

Maggie Breslin
Minimally Disruptive Medicine Workshop | KER Unit
September 29, 2016

The Patient Revolution as the compliment to **MDM** and **SDM**.

SHARED CHALLENGES

- Generosity/empathy/compassion undervalued
- Relying on assumption

SHARED VISION

- Careful and kind care

WHAT DISTINGUISHES THE PATIENT REVOLUTION

- the focus of our attention (WHO)
- scale of change we imagine (WHAT)
- moving from words to action (HOW)

WHAT WE ASK OF YOU

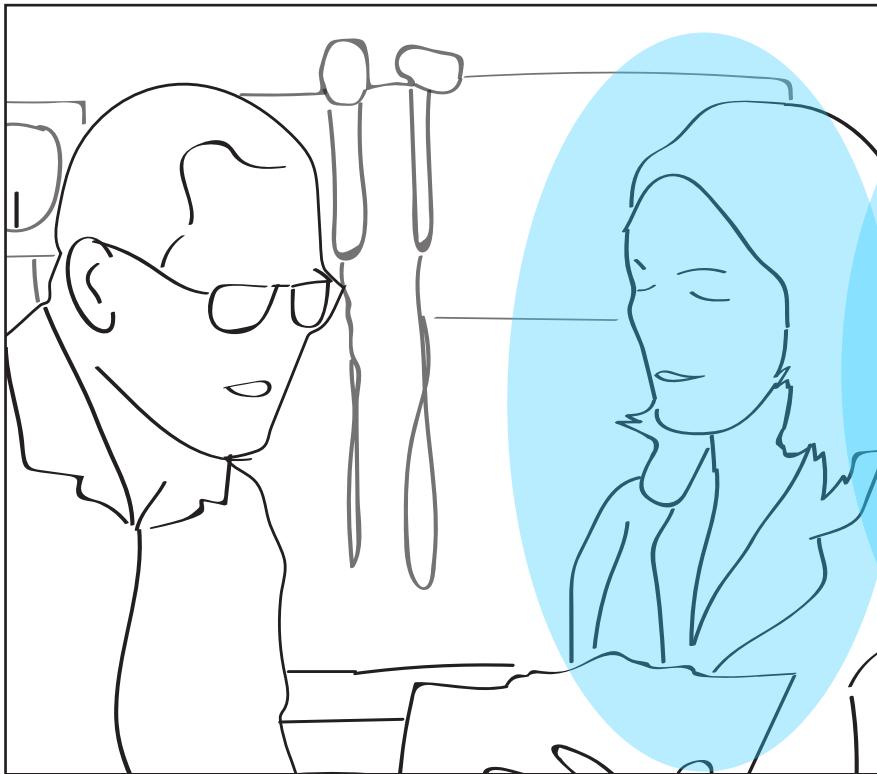
- advice
- critique
- perhaps, partnership and collaboration

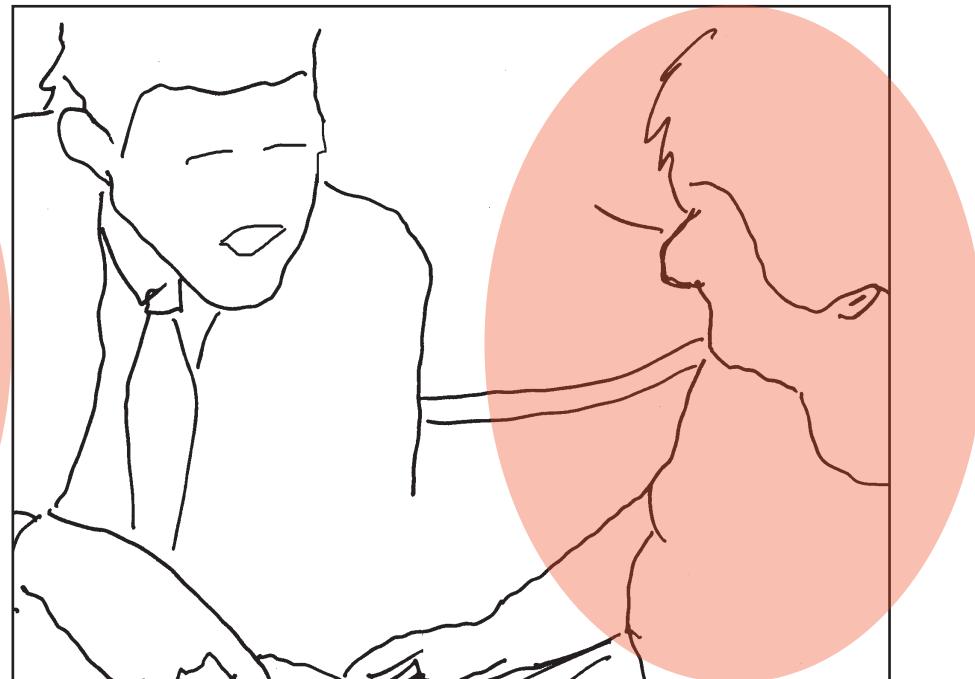
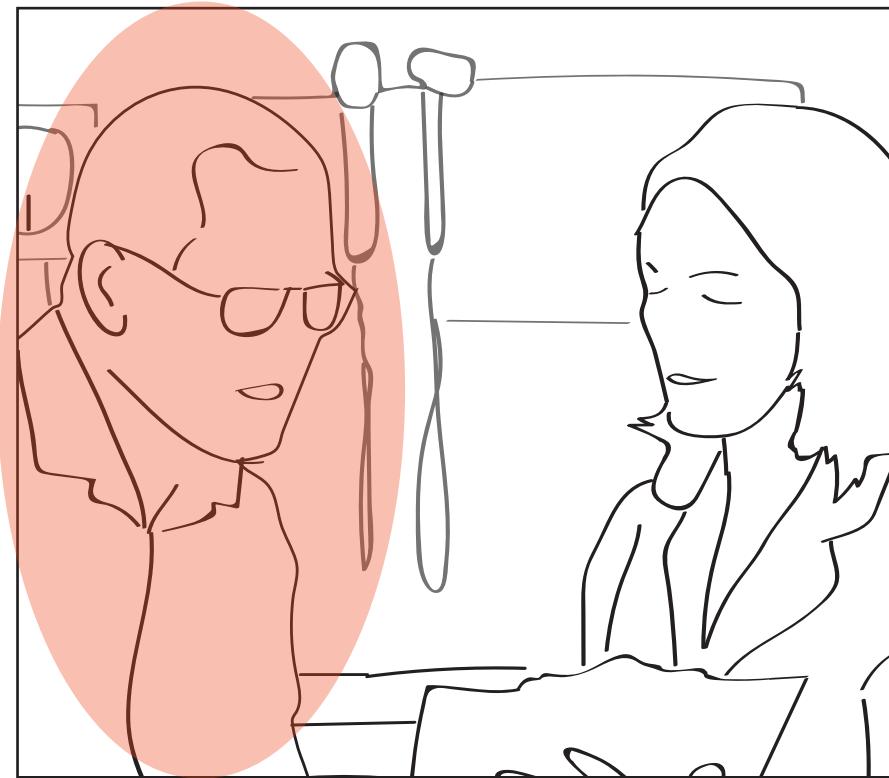


The focus of our attention-
**ON PATIENTS AND PUBLIC AS
VECTORS OF CHANGE**



CONSIDERING CARE AND HOW WE IMPACT CARE





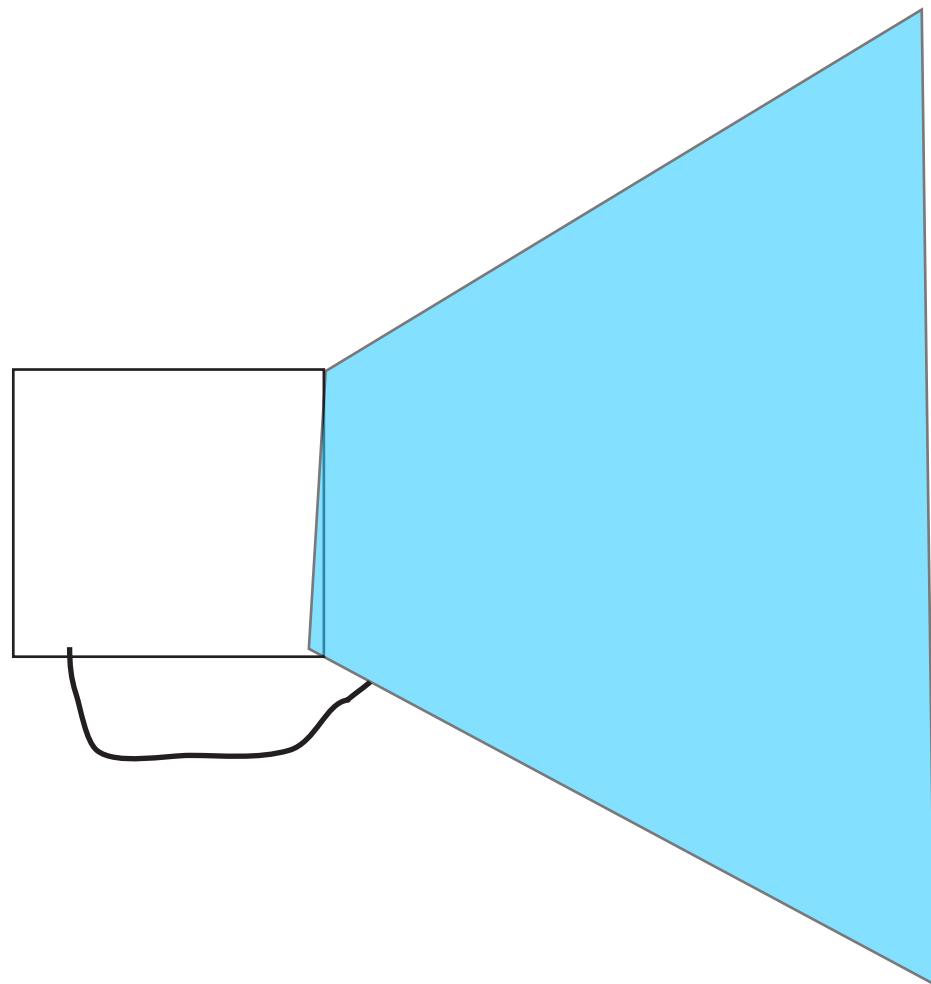
WHAT



Scale of change we imagine possible-
**INDIVIDUAL, COMMUNITY,
NATIONAL, GLOBAL**

CHALLENGES TO GROWTH/SPREAD

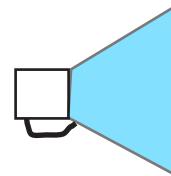
- “a visit is only 10 minutes long”
- “you only get paid if you do x”
- requirement to hit quality measures
- guidelines interpreted as “must do”
- for that to happen, 10 things must change



Careful and Kind Care



Individuals

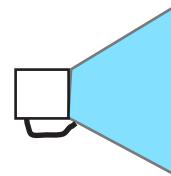


Clinicians

CHANGES TO

Care Plan

Individuals

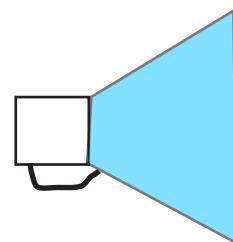


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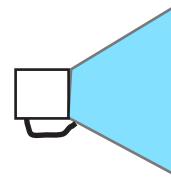
Communities



Clinical
Institutions

Community
programs, Clinical
systems and
priorities

Individuals

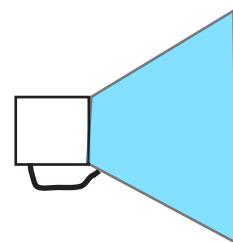


Clinicians

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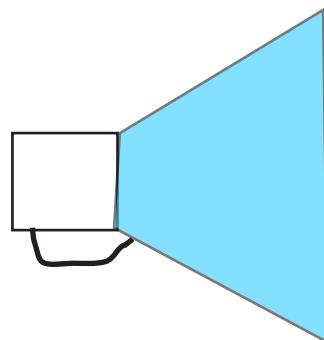
Communities



Clinical
Institutions

Community
programs, Clinical
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priorities

Public



Policymakers &
Organizations

Inform debate,
Impact policies
and regulations

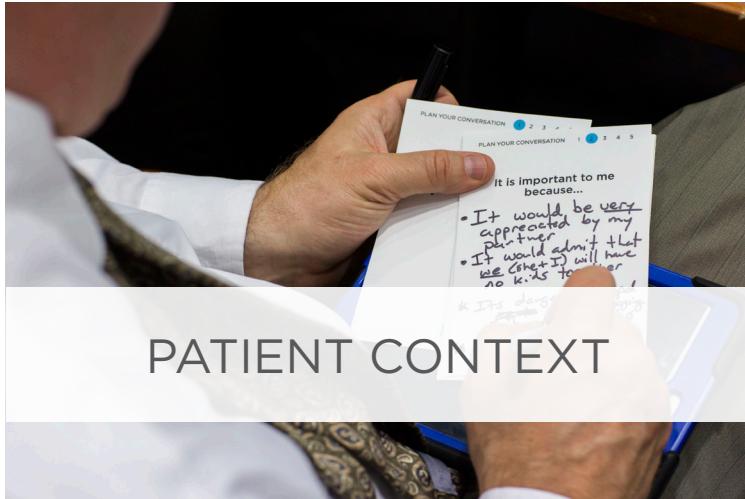
HOW



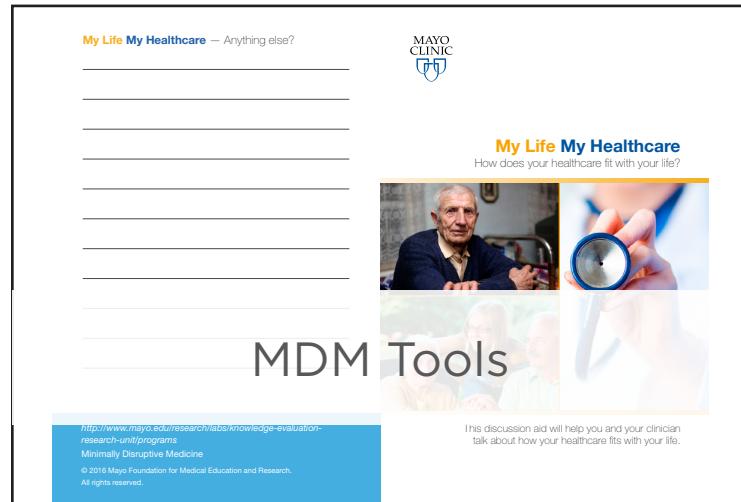
Moving from words to action-
**STORIES, TOOLS & SUPPORTED
COLLABORATION**

1. Support capturing, collating and visualizing stories and developing tools
2. Help **PUSH** those stories and tools into the clinical and public sphere

WHAT STORIES?



WHAT TOOLS?



Patient Revolution Tools

WHY STORIES? WHAT CAN STORIES & TOOLS DO?

- inform
- inspire
- irritate
- sustain

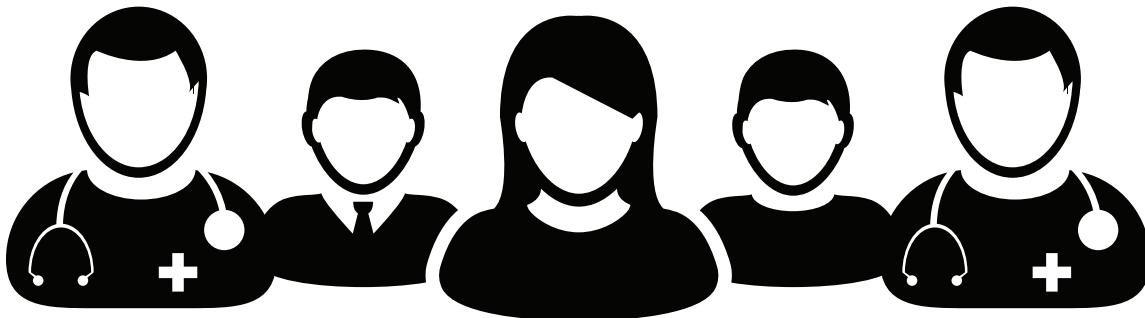
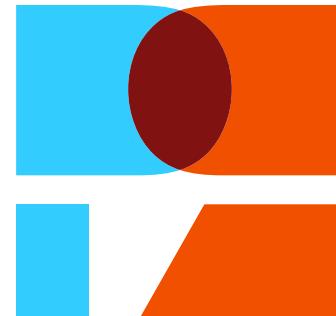
SUPPORTED COLLABORATION



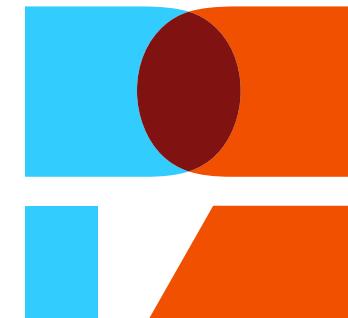
SUPPORTED COLLABORATION



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So far...
TOOLS & PROGRAMS

RESEARCH INTO BARRIERS

- . I don't want my comment or question to make me appear unintelligent or concerned about the wrong things.
- . I don't want to be a burden to my doctor.
- . I assume that the doctor's recommendation is the only option or the best option.
- . I don't want my doctor to think of me as a difficult patient.
- . I assume that if an aspect of my life is important, the doctor will ask me about it.
- . I assume that decisions need to be made right away.
- . I worry I'll be judged for considering cost in making decisions about my health.
- . I'm afraid of being judged if my choices are different from what most other people would do.

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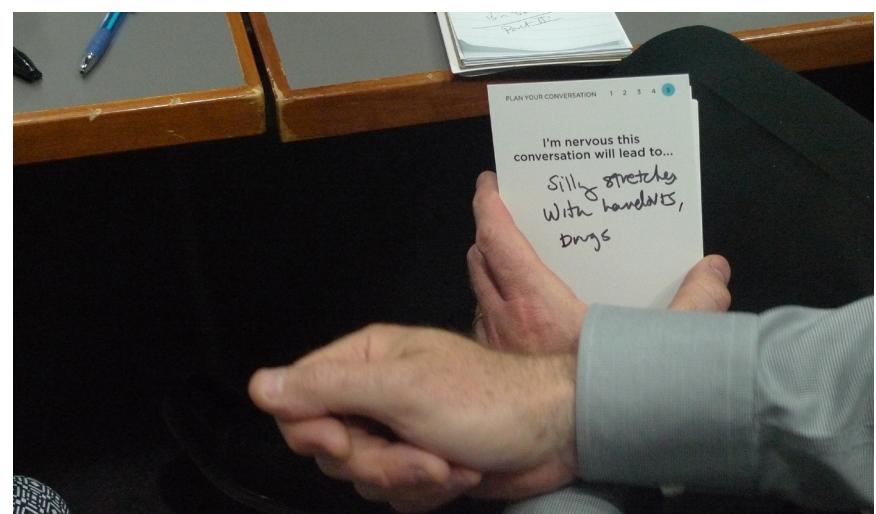
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CARE CONVERSATION WORKSHOP

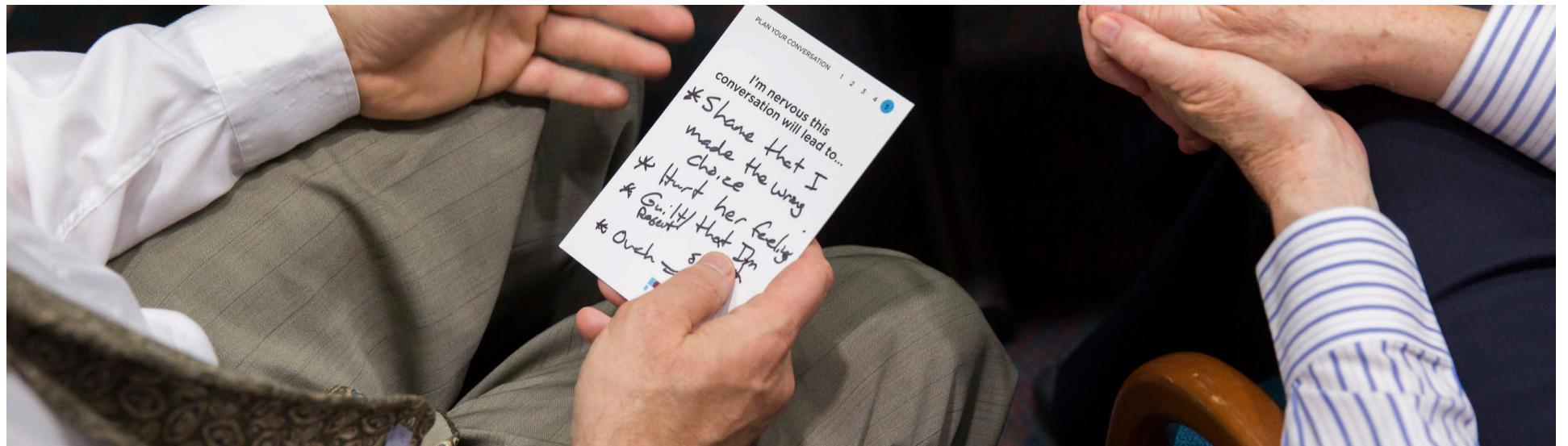


"Talking to strangers about how you feel in a doctor's office is a strangely bonding experience, as it turns out."

- Paul Scott, Rochester Post-Bulletin



PLAN YOUR CONVERSATION & PRACTICE SESSION



PLAN YOUR CONVERSATION
1

I want to talk about...



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PLAN YOUR CONVERSATION
2

It is important to me because...



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PLAN YOUR CONVERSATION
3

It might help you to know...



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PLAN YOUR CONVERSATION
4

I want this conversation
to lead to...



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PLAN YOUR CONVERSATION
5

I'm nervous this conversation
will lead to...



PATIENTREVOLUTION.ORG

REFLECTION DOCUMENT

TELL US ABOUT YOUR LIFE.

Please take a moment and try to answer the following 4 questions before your visit with the doctor. It may help you to think about your family and friends, your work, your neighborhood, your finances, your faith, your emotions, your sleep, your eating habits or what you do for fun while you answer these questions.

Tell us one NON-MEDICAL thing about your life that you think the doctor should know. (Where did you grow up? What do you do when you aren't at the clinic? What makes you famous?)

What is one thing your doctor is asking you to do for your health that is helping you feel better?

What is one thing your doctor is asking you to do for your health that feels like a burden or feels harder than it should?

Where do you find the most joy in your life?

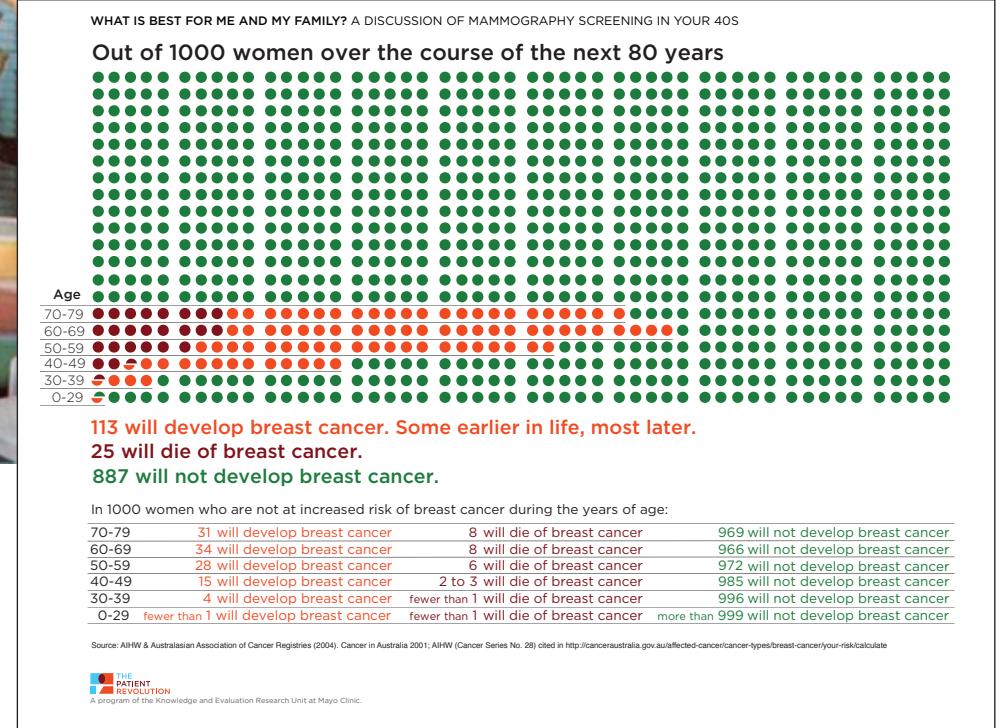
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SOCIAL SHARED DECISION MAKING MODEL



SOCIAL SHARED DECISION MAKING MODEL - OTHER TOPICS

- set your A1C target
- discuss cardiovascular risk
- colon cancer screening
- other preventative screening



Where we are...

MISSION STATEMENT *(in progress)*

The Patient Revolution is an **action and advocacy movement for careful and kind patient care** that supports patients and the public in pushing stories into the clinical and public sphere that remind us of the importance and possibility of empathy, compassion and generosity in health care.

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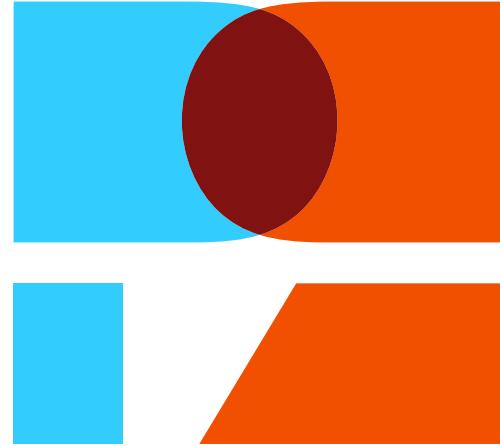
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(It is also its own 501c3 non-profit now)

REACHING COMMUNITIES & INDIVIDUALS

- Making tools and support available digitally through our website
- Exploring strategies to connect and reach more people
- Communities to collaborate

If you have people you think we should meet, stories you think we should tell, reach out.



THANK YOU.

Maggie Breslin
patientrevolution.org
maggie.breslin@gmail.com
[@patientrev](https://twitter.com/patientrev)