HEALTH BY SURPRISE:
REFRESHING FAMILY MEDICINE’S ROOTS

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Eugene & Linda Farley Lecture
University of Wisconsin
September 14, 2016
Stories from My Life
Surprisingly TRAPPED in 3-Sided Cage

Metrics-Based Financial Incentives

EHR Template-Based Documentation

Grand Scale-Based Bureaucracy
Moralnet
Where Are We Healing?

Emergent Healing Landscapes
Complicated vs. Complex

A complicated “system”

A complex “system”

After Preiser (2016)
Properties & Patterns of CAS

• Sensitivity to Initial Conditions
• Power Laws – 80/20 Rule
• Tipping Points
• Change Paradoxes
• RIPPLES & Emergence
Modeling of Thyroid Status
## Variability & Health

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**NO VARIABILITY**

**MINIMAL VARIABILITY**

**AVERAGE VARIABILITY**

**MODERATE VARIABILITY**

**MARKED VARIABILITY**

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Variability

*Average Variability ≈ 20*
SBP & Mortality

1. **Graph 1:**
   - **Overall death rate**
   - **Cardiovascular deaths**
   - **Axes:** Systolic blood pressure (mm Hg) vs. Deaths per 1000

2. **Graph 2:**
   - **Direct age-adjusted death rate**
   - **Cardiovascular deaths**
   - **Non-cardiovascular deaths**
   - **Axes:** Systolic blood pressure (mm Hg) vs. Deaths per 1000

3. **Graph 3:**
   - ***Current normal***
   - ***Current hypertension***
   - ***High normal***
   - ***Hypertension***
   - **Logistic and HLS curves**
   - **Axes:** Systolic blood pressure (mm Hg) vs. Deaths per 1000
Simple Rules

Micro Level
(Healing Relationships)

- Find something you value in each colleague & patient you encounter
- Give your full attention in any interaction
- Try to strengthen & encourage every person you encounter in your practice
- Always respond – that is, stay in dialogue
- Never do all the relational work in any relationship

Macro Level
(Population Health)

- Promote 1\textsuperscript{st} contact, easy access
- Assure comprehensiveness
- Coordinate & integrate all care
- Optimize personal, sustained partnership
- Focus on restoring health
A Sensible Scale
Adaptive-Renewal Cycle

Reorganization

Conservation

Establishment/Growth

Release
Refreshing FM’s Roots
Epilogue

Showing up is our power

Empathy is our song

Story is our way

Relationship is our healing
SURPRISE! It’s Always the BEGINNING!

Every new beginning comes from some other beginning's end.