

# Whole Person Health Care

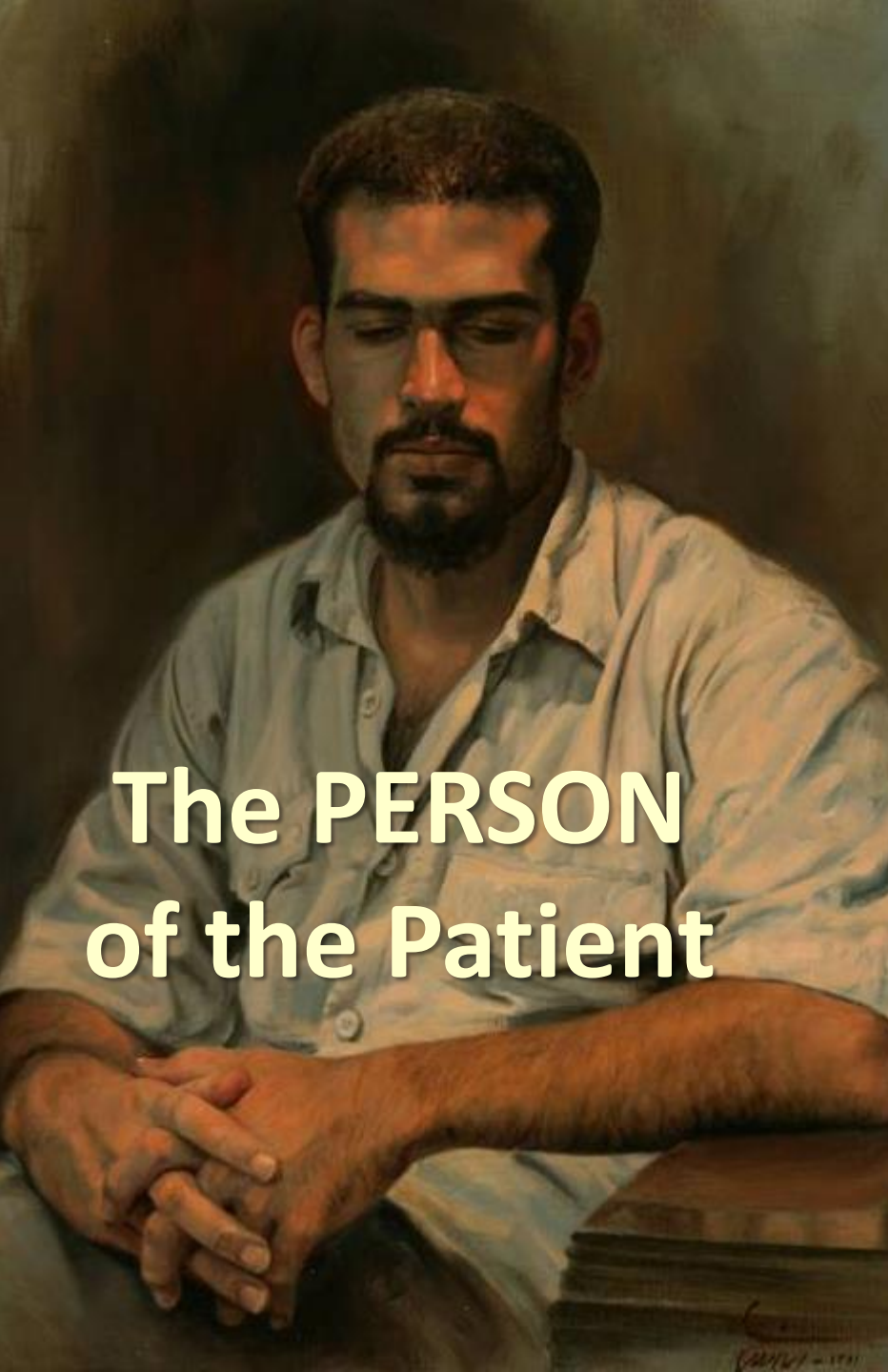


**Dr Frederick Kellerman**  
MBChB, FAFP(SA), MFamMed,  
MCFP(SA), DipPHC(Ed)

CMC Vellore

# Whole Person Health Care





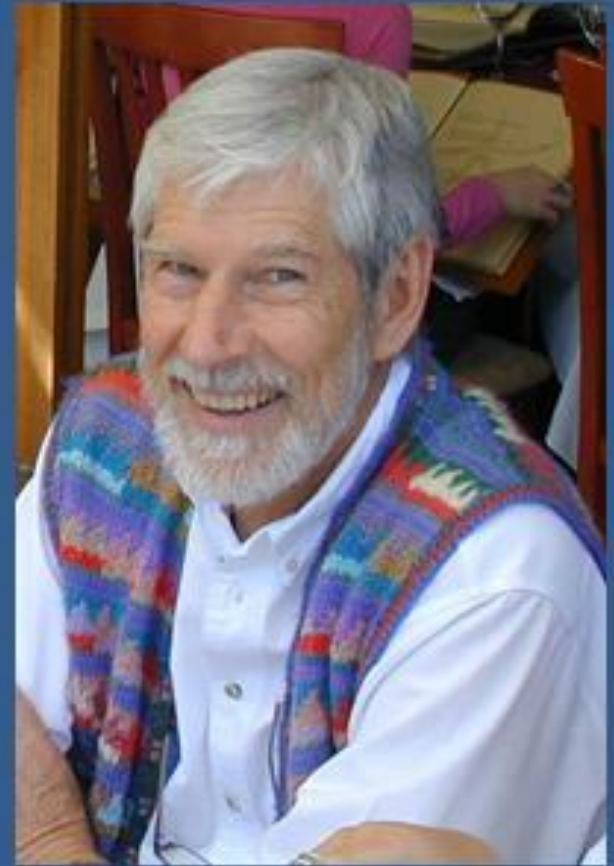




Precious Persons...



Prof Sam Fehrsen  
said in 1993 that...  
“by focussing  
...on the disease,  
we neglected  
the PERSON”



**By focussing on  
the disease, we  
neglected the  
PERSON.**

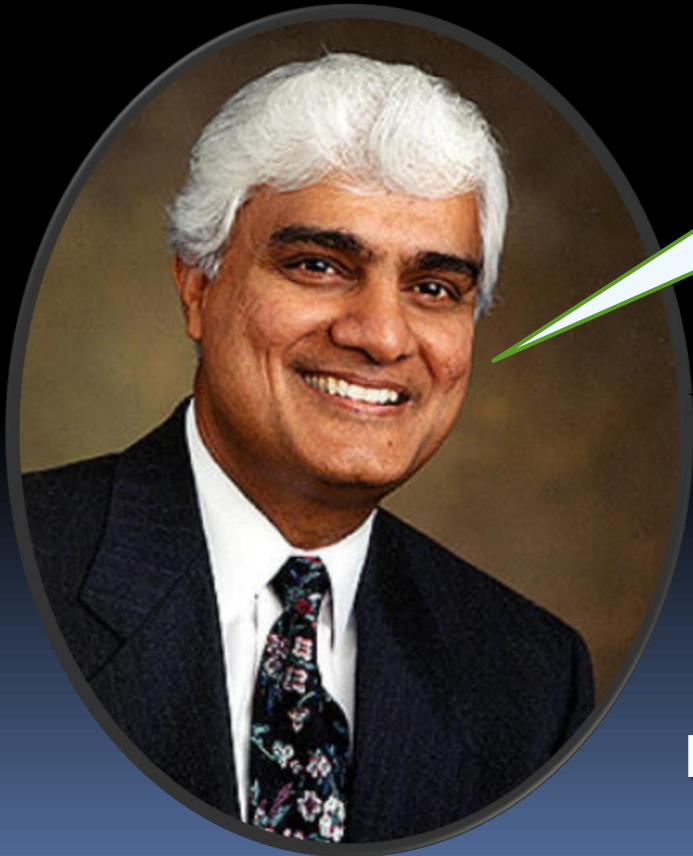
*"It is sometimes more important to know what PERSON has a certain disease, than to know what disease a certain person has."*

The **PERSON**  
> the **PROBLEM**



Sir William Osler (1904)

When a person asks  
you a question,  
do NOT answer  
the question....  
**Answer the PERSON!!**



In the same way, as  
healthcare  
workers, we don't  
just treat the  
symptoms, we  
treat the PERSON!

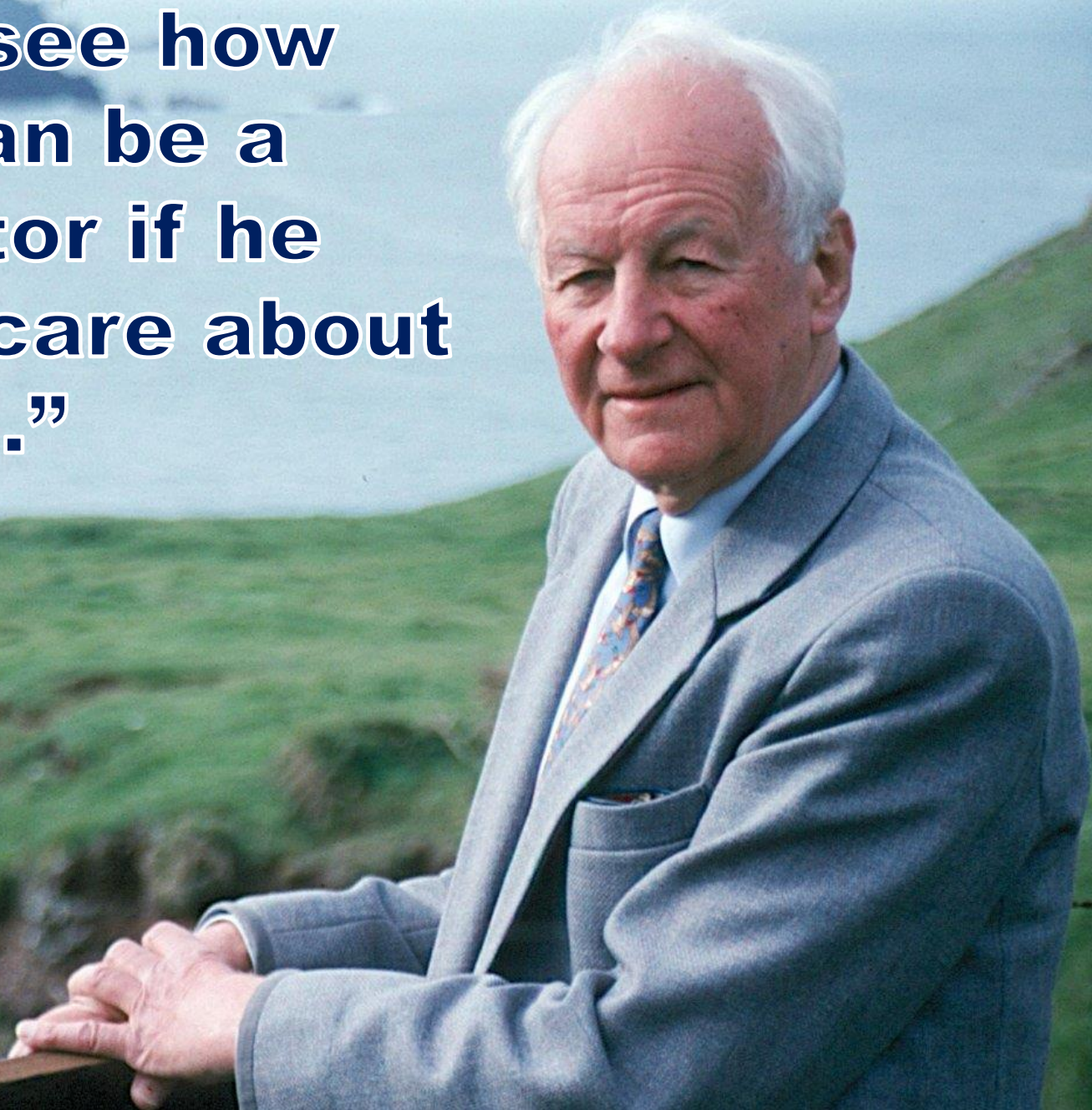
Dr Ravi Zacharias



- *Prof John MacMurray (The Lancet, 1938):*
- “Just as a teacher who teaches his subject and not his pupils is a bad teacher,
- so a doctor who sets out to heal diseases instead of healing PEOPLE will not be a good doctor.”

**“I do not see how  
anyone can be a  
good doctor if he  
does not care about  
PERSONS.”**

**John Stott**





PAUL TOURNIER

Author of THE MEANING OF PERSONS

# The Healing of Persons

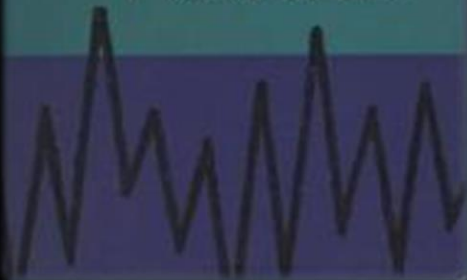
PAUL  
TOURNIER

The Meaning  
of Persons



Paul Tournier

THE  
WHOLE  
PERSON  
IN A  
BROKEN  
WORLD





PAUL TOURNIER

Author of *THE MEANING OF PERSONS*

# *The Healing of Persons*

Look at the patient as  
a **WHOLE** and make  
meaningful contact  
with him  
as a **PERSON**...



With **PERSON** we mean...

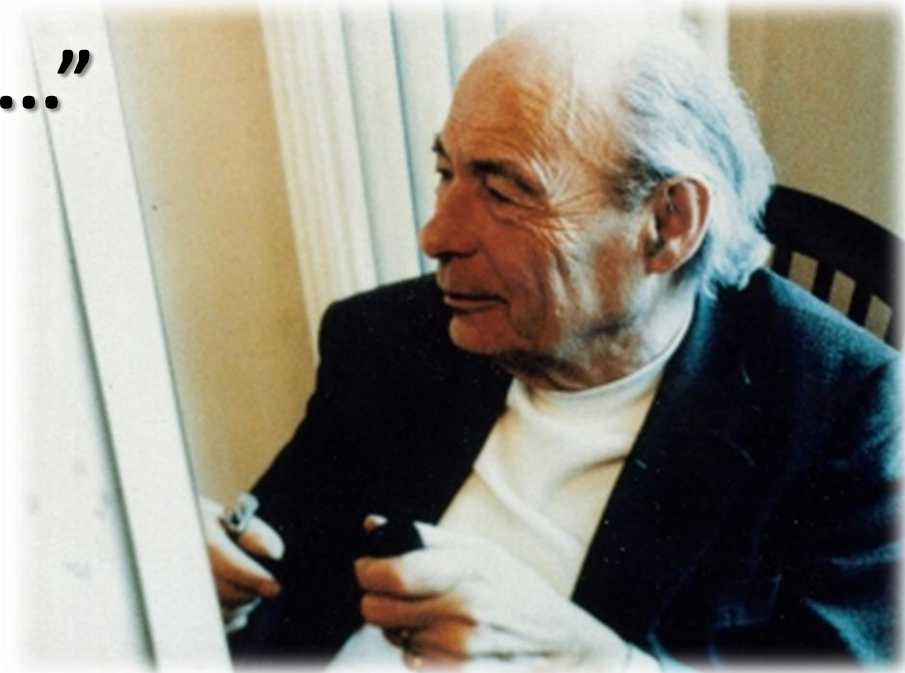
- NOT the outer mask we wear,
- NOT the body only,
- NOT the personality only, but
- The real **inner person**
- The **whole** man or woman - **body, soul and spirit**, in his/her relations to others...
- Especially the **spirit** of a man or woman...

Dr Paul Tournier (the 20<sup>th</sup> century “father “ of whole person medicine, who wrote “*The Healing of Persons*”) said that:

to “speak of the person... is to speak, not of that in man which is physical, psychological or intellectual, but

of what is spiritual in him...”

He said:





It is the spiritual  
which makes the  
“person”

**Dr Paul Tournier**



- PERSON ≠ Personality
- PERSON > Personality
- **PERSON = the SPIRIT of the individual, expressed in a particular body, through a certain personality, in relation to God and others and the environment...**

# Biblical Basis: “Person”

A person is a unified spiritual-psychological-physical-social human being, made by God, for God, to reflect God, and (through Him) to rule over all the earth, and to be in loving relationship with God and with others, for His glad glory.





# Biblical Basis: “Person”

- A person is someone made *by* God, *like* God, *for* God.
- *He is NOT God, nor a “god”!*
- A person is spirit, soul and body – as a unified whole – in relation to God, others, and the environment.
- For God’s glory!



# Whole Person Health Care



Understanding the

# Whole Person



NOT just  
the “body”  
but the  
whole PERSON!



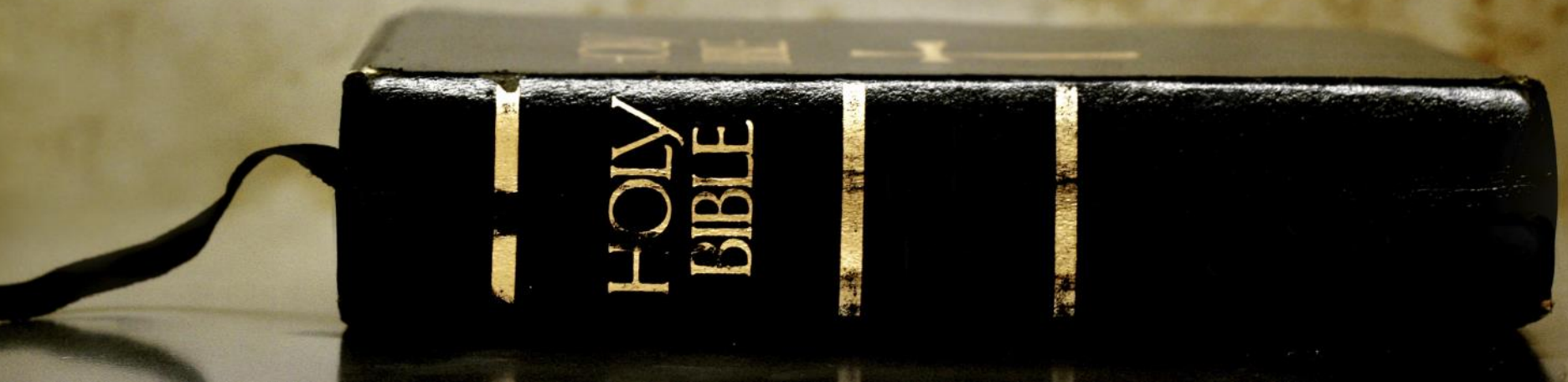
Understanding & helping  
and promoting the  
wholeness of the

# Whole Person





“I pray that God, who gives peace, will make you completely holy. And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns.”  
(1 The 5:23, The Bible)



# GOD

**ENVIRONMENT**  
(physical + spiritual)

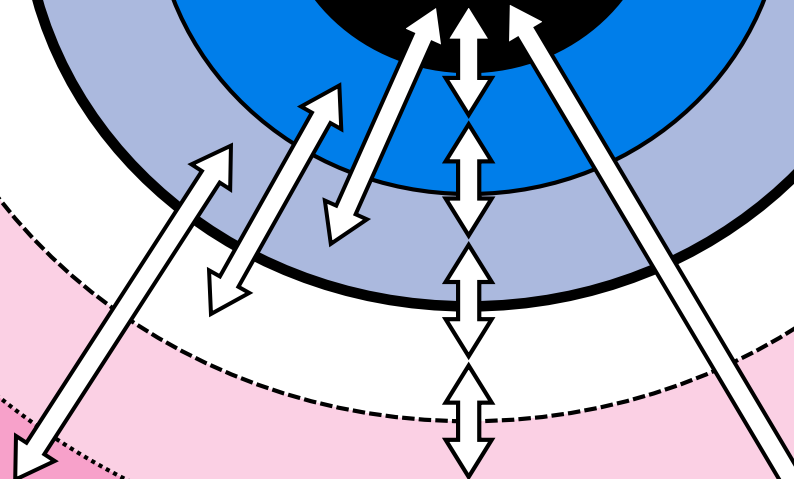
**COMMUNITY**

**FAMILY**

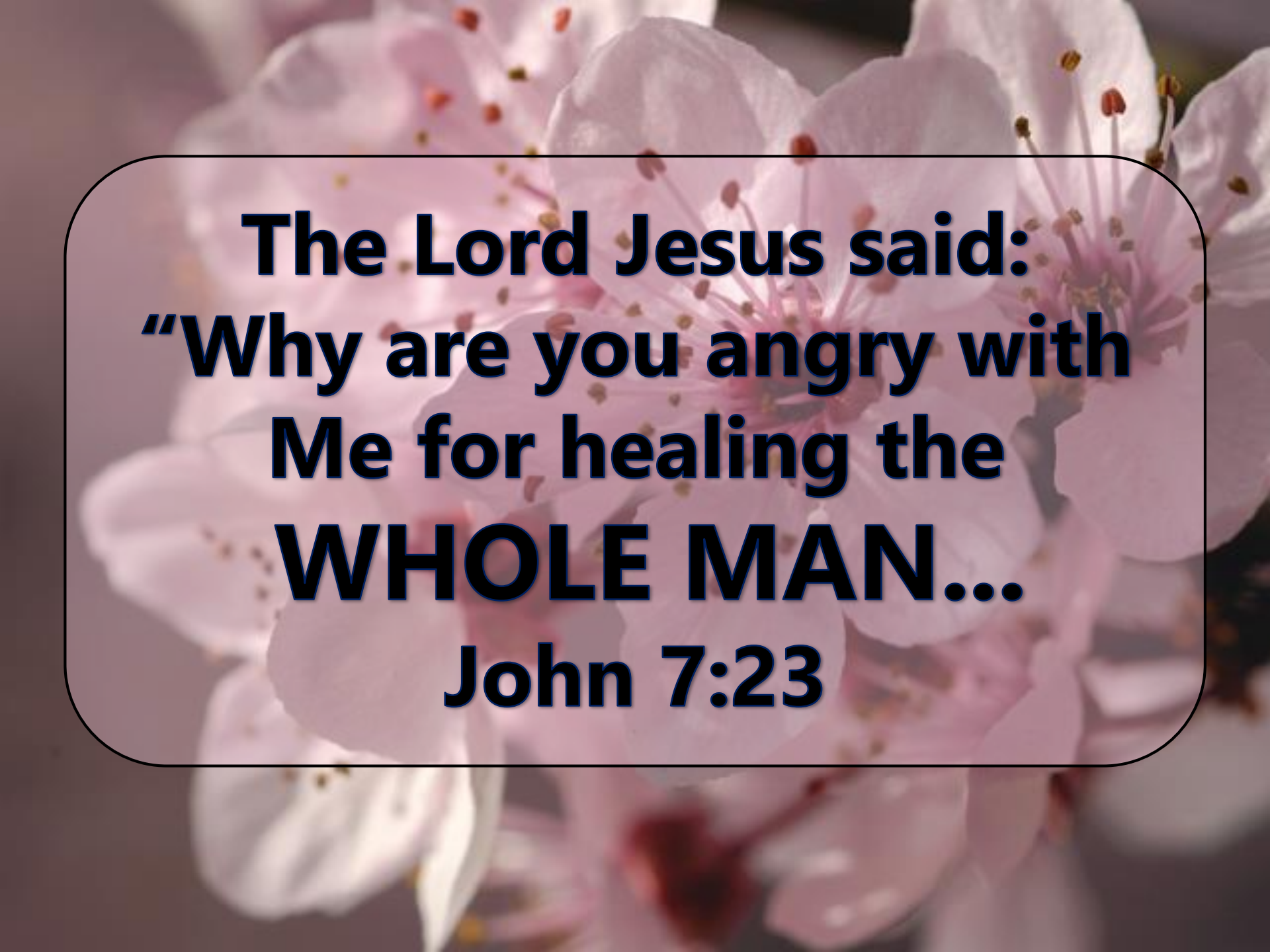
**BODY**

**SOUL**

**SPIRIT**



With the “WHOLE PERSON” we therefore mean the person – spirit, soul and body, as a unified whole, in relation to God and others and creation.


A close-up photograph of several pink cherry blossoms with visible stamens and petals, serving as the background for the text.

**The Lord Jesus said:  
“Why are you angry with  
Me for healing the  
WHOLE MAN...**

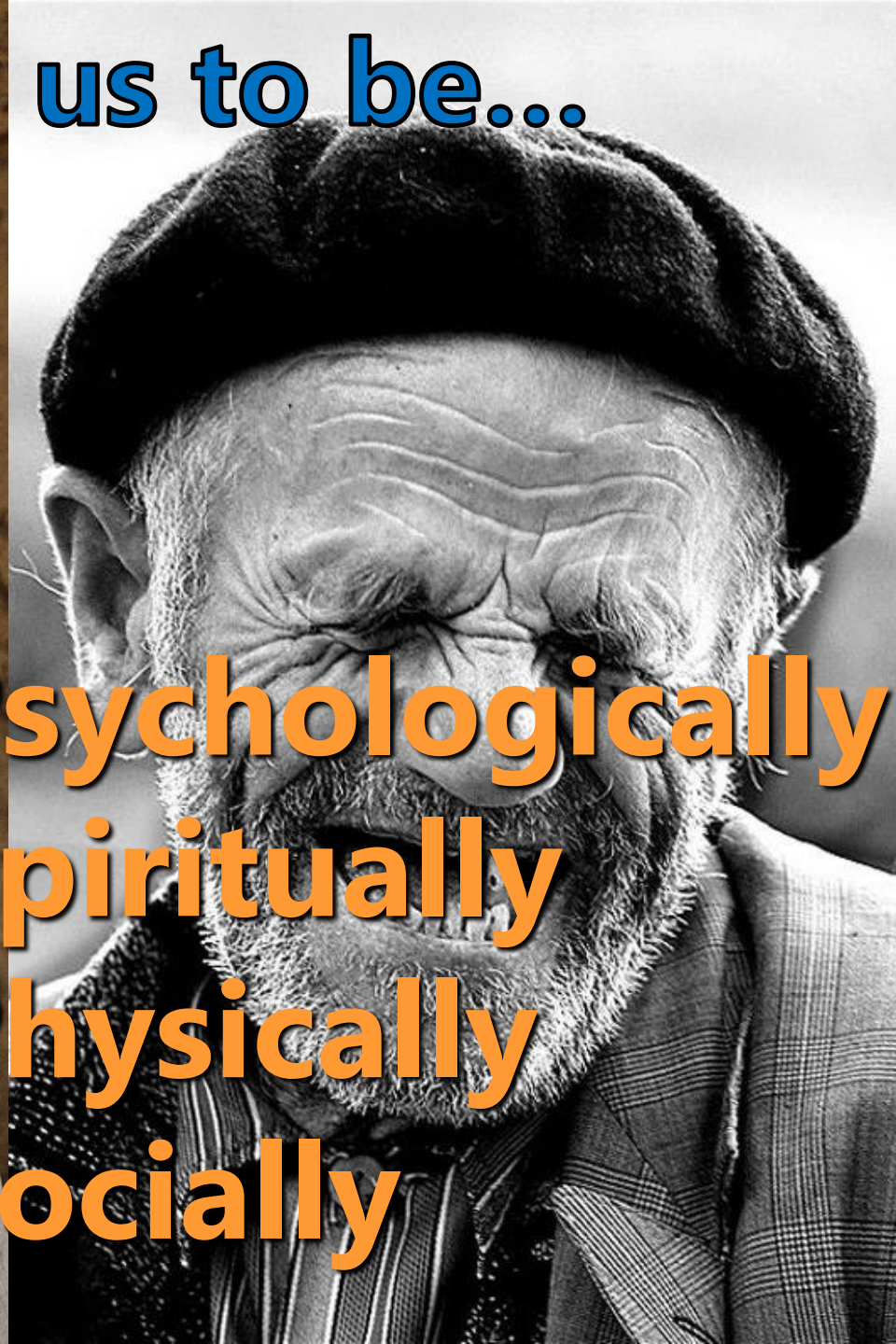
**John 7:23**



**God wants us to be...**



**Happy  
Holy  
Healthy  
Harmony**



**Psychologically  
Spiritually  
Physically  
Socially**





# **"WHOLE" HEALTH**

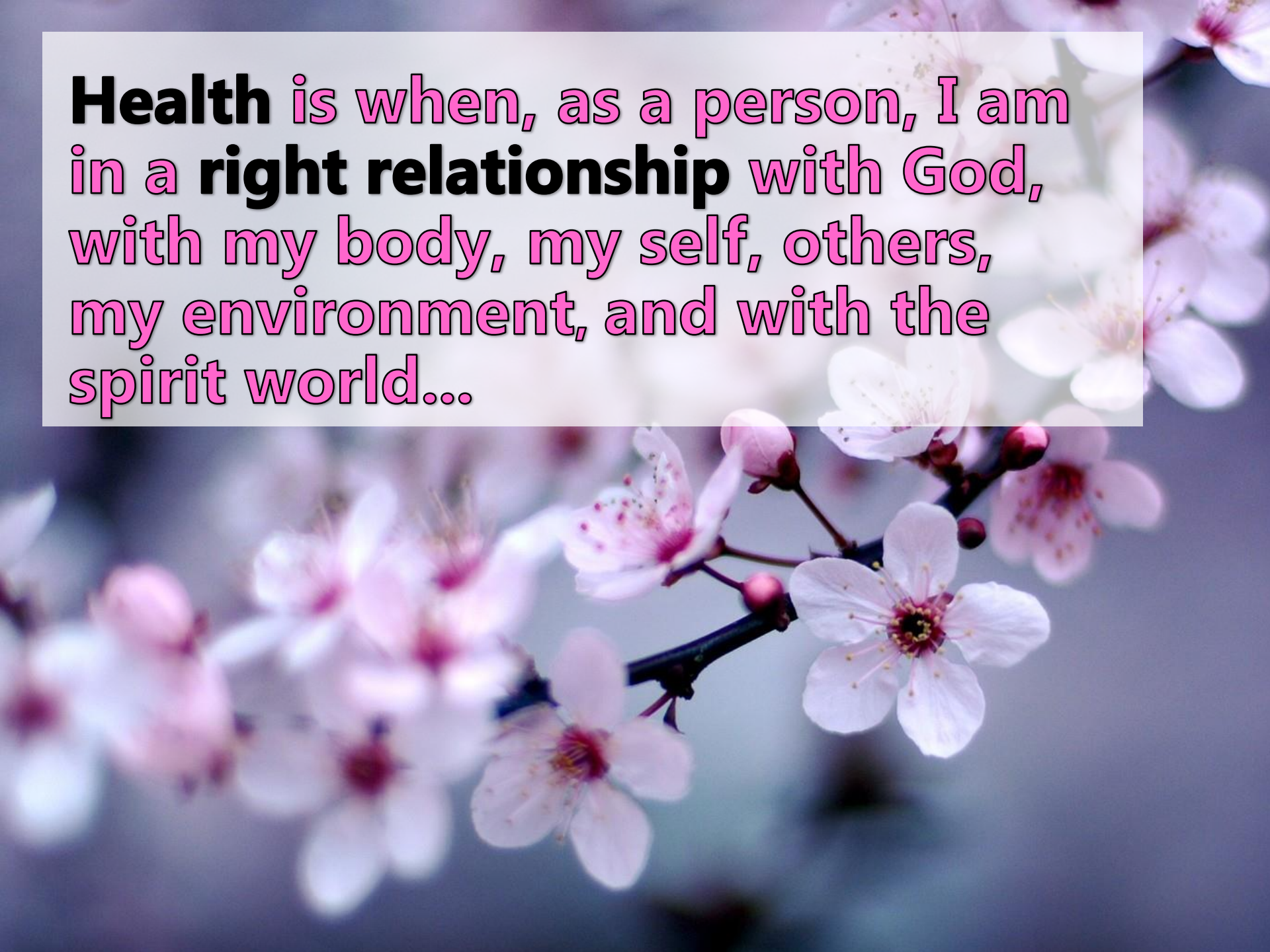
is

where a person  
is well physically,  
psychologically,  
spiritually  
and socially.

# With “**WHOLENESS**” we mean...

- That a PERSON is **well physically, psychologically, spiritually and socially.**
- That a PERSON is **Healthy, Happy, Holy, and in Harmony.**
- That a PERSON is **in a right relationship** with his body, with himself, with others, with the environment, with God, and with the spirit world...
- That a PERSON has reached a degree of **maturity and integration** of his or her whole being and personhood.

**Health** is when, as a person, I am  
in a **right relationship** with God,  
with my body, my self, others,  
my environment, and with the  
spirit world...

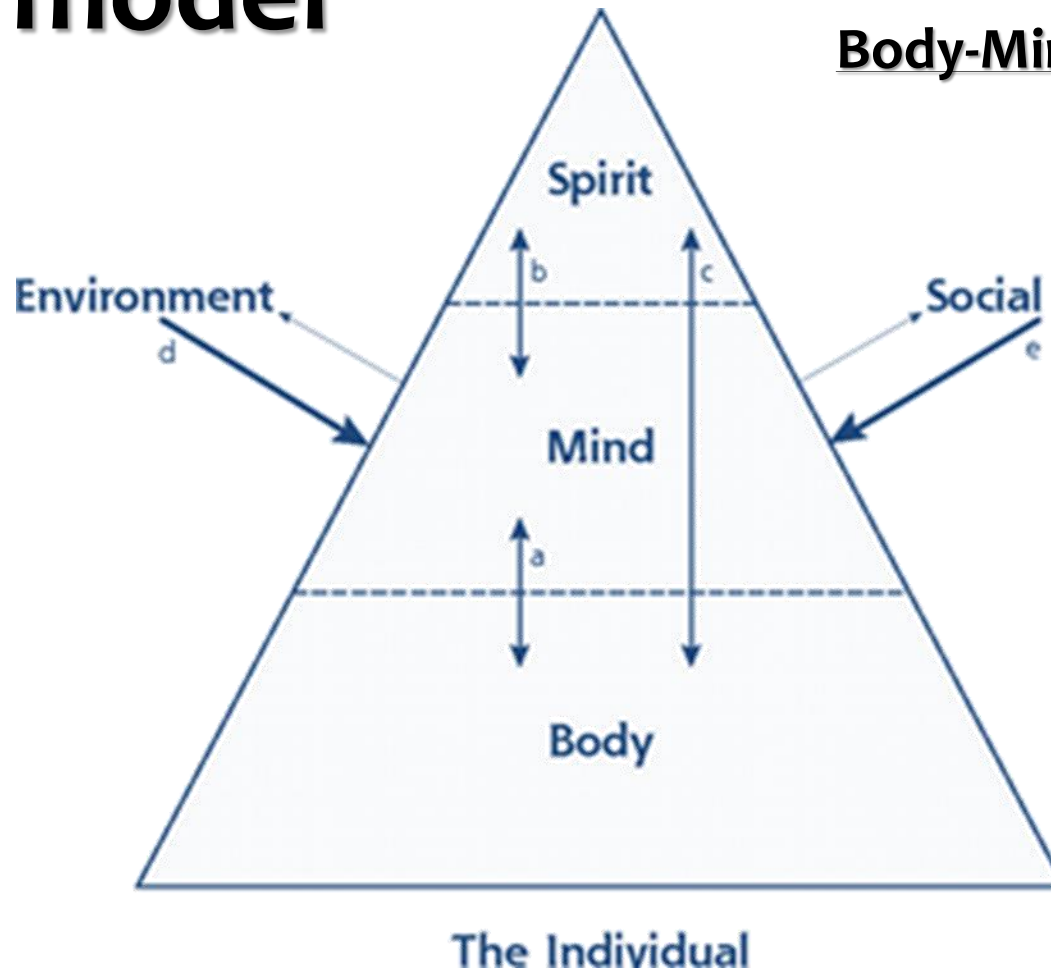




# “BMSEST model”

Developed by Dr Gowri Anandarajah (MD) from the Dep of Family Medicine in Rhode Island (Ann Fam 2008;6:448-458, DOI: 10.1370/afm.864).

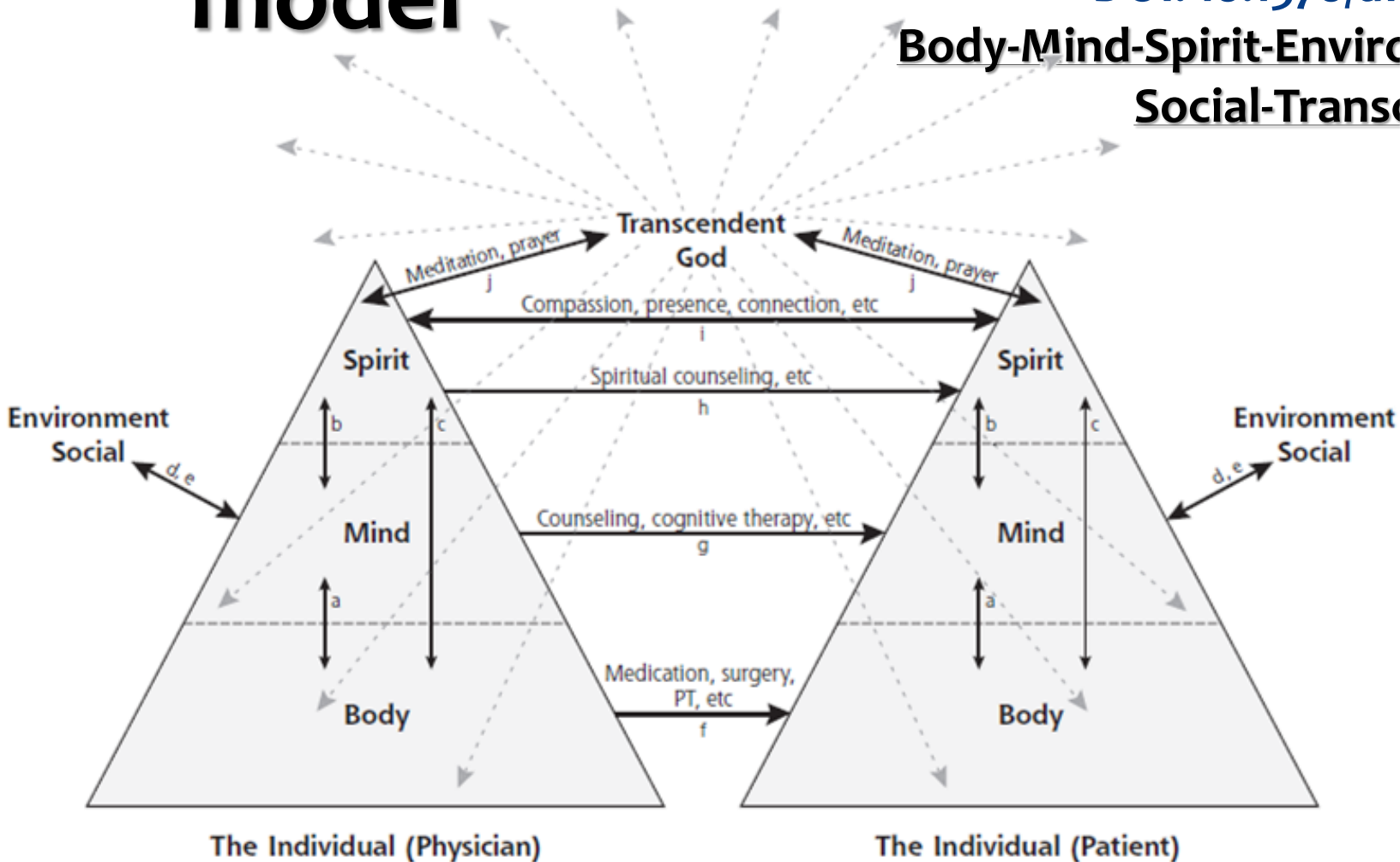
Body-Mind-Spirit-Environment-Social-Transcendent



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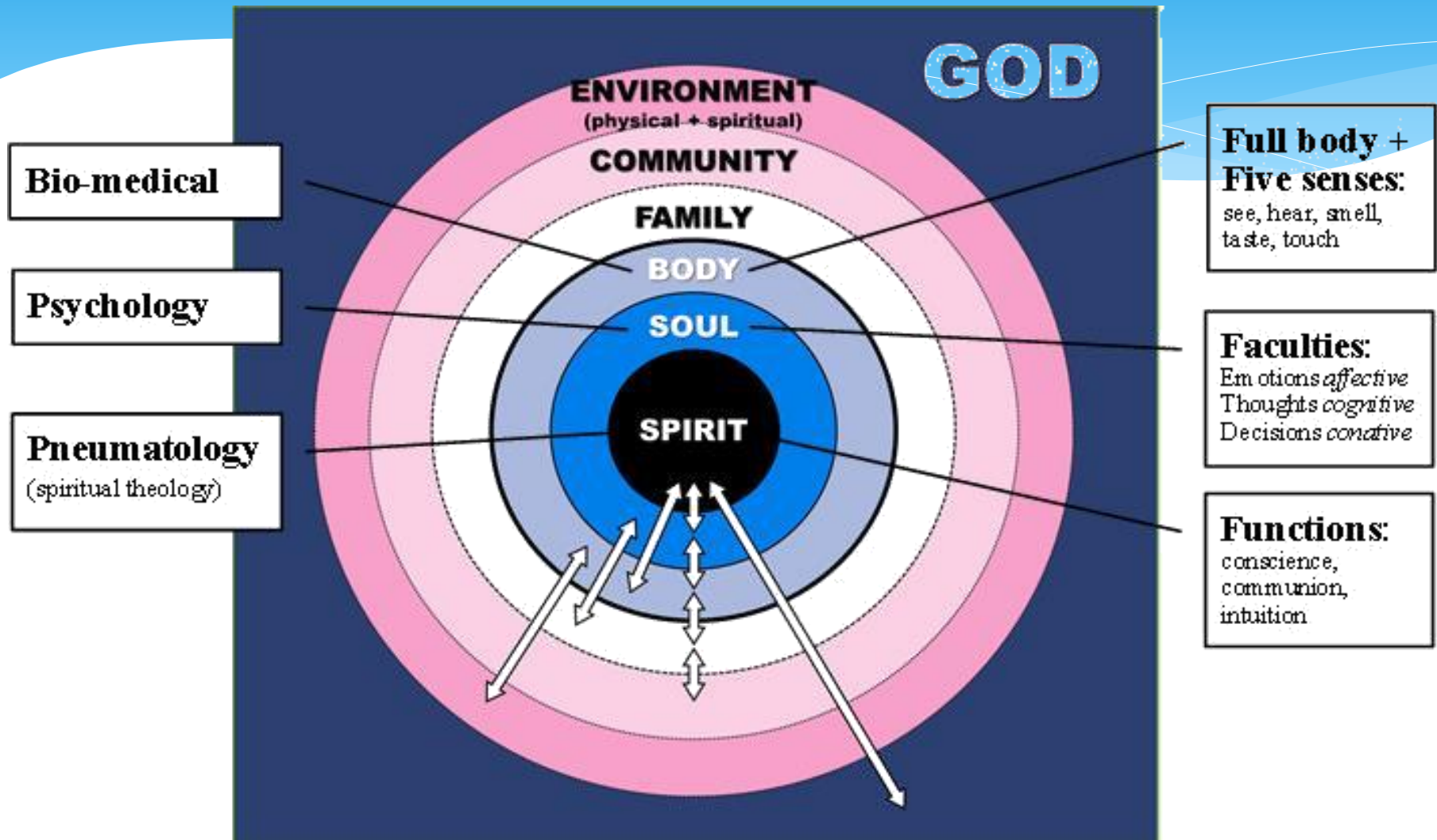
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# A more WHOLISTIC Approach!

- \* The “BMSEST model” is a more WHOLISTIC approach than the bio-psycho-social model (of Dr Engel, 1980)
- \* And it does NOT neglect THE SPIRITUAL, which is the essence of the “person.”

# A more WHOLISTIC Approach!



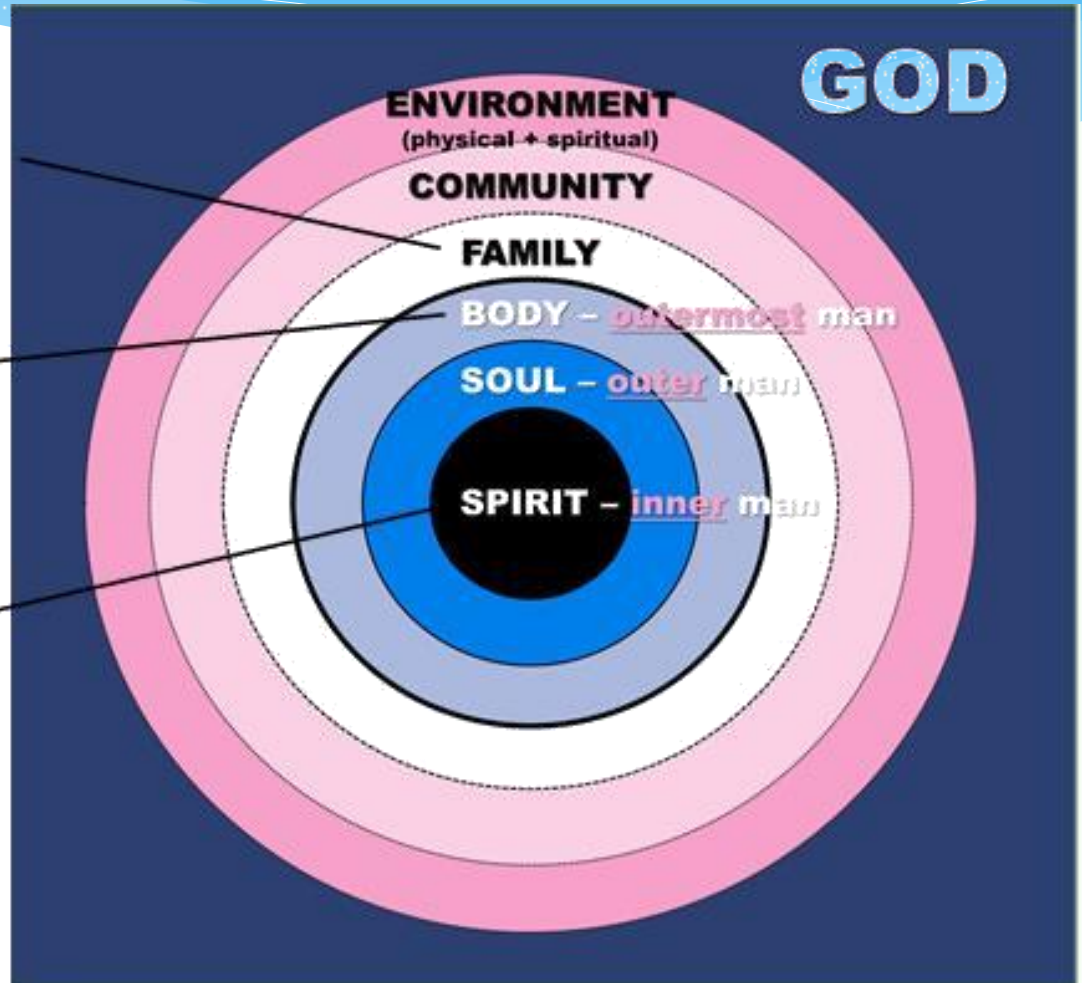


# “3-Stage Assessment”

**Contextual** assessment

**Clinical** assessment

**Individual** assessment



# 3-Stage Assessment

Clinical : *physical* (

Individual

Contextual : *social*

We may use "P.R.I.C.E.S."

**P:** Person, Personality, Personal factors (attitude, temperament, life style, life experience, physique, genes, IQ, EQ, age, etc.), Point in life cycle/emotional devel., Performance (function)

**R:** Real Reason for coming

**I :** Ideas, thoughts (what think about sickness)

**C:** Concerns, fears

**E:** Expectations, Emotions (feelings)

**S:** Spiritual health; Stress



Dr McBride said (already in 1998) that “**spirituality** has been a relatively neglected area in training and research in health care. This is true despite the fact that belief systems have been found to influence clinical outcomes, illness prevention, coping, recovery, and how patients define their illness experience.”

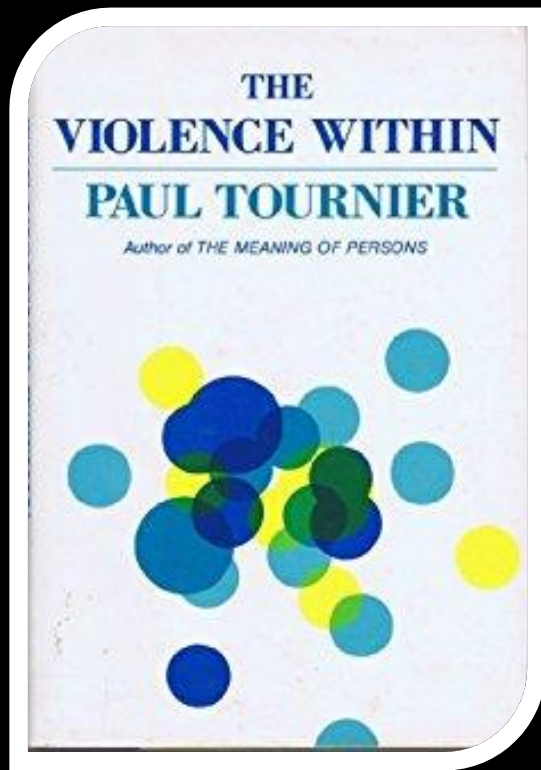
(McBride, Fam Med 1998;30:122-6).

Dr Cassell said: “The profession of medicine appears to ignore **the human spirit**...”



Mind-Body Medicine,  
Psycho-neuro-immunology  
(PNI)  
and Psycho-neuro-endocrino-  
immunology (PNEI)

# Taking a Spiritual History (as a Spiritual Assessment tool)



- In “The Violence Inside” Dr Paul Tournier wrote that “**the medicine of the person is a two-handed medicine. It makes use of **science** as competently as possible, but it also uses that **mysterious personal communication** which our patients stand in need of to the very end. But it is not enough to have two hands. They must be joined. To put the hands together is to adopt the universal, age-old attitude of **prayer**, the sign that one is waiting upon God and His presence, recognizing His sovereignty, and asking for His grace. That is why the **medicine of the person leads us straight to prayer.**”**

“To reach the **whole patient** requires  
the **whole physician**...  
and its effectiveness depends on  
the physician himself being **whole**.”

Dr W. Weston



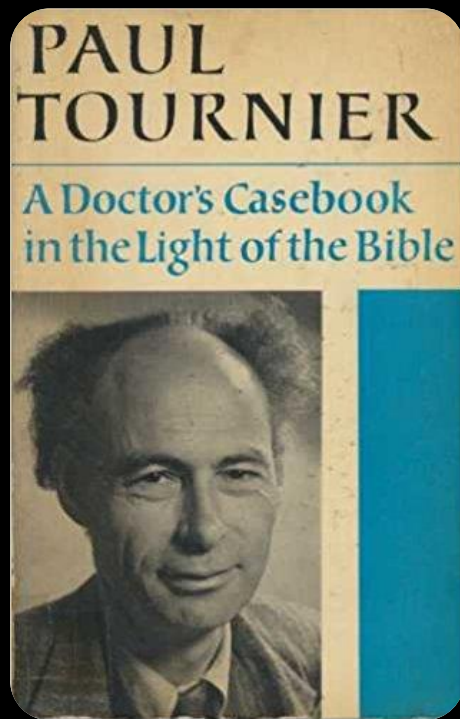
# The Neglected Priority of Spiritual Care

Jeremiah 6:14 - "They have healed also the wound of the daughter of My people lightly and neglectfully, saying, Peace, peace, when there is no peace."

**Every illness calls for  
two diagnoses:  
one scientific,...  
and the other spiritual**

Dr Paul Tournier





*"What, then, is the medicine of the person? It is a two-dimensional medicine, the two dimensions being those of which we spoke at the beginning of this book in connection with the 'two diagnoses'..." [the **scientific** & the **spiritual**]*

*"Perhaps I ought rather to have said a three-dimensional medicine... : **physical, psychological, and spiritual.**" (p128-9)*

*Or even: four-dimensional medicine: **physical, psychological, spiritual & social...**!*

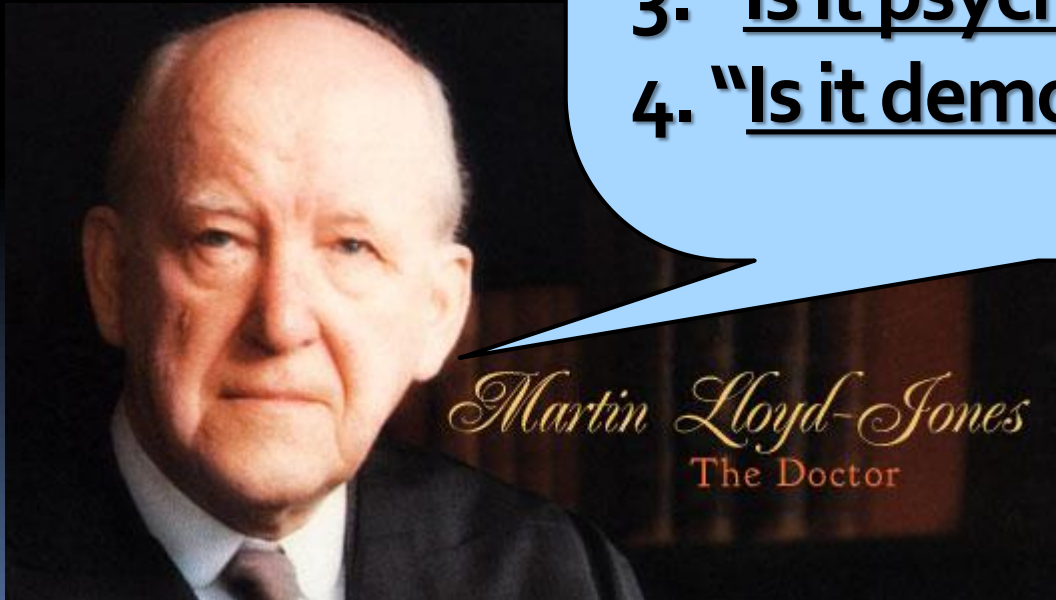
1. "Is it physical?"

2. "Is it spiritual?"

*"What do I mean by a spiritual problem? It is one which can be dealt with entirely in spiritual terms."*

3. "Is it psychological?"

4. "Is it demonic?"



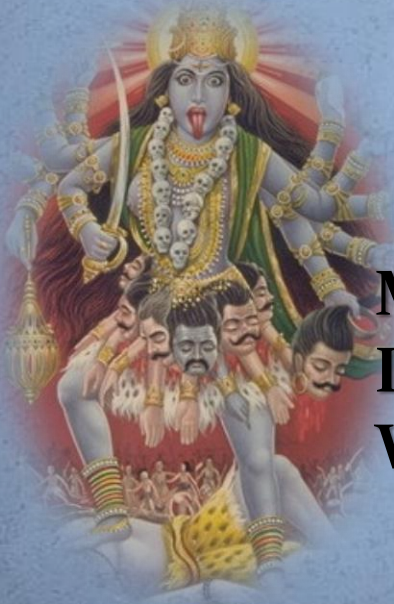




**Temporal headaches**  
**Angina-type pain**  
**Temper**



**LBP**  
**Milk allergy**



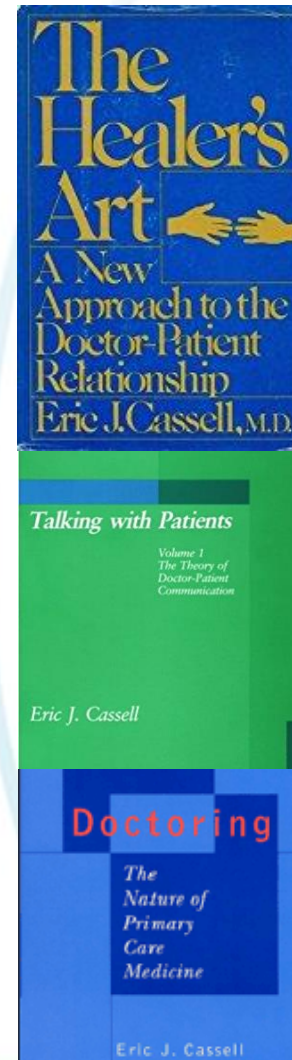
**Meno-metroraghia**  
**Iron-deficiency anaemia**  
**Wheezing chest, etc**

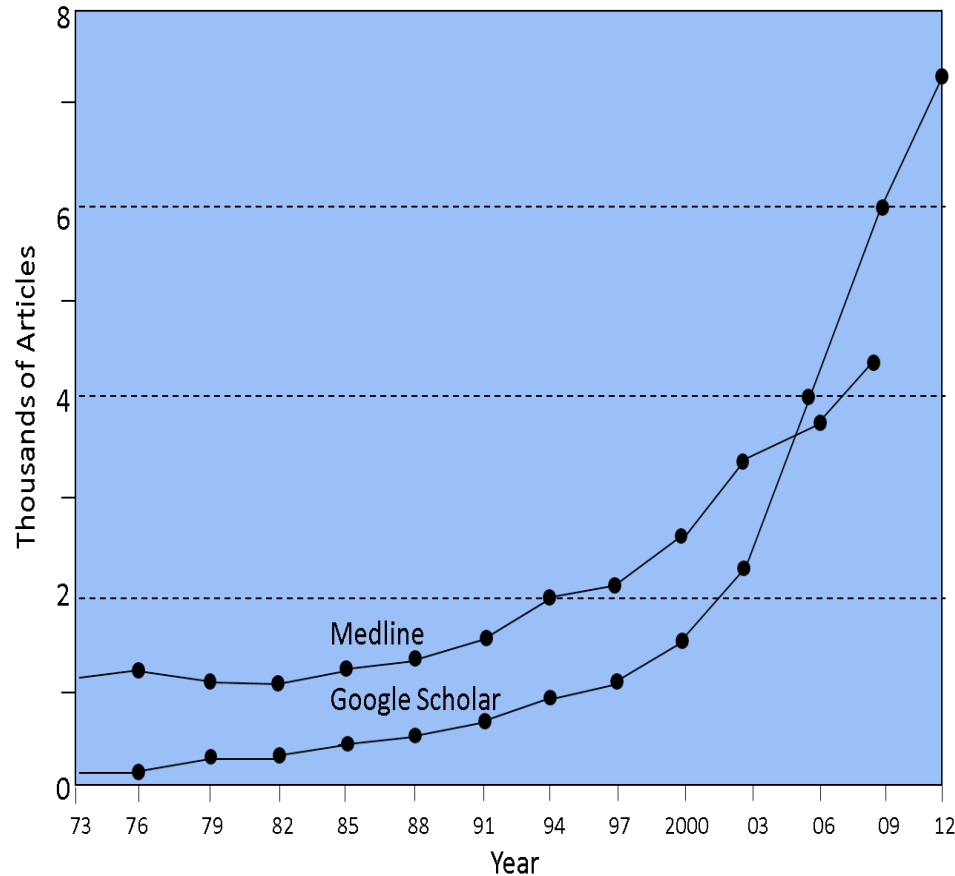


**Knee pain**  
**“Ulcer”**  
**Burning feet**

Dr Eric Cassell said:

**“The profession of medicine  
appears to ignore **the human  
SPIRIT...**”**

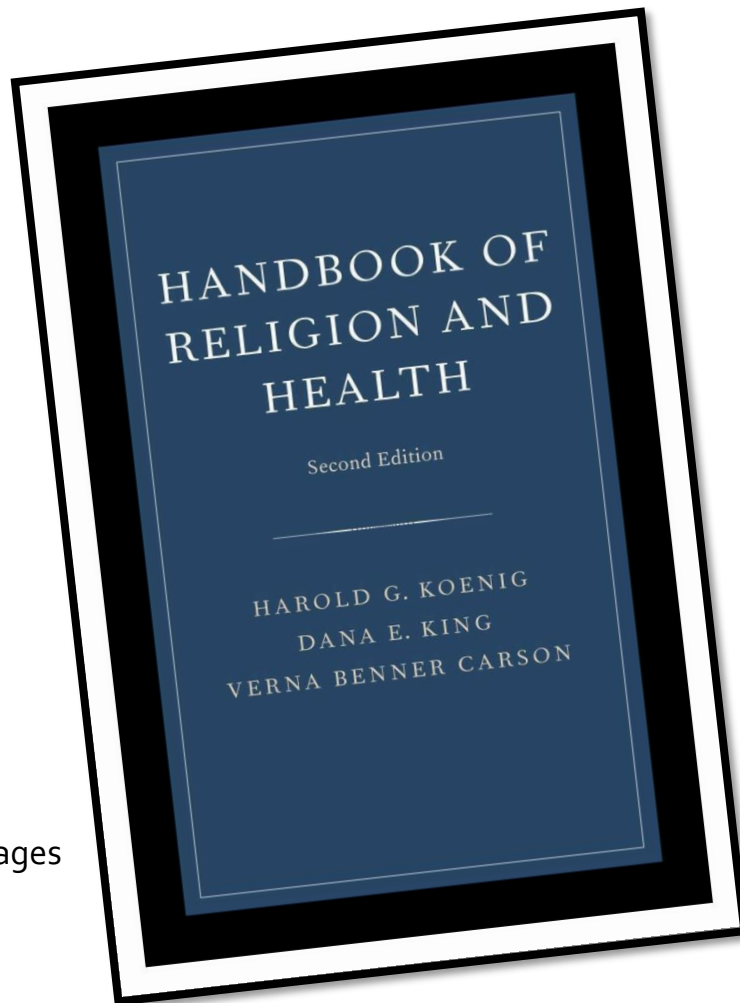




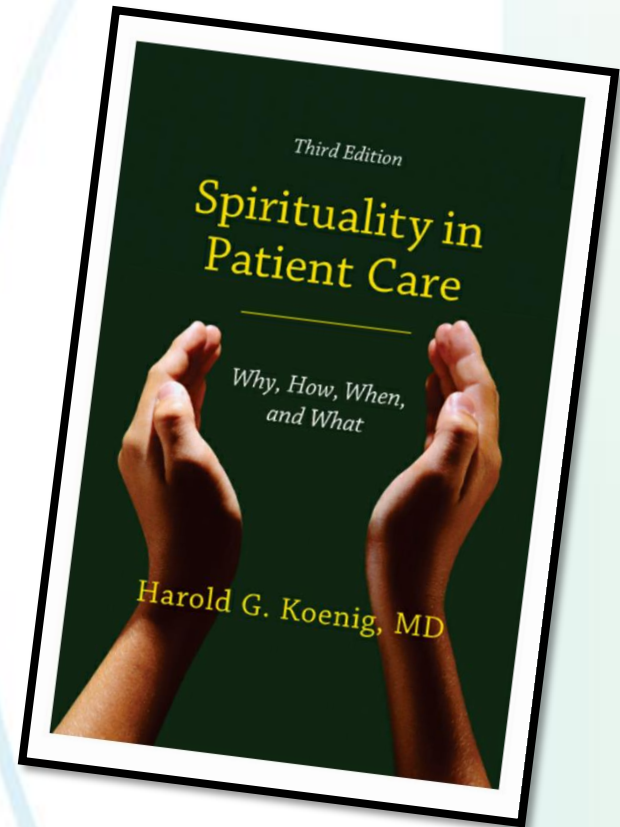
## Volume of Research studying the link between faith, religion, spirituality + health...

Harold G. Koenig, "**Religion, Spirituality, and Health: The Research and Clinical Implications**," ISRN Psychiatry, vol. 2012, Article ID 278730, 33 pages, 2012. doi:10.5402 / 2012 / 278730





>1000 pages



# Clinical Relevance: *Coping*

In 344 studies published from 2000 to 2010,  
an overwhelming majority show that **spirituality helped coping**  
**with:**

**Illness and Pain**

**Diabetes, Cancer, AIDS, Renal or Heart disease**

**Psychiatric disease**

**End-of-life issues**

**Overall life stress, disasters, etc.**

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# Clinical Relevance: *Healthy Behaviors*

Review of studies from 2000 to 2010  
correlating faith and health behavior:

- Cigarette smoking, 123 of 137 studies (**90%**) showed: **more faith correlated with less smoking**.
- Exercise, 25 of 37 studies (**68%**) found that **greater faith correlated with greater exercise or physical activity**.
- Diet, 12 of 23 studies (52%) found significantly **lower cholesterol**.
- Risky sexual behavior, 82 of 95 studies (86%) reported an **inverse relationship between R/S and risky sexual behavior**.

Harold G. Koenig,  
“Religion,  
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# Clinical Relevance: *Health Indicators*

Diseases studied (2000 – 2010) in religious or spiritual persons correlate **faith and physical health:**

- Heart Disease, 12 of 19 studies (**63%**) reported that **greater faith correlated with less illness.**
- High Blood Pressure, 36 of 63 studies (57%) reported significantly **lower blood pressure** and 7 (11%) reported significantly higher.

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ISRN Psychiatry, vol. 2012, Article ID 278730, 33 pages, 2012. doi:10.5402 / 2012 / 278730



# Clinical Relevance: *Health Indicators*

(cont'd)

- Cancer: 12 of 20 most rigorous studies (60%) found **a lower risk or better outcomes when faith is present...**
- Mortality: on average **37% longer lifespans** among those who frequently attend religious services; ...same rate of effect as cholesterol-lowering drugs on survival after heart attack
- Immune Function: 10 of 14 most rigorous studies (71%) reported **increased immune functions in response to spiritual care...**

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**God's "C-mail"...!**

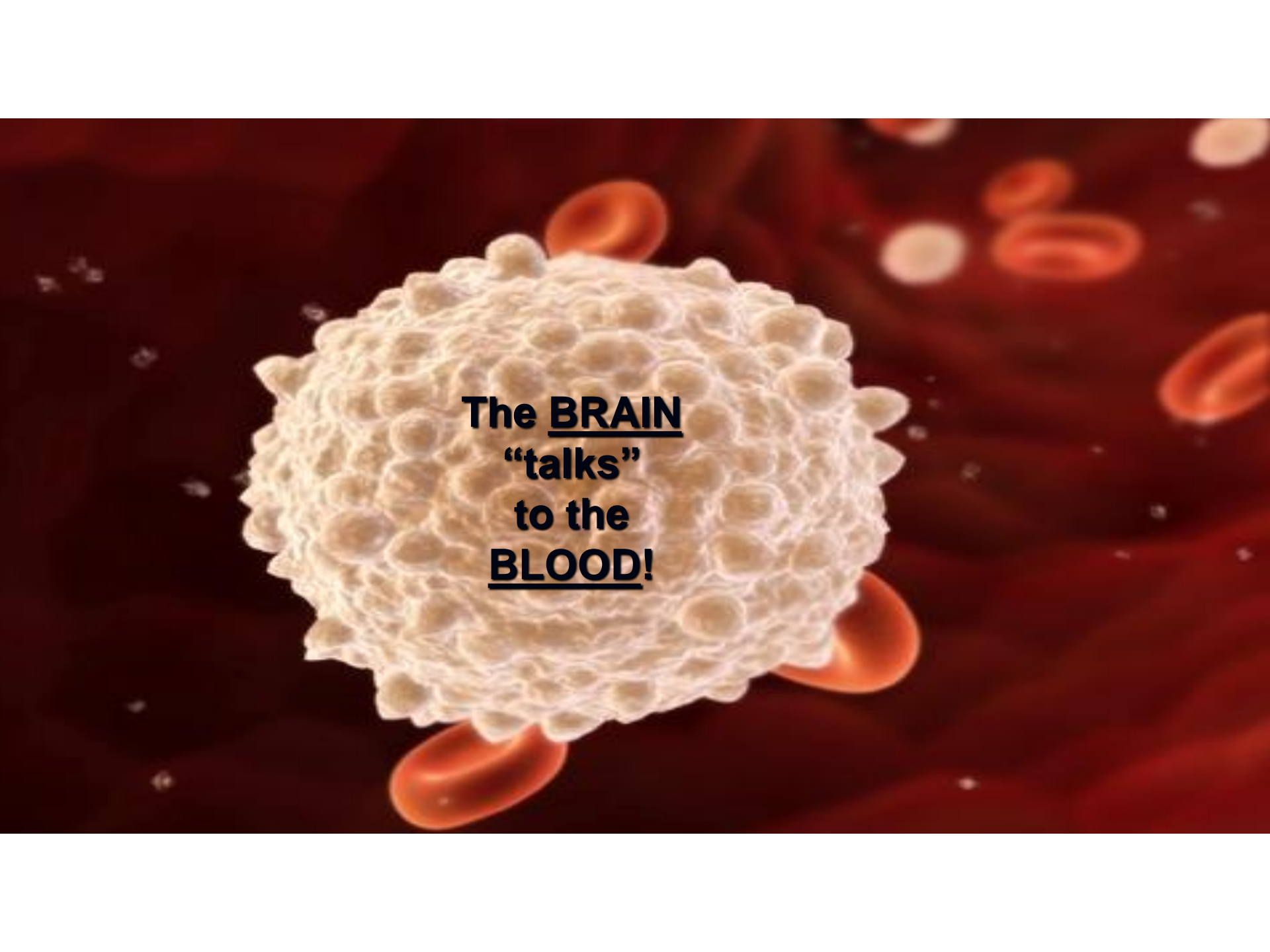
# Psycho-neuro-immunology: PNI + PNEI



Over **60**  
neurotransmitter  
receptors have been  
found on the surface  
of **WBCs**...!!!

**Also on the GIT...!!!**

*Hassed C. Mind-Body Medicine: Science, Practice and Philosophy. 2007.*



**The BRAIN  
“talks”  
to the  
BLOOD!**





**FAITH**  
**influences**  
**HEALTH!**

**Doctors who rate themselves as having lower levels of spiritual wellbeing were more prone to depression and poor health.**



Yi MS, Mrus JM, Mueller CV, et al. ***Self-rated health of primary care house officers and its relationship to psychological and spiritual wellbeing.*** BMC Medical Education. 7:9,2007.

As healthcare professionals, we seek to:

- **Relate to** the **WHOLE person of the patient**;
- **Assess** the **WHOLE** person of the patient (within certain realistic time-constraints). This assessment will include the taking of a relevant “Spiritual history” and the doing of a 3-stage assessment;
- **Diagnose** when the person of the patient is not **WHOLE**;
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- **Maintain** the wholeness of his own person and family.

# **Wholeness of the WHOLE**

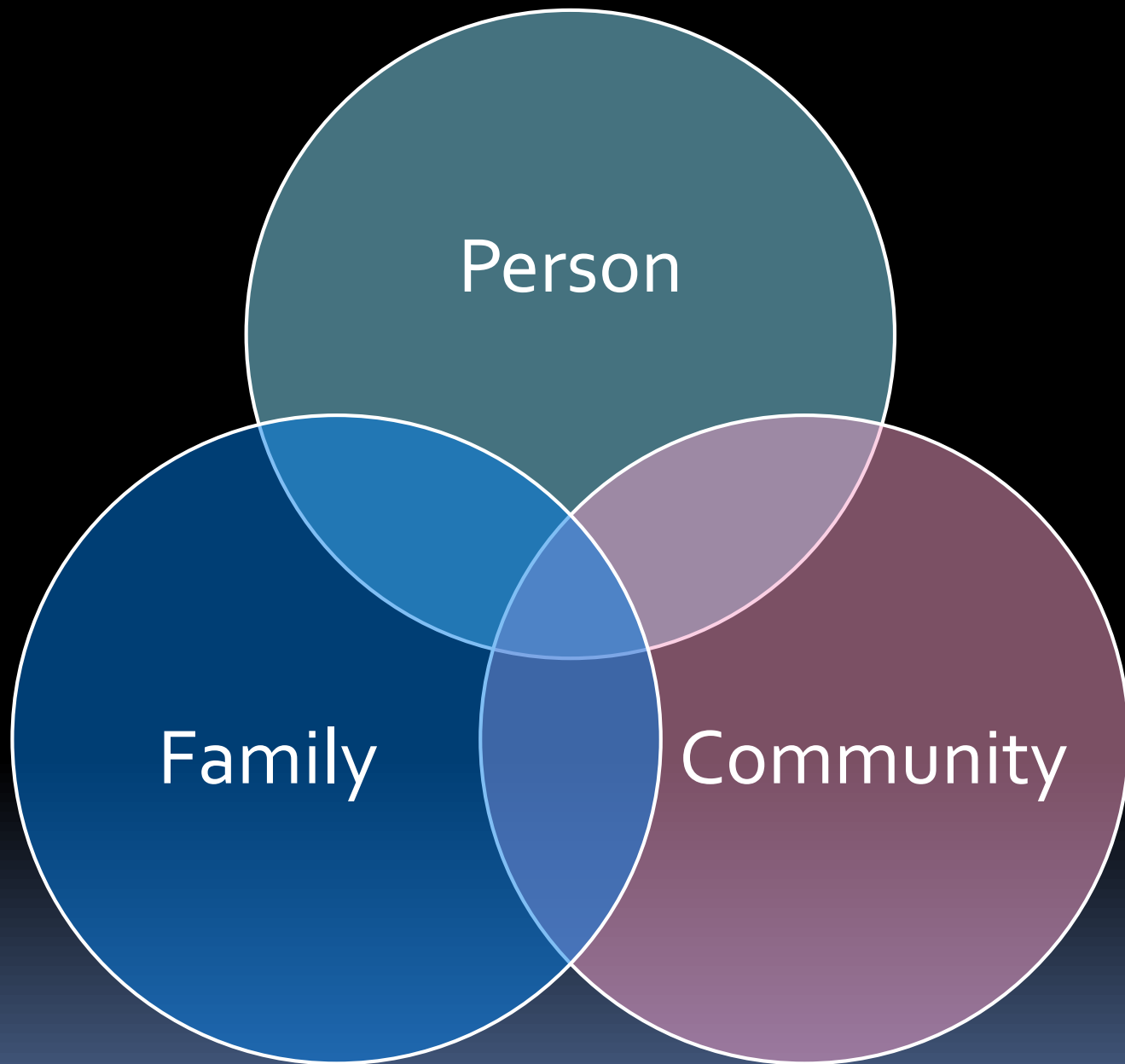
**Patient**

**Family**

**Community**

**Physician**





**The family is the social context in which illness occurs and where recovery takes place.**





Focus  
on the  
Family

“To care for the patient in the context of the family is one thing; to turn the family into the object of care is another...” (Carmichael)





# Whole Person Health Care

**Day 2**



**Dr Frederick Kellerman**  
MBChB, FAFP(SA), MFamMed,  
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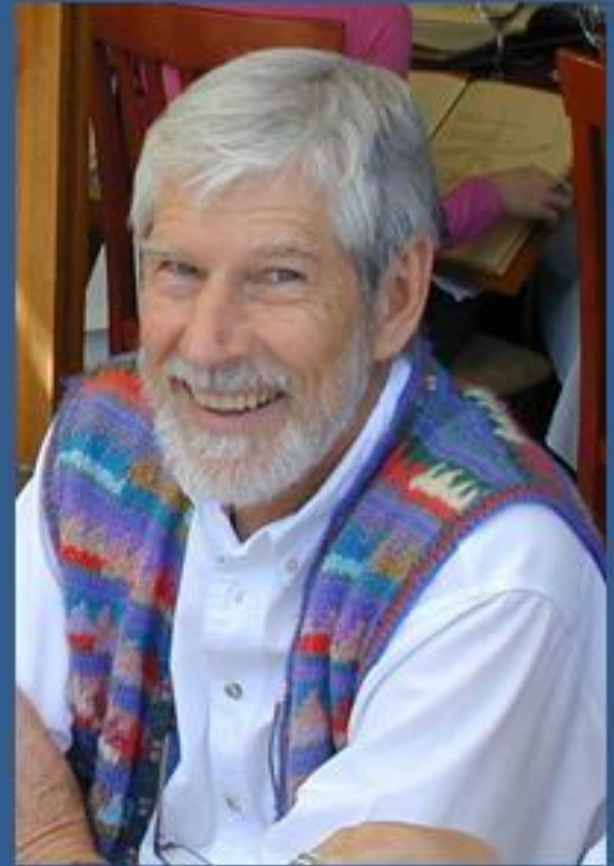
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# WHOLE Person Health Care



# GOD

**ENVIRONMENT**  
(physical + spiritual)

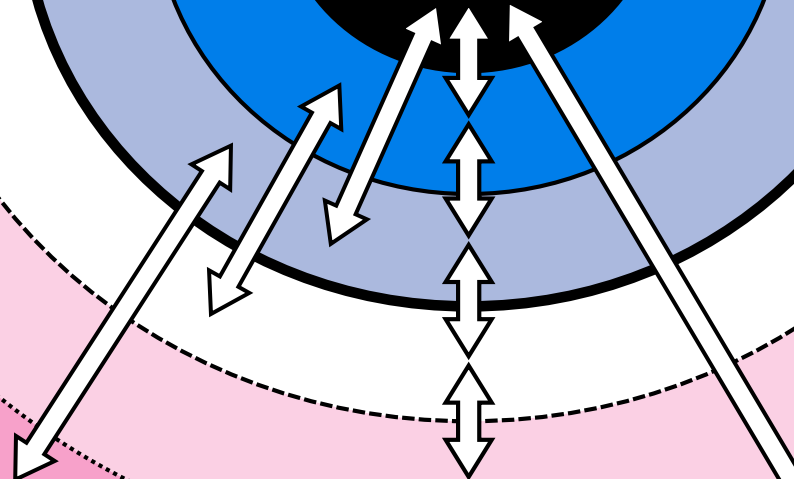
**COMMUNITY**

**FAMILY**

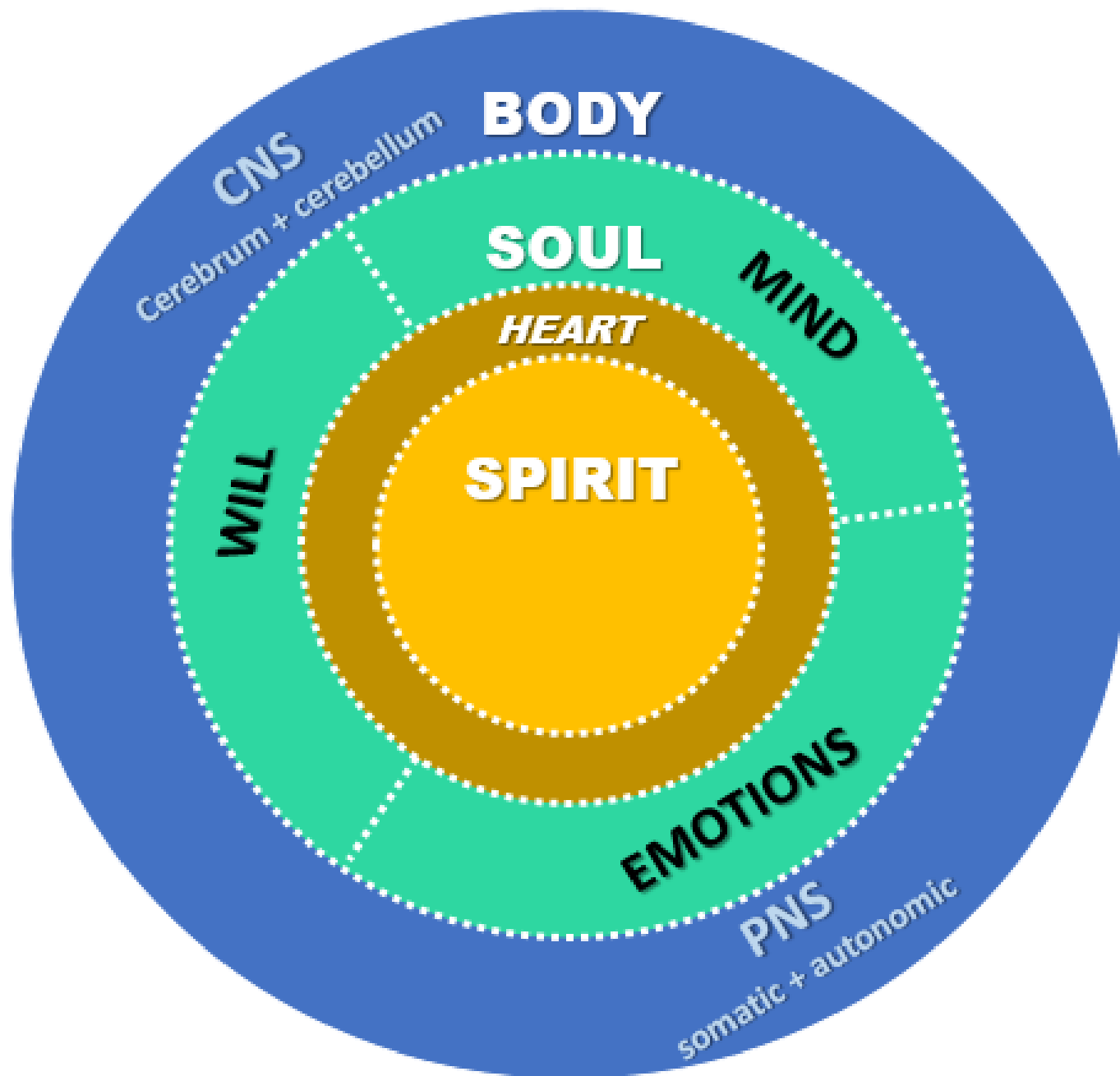
**BODY**

**SOUL**

**SPIRIT**








- **Spirit = “pneuma”** (breath/atma)
- **Soul = “psuche”**
  - ▣ Cognitive: THINKING... MIND
  - ▣ Conative: DECIDING... WILL
  - ▣ Affective: EMOTIONS... FEELINGS
- **Body = “soma”/”sarx”**

**God wants us to be...**



**Happy  
Holy  
Healthy  
Harmony**



**Psychologically  
Spiritually  
Physically  
Socially**

# Wholeness of the WHOLE

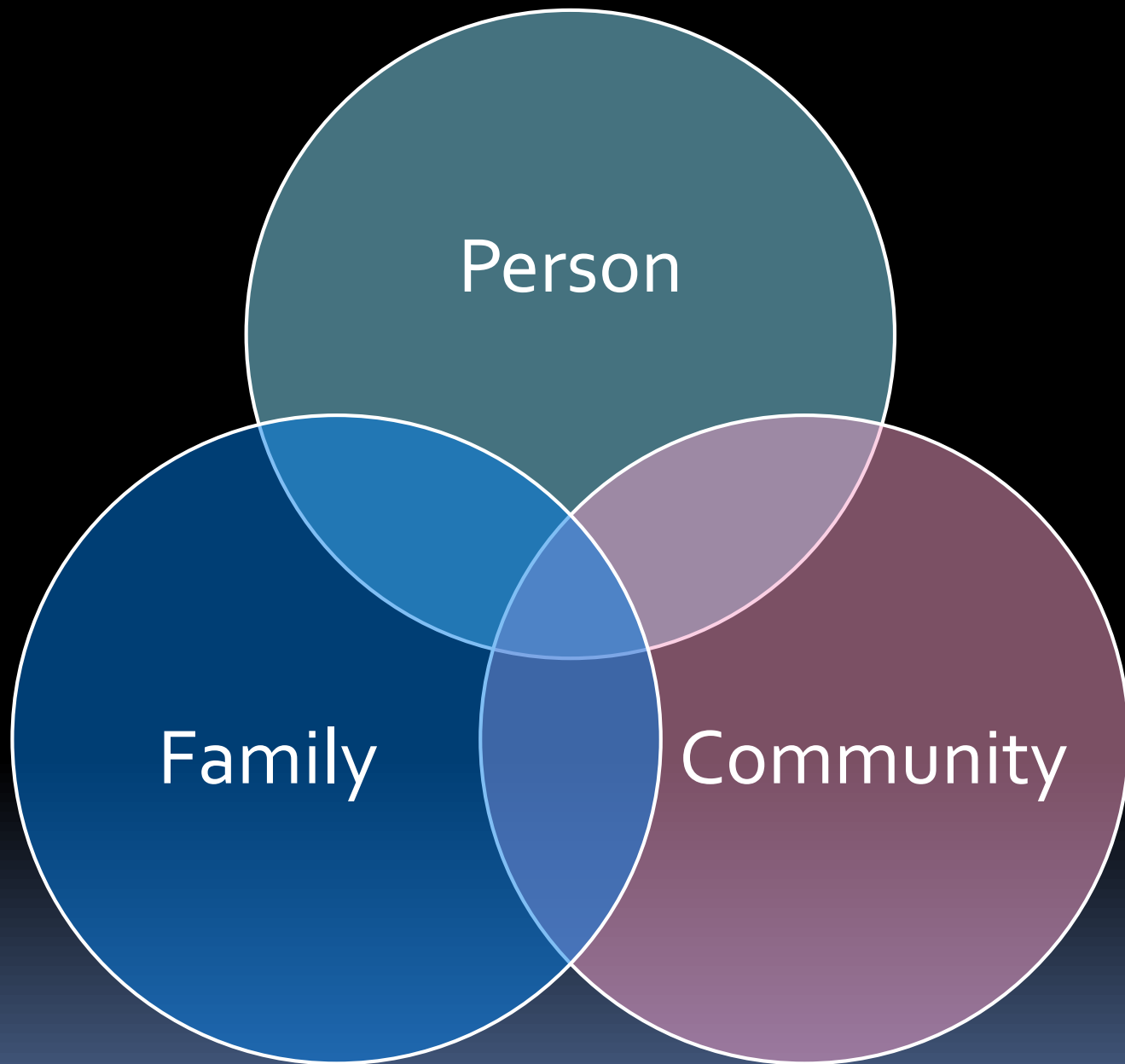
Person (patient)

Family

Community

Healthcare worker





# **WHOLE person**

# **WHOLE family**

**to be happy, healthy, holy,  
humble and in harmony...**



**NOT like this family...**



What does he think and feel?!



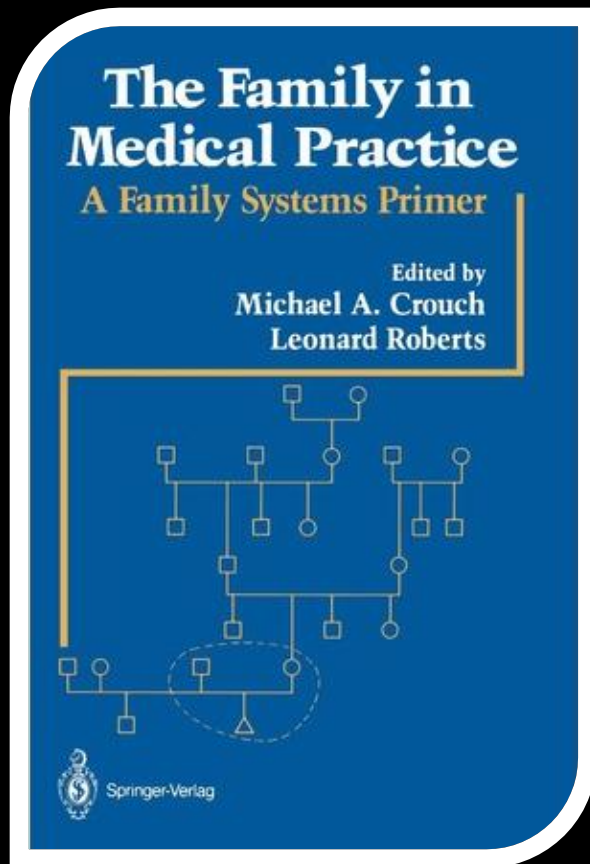


**What are the thoughts, ideas, concerns, expectations, fears, doubts, questions, emotions of this patient?!**



- There are many possible psychological reactions to illnesses patients may suffer from.
- Blum (1960) described 10 main reactions: depression and self-rejection, fear, counterphobia, anxiety, frustration and anger, withdrawal or apathy, exaggeration of symptoms, regression, dependency, and/or self-centredness.





- Crouch MA and Roberts L (Editors). The Family in Medical Practice: A Family Systems Primer. Berlin: Springer-Verlag New York Inc., 1987.
- “Much research indicates that, in one sense, **ALL ILLNESS IS PSYCHOSOMATIC**, in that it always has **BOTH** psychic and somatic components.”

Dr Michael Brennan MD (1977) said:

*"A physical problem in a person  
ALWAYS has emotional consequences  
and frequent social ones..."*



Learn to look + listen  
from the patient's angle (side)...



Mind-Body Medicine,

Psycho-neuro-immunology  
(PNI) and

Psycho-neuro-endocrino-  
immunology (PNEI)



**God's "C-mail"...!**



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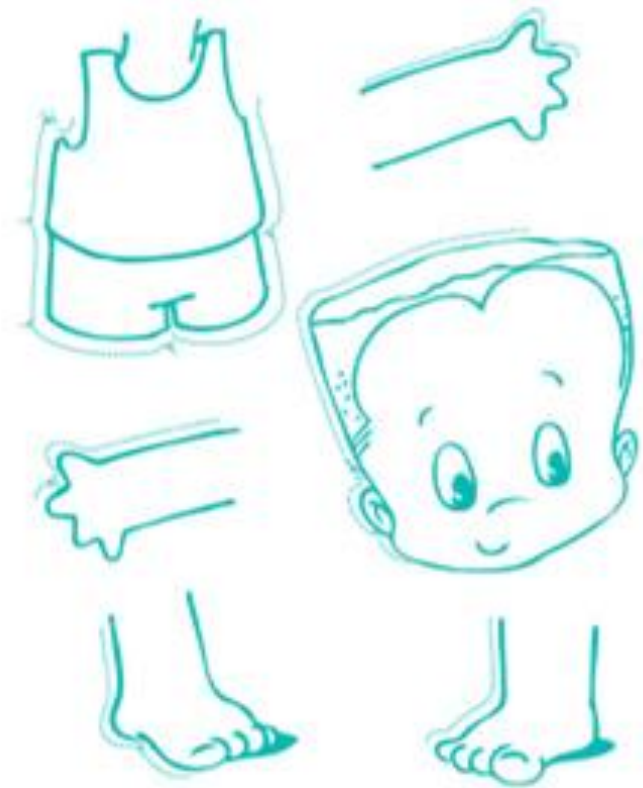
# WHOLE thinking + care

- \* **The PROBLEM is:**
- \* **We've been conditioned and brain-washed and socialized into**
- \* **“SEPARATE thinking” and acting!!!**

# **“SEPARATE thinking”**

- \* WE SEPARATE:**
- \* skin + heart**
- \* stomach + head**
- \* body + mind**
- \* body + spirit, etc.**

# “SEPARATE thinking”



# “SEPARATE thinking”

Dr Daniel Fountain said:

“Caregiving in this age... has become very compartmentalized.

One kind of caregiver tends to the body (and specialists care for specific parts of the body and specific systems in the body);

another kind of caregiver focuses on the mental and emotional state of a person;

yet another kind of caregiver, ... tends to the spiritual aspects of a person.

Most of the time, these different caregivers never meet one another, let alone consult about the one person all three of them may be treating at the same time.



# **“SEPARATE thinking”**

- \* WE SEPARATE:**
- \* Physical + psychological !**
- \* Physical + emotional !**
- \* Physical + social !**
- \* Physical + spiritual !**

# **“SEPARATE thinking”**

- \* WE SEPARATE:**
- \* Physicians + nurses !**
- \* Physicians + physicians !**
- \* Different “specialities”... ☹️**
- \* Thus perpetuating a man-made medical “cast system”...**

# “TOGETHER THINK”!!!!!!

- \* There is a tremendous **NEED:**
- \* To RE-INTEGRATE,
- \* To bring back together,
- \* To THINK together,
- \* To ACT together...
- \* To have **WHOLE** thinking!



In other words:

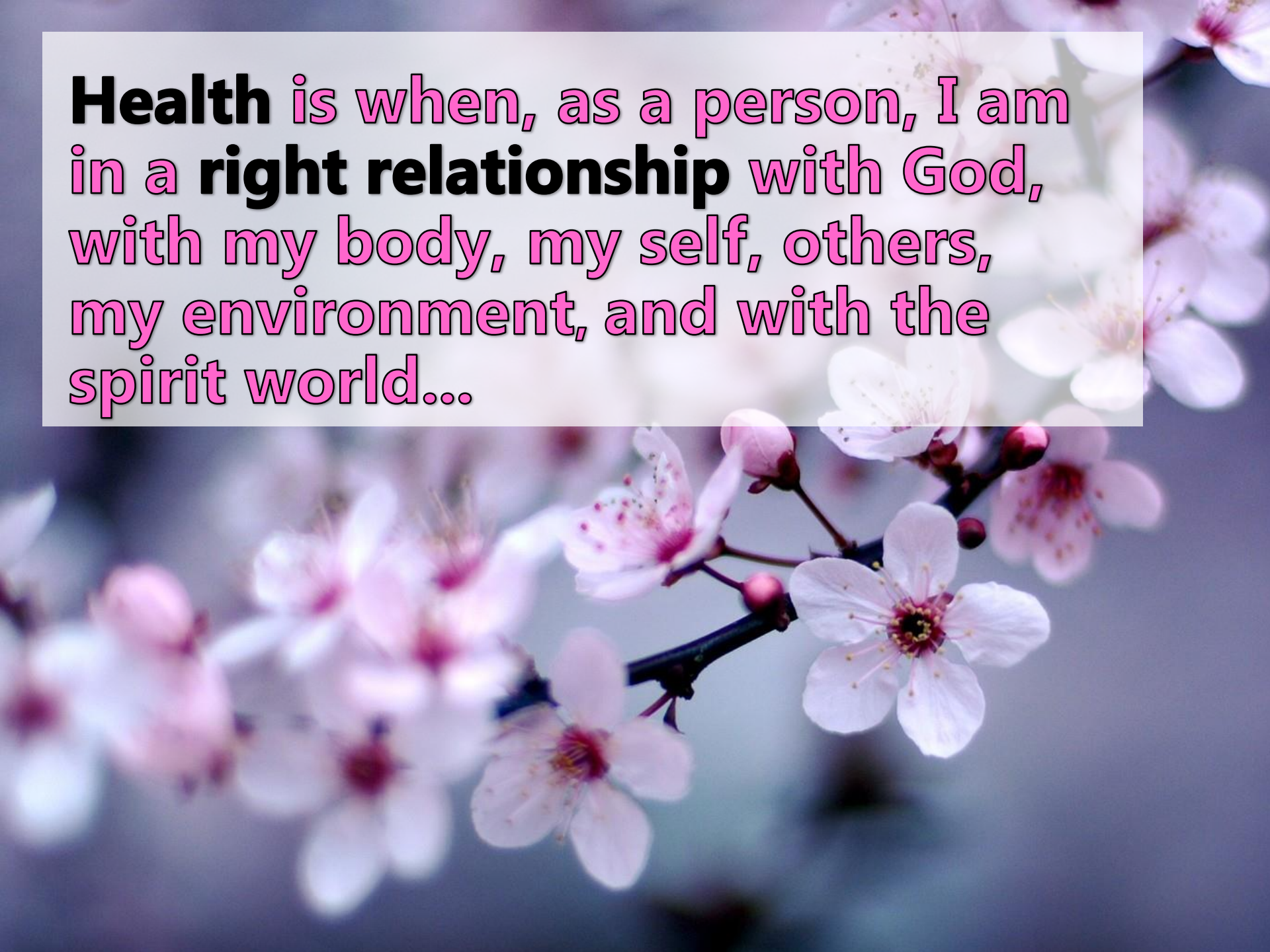
**\*To practice **WHOLE**  
PERSON HEALTH CARE**



# Whole Person HEALTH Care




**Health** is when, as a person, I am  
in a **right relationship** with God,  
with my body, my self, others,  
my environment, and with the  
spirit world...





# Biblical Basis: “HEALTH”

“Health is not the absence of disease or infirmity but a state of complete physical, mental and social well-being” (according to the WHO)



# Biblical Basis: “HEALTH”

“Health is not just the absence of disease or infirmity, but a state of complete spiritual, physical, mental, moral and environmental wellbeing.”

- **POSITIVE STATE OF BEING**
- **MORE THAN PHYSICAL...**



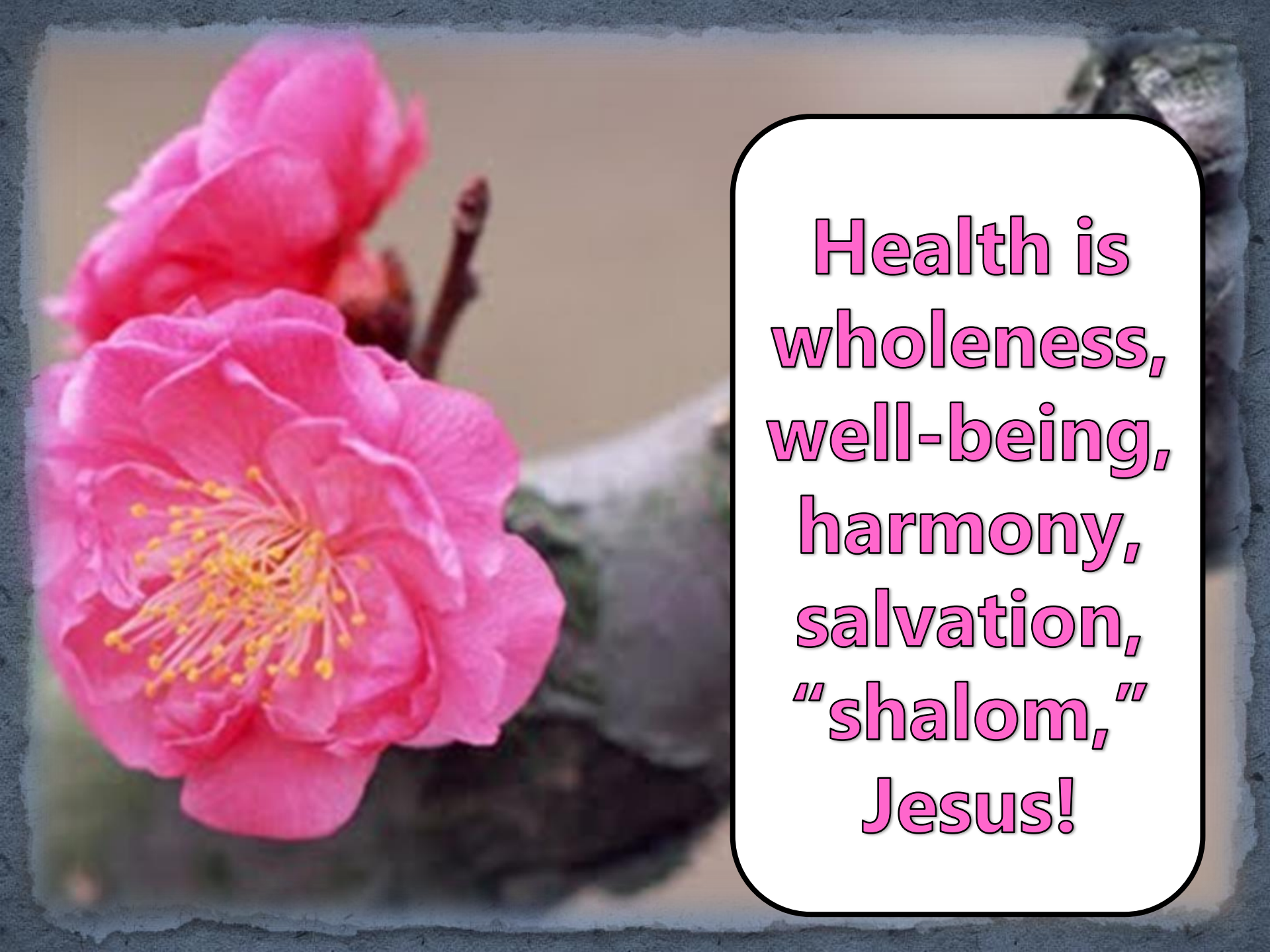


Health is a state of complete  
spiritual, psychological, physical  
and social wellbeing...





Health is  
being in the  
right relationship  
with God, my  
body, my self,  
others, the  
environment,  
and the spirit  
world...

A close-up photograph of pink cherry blossoms with yellow stamens, set against a blurred background. The image has a dark, textured border.

Health is  
wholeness,  
well-being,  
harmony,  
salvation,  
"shalom,"  
Jesus!



A close-up photograph of two vibrant pink cherry blossoms in full bloom. The flowers have numerous yellow stamens and are attached to a dark, textured branch. The background is a soft, out-of-focus light beige. The entire image is framed by a dark, textured border.

Health is  
"Shalom"!

“Shalom”

This is our  
God-given Goal  
in the ministry of healing  
in the kingdom of God...

**Is it?!**



# **“Shalom”**

Rest

Right Relationship

Restored

Reconciled

Righteousness

Restfulness

Harmony

Healthy

Happy

Holy

Content

Covenant

Community

Saved

Safe

Sound

Secure

Single eye

Spiritual

achievement

Peace

Perfect

Prosperous

Full

Fulfilled

Flourishing

Friendly

Fertility

Fullness of life

Faithful fulfilment of covenant

Whole

Wellbeing

Well

Welfare

Wholly whole

Rest

Right Relationship

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“Shalom”



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Love

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Community

!!!

Whole

Wellbeing

Well

Welfare

Wholly whole

Saved

Safe

Sound

Secure

Single eye

Spiritual

achievement

Peace

Perfect

Prosperous

Jesus

**Is this how we view “health” in our care of patients...?**

Health is wholeness

Health is whole wellbeing

Health is salvation

Health is multi-dimensional

Health is right relationships

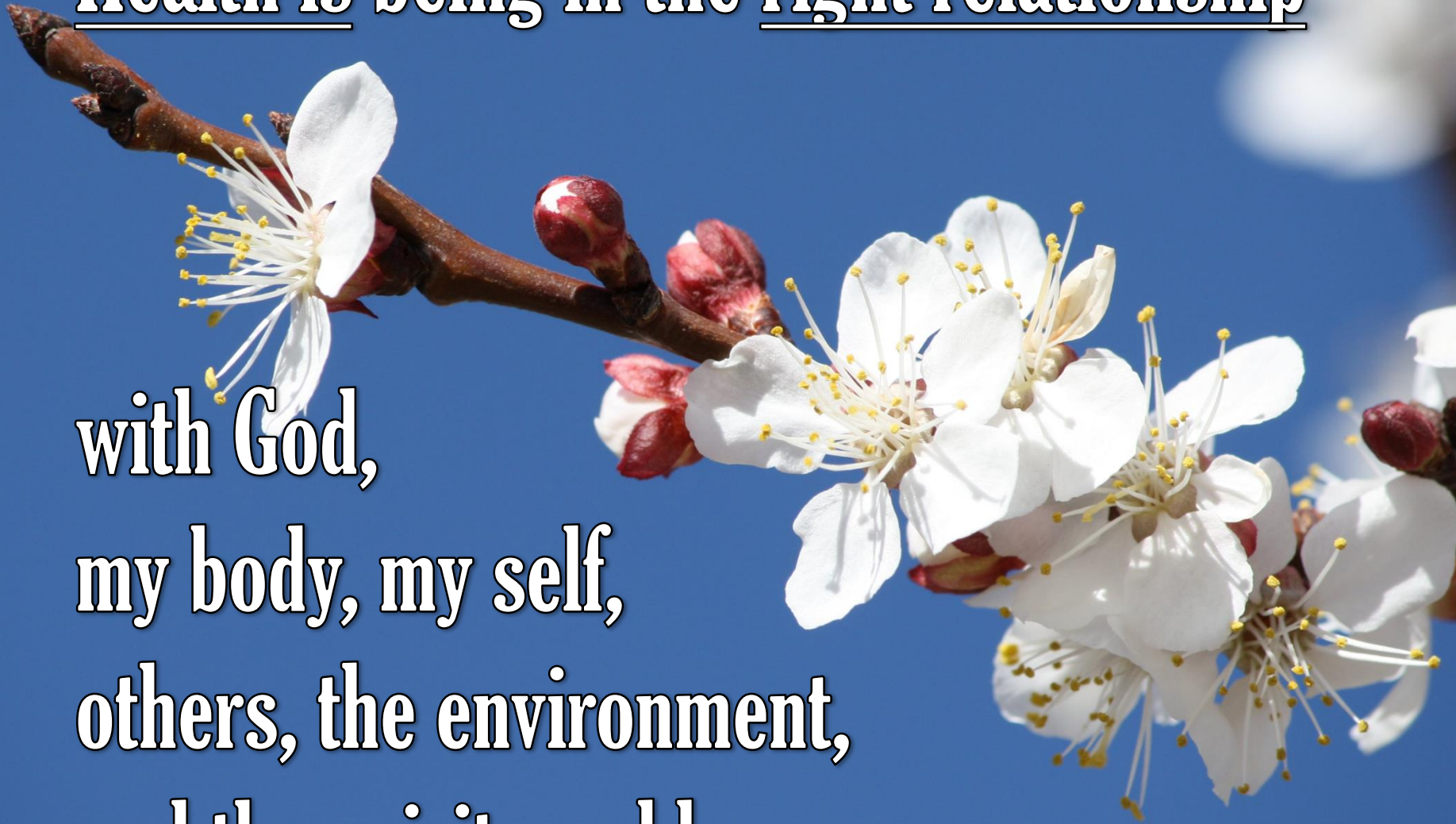
Health is “shalom”

Health is a Person – Jesus!



Health is being in the right relationship

with God,  
my body, my self,  
others, the environment,  
and the spirit world...



# Whole PERSON Health Care



# WHOLE Person Health Care



# Whole Person HEALTH Care





# Whole Person Health CARE



# CHRISTIAN CARE

☺ What comes to mind...?















# Christian Care...

Christian care is care that comes

- ✓ from the heart of Christ,
- ✓ through the Spirit of Christ (in and through Christ's followers),
- ✓ to the glory of Christ and
- ✓ for the good of those cared for.

# PATIENT CARE - *aim*

- Christ-centred,
- Compassionate,
- Christ-like,
- Comprehensive, whole-person
- Clinical Care of persons...



# The Lord Jesus practiced Integrated **PATIENT CARE**

☺ *Mark 2 : bedridden man*

**Spiritual** care → **Physical** care

☺ *John 9 : blind man*

**Physical** → **Spiritual** → **Social** care /  
healing

☺ *Luke 8 : bleeding woman*

**Physical** → **Psychological** → **Social** →  
**Spiritual** care/ healing



# Christian Care of Patients...

*John 7:23 NIV*

*The Lord Jesus asked the leaders:*

*“...why are you angry with Me for  
healing the whole man...?”!*

# Christian Care...

- Spiritual care of patients is a **neglected priority** of total patient care!
- Spiritual care of patients is a neglected priority of whole person health care!
- Neglect of spiritual care is professional **negligence?!?**



# Christian Care...

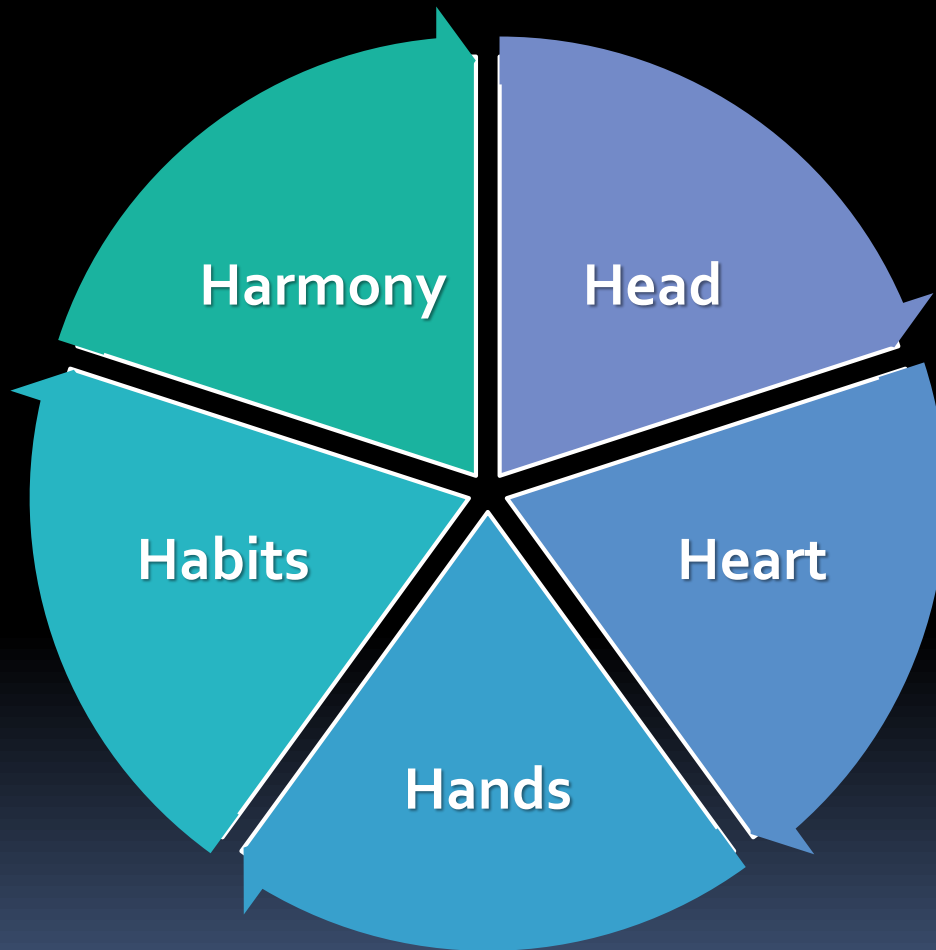
- “the deepest meaning of medicine is still not in counselling lives, but in leading the sick to this personal encounter with Jesus Christ...”
- Dr Paul Tournier

# PATIENT CARE

- Connect
- Communicate
- Counsel
- Comfort
- Competence (clinical)

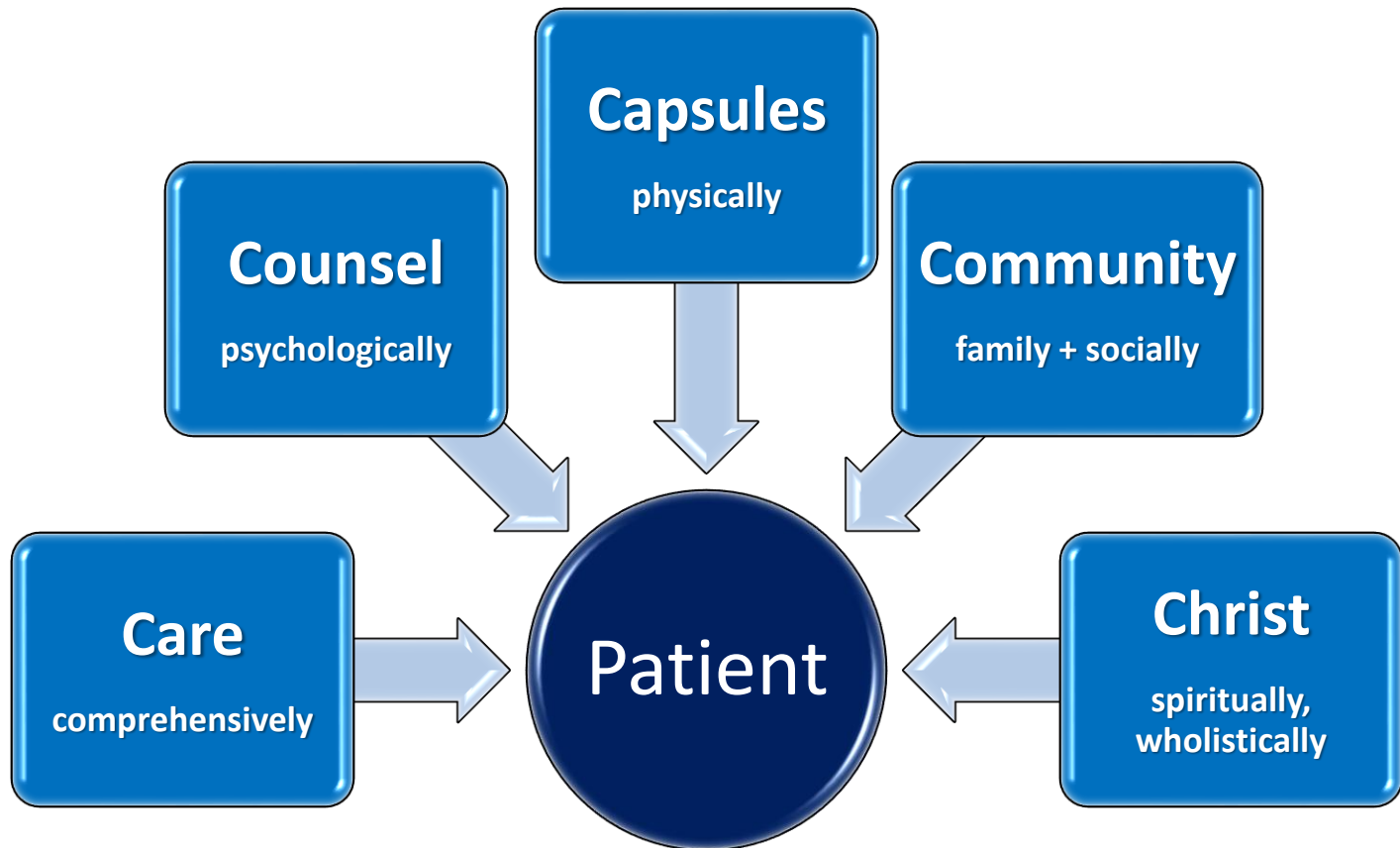


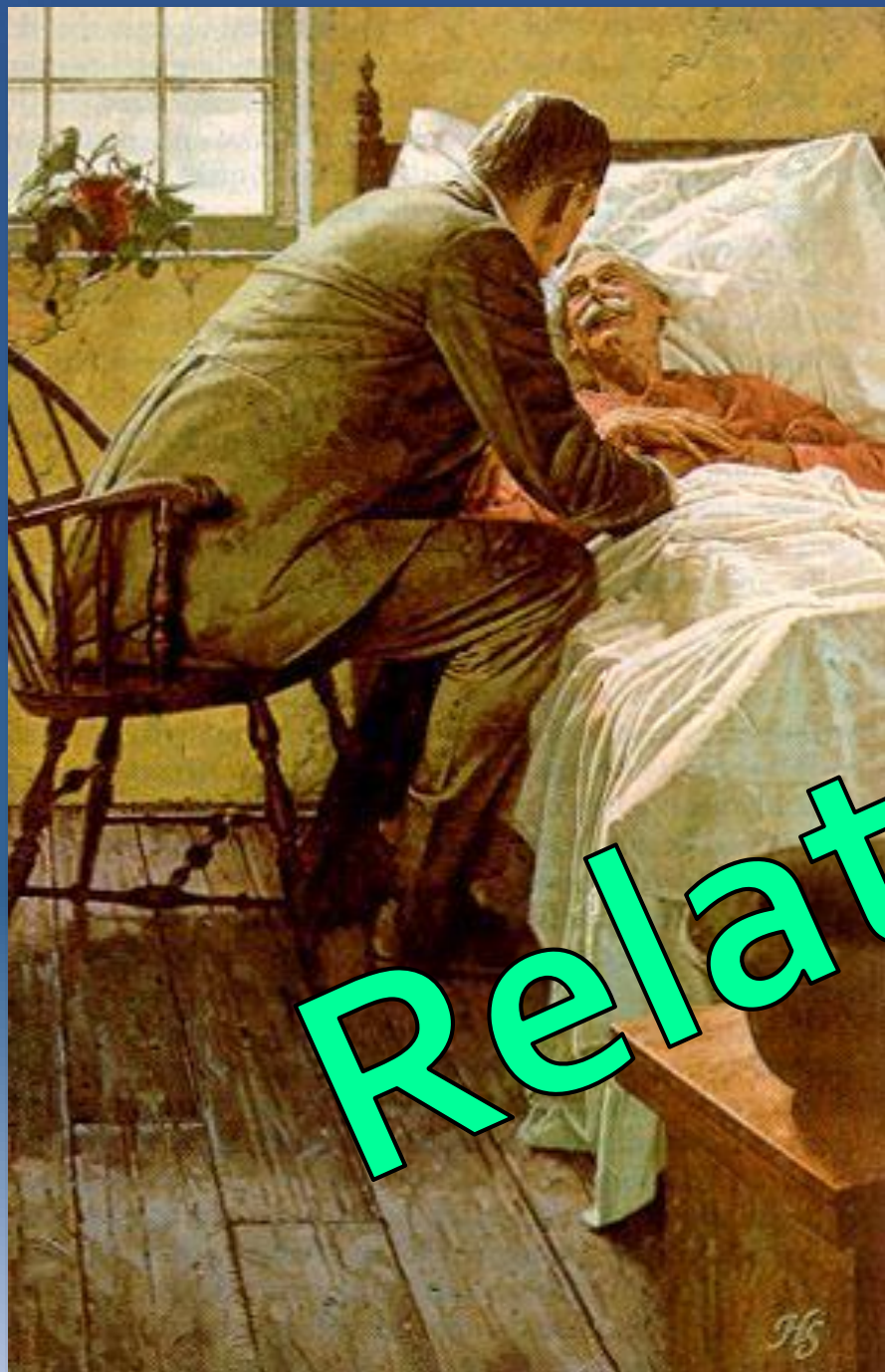
# Clinical COMPETENCE



- ✓ *Right Relationships*
- ✓ *Accurate Anamnesis*
- ✓ *Excellent Examination*
- ✓ *Differential Diagnosis*
- ✓ *Intelligent Investigation*
- ✓ *Collaborative Consultation*
- ✓ *Careful Communication*
- ✓ *Deeper Diagnosis*  
(+ *Definite Diagnosis*)
- ✓ *Passive/active Problem-list*
- ✓ *Eager Education*
- ✓ *Competent Counselling*
- ✓ *Tested Therapeutics (Rational Rx)*
- ✓ *Practical Procedures*
- ✓ *Surgical Skills*
- ✓ *Medical Management*
- ✓ *Responsible Referral, etc...*

# Components of CARE *of patients*





Look + see

Link + relate

Listen + hear

Let talk (facilitate)

Look (examine)

Light touch

Liaise + share

Lean on God

Love... + act

Relationship

“Our love for another  
consists first of all  
in listening”

## LOVING LISTENING



Dietrich Bonhoeffer



# “The Golden Minute!”

The FIRST 60 seconds...!!!



# Listen!

# “Listening”

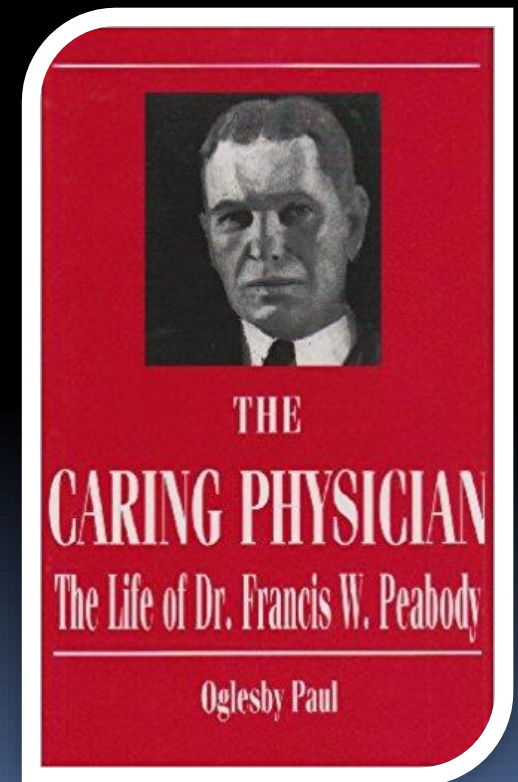
The Chinese Character for Listening



***...to the patient and to God***

“Time, sympathy and understanding must be lavishly dispensed, but the reward is to be found in that **personal bond** which forms the greatest satisfaction of the practice of medicine. One of the essential qualities of the clinician is interest in humanity, **for the secret of the care of the patient is in caring for the patient.**”

Dr Francis Peabody



# Consultation Models...

## Three-stage Assessment

Fehrsen GS and Henbest RJ. In Search of Excellence.  
Expanding the patient-centred clinical method: a  
three-stage assessment. *Family Practice* 1993; 10-49-  
54.





# 3-Stage Assessment

Clinical : *physical* (

Individual

Contextual : *social*

We use "P.R.I.C.E.S."

**P:** Person, Personality, Personal factors (attitude, temperament, life style, life experience, physique, genes, IQ, EQ, age, etc.), Point in life-cycle, Psycho-social developmental stage; Performance (function)

**R:** Real Reason for coming; Reaction/Response to disease

**I:** Ideas, thoughts (what think about sickness)

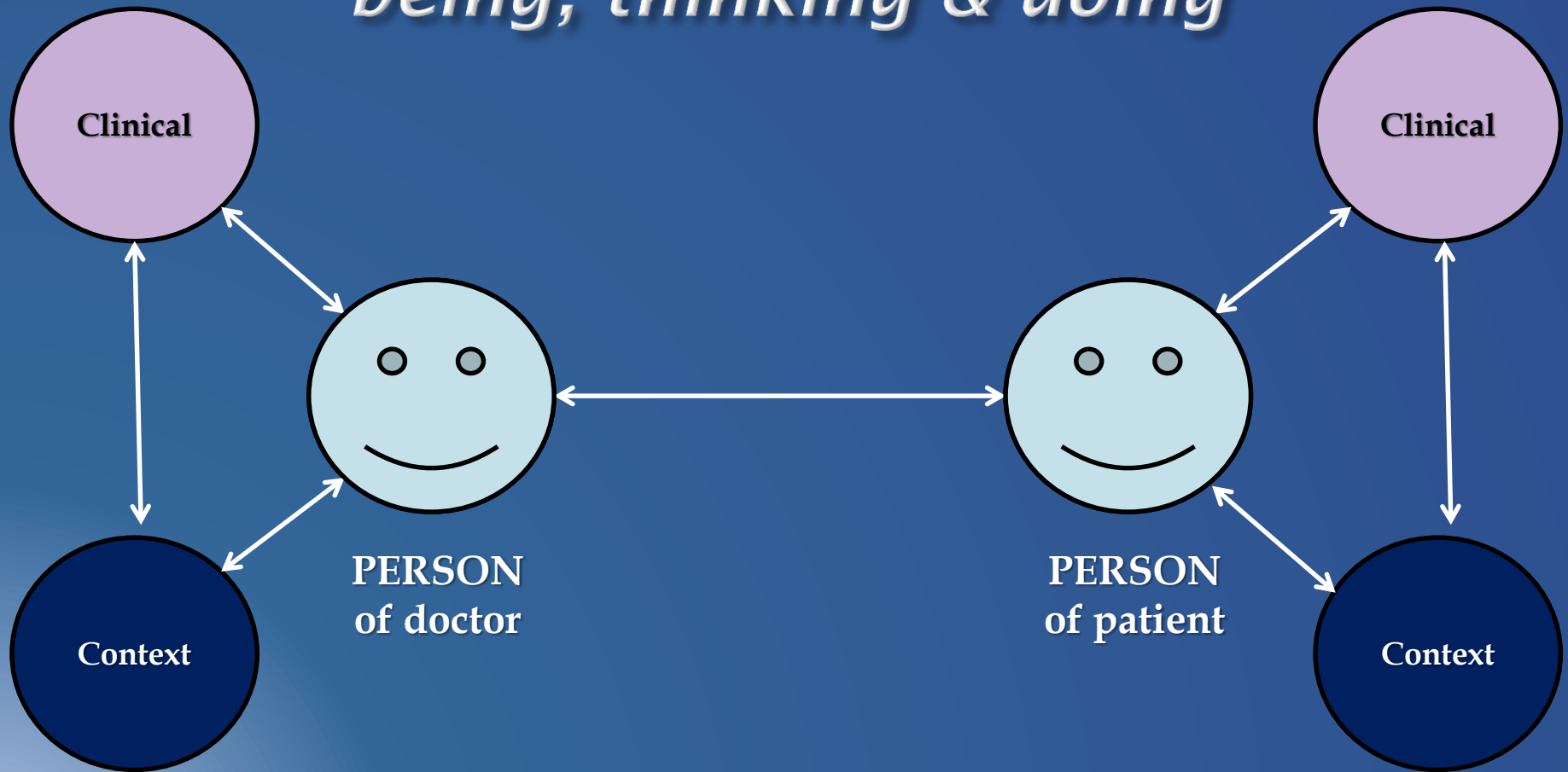
**C:** Concerns, fears, worries

**E:** Expectations, Emotions (feelings)

**S:** Spiritual health; Stress



# Patient(person)-centred + 3-stage *being, thinking & doing*



# Deeper Diagnosis...

We mean:

DEEPER than physical

DEEPER than psychological

DEEPER than social

DEEPER... to include spiritual...

# Deeper Diagnosis...

We mean:

**Physical**

**Psychological**

**Spiritual**

**Social**

**CLINICAL**

**INDIVIDUAL**

**CONTEXTUAL**



# Deeper Diagnosis...

We mean: **THREE-STAGE ASSESSMENT**

**CLINICAL**

**INDIVIDUAL**

**CONTEXTUAL**

# Deeper Diagnosis...

## THREE-STAGE ASSESSMENT

*Bio-medical*

CLINICAL

*Psycho-spiritual*

INDIVIDUAL

*+ functional*

*Family + work +*

CONTEXTUAL

- Lion
- Powerful
- FIERY
- Dominance
- Autumn
- Driver
- Self-propelled

Choleric

TASK

EXTROVERTED / tell

- Otter
- Popular
- FRIENDLY
- Influence
- Spring
- Expressive
- Spirited

Sanguine

PEOPLE

- Beaver
- Perfect
- FEELING
- Conscience
- Winter
- Analytical
- Systematic

Melancholic

INTROVERTED / ask

Phlegmatic

- Retriever
- Peaceful
- FLOWING
- Steadiness
- Summer
- Amiable
- Solid

Approximate Age	Virtues	Psycho Social Crisis	Significant Relationship	Existential Question	Examples
0–2 years	Hope	<b>Basic Trust</b> vs. Mistrust	Mother	<i>Can I Trust the World?</i>	Feeding, Abandonment
2–4 years	Will	<b>Autonomy</b> vs. Shame and Doubt	Parents	<i>Is It Okay To Be Me?</i>	Toilet Training, Clothing Themselves
4–5 years	Purpose	<b>Initiative</b> vs. Guilt	Family	<i>Is It Okay For Me To Do, Move and Act?</i>	Exploring, Using Tools or Making Art
5–12 years	Competence	<b>Industry</b> vs. Inferiority	Neighbours, School	<i>Can I Make It In The World Of People And Things?</i>	School, Sports
13–19 years	Fidelity	<b>Identity</b> vs. Role Confusion	Peers, Role Model	<i>Who Am I? What Can I Be?</i>	Social Relationships
20–39 years	Love	<b>Intimacy</b> vs. Isolation	Friends, Partners	<i>Can I Love?</i>	Romantic Relationships
40–64 years	Care	<b>Generativity</b> vs. Stagnation	Household, Workmates	<i>Can I Make My Life Count?</i>	Work, Parenthood
65-death	Wisdom	<b>Ego Integrity</b> vs. Despair	Mankind, My Kind	<i>Is It Okay To Have Been Me?</i>	Reflection on Life



# Tool 3: **Spiritual History**

**Why?  
How?  
When?**



# “F.I.C.A.” Spiritual History

<b>F</b>	<b>F</b> aith?	“Do you have a personal <u>FAITH</u> that helps you in difficult times?” or “What is your Faith background?”
<b>I</b>	<b>I</b> mportance?	How <u>IMPORTANT</u> is it to you? Does it <u>INFLUENCE</u> how you take care of yourself in this illness?
<b>C</b>	<b>C</b> ommunity?	“Are you part of a <u>COMMUNITY</u> of people of the same faith who support you?”
<b>A</b>	<b>A</b> ddress/Aid (Action) needed?	“How would you like me to <u>ADDRESS</u> these issues in your healthcare?” or “Is there anything I can do ( <u>ACTION</u> ) to be of <u>AID</u> (help) to you?”



## “G.O.D.” Spiritual History

<b>G</b>	<b>God</b>	<p>“<u>Do you believe in <b>GOD</b>?</u>” or “<u>In which GOD (or god) do you believe?</u>” or “Is GOD, spirituality, religion or faith important to you?” or “<u>How is your relationship with GOD?</u>”</p>
<b>O</b>	<b>Others</b>	<p>“<u>Are you meeting with <b>OTHERS</b> in spiritual or religious community?</u>” “How often?, “How involved are you in it?”</p>
<b>D</b>	<b>Do</b>	<p>“<u>Is there anything I can <b>DO</b> to be of help to you, <b>spiritually</b>?</u>” or “<b>DO YOU</b> get help personally from your God/god when you are in difficulty?”</p>



# Spiritual History: **SHORTEST VERSION!**

***“What is a help to you  
in times of trouble  
(or difficulty)?”***

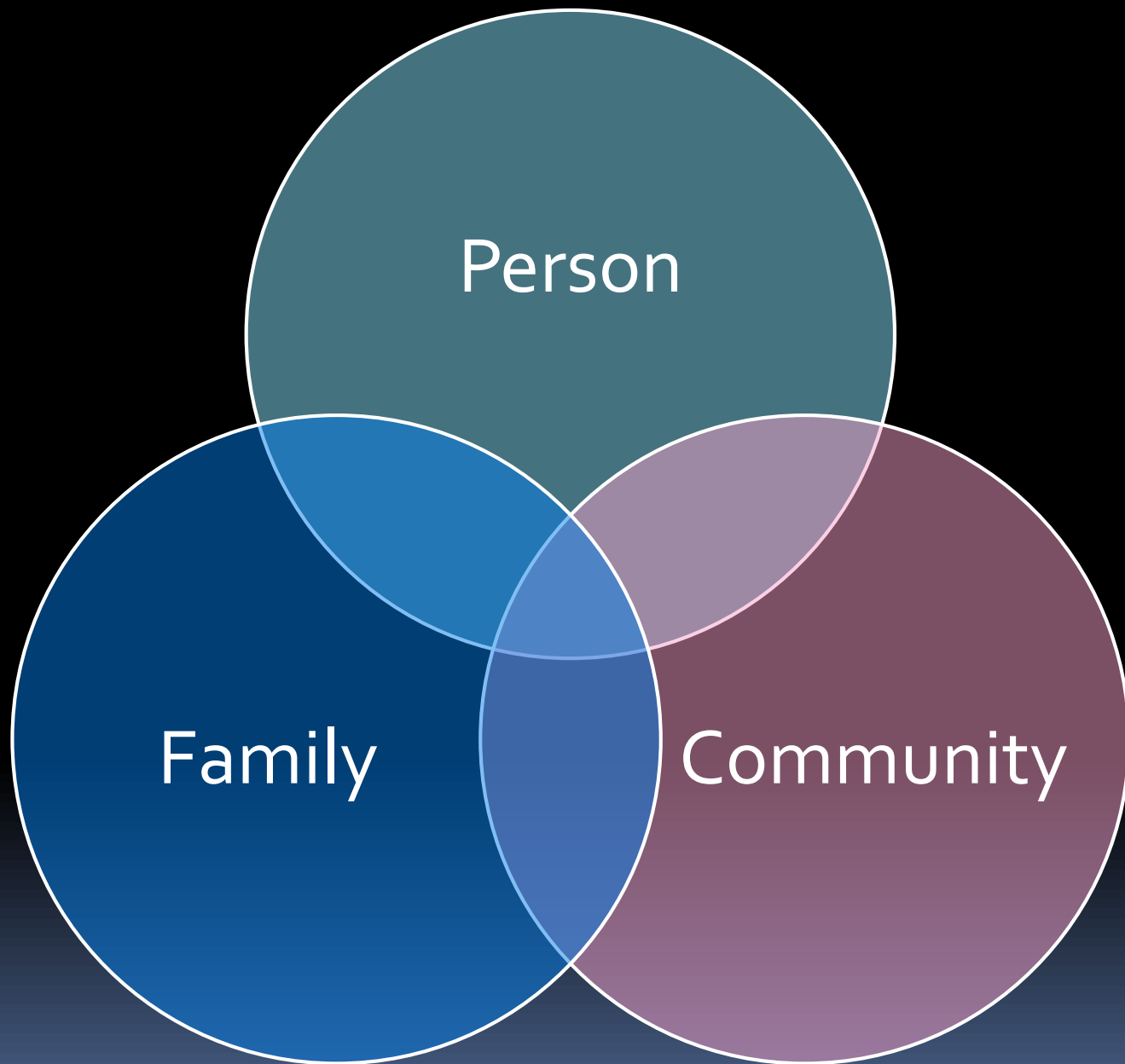




# Spiritual History: **SHORTEST VERSION!**

- ***“What is a help to you in times of trouble (or difficulty)?”*** or
- ***“May I ask: How is your relationship with the Lord Jesus (God)?”*** or
- ***“How are you doing spiritually?”*** or
- ***“What is your spiritual heritage?”***





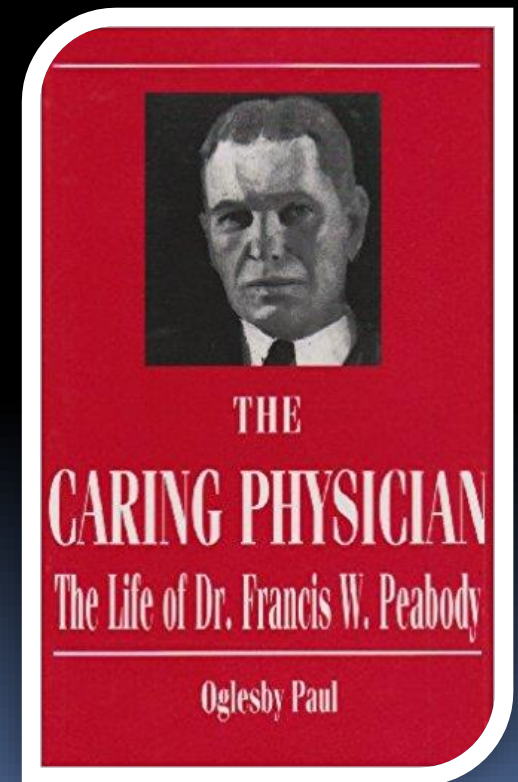
# COMMUNITY care





“Time, sympathy and understanding must be lavishly dispensed, but the reward is to be found in that **personal bond** which forms the greatest satisfaction of the practice of medicine. One of the essential qualities of the clinician is interest in humanity, **for the secret of the care of the patient is in caring for the patient.**”

Dr Francis Peabody





At the  of the art of healthcare is  
the PATIENT ENCOUNTER

At the  of the patient encounter is  
the RELATIONSHIP

At the  of the relationship is  
LISTENING

At the  of listening is LOVE

At the  of true love is GOD (JESUS)

**Love God**

**Love persons**

**Love yourself**

# Whole Person Health Care

