

# Reconnecting with Myself

## Where am I Now?



5<sup>th</sup> Annual Southern GP/PN Conference

OXFORD

# POSITIVE MEDICINE

*Disrupting the Future of Medical Practice*



DR DAVID BEAUMONT

## Positive Medicine: Disrupting the Future of Medical Practice

### A Call for Whole Person Health:

Incorporating **ancient  
and indigenous wisdom  
and wellbeing**  
into **modern medicine**  
to bring about an evolution in  
medical practice.

# Positive Medicine

## Philosophy, Process, Experience



5<sup>th</sup> Annual Southern GP/PN Conference

What Might I **Experience**?

## What Might I **Experience**?

- I might feel challenged and triggered
- This might feel easy
- This might feel difficult
- I might have “Aha!” moments
- I might feel the need to make some decisions
- I might have realisations weeks later

How should I **Respond** (not React)?

## How should I **Respond** (not React)?

- ➡ Be Curious
- ➡ Talk to Someone

1 Feb 2002

Dear Dr. Beaumont,

Re: Joe Jones

**This is my patient. I decide when he is fit for work.**

Yours sincerely

Dr. A. N. Other



What is the role of Doctors in Health?

What is Health?

## Consensus Statement on the Health Benefits of Good Work

Dame Carol Black

UK National Director of Health and Work

March 2011



“At the heart of this consensus statement on the health benefits of good work is a shared commitment to improve the **health and wellbeing of individuals, families and communities.**”

# Consensus Statement Signatories

- Accident Compensation Corporation
- Association for Supported Employment in New Zealand
- Australian and New Zealand Society of Occupational Medicine
- Blueprint, The Wise Group
- Business Leaders' Health & Safety Forum
- Business New Zealand
- College of Nurses Aotearoa (NZ)
- Council of Medical Colleges in New Zealand
- Employers and Manufacturers Association
- Employers' Disability Network
- FairWay Resolution Limited
- Financial Services Council of NZ
- Fit For Work Ltd
- Framework
- Human Resources Institute of New Zealand
- Institution of Professional Engineers NZ
- Investment, Savings and Insurance Association
- Life and Disability Underwriters Association Auckland
- Life and Disability Underwriters Association Wellington
- Maori Health Development Organisation - Tui Ora
- Maori Medical Practitioners Association - Te ORA
- Ministry of Business, Innovation and Employment (MBIE)
- Ministry of Health
- Ministry of Social Development
- New Zealand Association of Accredited Employers
- New Zealand College of Public Health Medicine
- New Zealand Council of Trade Unions
- New Zealand Institute of Safety Management
- New Zealand Medical Association (NZMA)
- New Zealand Nurses Organisation
- New Zealand Occupational Health Nurses Association
- New Zealand Orthopaedic Association
- New Zealand Physiotherapy Society
- New Zealand Public Service Association
- New Zealand Rehabilitation Association
- New Zealand Rheumatology Association
- NZ Rural General Practice Network
- New Zealand Private Physiotherapists Association
- Occupational Therapy New Zealand
- Royal Australasian College of Physician
- Royal Australian & New Zealand College of Psychiatrists
- Royal New Zealand College of General Practitioners
- Tenix
- The College of Urgent Care Physicians (CUCP)
- The Suncorp Group

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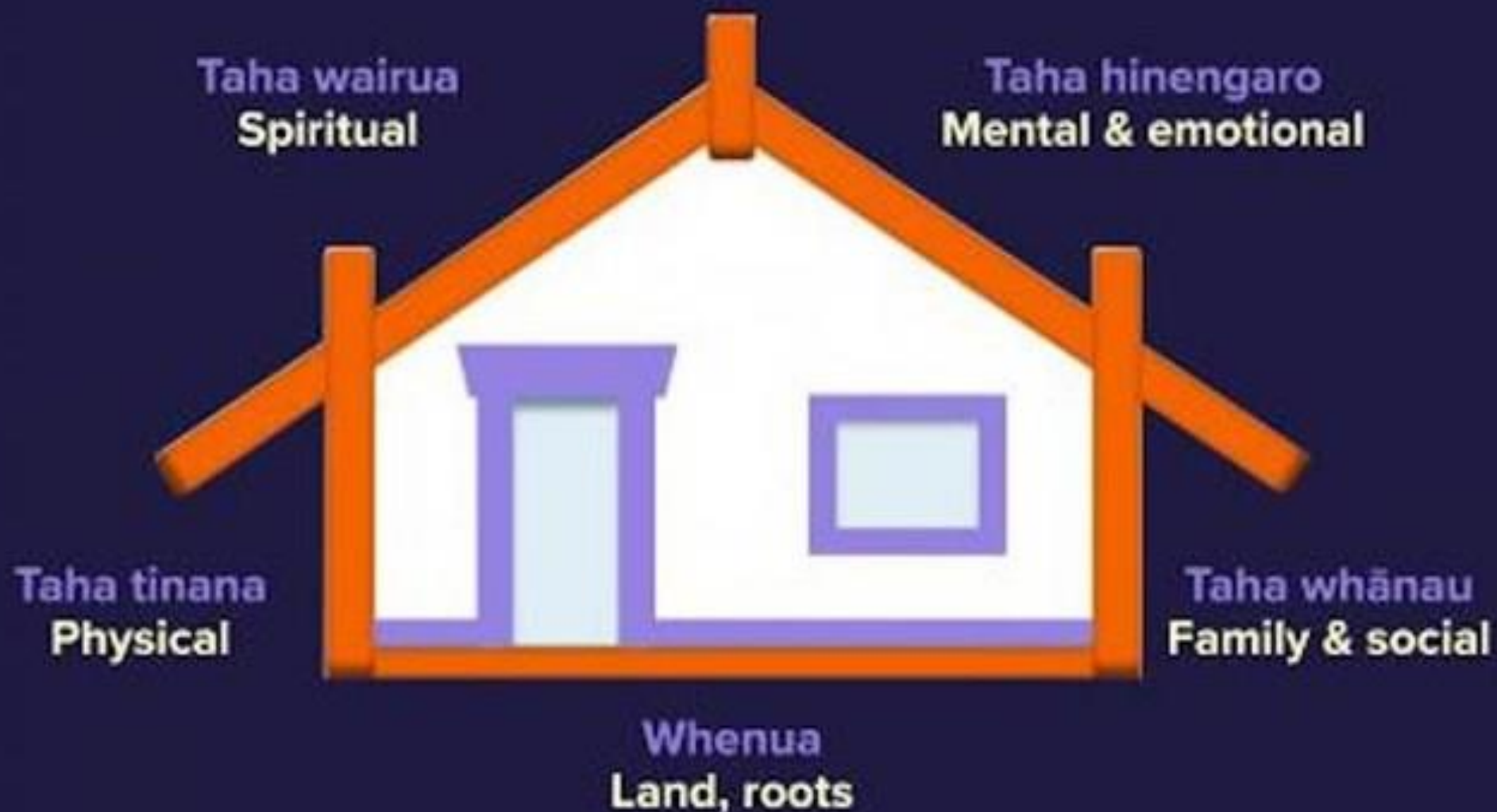
# What is Health?

➡ 4 November 2003...





# Te Whare Tapa Whā





What is Health?

# What is Health?

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

► World Health Organisation, **1948**

# What is Health?

Health is the condition of being well or free from disease.

► Merriam-Webster Dictionary Online 2016

# What is Health?

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

► World Health Organisation, **1948**

# What is Health?

Health is the ability to adapt and self-manage  
In the face of life's challenges

Machteld Huber et al  
How should we define health?

*BMJ* 2011;343:d4163

What is Health?

**Health is having control over your own life**

Sir Michael Marmot

# What is Health?

**Health is having control over your own life**

= Internal Locus of Control

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**Health is having control over your own life**

= Internal Locus of Control

(Self-efficacy/Self-determination/Sense of Agency

The Belief that we can influence our own Destiny)



What is Wellbeing?

# What is Wellbeing?



# What is Wellbeing?

Health is a state of complete physical, mental and social **wellbeing** and not merely the absence of disease or infirmity.

► World Health Organisation, **1948**

What is Wellbeing?

# What is Wellbeing?

The combination of **feeling good** and **functioning well**;  
The experience of **positive emotions** such as happiness and contentment as well as the development of one's **potential**, having some **control** over one's life, having a **sense of purpose**, and experiencing positive **relationships**

Huppert FA. Psychological well-being: evidence regarding its causes and consequences<sup>†</sup>. Appl Psychol Health Well Being. 2009;1(2):137–64

# Positive Psychology

- The science of **human flourishing**:

The strengths and virtues that enable individuals, communities and organisations to thrive

➤ Prof Martin Seligman

- The science of **optimal human functioning**  
and what makes life worth living

➤ Bridget Grenville-Cleave

# Positive Psychology

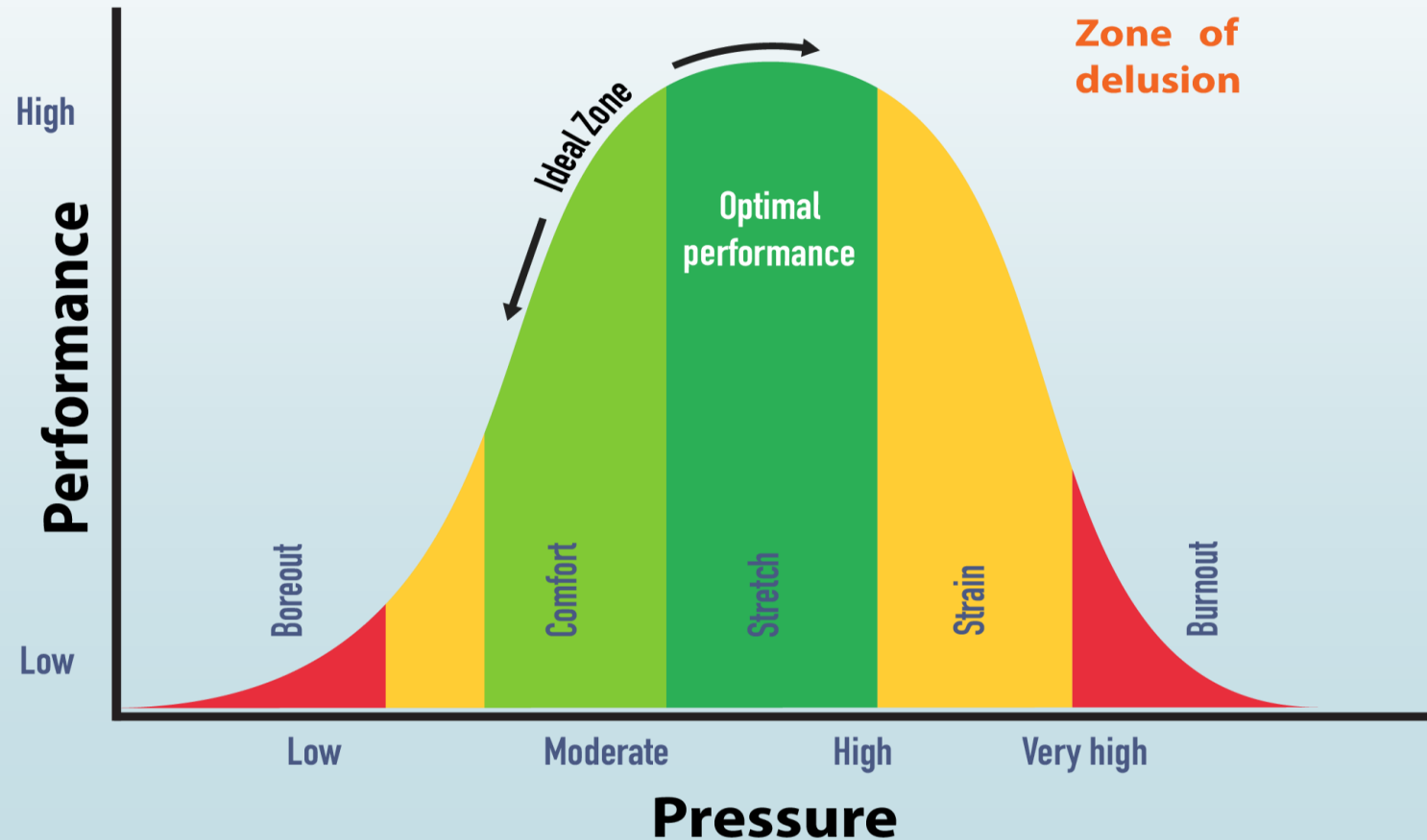
***Flourish*** – A visionary new understanding of happiness and Wellbeing

Martin Seligman 2012

***Flow*** – The psychology of ***optimal experience***

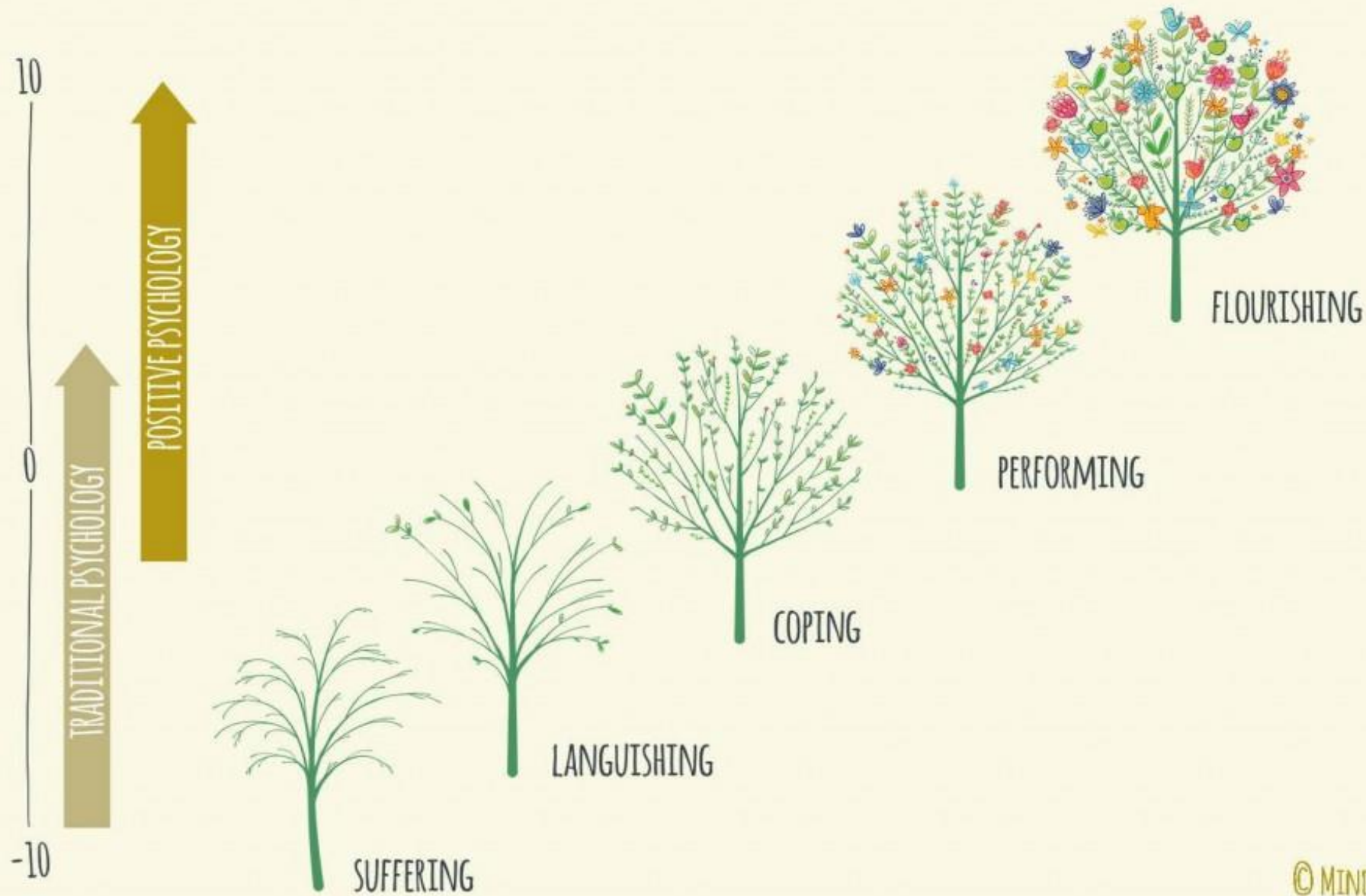
Mihaly Csikszentmihalyi 2008

# Human Performance Curve (Yerkes-Dodson)

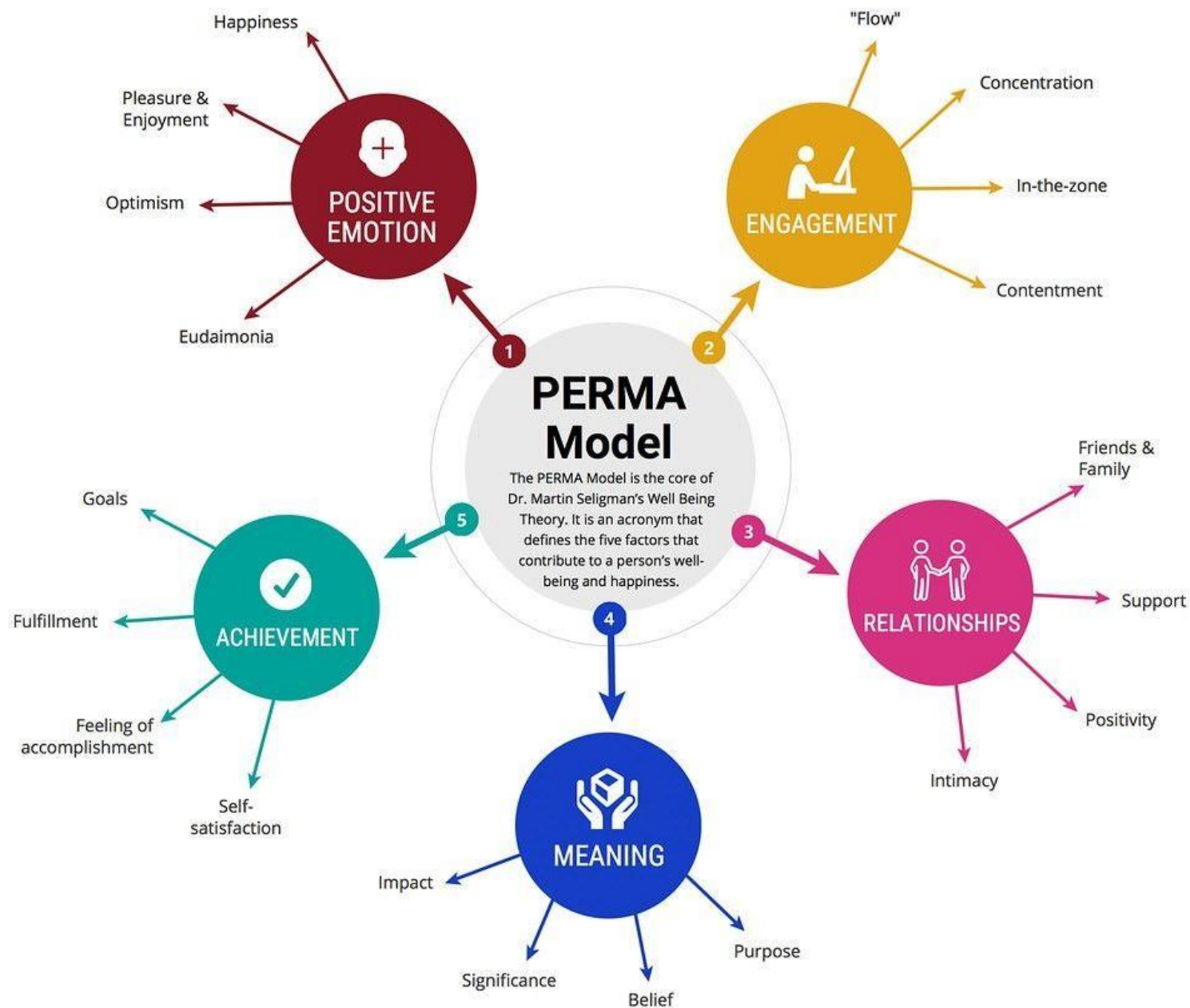




## A VISUAL REPRESENTATION OF THE WELLBEING CONTINUUM REFERRED TO IN POSITIVE PSYCHOLOGY



# Seligman's PERMA Model



# Flourishing: PERMA-V

- **P**ositive Emotions: Happiness, optimism, pleasure, joy
- **E**ngagement: Engrossed in the task, flow, in the zone
- **R**elationships: caring, loving, supportive relationships
- **M**eaning: Sense of purpose and pursuing meaningful activities
- **A**ccomplishment: Achievement, success and mastery of skills and competence
- **V**itality: Zest for life, fitness, energy

# Case Study: Gayle

# Case Study: Gayle Snyders





## Project Me: Be the Project Manager of Your Own Life

Taking control of my life and  
finding Health and Wellbeing  
in all 4 Pillars of Health:

- Physical
- Psychological
- Whānau/Family/Relationships
- Spiritual

# The Hero's Journey





# Fulton Hogan Testimonial Video

[https://youtu.be/ bLZHodE7w4](https://youtu.be/bLZHodE7w4)



What does it mean to have Wellbeing?

# What does it mean to have Wellbeing?

Turning up as the best version of myself,  
Living my best life, to my full potential,  
Contributing to the lives of others

## What does this mean for our patients?

1. I SOLEMNLY PLEDGE to dedicate my life to the service of humanity;
2. THE HEALTH AND WELLBEING OF MY PATIENT will be my first consideration;

WMA Declaration of Geneva **1948**

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- 3 – 9...

WMA Declaration of Geneva **1948**

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1. I SOLEMNLY PLEDGE to dedicate my life to the service of humanity;
2. THE HEALTH AND WELLBEING OF MY PATIENT will be my first consideration;
- 3 – 9...
- 10. I WILL ATTEND TO MY OWN HEALTH, wellbeing, and abilities in order to provide care of the highest standard;**

WMA Declaration of Geneva **2017**

# What does it mean to have Wellbeing?

Turning up as the best version of myself,

Living my best life, to my full potential,

Contributing to the lives of others

# Questions?

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