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*ENGAGING PATIENTS
IN THERAPY: PART 2*

A PATIENT-CENTRED APPROACH

The future for **chronic disease** prevention,
management and reversal

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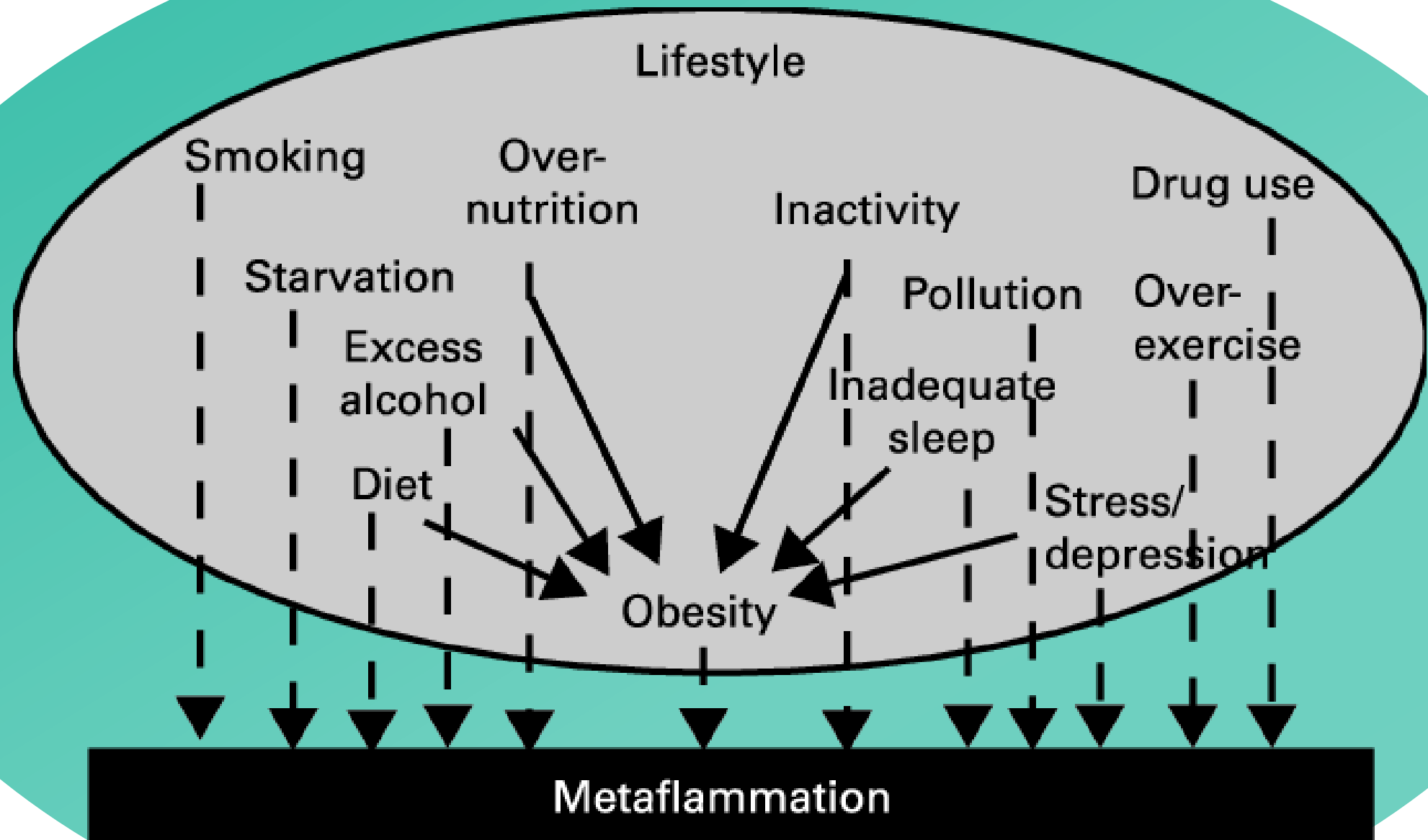


- General Practitioner South Africa (1997)
- Canadian College of Family Physicians (2003)
- Fellow of the Royal Australian College of General Practitioners (2008)
- International Certification in Lifestyle Medicine – IBLM (2017)
- Fellow of the Australasian Society of Lifestyle Medicine – ASLM (2018)
- Founder and Director: **Lifestyle Medicine Centre**, the “I Can Change Me” Program, and **Life Medical Centre**
- Member of the International Expert Panel on Lifestyle Medicine Specialist Competencies (2021)

Nothing to Declare

No sponsorships

Acute, one-system problem
Vs
Chronic, multi-system dysfunction
(Metabolic Inflammation)



WHAT IS “PATIENT-CENTRED CARE” ?

- Caring for patients beyond their presenting condition
- Delving deeper than face-value
- Empowering the patient through active decision-making and participation in their own care
- Applying a Bio-Psycho-Social approach
- Incorporating a team working towards best patient outcomes
- Respecting that they have their own views on what's best for them
- Helping them define their own values and priorities in life

Family history and risk factors

BMI, obesity, visceral fat

Food, exercise, sleep, addictions

Medication load

OA, pain, RSI

Statistics and years of life lost

Metaflammation, metabolic syndrome

DM2, CVD, lipids, dementia, cancer,

Hormones: Thyroid, Insulin resistance, leptin resistance

BIO

Change habits, Stage of Readiness

Low self efficacy, identify barriers:

- Past trauma
- Depression/Anxiety
- Low self esteem
- Low self-worth

Poor motivation

PSYCHO

SOCIAL

Health care and personal costs

Support structures, environment, family

Healthy, happy communities

VITALITY AND QUALITY OF LIFE

EXPERT vs COACH APPROACH using MI techniques

**RACGP publication:
Australian Family Physician**



Motivational interviewing techniques

Facilitating behaviour change in the general practice setting
Volume 41, No.9, September 2012 Pages 660-667

MOTIVATIONAL INTERVIEWING TECHNIQUES

“RULE”

- Resist the righting reflex
- Understand the patient's own motivations
- Listen with empathy
- Empower the patient.

Express empathy
Develop discrepancy
Roll with resistance
Support self efficacy

COACH vs EXPERT APPROACH using MI techniques



When we help **ourselves**, we find moments of **happiness**.

When we help **others**, we find lasting **fulfillment**.

- *Simon Sinek*



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