

Patients' Association of Canada Association des Patients du Canada

**Parts of this talk have been delivered to more than 3000
people at more than 20 venues during 2011**

Posted July 15 2011



Humoral Medicine

- Hippocrates- Galen
 - Established approach to medical practice from 400 BC to about 1850 AD
 - Linked to Aristotle's world view
 - Stability
 - Moderation
 - Knowable

Cancer Leo Virgo

Summer

Fire

Yellow Bile (Liver)

Choleric

Youth



Association des Patients du Canada
Patients' Association of Canada

Aries Taurus Gemini

Spring

Air

Blood (Heart)

Sanguine

Childhood

Hot

Dry

Libra Scorpio Sagittarius

Autumn

Earth

Black Bile (Spleen)

Melancholy

Adulthood

Wet

Cold

Capricorn Aquarius Pisces

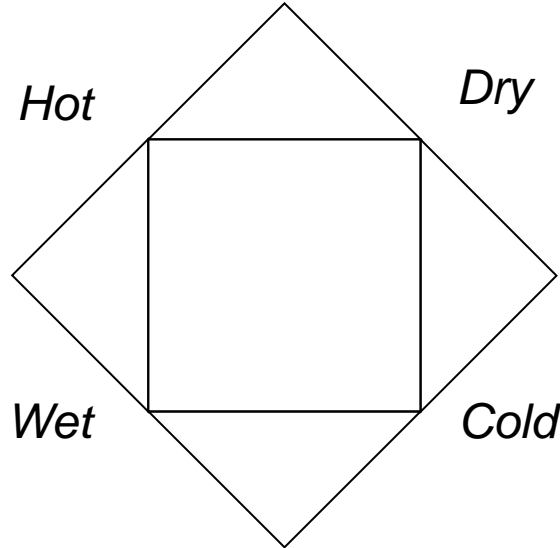
Winter

Water

Phlegm (Brain)

Phlegmatic

Old Age





Galen's Humours

- Refer to person's character and sense of self
- Connected to social, physical and astral environments
- Temperament and physiology interactive,
 - Being angry increases the flow of black bile.
 - More black bile can make someone angry.
- Illnesses were “distempers” (Disorders)
- Regimens Rebalanced the Person
 - changes in environment
 - adjustments of lifestyle
 - medications part of the naturopathic medicine cabinet.
 - cupping, purges and bleeds



Scientific Medicine (Background)

- Theophrastus Bombastus von Hohenheim: (1493-1541)
 - Body as a chemical retort
 - Disease: chemical imbalances and poisons
- Descartes (1596-1650)
 - “[S]o also the human body may be considered as a machine so built and composed of bones, nerves, muscles, veins, blood and skin .
 - A science of medicine that has the certainty of algebra
- Boyle (1627-1691)
 - Chemical and mechanical constituents of the body follow laws of nature
 - Set the research agenda for medicine for the next 300 years.
- Sydenham (1624-1689)
 - Diseases as Natural Kinds
- Louis Pasteur (1822-1895) & Robert Koch (1843-1910)
 - Anthrax, Tuberculosis etc. caused by identifiable micro-organisms.
 - Vaccines were developed



System to Conquer Infectious Diseases

- Body is separated from the person
- Expert based, Acute focused
- Science IDs cause course cure of disease
- Acute Hospitals Built (not only for poor)
- Doctors and Nurses professionalized
- Patient has little or no role in design and operation of system
- Medicine will make you healthy



Success of the System

- 1900-1940 Rapid decline of death by infectious diseases
- 1930-2000 Rapid Increase of % of morbidity and mortality due to chronic conditions like heart and lung diseases
- 2004 Cancer 29.5%, heart disease 22.9%



Chronic Disease Shifts

- 17th Century: everyone over 40 had at least one chronic condition or other
- 20th Century: everyone over 65 has at least one chronic condition or other
- In general 50% of people with chronic conditions have more than one – good reason for speaking of complex chronic diseases



Simple

Following a Recipe

- The recipe is critical to success
- Recipes are tested to assure replicability of later efforts
- No particular expertise; knowing how to cook increases success
- Recipes produce standard products
- Certainty of same results every time
- Optimism re results

Complicated

A Rocket to the Moon

- Formulae are critical and necessary
- Sending one rocket increases assurance that next will be ok
- High level of expertise in many specialized fields + coordination
- Rockets similar in critical ways
- High degree of certainty of outcome
- Optimism re results

Complex

Raising a Second Child

- Formulae have a use. But not alone
- Raising one child gives no assurance of success with the next
- Expertise however multi-disciplined can help but is not sufficient
- Every child is unique in critical ways
- Uncertainty of outcome remains
- Optimism re results



Complicated Acute Diseases

- Abrupt onset
- Often all causes can be identified and measured
- Diagnosis and prognosis are often accurate
- Specific therapy or treatment is often available
- Protocol-based intervention is usually effective: cure is likely with return to normal health
- Profession is knowledgeable while laity is inexperienced and dependent
- Patient's contribution largely unnecessary

Complex Chronic Conditions

- Gradual onset over time
- Multivariate cause, changing over time
- Diagnosis is uncertain and prognosis obscure
- Specific treatment is available but also requires judgment
- No cure, pervasive uncertainty: support & self care over time is needed to maintain health
- Professionals & patients must share knowledge to maintain or improve health
- Patient's contribution critical



What is a Patient?

Complicated Acute Disease

- A diseased body to be diagnosed and treated
- An autonomous individual with no relevant links to others
- Focus on the disease or organ
- Prescribed treatment
- The person named on the OHIP card

Complex Chronic Condition

- A person with a particular history and personality
- A group of people including the person and those close
- Broad interest in history and lifestyle
- n of 1 trials
- Anyone who has had a significant health care experience themselves or as a companion



System Does Not Keep Pace

- Continued emphasis on acute episodes
 - Hospitals continue to grow in size and cost
- Constant expansion of body categorization
 - Increase in specialization
- Increased drive for protocol based care
 - With ever diminishing length of use
- Overall little inclusion of patients as people
- Regrowth of Galenic Medicine



How to Save Money

- Identify population at risk for prevention
- Increase capacity to self-assess and self-manage with mutual support
- Continuous care to maintain health
- Increase efforts to understand and avert acute episodes of chronic conditions
 - Self-monitoring signs of acute onset
 - Easier access to mutual & professional support
 - Rapid response to indications



How to Engage Patients

- Make practitioner communication easy
 - Peer to peer support
 - Electronic prescribing and renewal
 - Access to results by patients
 - Email Access to Doctors and others
 - Appointments on Line
 - **THE FAX MACHINE TO THE SCRAP YARD**



Patients' Association of Canada Mission Statement

As a patient led and patient governed organization, the Patients' Association of Canada promotes the patient voice and the patient perspective in health care.



Some of our activities

- At the Clinical Level
 - Patients' Choice Awards (with OMA)
 - User Guide How to Navigate the System
- At the Service Delivery Level
 - Training front line ER staff to deal with patient anxiety
 - Improving health care experience for older patients
- At the Policy Level
 - Political parties define “Patient Centred Health Care”
 - Supporting governors who want to assume the patient perspective: A Trillium project



To Join Us

- Look at the web site
 - www.patientsassociation.ca
 - If you find good reason to,
 - Sign up for the newsletter
- To contribute
 - Write to communications@patientsassociation.ca
 - Or donate on our web site