

HEALTH BY SURPRISE: REFRESHING FAMILY MEDICINE'S ROOTS

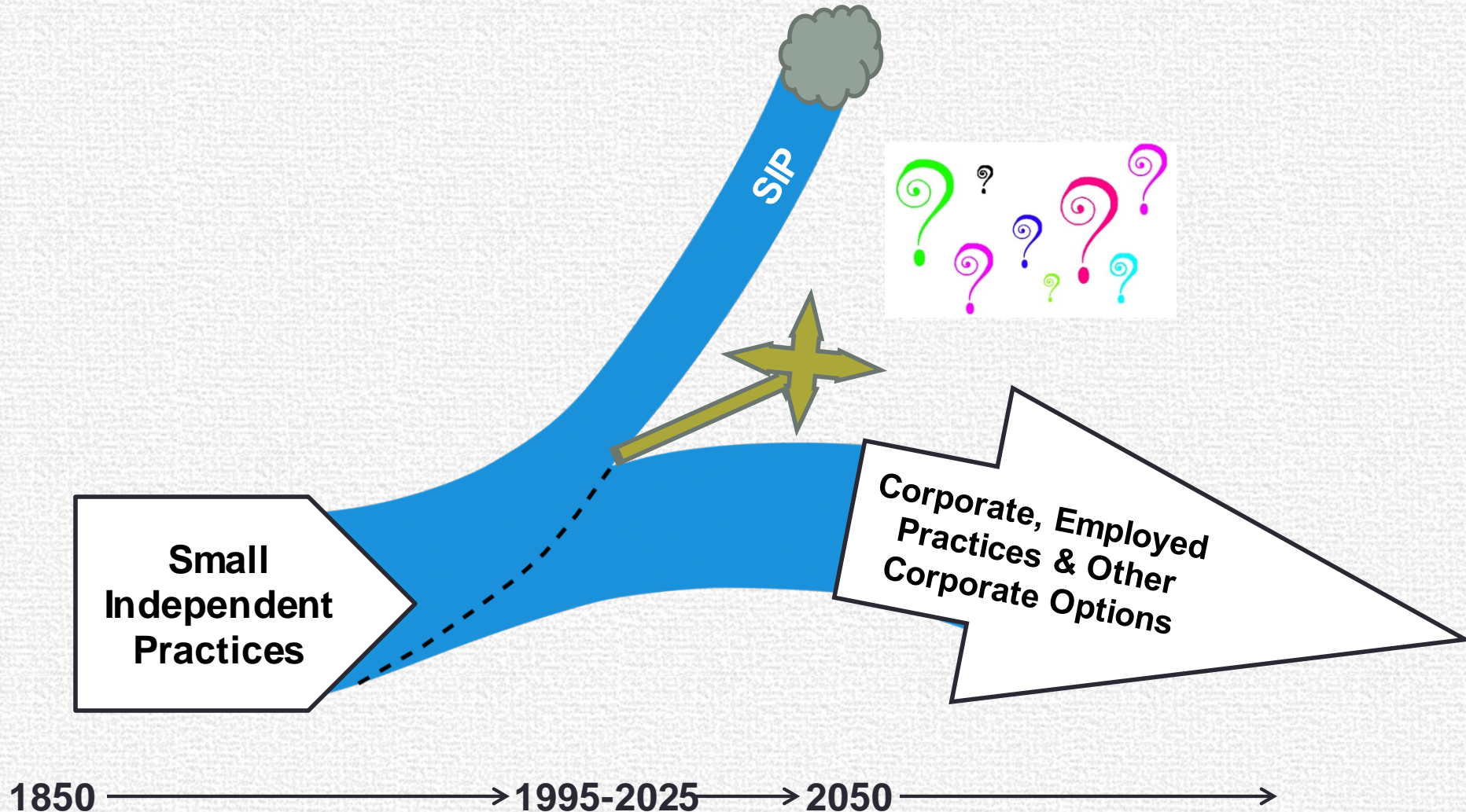
William L. Miller, MD, MA
Leonard Parker Pool Chair of Family Medicine
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Eugene & Linda Farley Lecture
University of Wisconsin
September 14, 2016

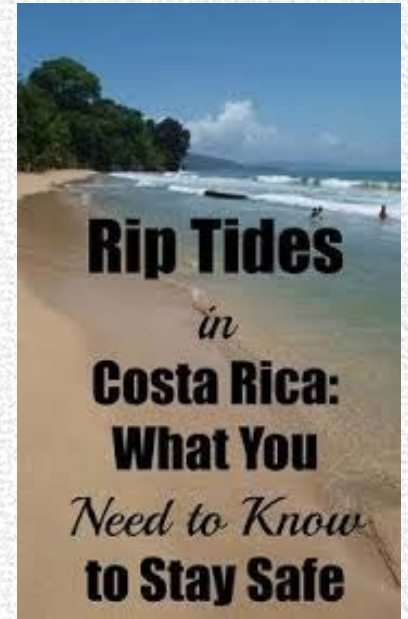
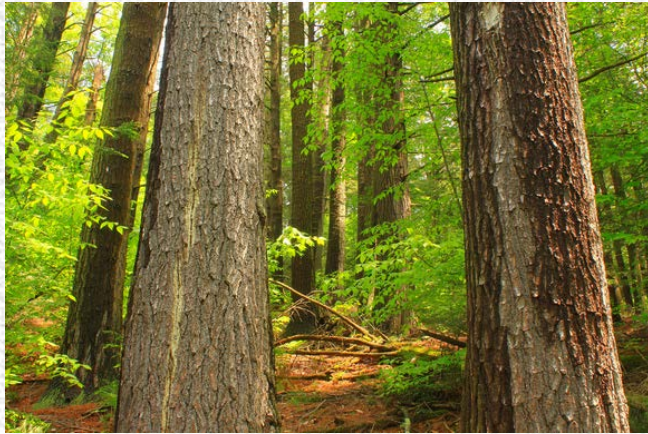




Healthcare Bifurcation Point



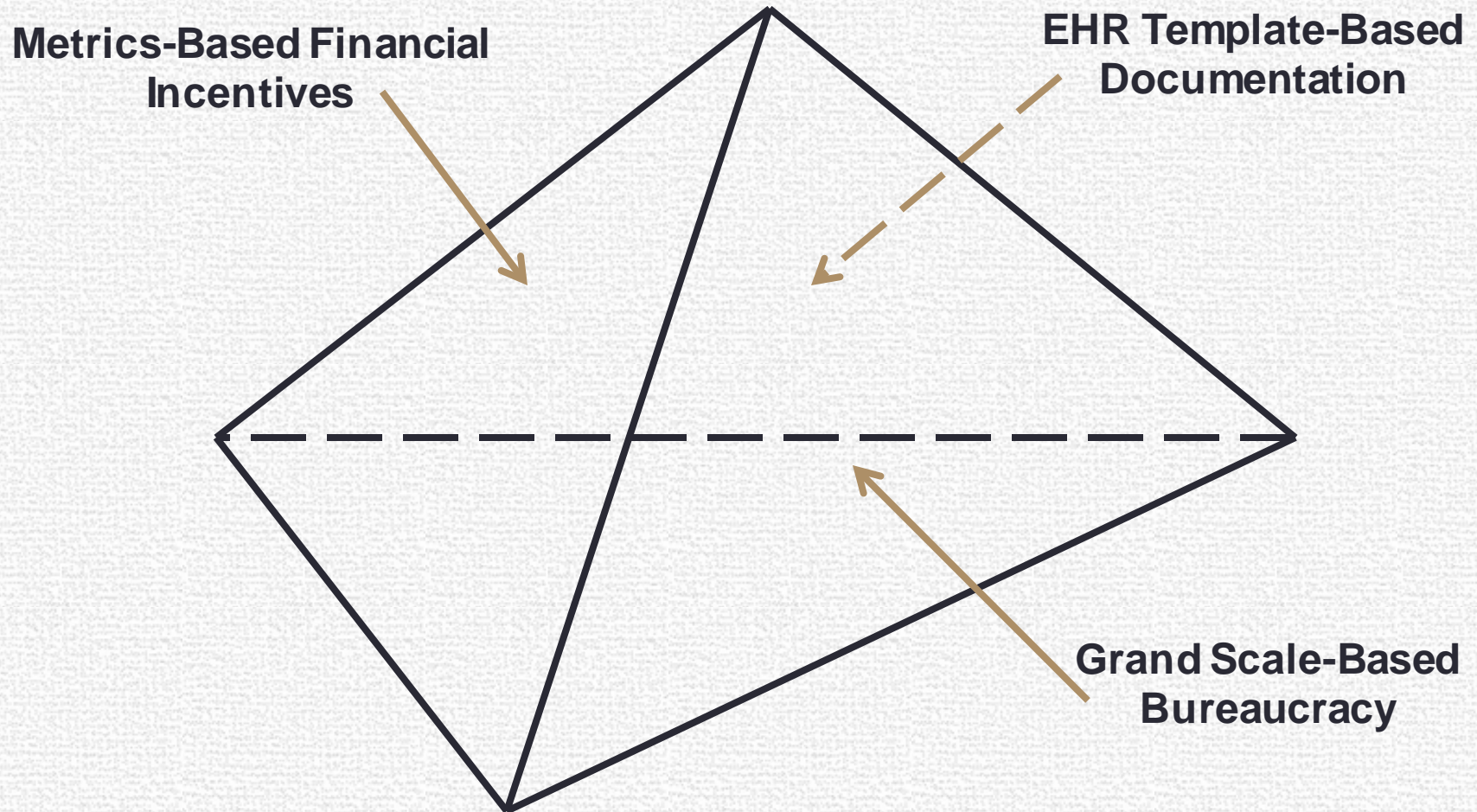
Stories from My Life



Surprising Health



Surprisingly TRAPPED in 3-Sided Cage





Moralnet



Figure 1: Healing Relationship Model

Healing Environment

Hope

Trust

Being Known

Relational Outcomes

Self Confidence

Emotional Self-
Management

Mindfulness

Knowledge

Competencies

Healing Relationships

Processes

Valuing

Nonjudgmental Stance

Occurs in Encounter

Connecting

Full Attention in Encounter

Presence

Paying attention to Illness Experience

Suffering with Patient

Appreciating Power

Partnering

Education

Pushing

Occurs in Encounter and Over Time

Abiding

Accessibility

Presence for Major Health Events

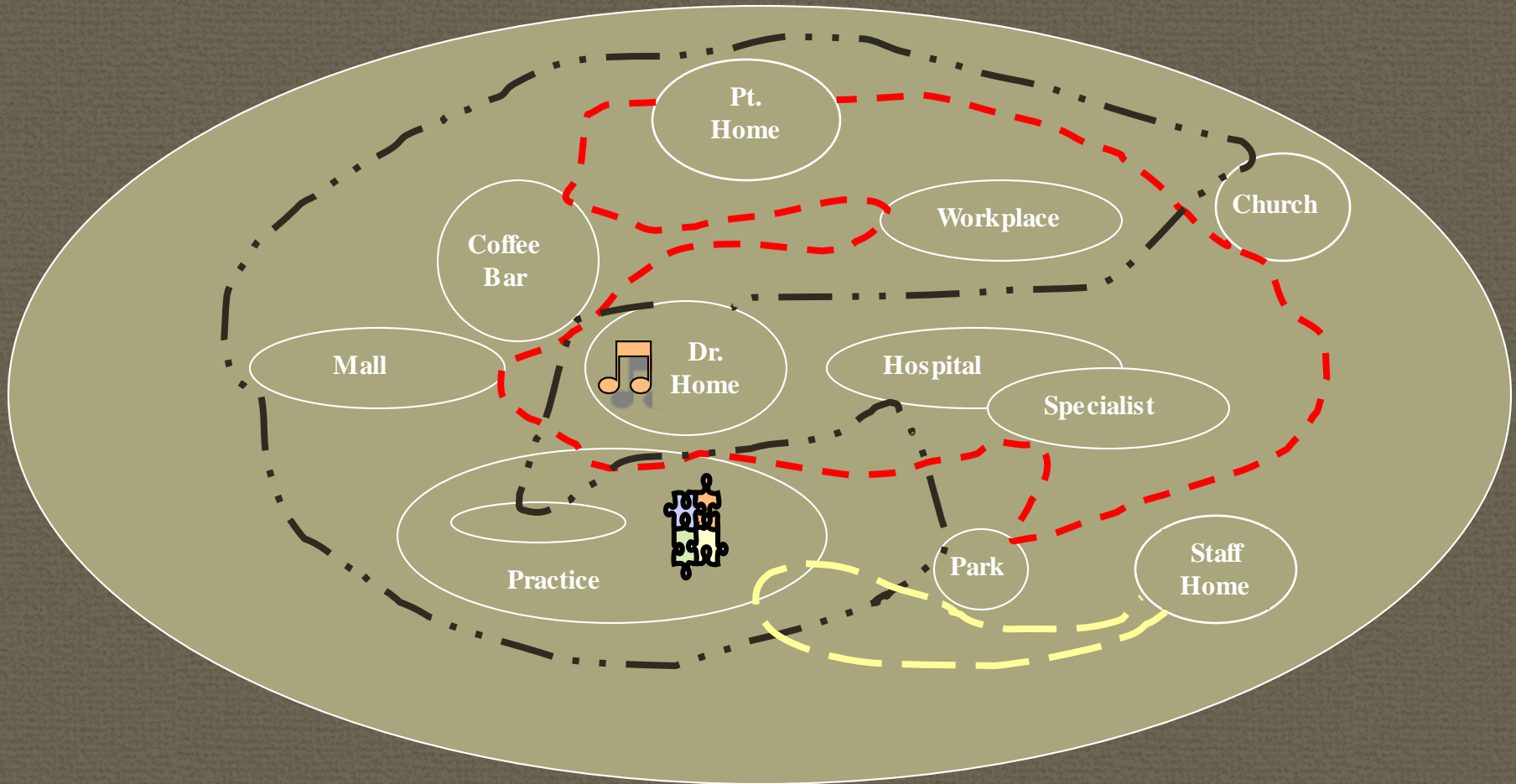
Commitment to Not Give Up

Caring Actions

Occurs Over Time

Where Are We Healing?

Emergent Healing Landscapes

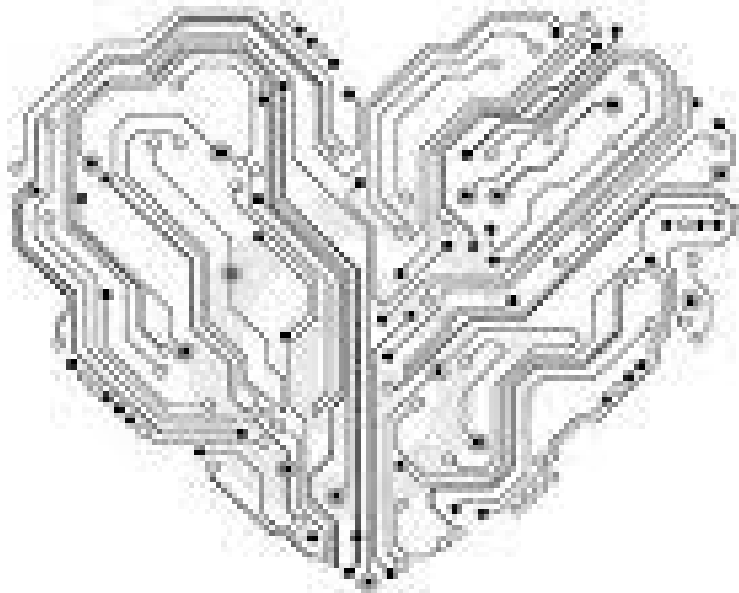




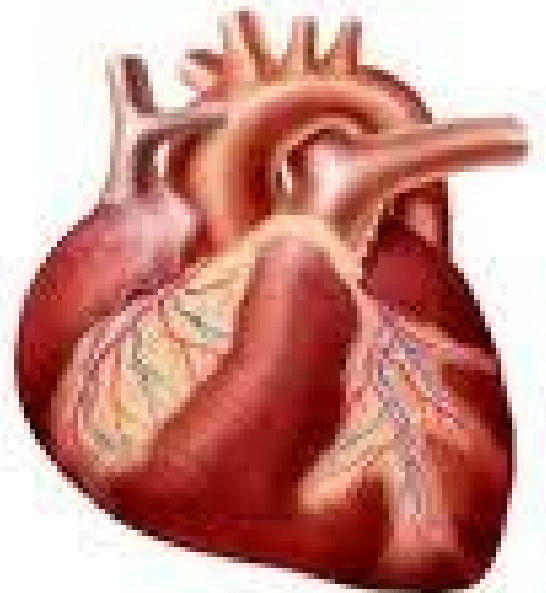


Complicated vs. Complex

A complicated "system"



A complex "system"



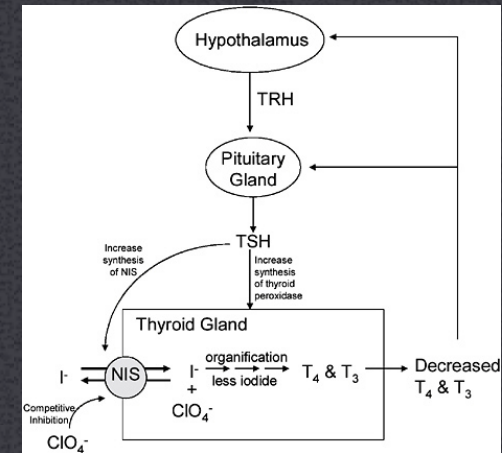
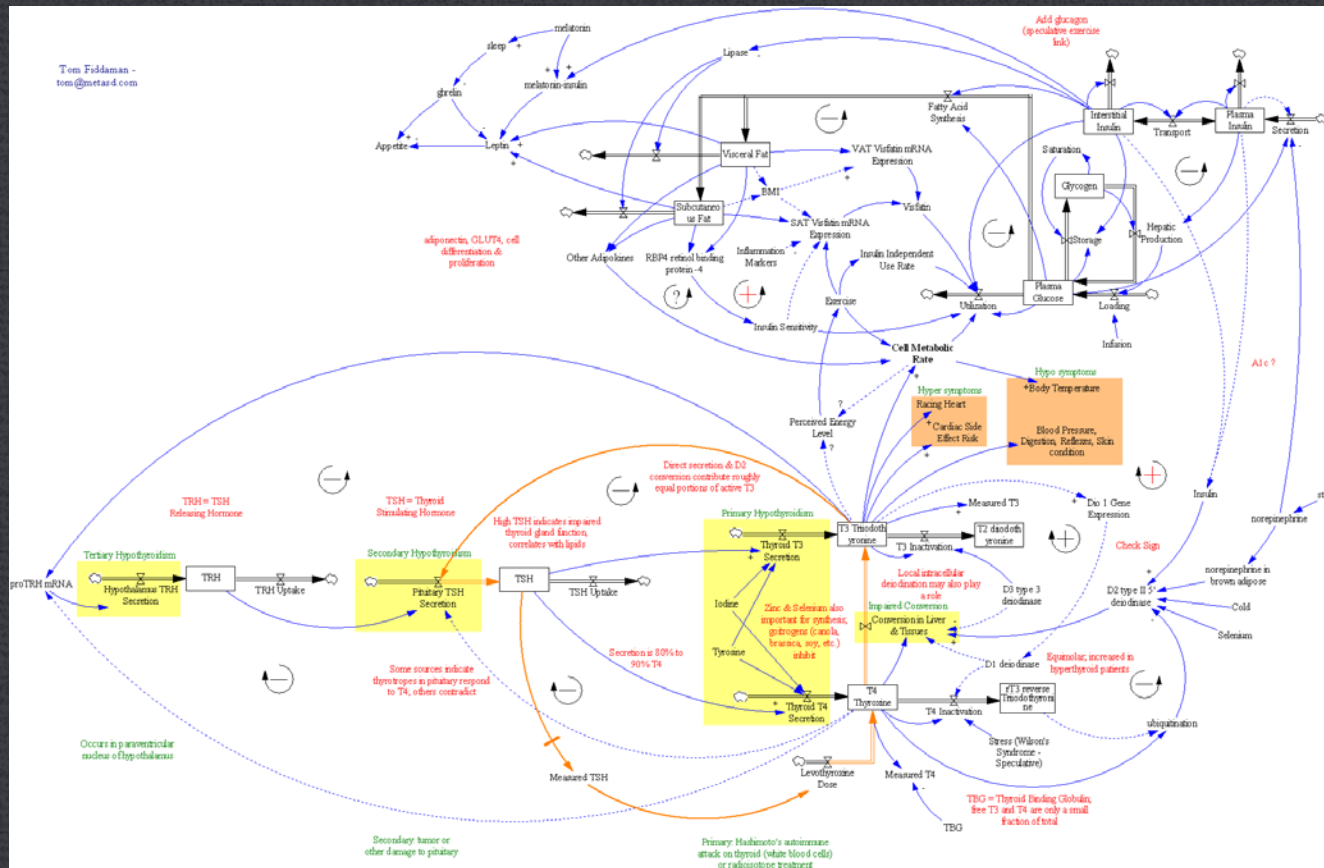
After Preiser (2016)

Properties & Patterns of CAS

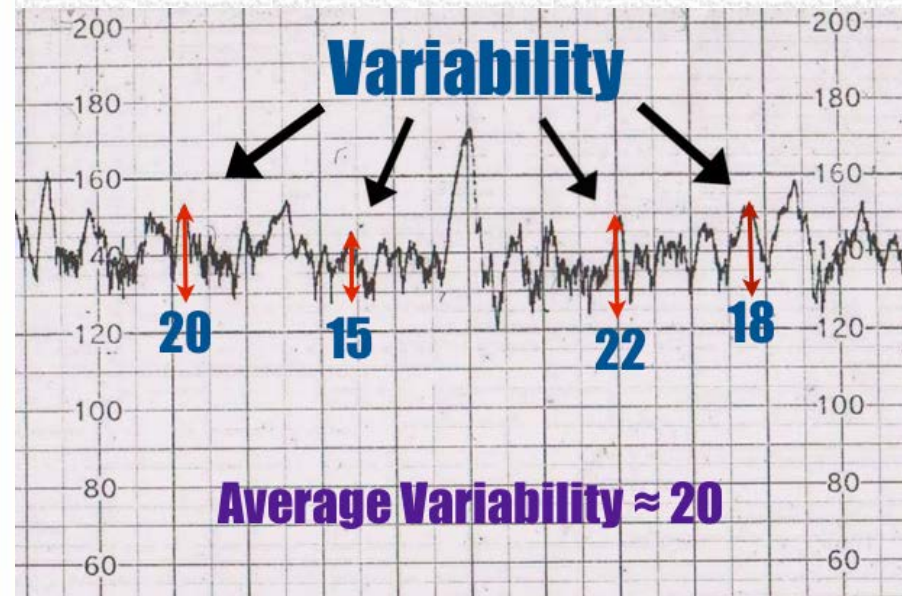
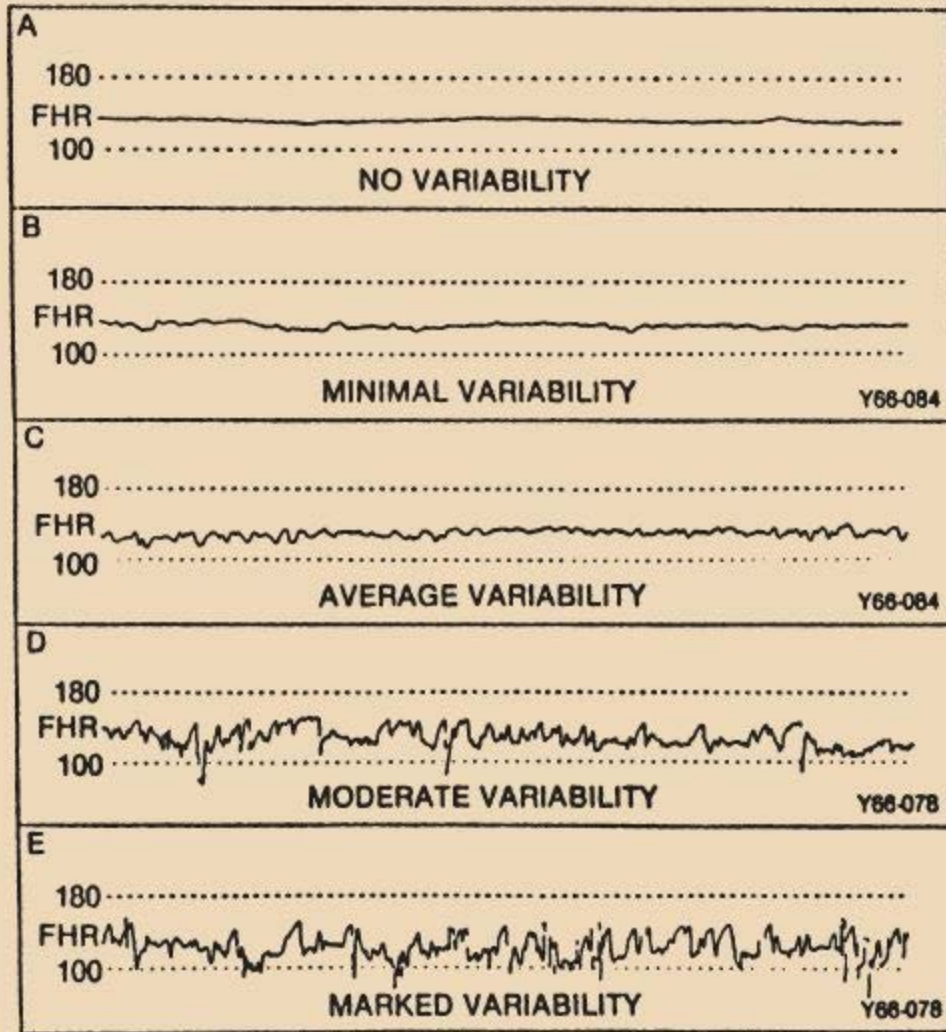


- Sensitivity to Initial Conditions
- Power Laws – 80/20 Rule
- Tipping Points
- Change Paradoxes
- RIPPLES & Emergence

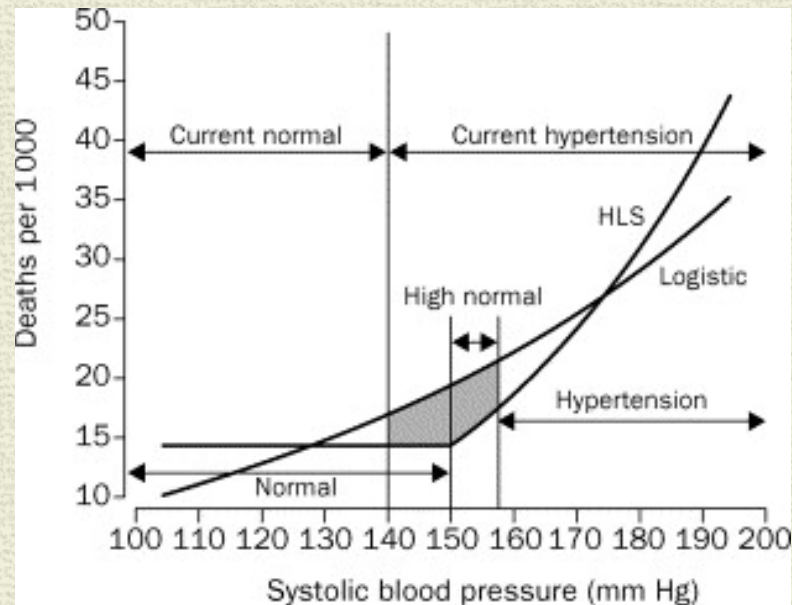
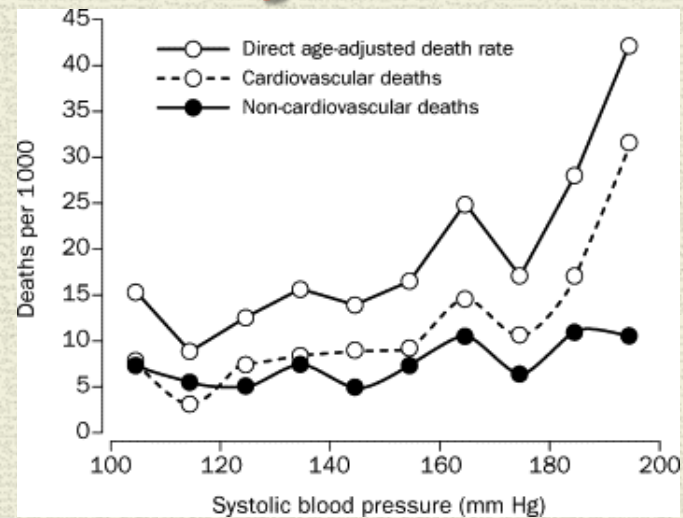
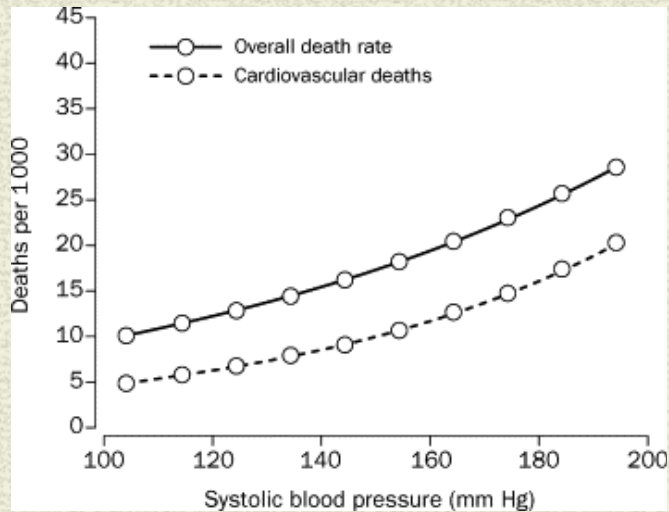
Modeling of Thyroid Status



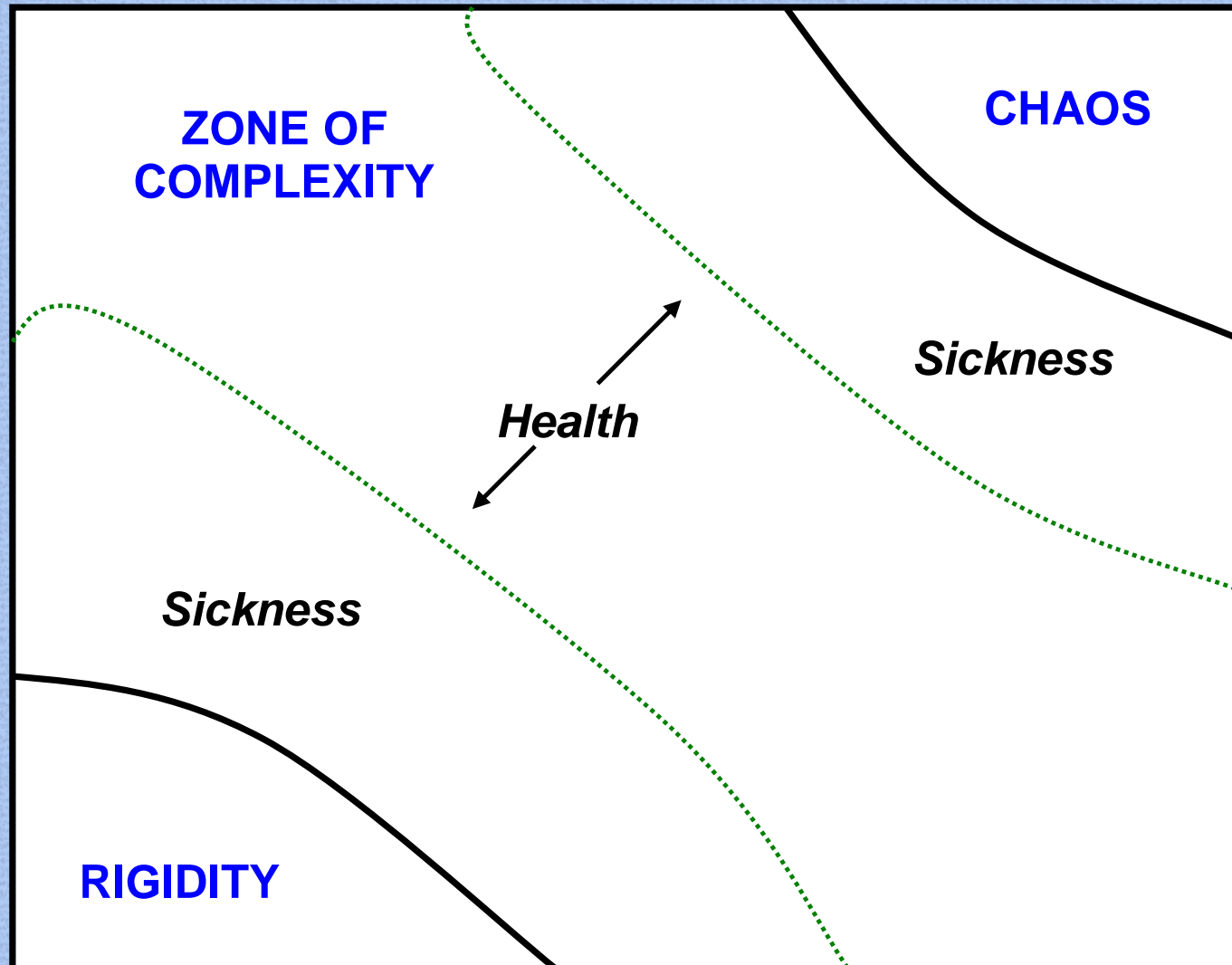
Variability & Health



SBP & Mortality



River of Health & Sickness



Simple Rules

Micro Level *(Healing Relationships)*

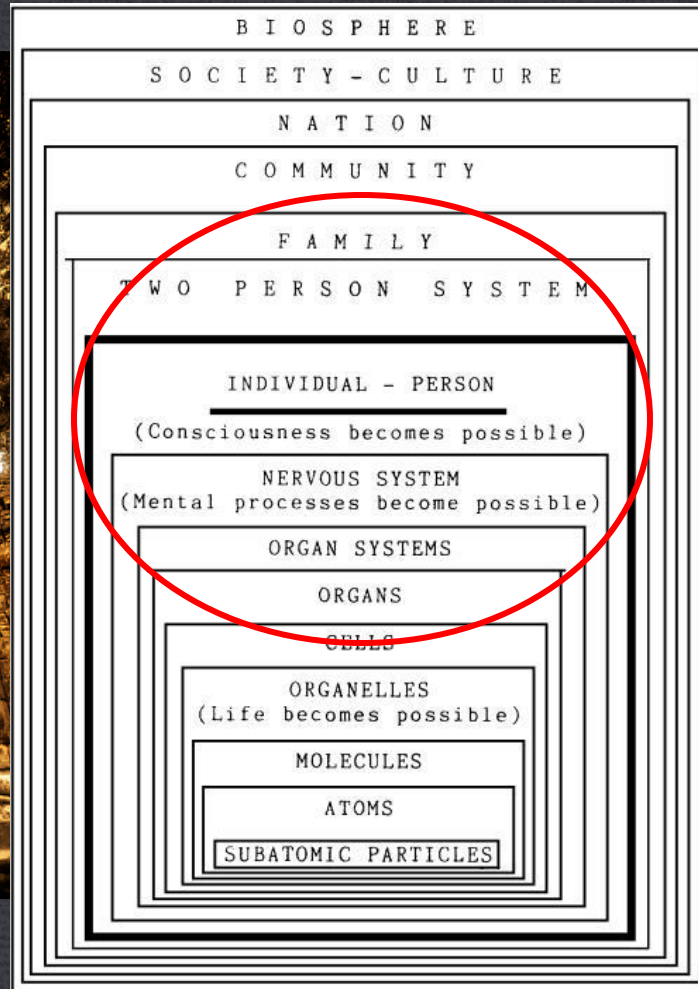
- Find something you value in each colleague & patient you encounter
- Give your full attention in any interaction
- Try to strengthen & encourage every person you encounter in your practice
- Always respond – that is, stay in dialogue
- Never do all the relational work in any relationship

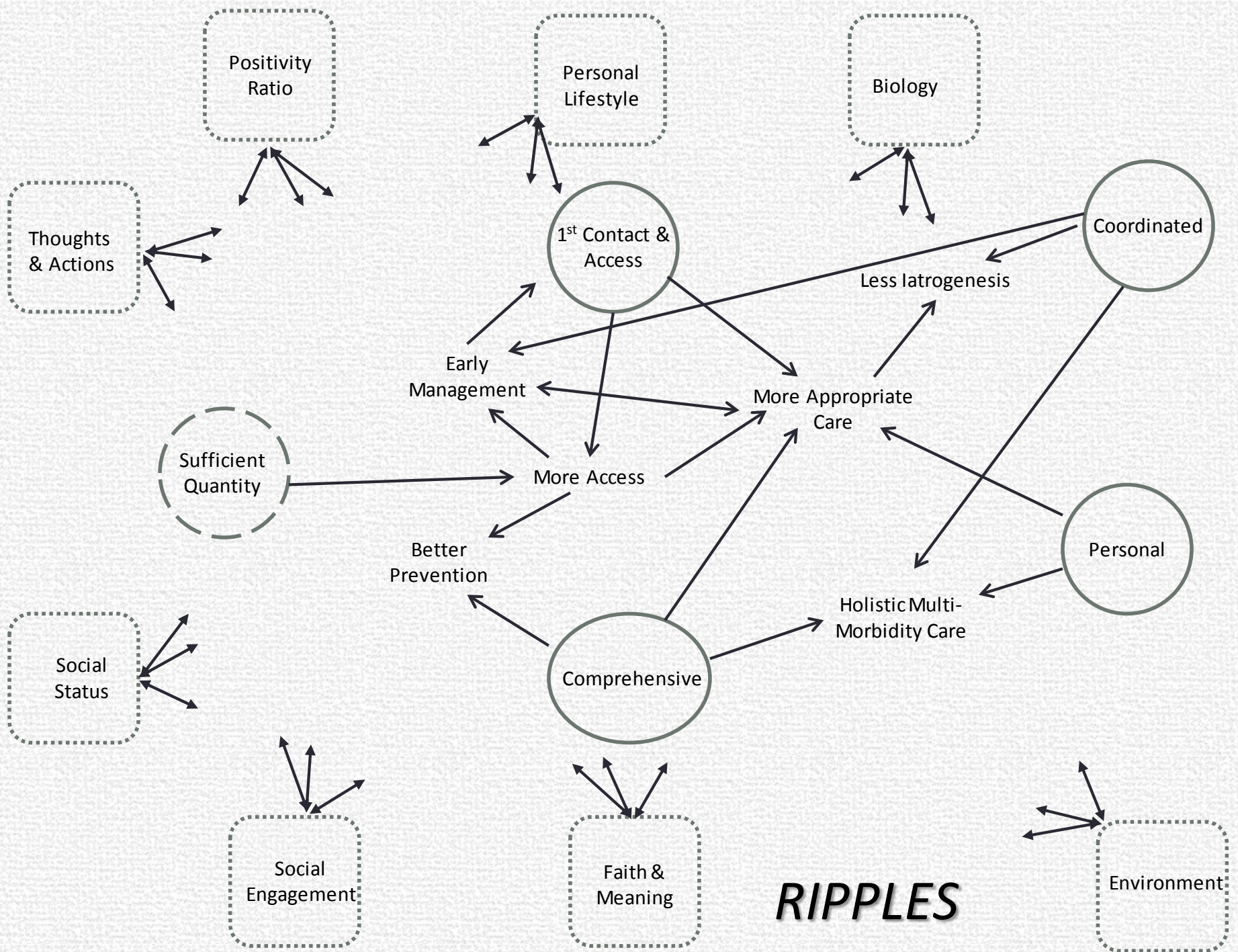


Macro Level *(Population Health)*

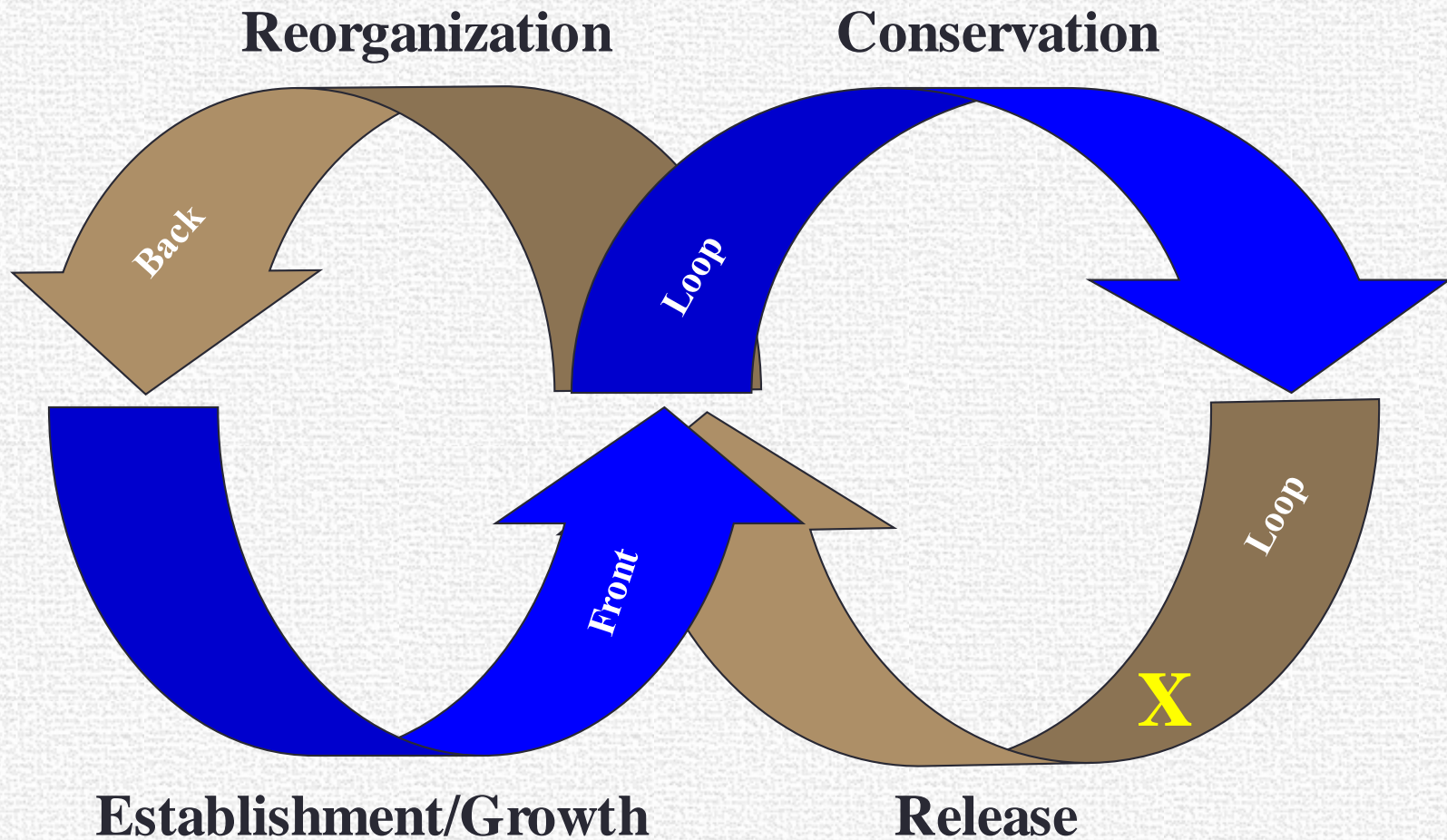
- Promote 1st contact, easy access
- Assure comprehensiveness
- Coordinate & integrate all care
- Optimize personal, sustained partnership
- Focus on restoring health

A Sensible Scale

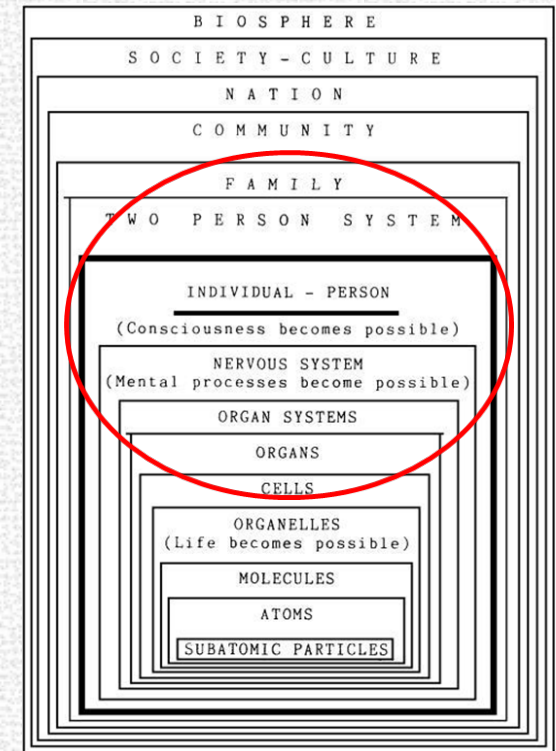
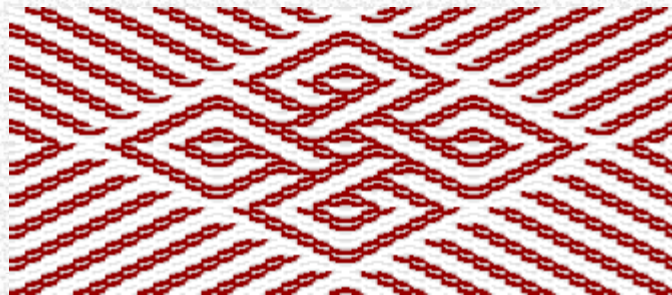




Adaptive-Renewal Cycle



Refreshing FM's Roots



Epilogue

Showing up is our power

Empathy is our song

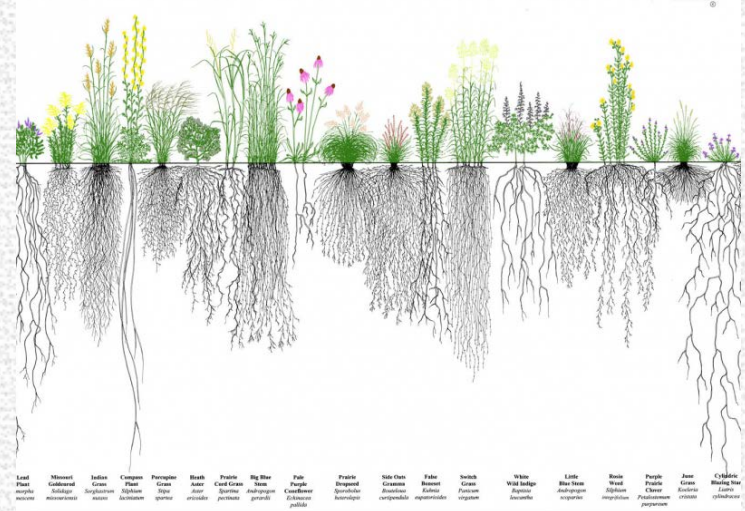
Story is our way

Relationship is our healing



Systems of Prairie Plants

Conservation Research Institute
April 2008 - 2010



SURPRISE! It's Always the BEGINNING!



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

