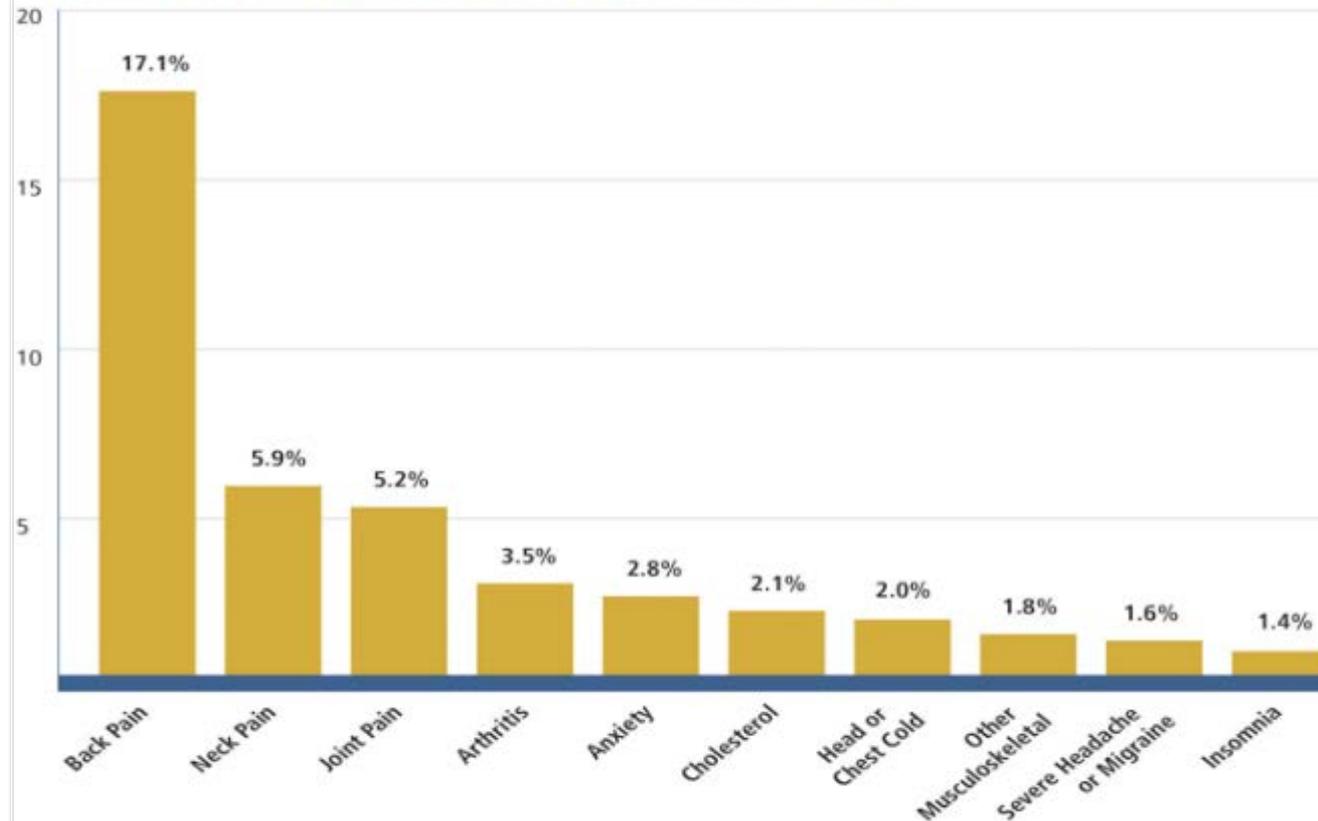
“What’s eating
you up
inside?”

Medicare \$ for LBP Treatment (10 yrs)

- ↑ in epidural steroid injections by 629%
- ↑ in opioid expenditures by 423%
- ↑ in lumbar MRI by 307%
- ↑ in spinal fusion rate by 220%

Despite these increases, there has not been improvement in patient outcomes or disability!

Diseases/Conditions for Which CAM Is Most Frequently Used Among Adults - 2007



Source: Barnes PM, Bloom B, Nahin R. *CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007.* December 2008.

LBP=Most CAM Use

Treatment

A

12 mth, multi-center,
randomized, DB study
228 pts with sciatica

Tx A vs saline injection

- Transient benefit for Tx A at 3 weeks
- Transient benefit for saline at 12 weeks
- No benefit @ 6, 12, 26 & 52 wks.
- Cost/QALY = \$319,130.00
- Failed NICE threshold

Treatment

B

24 mth, multi-center, randomized,
open study

241 pts with persistent low back
pain

Tx B vs usual care by PCP

- 10-15% improvement with Tx B at 12 and 24 mths vs control
- Cost/QALY: \$8,097.00
- Passed NICE threshold for cost effective benefit

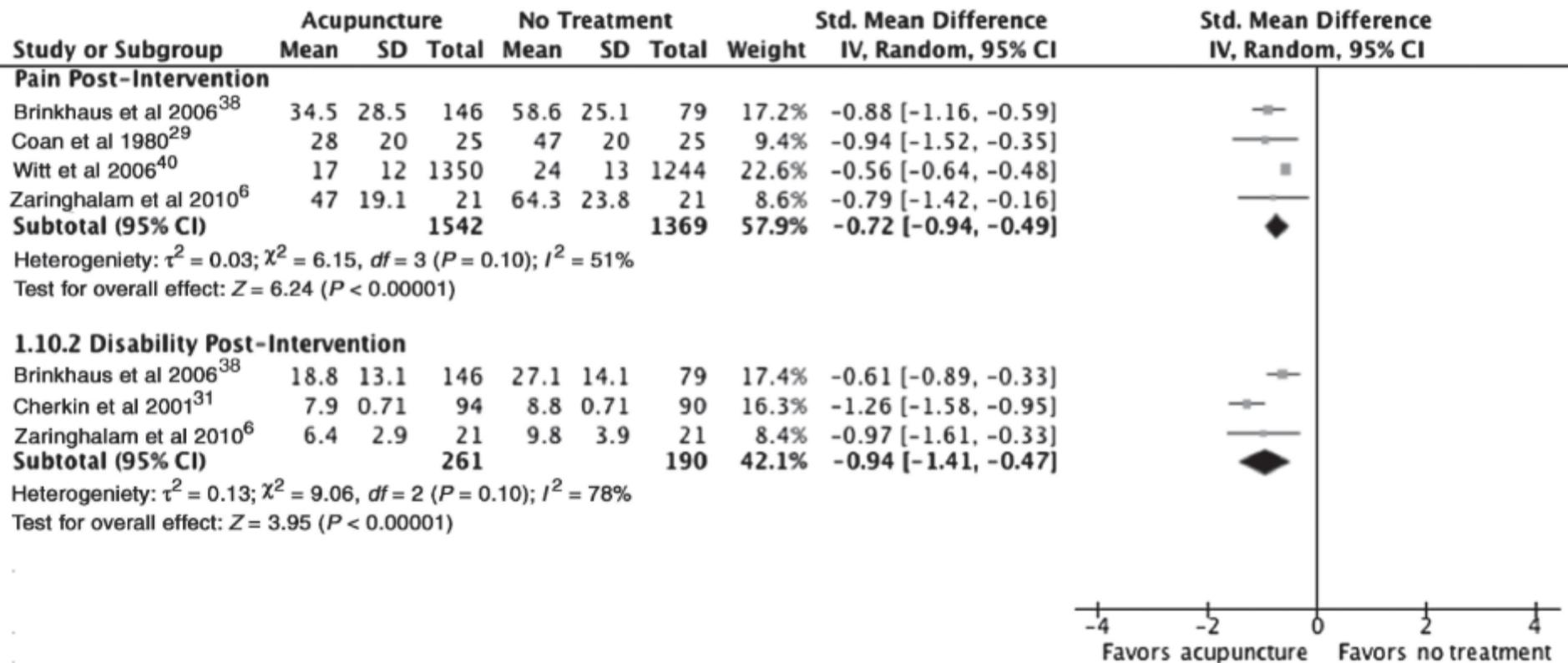
	Treatment A	Treatment B
Evidence of Benefit	+	++
Cost/QALY	\$\$\$\$	\$
Patient Cost	\$	\$\$\$
Institutional Profit	\$\$\$\$	\$
Potential Harm	++	+
Practice	++++	+

Acupuncture vs No Treatment

Lam M, Galvin R, Curry P. Effectiveness of acupuncture for nonspecific chronic low back pain: a systematic review and meta-analysis. Spine.

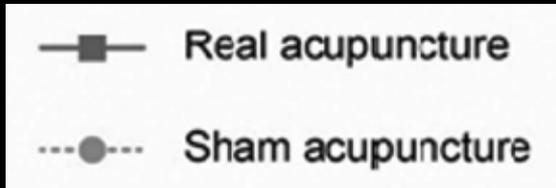
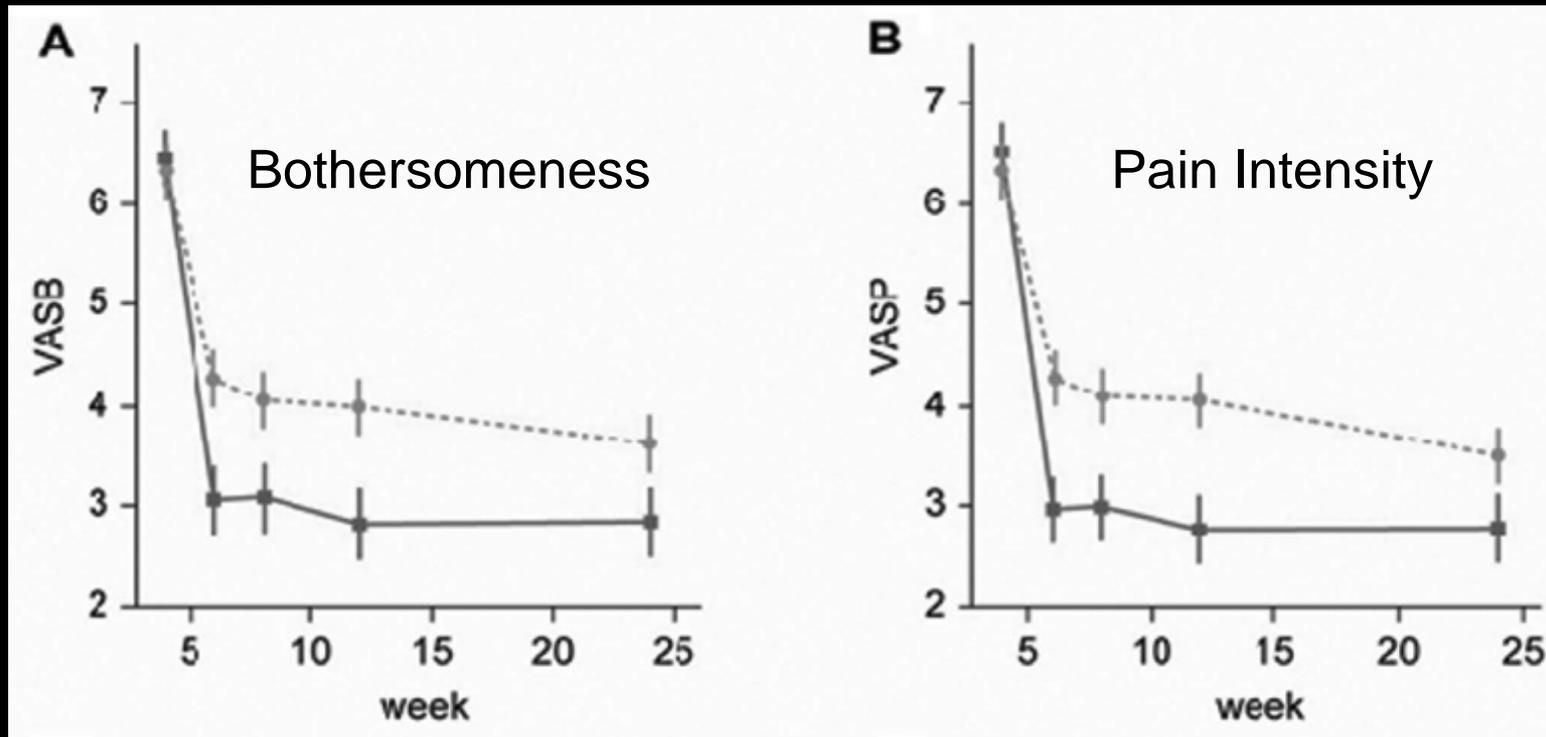
2010;33(22):2373-2381

versus no treatment groups



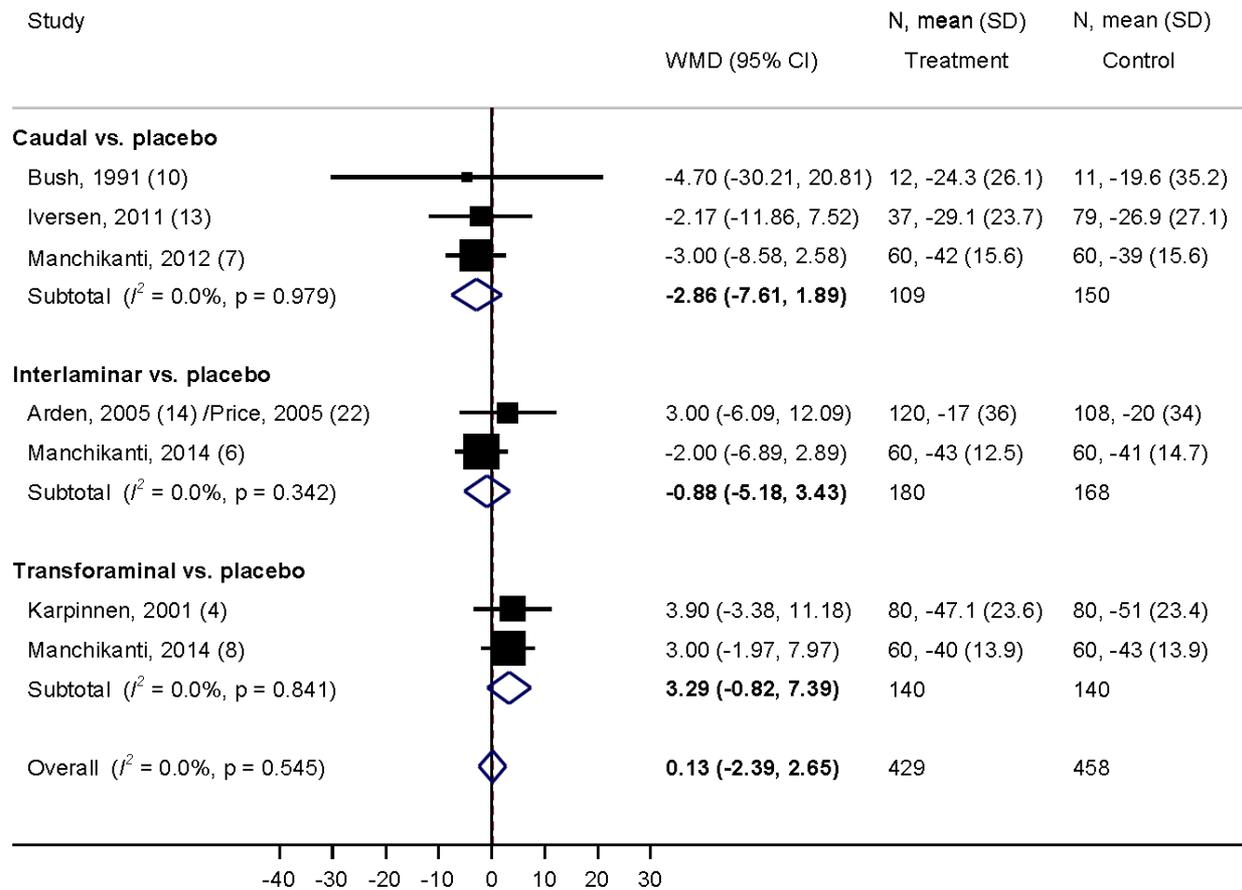
Acupuncture vs Sham Acupuncture for Chronic Low Back Pain

Cho YJ, et al. Acupuncture for Chronic Low Back Pain: A Multicenter, Randomized, Patient-Assessor Blind, Sham-Controlled



Epidural Steroids

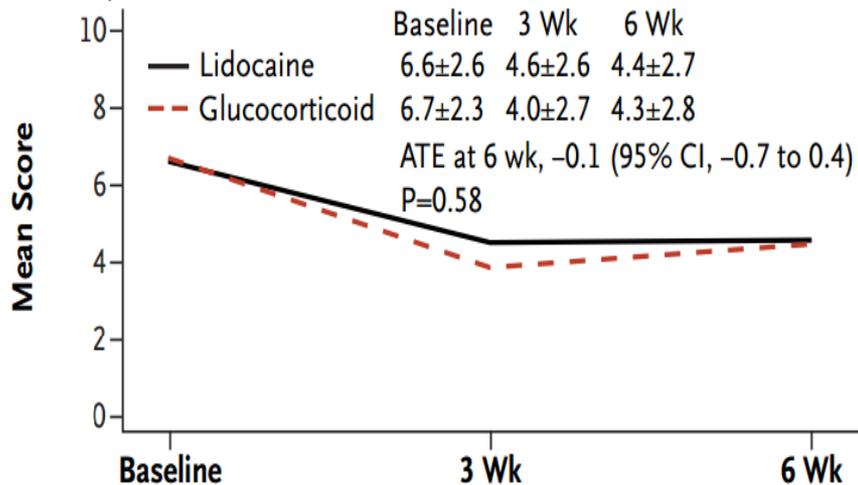
Figure 4. Meta-analysis of epidural corticosteroid injections versus placebo interventions for radiculopathy: Long-term improvement in pain



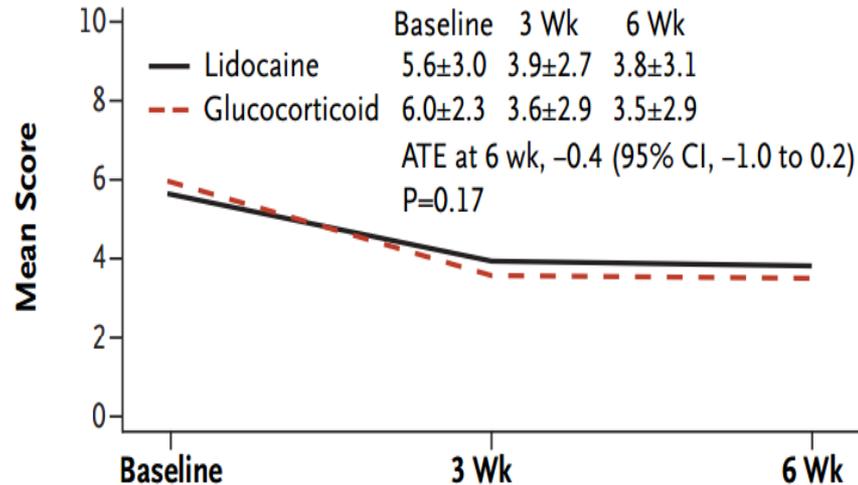
Chou R, et al. Epidural Corticosteroid Injections for Radiculopathy and Spinal Stenosis: A Systematic Review and Meta-analysis. Ann Intern Med. 163:373-381, 2015

Friedly JL, et al. A randomized trial of epidural glucocorticoid injections for spinal stenosis. N Engl J Med 2014;371:11-21.

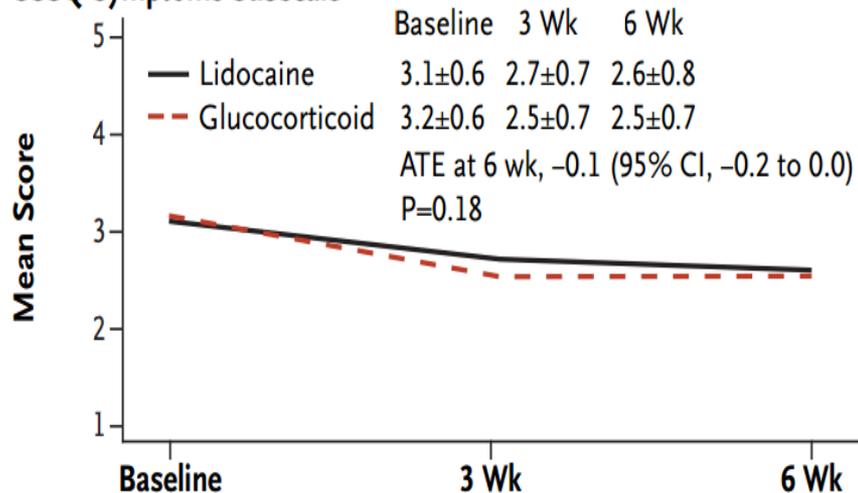
A Intensity of Back Pain



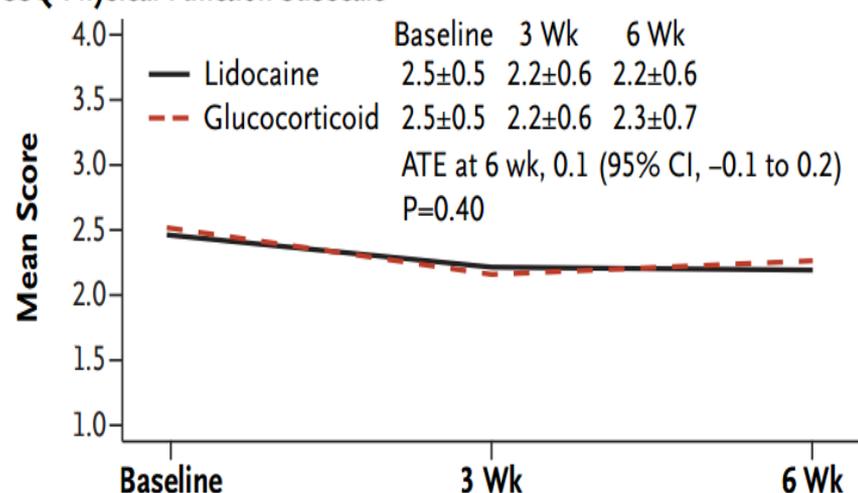
B BPI Interference Scale



C SSSQ Symptoms Subscale



D SSSQ Physical-Function Subscale



Emotions vs Impingement?

Provocative discography in patients after limited lumbar discectomy.
Carragee EJ. Et al. Spine, 2000, 25(23) 3065-3071.

- 83% of those with anxiety/depression were likely to find discography painful
- Non-physical emotion trumps physical impingement!!



Intimacy



TRUST = INTIMACY x COMPETENCY
Degree of Risk



The Napier Group

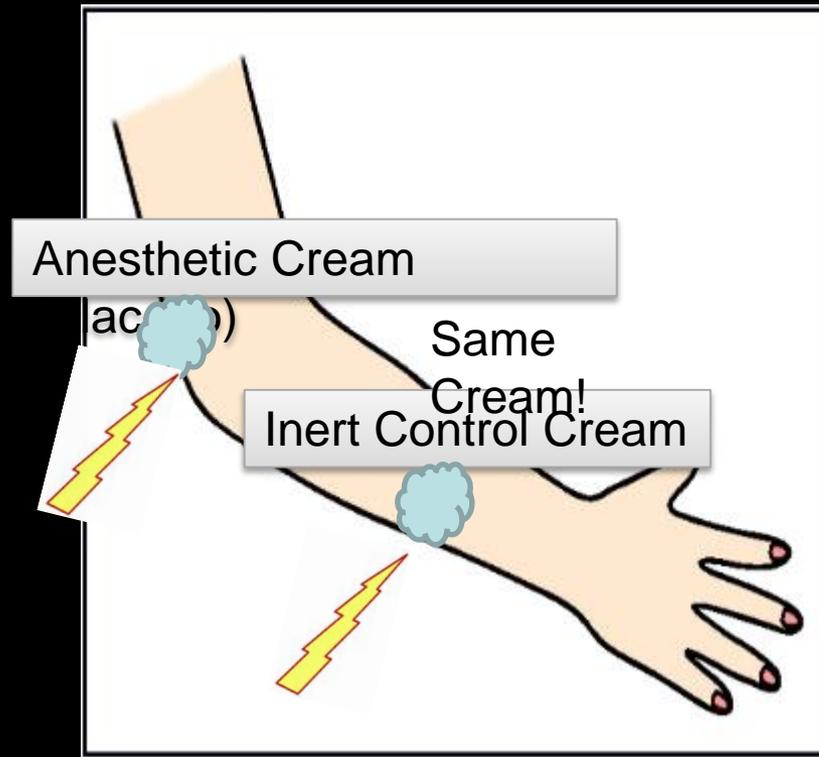
Empathy & Compassion = Trust = Oxytocin

75 Male Volunteers

40 IU Nasal Oxytocin

The LOVE Potion!!!!

Nasal Saline



12.84 ↓ in Pain

Oxytocin reduces pain compared to Saline by

57.83%

7.08 ↓ in Pain

Kessner, S., et al. "Effect of oxytocin on placebo analgesia: a randomized study." JAMA 310(16):

The most effective way
to positively influence
the complexity of
circular reality is
through human
relationships

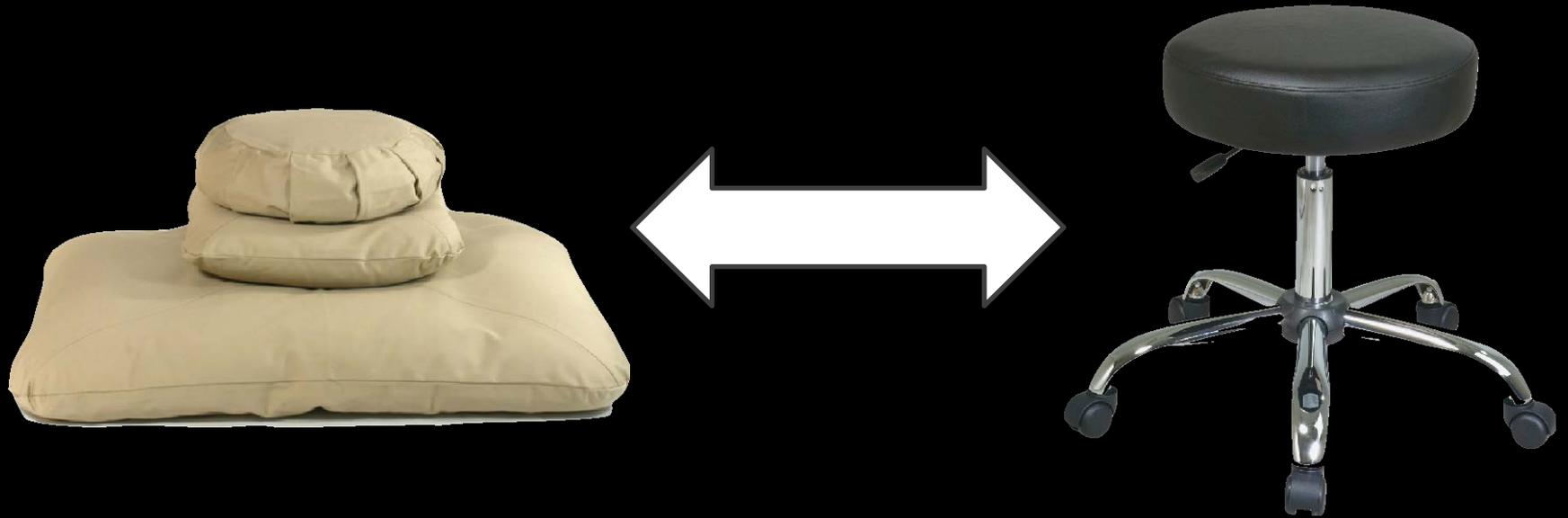
“By far the most frequent drug used in general practice was the doctor himself. It was not the bottle of medicine or the box of pills that mattered but the way the doctor gave them to his patient.”

Michael Balint

Introduction to the Doctor, His Patient and the Illness. 1957. Pg 1



How can your clinical stool become your meditation cushion?



NIH Placebo Research (Harvard, U of Wisconsin)

- ✓ Good Doc
- ✓ Bad Doc
- ✓ No Doc

PEECE Mnemonic

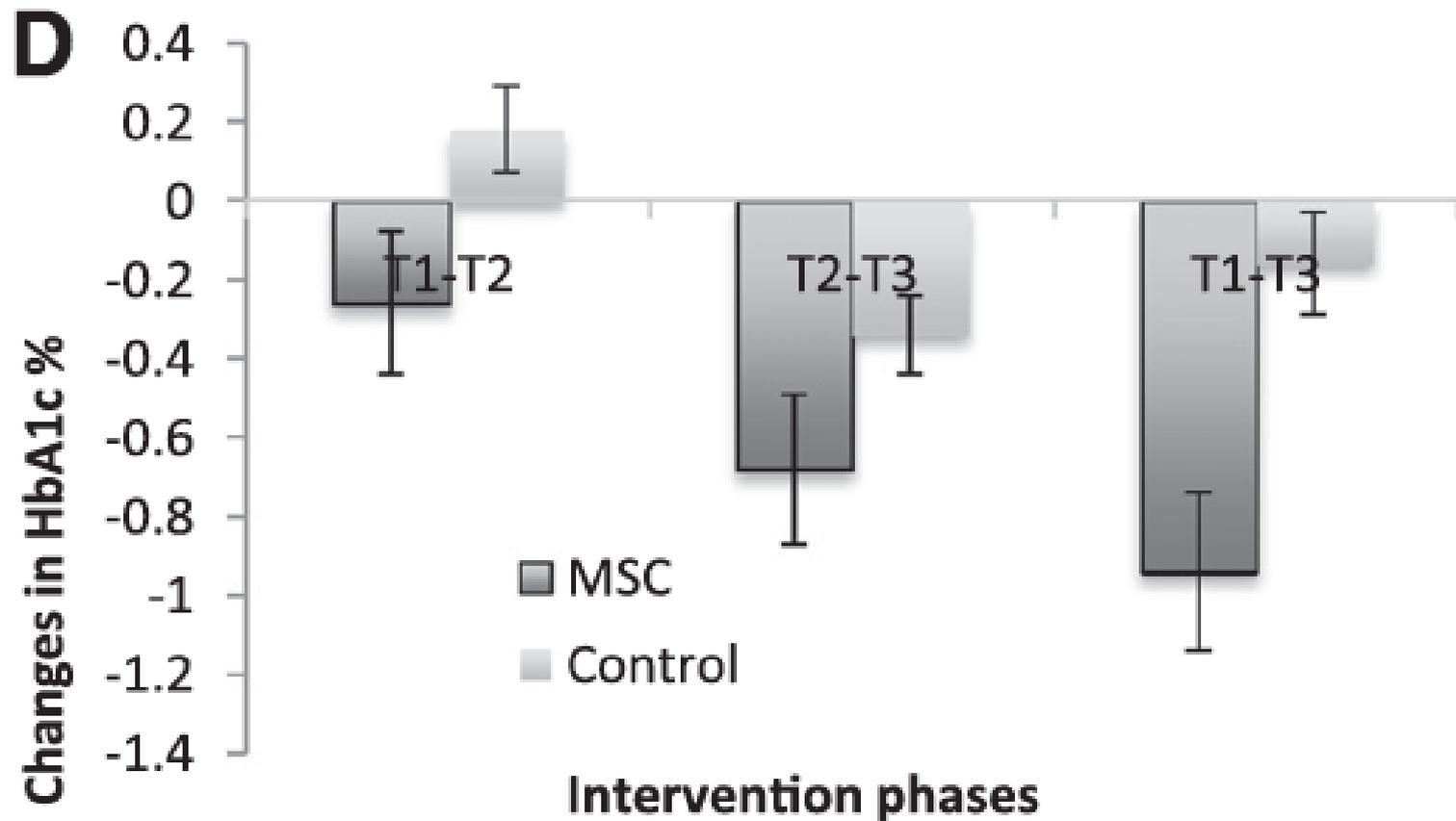
- Positive Prognosis
- Education
- Empowerment
- Connection
- Empathy

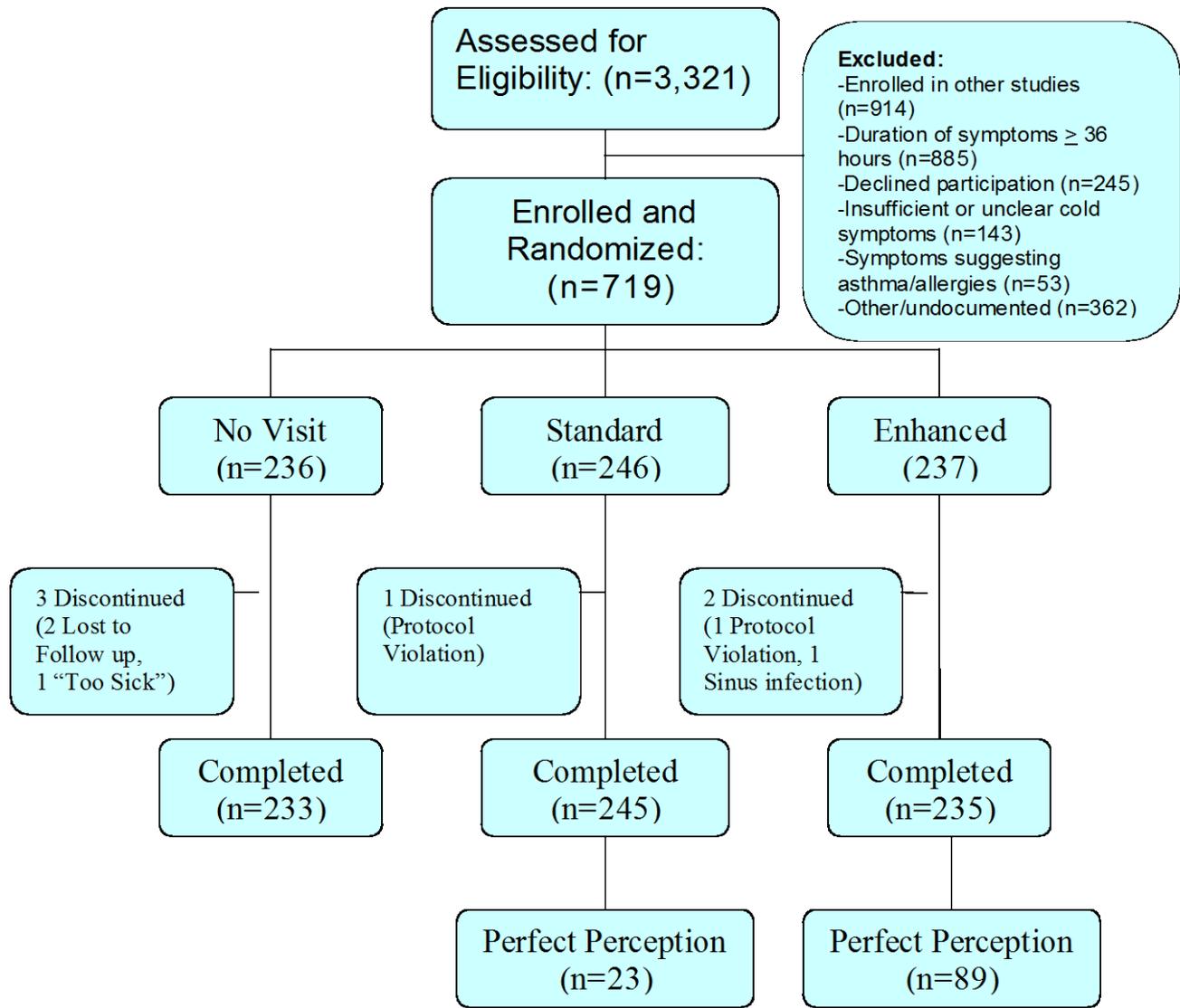


Empathy is linear,
Compassion is
Circular

Self-Compassion and DM Control

Kindness Matters. A Randomized Controlled Trial of a Mindful Self-Compassion Intervention Improves Depression, Distress, and HbA1c Among Patients With Diabetes. *Diabetes Care*, June, 2016



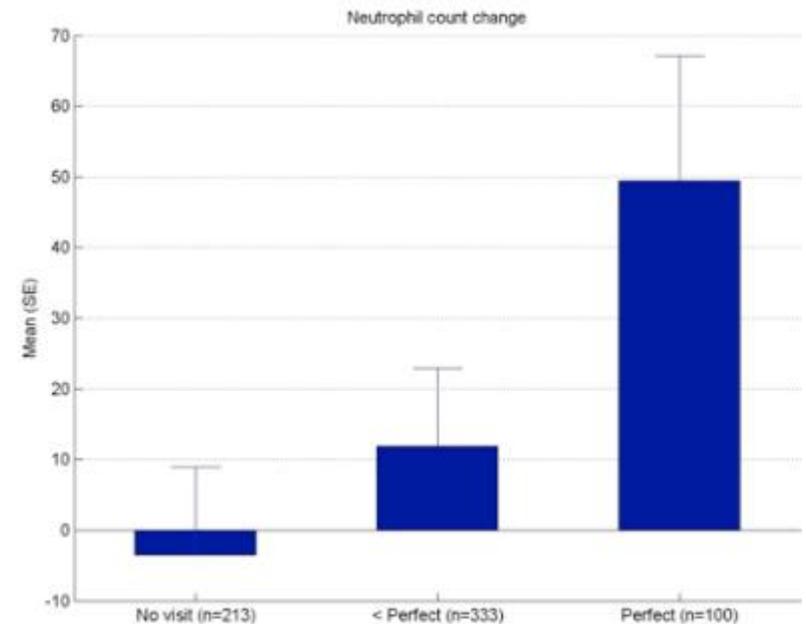
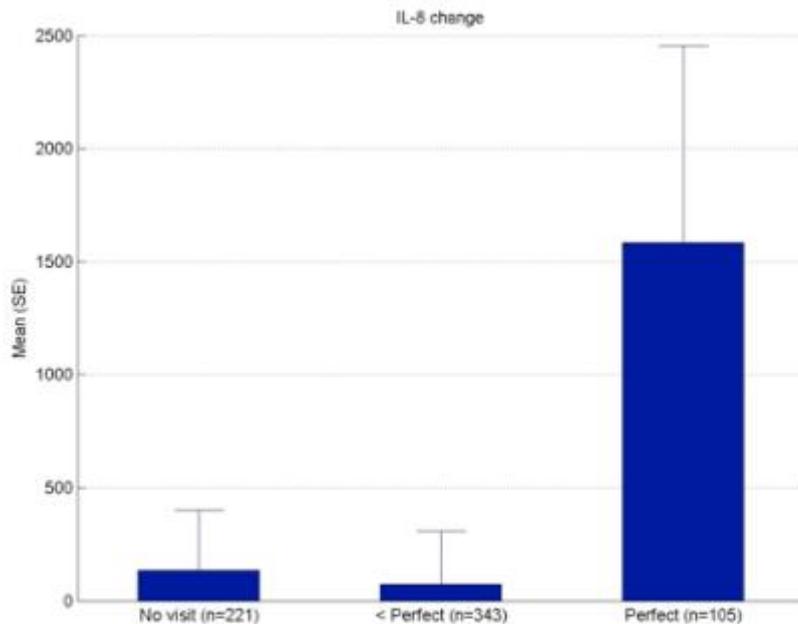


Perception of Perfect Empathy

50/50 on CARE Score

IL-8

Neutrophils



No visit Standard Visit

Enhanced Visit

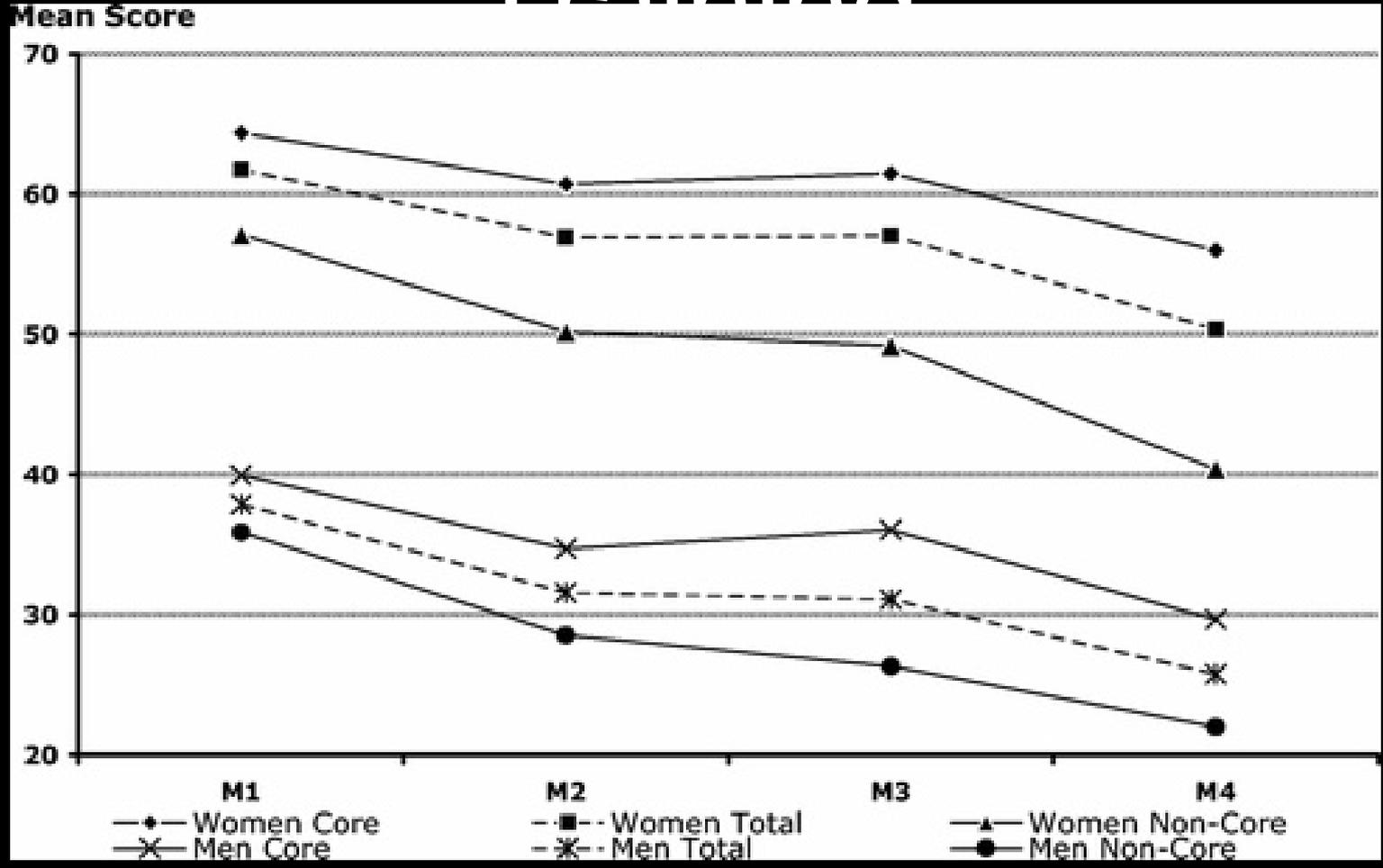
Effects of Perceived Empathy on Common Cold

	No Visit	< Perfect	Perfect	P Value
Duration	6.75 days	7.0 days	5.89 days	0.003
Severity	262.19	270.58	223.38	0.04

Rakel, Hoefft, Barrett, et al. Fam Med. 2009; 41(7):494-501

Rakel, Barrett, Zhang, et al. Patient Ed & Counseling. 2011; 1-8.

Reduction in Empathy with Medical School Training



Changing to a Circular Culture of Health

VA: Personalized, Proactive, Patient Driven

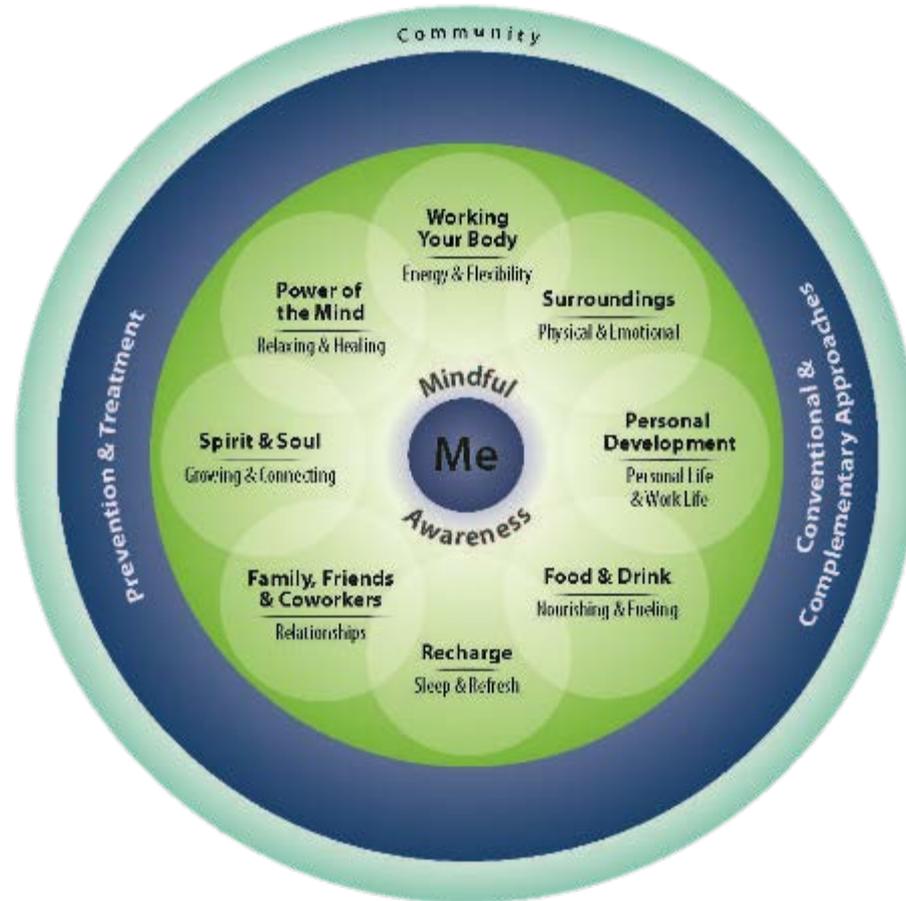
Ask different questions.....



U.S. Department
of Veterans Affairs

1. What do you want your health for?
2. What areas do we need to work on?
3. How can we help you get there?

Circles of Health and Resilience





What do you want your health for?

What Matters?



vs.



You can now add Patient Goals to the top of the Problem List in our Health Record

The screenshot displays a 'Problem List' interface. At the top, there is a blue header bar with the text 'Problem List'. Below this, there is a green plus icon followed by the text 'Create Patient Care Coordination Note'. A search bar contains the text 'patient goal' and a green plus icon followed by the text '+ Add'. Below the search bar, there is a dropdown menu labeled 'Diagnosis' with a downward arrow. The main content area is divided into sections by horizontal lines. The first section is titled 'Patient Goal' and contains a single entry: '▶ Patient Life Goal: Climb Mt. Kilimanjaro'. The second section is titled 'Cardiovascular' and contains two entries: '▶ Hypertension goal BP (blood pressure) < 120/80' and '▶ CAD (coronary artery disease)'. Below the CAD entry, there is a sub-section with a folder icon, the text 'Overview MI in 2000', and a 'Care Plan:' section with a bullet point: '▪ if chest pain develops again, need to call clinic immediately'. The third section is titled 'Endocrine' and contains one entry: '▶ Type 2 diabetes, HbA1C goal < 7%'. Below this entry, there is a sub-section with a folder icon, the text 'Overview', and a description: 'diagnosed 11/26/2012 with A1C of 11 and glucose of ~500. Family Hx: father had diabetes'.

Problem List

+ Create Patient Care Coordination Note

patient goal + Add

Diagnosis ▼

Patient Goal

- ▶ Patient Life Goal: Climb Mt. Kilimanjaro

Cardiovascular

- ▶ Hypertension goal BP (blood pressure) < 120/80
- ▶ CAD (coronary artery disease)
 - Overview MI in 2000 Care Plan: ▪ if chest pain develops again, need to call clinic immediately

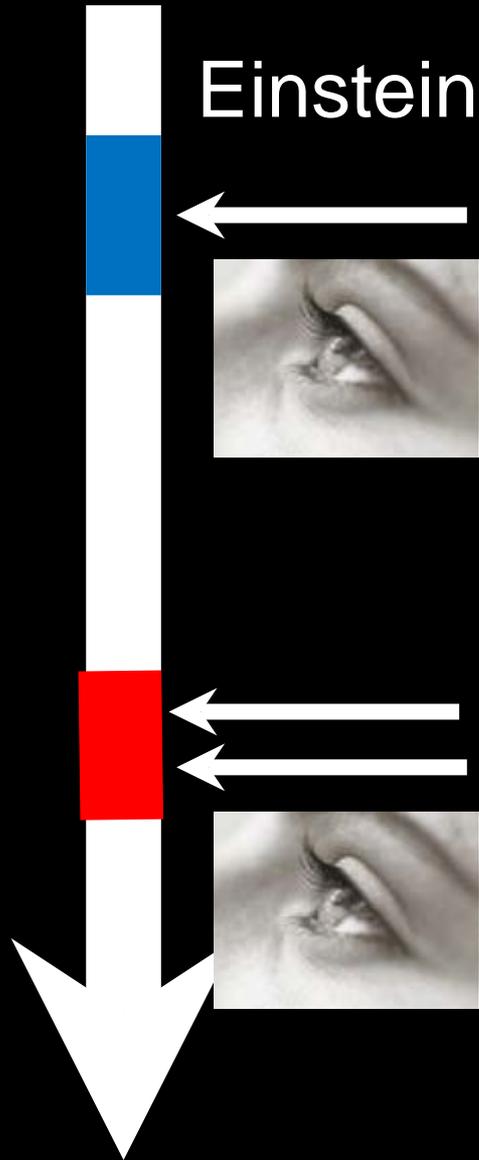
Endocrine

- ▶ Type 2 diabetes, HbA1C goal < 7%
 - Overview diagnosed 11/26/2012 with A1C of 11 and glucose of ~500. Family Hx: father had diabetes

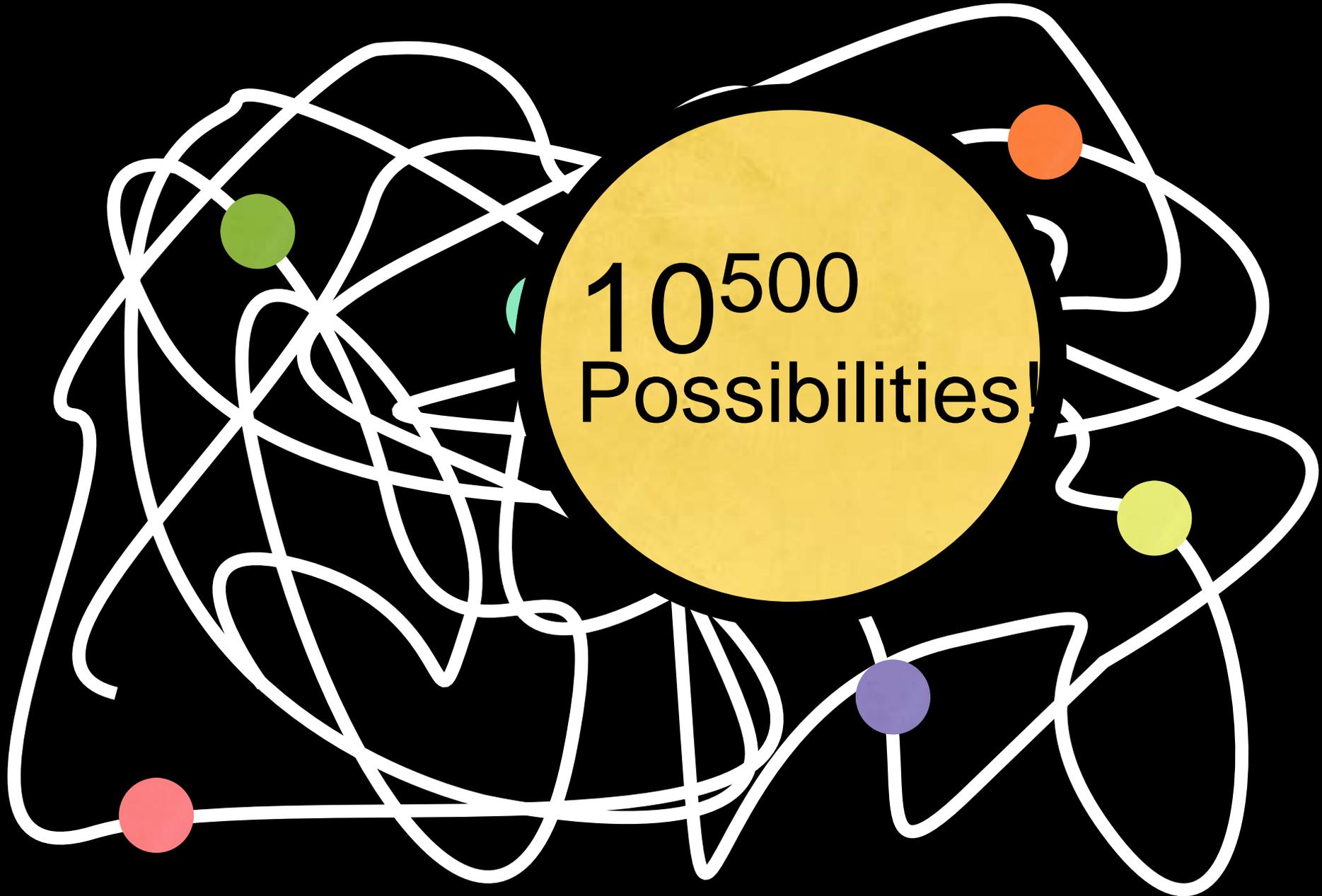
Perception and Physics

Newton (linear)

Einstein (Perspective/Perception)



M-Theory: Complexity, Multiple influences, Multiple Universes

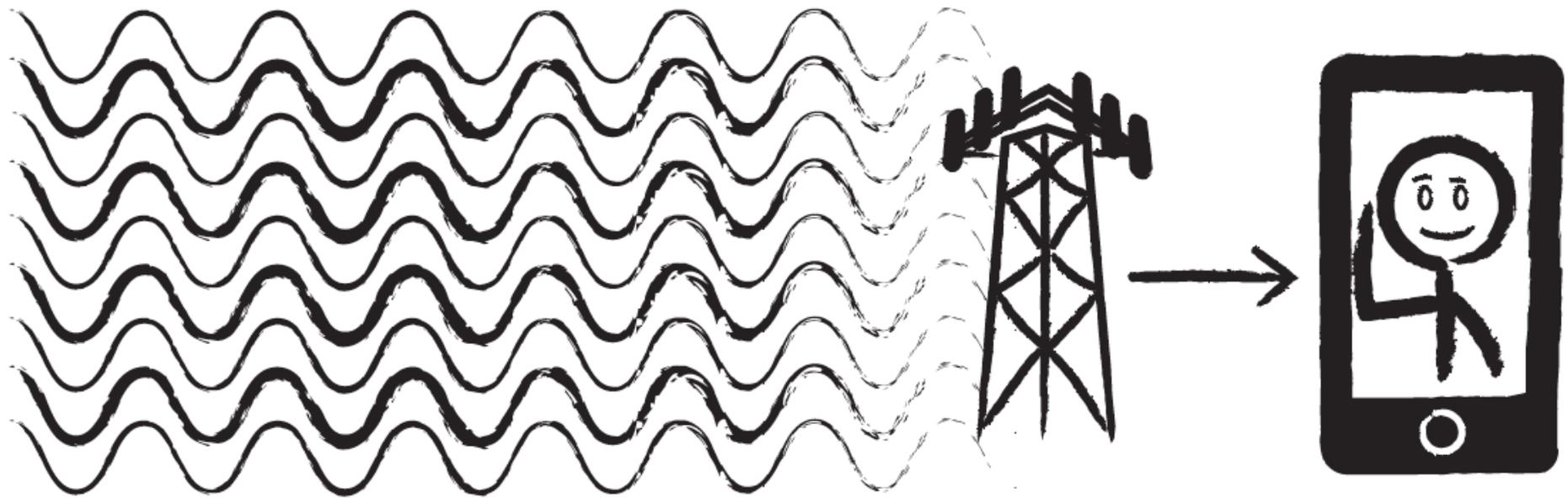


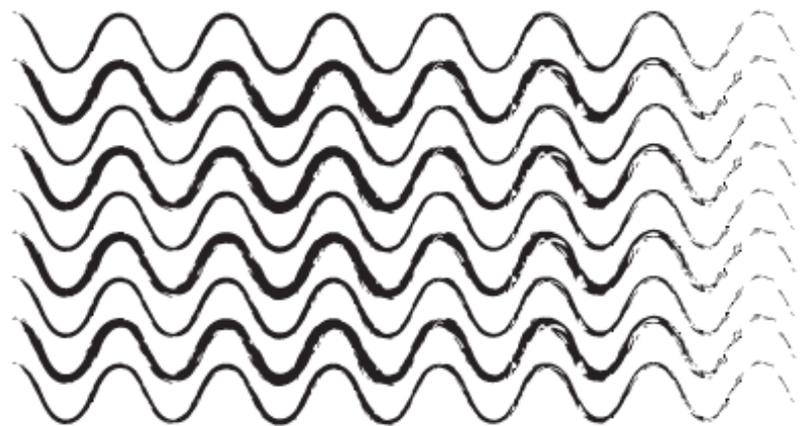


Wave



Particle





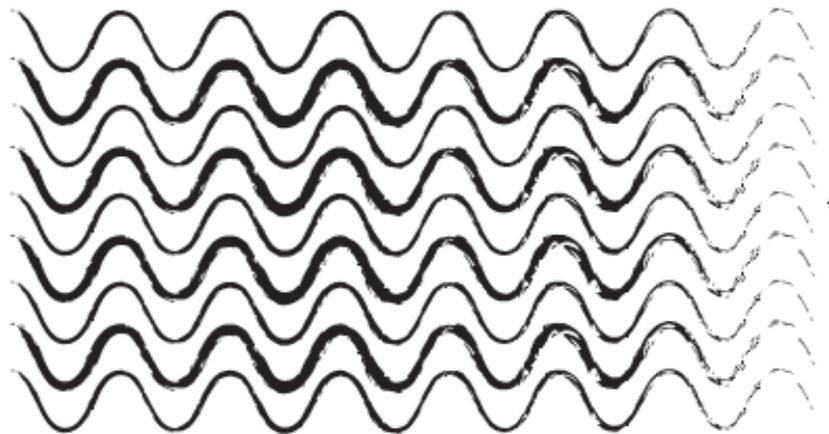
Billions of Possibilities



Perception:
*You won't amount
to anything*



**Collapsed
into Despair**



Billions of Possibilities



Perception:
*I believe
in you.*



**Collapsed
into Hope**



We are more circular
than linear



*That to which we
give attention,
grows!*