

Healthy Doctor Healthy Patient

POMA DISTRICT 8 2019 NEMACOLIN
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Disclosures

► None

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<http://www.donoharmfilm.com/>
DO NO HARM

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3 years ago, I stepped out of my brick and mortar office and created community Healthy Living programs.

I wanted to create awareness.

First, I thought this could help me reach more people in the community, but then I realized I needed to also focus my attention on US, the healers.

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We need to start with ourselves. Create our OWN Prescription for Wellness

I tell my patients "I cannot care more about your health than you do"-

We cannot care more about our patients or the people we care for than ourselves!

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We all have the power to make a positive change.

Thank you for showing up.

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Today I hope to give you a bit of a break - some peace - some awareness - maybe show you a different path in life that can help you to live happier and be healthier.

Healers often times over do it – we are killing ourselves in efforts to help others. We must make time to nurture ourselves like we nurture others

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- Find calmness in our mind – like an ocean, if turbulence, you cannot see or have clarity. If ocean becomes calm, you can see all the way to the bottom and the treasures that lie within.
- Space to breathe and to just be.

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Periods where we are a human being and not a human doing.

So the Energizer Bunny, the battery runs out and it stops – NOT US – we keep pushing. We often work long shifts, sleep deprivation, lack of proper diet and exercise. We must change this.

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Can you answer YES to any (or all) of these questions?
1) Are you super excited to go to work Monday morning?

2) Are you having so much fun you'd work for free?

3) Do you hope you never have to retire?

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If you CAN'T answer yes to these questions:

1) Why not?

2) When will you?

3) What's your plan of action this year to improve your career?

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High doctor suicide rates have been reported since 1858. Yet 160 years later the root causes of these suicides remain unaddressed.

Physician suicide IS a public health crisis. One million Americans lose their doctors each year to suicide. Yet they are never informed the real reason why they can't see their doctor who just saved their life or delivered their first child. They're told to just pick another doctor!

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Many doctors have lost several colleagues to suicide. Some have lost up to eight during their career.

We lose more men than women. For every woman who dies by suicide, we lose four men.

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► Suicide methods vary by region and gender. Women prefer to overdose and men choose firearms. Gunshot wounds prevail out west. Jumping is popular in New York City. In India doctors are found hanging from ceiling fans.

► Male anesthesiologists are at highest risk. Most die by overdose. Many are found dead in hospital call rooms.

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Sensitive souls are at highest risk.

Doctors have personal problems—like everyone else.

Doctors develop on-the-job PTSD.

Patient deaths hurt doctors. A lot. Even when there's no medical error, doctors may never forgive themselves for losing a patient. Suicide is the ultimate self-punishment for the perfectionist.

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- ▶ Malpractice suits kill doctors.
- ▶ Doctors who do illegal things kills themselves,
- ▶ Assembly-line medicine kills doctors.

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Bullying, hazing, and sleep deprivation increase suicide risk. Medical training is rampant with human rights violations illegal in all other industries.

Blaming doctors increases suicides

Doctors fear lack of confidentiality if they seek mental health care.

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- ▶ Medical board investigations may increase suicide risk.
- ▶ Doctors choose suicide to end their pain (not because they want to die). Suicide is preventable. We can help doctors who are suffering if we stop with all the secrecy and punishment.
- ▶ Ignoring doctor suicides leads to more doctor suicides.

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In conclusion, here are very simple no/low-cost solutions that can be adopted immediately to prevent suicides

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Doctors are human. We require emotional support to thrive in medicine. The culture of medical education has too often pitted us against one another in an environment in which your success depends on crushing your competition. What if we interacted as human beings first? I invite you to embrace each other as brothers and sisters in medicine.

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Even perfectionists make mistakes. The stakes are incredibly high and mistakes are inevitable when working on the mechanics of the human body. Expect (and train for) medical errors.

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First do no harm to yourself and your colleagues. Doctor means teacher. Use words that heal and above all do not injure other people.

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Get to know each other personally—not just professionally. Create a buddy system—even informally. Pair up with a colleague and go to lunch, and talk about more than sports. See how they are feeling.

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Know that there are counselors, therapists, psychiatrists who have practices dedicated to solely serving physicians and our special needs.

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SCHEDULE HACK

- ▶ More rest –Ask yourself where are you with this? Do you often lie in bed thinking about what has gone in life or anticipating the next day? At this moment is when you need to come in to your breath. This is the best time use your skills you develop in quieting the mind and gaining control of your thoughts
- ▶ Eat healthy –The food you eat can be the safest and most powerful form of medicine or the slowest form of poison. No disease that can be treated with diet exercise and lifestyle changes should be treated by any other means. Prepare to succeed. Meal prep. Surround yourself with healthy snacks or meals in your office, desk, car, EAT CLEAN and Mindfully
- ▶ Exercise-schedule your workouts, accountability buddy consider a fitness tracker get outside have a gym bag packed and in your car or change of clothes/shoes as back up in your office
- ▶ Adequate time off and disconnection

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- ▶ Mindful eating (grape or raisin)
- ▶ Listen to your body and stop when you are full
- ▶ Eat when your body tells you to eat(hunger signals, low energy)
- ▶ Eat with others, enjoy their company, be present, engaged, enjoy the environment you are eating in
- ▶ Eat clean, foods that fuel your body
- ▶ When eating just eat, don't multitask
- ▶ Consider the path of your food its life cycle

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- ▶ We are eating and stressing ourselves into our graves.
- ▶ Focus on WFPB diet(whole food plant based)
- ▶ Most diseases can be treated with the implementation of changes in food
- ▶ Shop in the produce section, put your money into your foods not into meds
- ▶ Eliminate refined foods and sugars/sugar substitutes to prevent CVA and dementia
- ▶ Low Glycemic Index and choose healthy fats

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We need to reduce stress

- ▶ Meditation
- ▶ You get out of your health what you put in to it.
- ▶ We as a society cannot afford to be sick with cost of care and shortage of doctors.
- ▶ Doctors have been doing medicine the wrong way.
- ▶ Medications have side effects, 128,000 people die per year from medications.

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- ▶ Stress causes or worsens disease.
- ▶ Knowledge is power and always remember that you are the one with the power in your life. Choose well and choose what is best for your body. Let all those around you be inspired by your choices so that they too want to choose well. There is no better day to start your journey into the best you that you can be.

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- ▶ I had a patient tell me if I would have known I was going to live this long, I would have taken better care of myself. You only get one life, take care of it. Do not make excuses that you are too busy taking care of your kids, spouses or grandkids. They need and want you to be well.
- ▶ Our children, families, and friends learn from us. We are an example. We want them to see us living healthy and making good choices.
- ▶ We must take time for ourselves. It shows we care about ourselves. Love yourself first.

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- ▶ Why Meditate:
- ▶ Decreases stress
- ▶ Improves concentration and leads to healthier lifestyle
- ▶ Increases self-awareness
- ▶ Increases happiness
- ▶ Decreases Aging
- ▶ 5 minutes a day-Do simple meditation.
- ▶ Mindfulness being present, quiet mind finding clarity, gets easier like workouts.

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- ▶ Mood Disorders: (Anxiety, Depression, ADHD, PTSD, Dementia Prevention)
- ▶ Reprogramming synapse
- ▶ FMRI
- ▶ Diabetes:
- ▶ Cancer/Oncology Support:
- ▶ Insomnia: Counting breaths, mantra, beads
- ▶ IBS/GERD: Gut brain axis
- ▶ HTN:
- ▶ Heart Disease: 50% decrease in MI or CVA.

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- ▶ Inflammatory Disorders: Brain changes decrease inflammation.
- ▶ Chronic Pain Fibromyalgia: Visualization, relaxation, imagery how to react.
- ▶ Be a good example: Teach kids early good coping skills.
- ▶ Sitting/lying meditation vs moving meditation
- ▶ Yoga, Tai Chi, Qui Gong
- ▶ So knowing all this:
- ▶ Reduces stress daily to decrease medical problems.

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- ▶ Techniques that can be beneficial
- ▶ Deep Breathing
- ▶ Journaling
- ▶ Exercise
- ▶ Yoga
- ▶ Implementation Work flow tools
- ▶ Strategic planning
- ▶ Life scheduling techniques
- ▶ Take breaks
- ▶ Delegate tasks

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- ▶ -Good enough is good enough. Take a breath and let it go.
- ▶ -Put yourself 1st. Put your own oxygen mask before helping others
- ▶ -Create boundary-work and family.
- ▶ -You don't have to have all the answers.
- ▶ -We are allowed to have emotions, it is a part of care.
- ▶ -Blaming, justifying, complaining are NOT useful coping mechanisms
- ▶ -Find time to slow down your thinking. Change what is not working
- ▶ -Understand taking care of you is taking care of others
- ▶ -Schedule "Me time".

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- ▶ -Have a coach or accountability buddy.
- ▶ -All of us feel this stress. We do not talk about it. Be open and honest.
- ▶ -We as care takers, healers, health care workers are not in competition with one another. We are simply supposed to be doing the best we can for those we are trying to care for. We need to help each other. We are on the same team. Integration of all of our gifts is crucial to healing in the entire mind, body, spirit aspect
- ▶ -Do your best and set a good example for your patients, family and friends.
- ▶ -"Coming together is a beginning-keeping together is progress-working together is success". -Henry Ford

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- ▶ -"None of us is as smart as all of us". -Ken Blanchard
- ▶ -Medicine is changing. Treat the root cause
- ▶ -We have always wanted healthy patients but now docs are being paid based on this Quality of Care Initiatives and cost of care.
- ▶ -Start by making yourself healthier and it will be easier to treat your patients this way.
- ▶ ----Be the change-because everyone wins in the end.

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TIPS

- ▶ Batching work/smarter not harder/delegate tasks
- ▶ Scheduling - Me time
- ▶ Review week ahead
- ▶ Family time
- ▶ Exercise
- ▶ Vacation
- ▶ Date nights
- ▶ Team huddles with those you collaborate with CHECK IN
- ▶ Assure week is more balanced

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- ▶ Boundaries:
- ▶ -Leave work at work.
- ▶ -Come all the way home.
- ▶ -Take off your healing cap unless on call and you need to leave it on.
- ▶ -For me I leave my white coat off until I have to put it back on just like Mr. Rogers.
- ▶ -Do not let your identity be completely wrapped up in your occupation
- ▶ -Learn to be present-just a human being and not a human doing.

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▶ Mindful Workspace Design:

▶ Hospital Wellness Committee at Vanderbilt put diffusers into the ER – Citrus Bliss, Lemon Lime, Orange – The ER smelled like dreamscicles and margaritas. Doctors, patients, staff, and nurses felt calmer and had increased energy, less stress and less frustration.

▶ 84% of doctors and nurses reported improved work environment.

▶ Oils work in limbic system

▶ Decrease heart rate and blood pressure.

▶ Improve breathing, memory and stress




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Use a tactic to help you switch gears.



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Squeeze	Squeeze Breath Single Breath Meditation:
Set	Set intention/release what no longer serves you.
Be	Be calm, relaxed, completely present.
Do not think about	Do not think about the past...can create depression.
Do not think about	Do not think about the future...can create anxiety.
Breathe in	Breathe in take a deep breath all the way to the top of your head and hold for three seconds.
Breathe out and release	Breathe out and release...slide to the bottom of your feet let a squeeze on a wedge rising, you clean at bottom of breath hold for three seconds.
Smile	Smile...resume regular breathing – say “ahhhhhh”.
Do	Do this before entering a room with handwashing chart opening restroom breaks stop signs/traffic, lights, anytime needed.

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- ▶ If you push productivity too hard, you burnout and productivity falls. You need to be healthy and well balanced. Quality of care will be better. You will be better. People we care for will be better.
- ▶ Balance will make you happier with more positive outcomes. Everyone wins in the end. The world will be a happier and healthier place.
- ▶ -What is your ideal practice or life? If you are not happy, change.
- ▶ -We can practice or live however we want.
- ▶ -Know what you want – create blueprint. Find the people who want to receive it.
- ▶ -Set the vision/goal – get your team(family, friends, co-workers) on board

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- ▶ -Team Captain not Lone Ranger. Ask people you collaborate with for ideas and input. Reward your team and patients. Say thank you. Do nice things for others.
- ▶ Burnout or compassion fatigue's best use is to show us a fork in the road – point us in to an alternate path – you are never stuck – there are always options.

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- ▶ 13 Good Things Tool:
- ▶ Duke University-Dr. Sexton, Psychologist, American Conference Physician Health
- ▶ -You can reduce burnout in just a few days, results lasting greater than a year.
- ▶ -Burnout at its core is the impaired ability to experience positive emotions.
- ▶ -Before bed write three good things that happened and label with one of the 10 emotions.
- ▶ Joy Hope Awe
- ▶ Gratitude Pride Love
- ▶ Serenity Amusement Interest
- ▶ Inspiration

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- ▶ 15% had less burnout in two weeks.
- ▶ 48% had results last greater than one year.
- ▶ Less depression.
- ▶ Less conflict.
- ▶ Better work – life balance.

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- ▶ Let go of old negative emotions.
- ▶ Access positive emotions.
- ▶ Took average of ten days to see the best results.
- ▶ We have the ability to control our brains.
- ▶ We can manage our stress:
 - ▶ -Change our diet.
 - ▶ -Implement exercise.
 - ▶ -Change our lifestyle.

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- ▶ If we connect more with our brain health, we can slow, reverse or stop neurodegeneration.
- ▶ Neuroplasticity:
- ▶ Dr. William James, Physician/Psychologist from Harvard talks about attention training, focusing attention, bringing back your wondering attention in just one week-30 minutes a day.

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- ▶ After eight weeks:
- ▶ - Better focus.
- ▶ -Able to switch gears faster.
- ▶ -Remember facts better.
- ▶ -Get derailed less.
- ▶ -Worry less about the past and future.
- ▶ -Be more present.
- ▶ -More mentally fit like biceps.

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Attention training reverses decline of cognition with age.

- ▶ Dr. Al Kazniak, PHD, University of Arizona-Human attention is trainable resource and meditation is a form of that training. Study showed if we pay attention-increase patient ratings-increase quality scores.
- ▶ NIH Center for Mind Body Medicine studies on Natural Relaxation Response:
 - ▶ -Slower breathing.
 - ▶ -Lower blood pressure.
 - ▶ -Increase sense of well-being.
- ▶ Starting with brain training how it can improve the rest of your overall health.

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- ▶ Study NIH 600 people.
- ▶ Techniques: Yoga
- ▶ TaiChi
- ▶ Meditation
- ▶ Mindfulness
- ▶ -Improve mental and physical outcomes.
- ▶ -Reduce stress.
- ▶ -Improve sleep.
- ▶ -Prevent chronic illness like CA, HTN, CV disease, dementia and rheumatoid arthritis.

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- ▶ Harvard Center for Mind Body Medicine:
- ▶ -Mind Body stress reduction program.
- ▶ -Body scan.
- ▶ Epigenetics shows us we can have changes in us based on gene expression rather than alteration of the genetic code itself so these factors are important:
- ▶ -Lower blood pressure.
- ▶ -Increase sense of well-being.
- ▶ Starting with brain training how it can improve the rest of your overall health.

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- ▶ Body Scan
- ▶ MBSR Program
- ▶ Jon Kabat-Zinn

- ▶ Close your eyes and in a seated position put your hands palms up on your lap.
- ▶ Hands, palms up or face up on your lap
- ▶ Stay aware of what is happening in your body.
- ▶ Step out of clock time, rest in body, mind, heart.
- ▶ Your awareness of what you are experiencing is important.
- ▶ This is not easy.
- ▶ Let go of the tendency to have to do things.
- ▶ This time is entirely for you, by yourself, for yourself, nourishing yourself.

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- ▶ Let go of judging thoughts, things to do, there is no right way.
- ▶ Accept it, you have permission to feel however you want.
- ▶ Sense your body as a whole.
- ▶ As long as you are breathing, there is more right with you, than wrong with you.
- ▶ Ride the waves of the breath.
- ▶ Notice the breath in and out of your nose.
- ▶ Feel the belly rise, feel the belly fall.
- ▶ All of the muscles in your body let go.
- ▶ If your mind wanders, gently bring attention back to your breath.
- ▶ It's in the mind's nature to wander.
- ▶ Be ok with silence.
- ▶ All you have to do is breathe.

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- ▶ Types of Meditation:
- ▶ Standing
- ▶ Seated
- ▶ Walking
- ▶ Lying
- ▶ -Become aware of your breath rhythm, depth and speed.
- ▶ -You can choose to count your breaths.
- ▶ -You can have a mantra to bring you back.
- ▶ -Open awareness meditation is when you note the feelings you have and let them float by.
- ▶ Guided meditation can be helpful.

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- ▶ Be gentle with yourself.
- ▶ Smile at yourself, laugh at yourself.
- ▶ Do not be so serious.
- ▶ Remember the feeling you get and try to find your way back there.
- ▶ You must take action-you deserve it-now is your time.
- ▶ Self compassion means opening yourself up to the compassion that is available to you. This is a skill you must practice
- ▶ Be a gracious receiver

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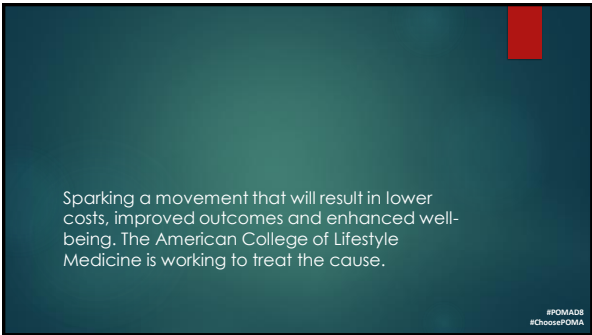
- ▶ "Insanity is doing same thing over and over expecting different results"
- ▶ -Einstein
- ▶ "You have brains in your head, feet in your shoes. You can steer yourself in any direction you choose. You are on your own and you know what you know. You are the person who will decide where to go".
- ▶ -Seuss
- ▶ "To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly".
- ▶ -Henri Bergson

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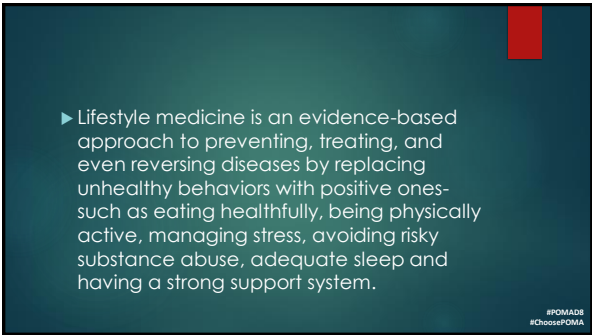
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► Open to all specialties and 6 components can be incorporated into your own life as well as the care of your patient.

► These tools can help physicians prevent or treat burn out or depression, along with improve resilience and happiness.

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6 components of Lifestyle Medicine

► **NUTRITION:** Food trumps all. Choose whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting! Consider veggies, fruits, beans, lentils, whole grains, nuts and seeds as your dietary “North Star”.

► **SLEEP:** Lack of or poor quality, sleep can lead to decreased ability to recover from illness, a strained immune system and chronic disease. Lifestyle medicine identifies dietary, environmental and coping behaviors to improve sleep health.

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6 components of Lifestyle Medicine

► **RELATIONSHIPS:** Social connectedness is essential to our emotional resiliency and overall health. Studies show that isolation and loneliness are associated with increased mortality and morbidity, especially among individuals already diagnosed with lifestyle-related conditions.

► **EXERCISE:** Regular and consistent physical activity that can be maintained on a daily basis throughout life—walking, gardening, push ups and lunges—is an essential piece of the optimal health equation.

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6 components of Lifestyle Medicine

- ▶ **TOBACCO:** The well-documented dangers of tobacco use include an increased risk of many cancers, heart disease and chronic obstructive pulmonary disease (COPD). Cessation counseling combined, when necessary, with medications, helps patients successfully quit the habit.
- ▶ **STRESS MANAGEMENT:** Stress can either lead to improved health and productivity—or to anxiety, depression, obesity, immune dysfunction and poor health outcomes. Helping patients recognize negative stress responses, leading to coping mechanisms and stress reduction techniques leads to improved health and wellbeing.

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- ▶ Take a new path. Let me show you a new way. Feel what it feels like. Carry this with you. Go back to this spot. Its familiar now. Find it in your day.
- ▶ Teach others-be that example. New Day. New You.

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- ▶ We need to take responsibility for our health and wellness so that we can show up in our lives empowered, committed, authentic and loving towards each other and our world. Today, let's make a genuine commitment to our health by choosing foods, beverages and products that heal and nurture. Let's honor our planet by not contributing to the waste and abuse of its resources. Let's let go of limited beliefs, old habits and addictions and open instead to new ideas and information that nourish and inspire our body, mind and spirit. Let's have the courage to regard each other with compassion, respect our own journey with patience and live every moment in gratitude. -Seane Corn

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- ▶ Decide
- ▶ So, do it. Decide
- ▶ Is this the life you want to live?
- ▶ Is this the person you want to love?
- ▶ Is this the best you can be?
- ▶ Can you be stronger?
- ▶ Kinder?
- ▶ More compassionate?
- ▶ Decide
- ▶ Breathe in. Breathe out and decide
- ▶ -Meridith Grey

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Above all, do not end your precious life. We can't afford to lose one more beautiful brilliant humanitarian to physician suicide. YOU ARE LOVED! The world needs you to be the amazing healer you were born to be.

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- ▶ Today remember to create a life worth living. One you can be proud and grateful to have lived. Take care of yourself along the way, love yourself first, and be that change you wish to see in the world. May you be the ripple that changes the state of healthcare and promotes wellness in the world around you. Let your lifestyle be your medicine every step of the way.
- ▶ Thank you

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