Provider and patient centered quality improvement

Lets get squishy
What problem am I trying to fix??

6%

MSHOP
Michigan Surgical & Health Optimization Program
I think I can resolve these issues through the field of positive psychology
What do “those” patients have that is different?
Positive Psychology

The scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life.
Psychology and health
Learned helplessness
Psychology and health
Learned helplessness

Master mortality
37%

Helpless mortality
73%

Control mortality
54%

Visintainer Science 1982
Who gets “colds”  
A controlled study of 334 healthy people

sad  
depressed  
nervous  
hostile  
resentful  

full of pep  
energic  
happy  
at ease  
cheerful  

Control group  
Balanced pessimism and optimism  

Cohen, S. Psychosomatic Medicine 2003
Who gets “colds”
A controlled study of 334 healthy people

Have some rhinovirus
Quarantine 6 days
Who got sick?

Cohen, S. Psychosomatic Medicine 2003
Who gets “colds”
A controlled study of 334 healthy people

- Pessimists: 33%
- Controls: 27%
- Optimists: 17%

Cohen, S. Psychosomatic Medicine 2003
Cardiovascular health
MFIT: Multiple Risk Factor Intervention Trial

120 men
Acute MI
Clinical risk factors
Interviewed about their lives

Coded for pessimism and optimism

8.5 years

What predicts another MI?
What predicts death?

Seligman, M. *Flourish* 2013
What protects from another MI and death?

OPTIMISM

94% MORTALITY

33% MORTALITY

Cardiovascular health
MFIT: Multiple Risk Factor Intervention Trial

Seligman, M. *Flourish* 2013
Elements of Positive Psychology

• **Positive emotion** – happiness and life satisfaction

• **Engagement** – “Did time stop for you” – “flow state”

• **Meaning** – “serving something bigger than yourself”

• **Accomplishment** – “the pursuit of mastery”

• **Positive Relationships** – “Very little that is positive is solitary”

From Martin Seligman
What can we learn from the mother who donated

Positive emotion – Love and satisfaction
Engagement – “Outside of herself”
Meaning – Service to her child
Accomplishment – I did this
Positive Relationships – obvious
I fix problems
What is success?

Clinician view

Patient view
Can we do more to help our patients flourish?

Can we do more to make ourselves flourish more in their care
Psychosocial Interventions positively impact pain, quality of life, and recovery

- **Metanalysis**
- **Orthopedic surgery**
- **62 RCTs and 4900 pooled sample size**
- **Display the outcome “recovery”**
Must work within the system
Take advantage of existing resources

- Nurses cannot do more work
- APPs cannot do more work
- Surgeons cannot do more work
- New technology into the clinical workflow “makes heads explode”
What can we do to change our care??

Every patient should train for surgery
Pre-op Physical Training

Track your steps

Increase it everyday
Pre op – psychologic training
Building on the 5 domains of positive psychology

Who exercise
Why exercise
How exercise
Who exercise

Identify a care team (3 important people)

Explain you preferred identity

Domains: positive emotion, meaning, positive relationships
My care team is my partner Jim, my daughter Nancy, and God. I am a mother, a retired accountant, and a gardener.
Why exercise

Why seeking care (best possible future)

Document 3 gratitudes

Domains: positive emotion, meaning
I have abdominal pain that is preventing me from gardening and enjoying my life. I want to get back to my favorite activities.

I am grateful for my family, my garden, and the lovely summer weather.
How exercise

How I plan to optimally engage in my care

Domains: engagement and achievement
How exercise result

Today I continued to work to increase walking and documented three things I am grateful for
Now the hard part
We need to continuously reinforce
Change our documents and words
Every H&P, note, consent, presentation, conversation

- Who statement
- Why statement
- How statement
What would this look like

• Who statement: “Ms. Smith is a mother, a retired accountant, and a gardner. Her care team is her partner Jim, her daughter Nancy, and God.”

• Why statement: “She has abdomen pain. She aspires to return to cycling and playing tennis and gardening.”

• How statement: “She has increased her walking prior to surgery and her completed her gratitude exercise each day.”
Integrate it into the system

Changing the focus from the problem to the person and doing it systematically
What problem are we trying to fix??

Michigan Surgical & Health Optimization Program

6%