

UBC Health Mentors Program

Group 16



Mentor: Ms. Eva Wadolna
Ricky Park - Dentistry
Katherine Zhang - Kinesiology
Suzanne Starkiewicz - Medicine



Patient & Community
Partnership for Education



Group 16



@healthmentorsgroup16

Practicing with a holistic and integrative approach to treatment guided by understanding patient values and life circumstances.

11:57 AM · March 22, 2021 · Twitter for iPhone

Core Values



Function Holistic Medicine:

The Functional Medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness. It requires a detailed understanding of each patient's genetic, biochemical, and lifestyle factors and leverages that data to direct personalized treatment plans that lead to improved patient outcomes.

Two Key Aspects:

1. Going to the root of the problem
2. Utilizing the least invasive approach first before surgical procedures

Integrative Health Care and Holistic Approach

Why?

- Integrating patient comprehensive information with holistic perspective leads to better outcomes

How?

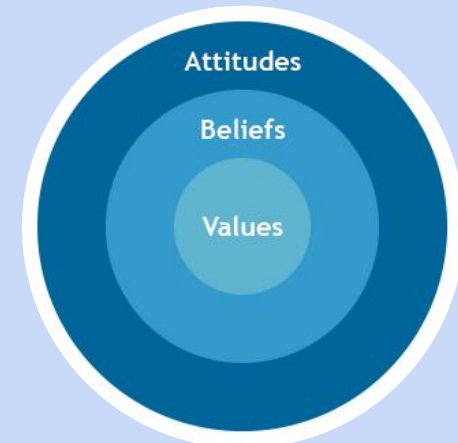
- Using Narrative Medicine approach and utilizing diversity of perspectives from broad range of health professionals
- Coordination of health professionals to work together and communicate
- Interactive and mutually supporting path for healing

Narrative Medicine

- Active listening
- Looking beyond symptoms and treatment options to consider the whole patient and their unique needs, values, and beliefs
- Ask the patient for their perceptions and goals:
 - “How do you feel about your condition?”
 - “How has your life changed as a result of your condition?”
 - “What do you hope to achieve through treatment?”
 - “What are you the most concerned about?”



<https://www.google.com/url?sa=i&url=https%3A%2F%2Fveritusgroup.com%2Fstop-talking-start-listening%2F&psig=AOvVaw290aYz0YEp1nL-MHM7BvJk&ust=1616993977221000&source=images&cd=vfe&ved=0CAIQiRxqFwoTCNCpMjGa0u8CFQAAAAAdAAAAABAJ>



<https://www.anxietycentre.com/images/tips/SOB.png>

Coordination of health professionals to work together

Multidisciplinary approach

- ❖ Cooperation among all types of health practitioners needs to be normalized to fully support the patient
 - Advocate for full involvement of allied professionals
 - Cultivate respectful attitude among all professionals
 - Share information among all health professionals
- ❖ Sharing - improve the process of sharing information between health professionals



Interactive and Mutually Supporting Path for Healing

- ★ Mutual learning for effective treatment
- ★ Mutual Respect
- ★ Trust and connection between practitioner and patient



https://www.medicalbag.com/wp-content/uploads/sites/19/2019/01/doctorconsolingq525441339_1255074-860x574.jpg



Patient Voice, Patient Values

Eva taught us the importance of **choices** and **options** in health care and how a patient should always be directing their care.

Eva's main teachings:

- Self healing
- Research
- Patient values

“I want my freedom to decide what works for me, it is my body; a patient has to have the last word”

Individual Take-Aways

- I plan to incorporate Narrative Medicine into conversations with my patients. I hope to hear my patients concerns and their ideas of what will work for them.
 - Suzanne
- In my future profession, I hope to advocate for a holistic approach to treating patients as well as patient self-education
 - Ricky
- I look forward to apply the things I've learned to create a positive environment for all patients
 - Katherine

