

# A New Concept of Health to Strengthen Person-Centered Healthcare

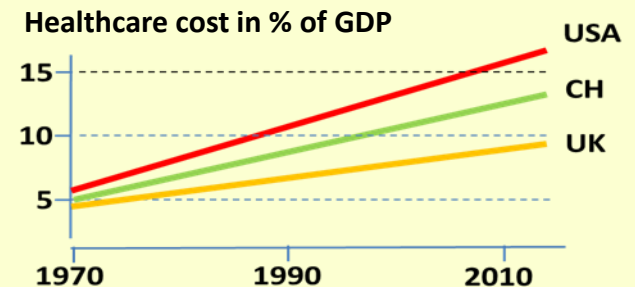
Johannes Bircher MD  
University of Bern, Switzerland

London 29.9.2016



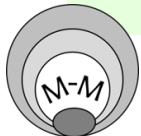
# Problems:

1. The success of scientific medicine increased the prevalence of long term, chronic co- and multimorbid illnesses and diseases. This led to problems which now are attended poorly.
2. Ordinary clinical diagnoses and treatments are insufficient to take care of them.
3. Continuously rising costs of health care threaten the cohesion of the society.



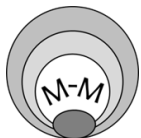
# Solutions

1. Person centered healthcare (PCH) is thought to be the best response to these challenges.
2. It involves not only patients and physicians but also many other professionals, families, friends, organizations including governments.
3. Because of its complexity PCH requires much leadership. A single theory embracing all involved aspects does not exist so far.



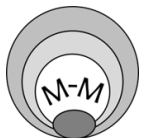
# Hypothesis

- My hypothesis is that the new theory of health, called Meikirch model, offers a framework that unites all features of person centered healthcare and goes even beyond.
- The purpose of my lecture is to review the Meikirch model and to assess its suitability as a central vision for PCH.



# Organization of the lecture

1. Explanation of the Meikirch model
2. Consistency of the model with PCH
3. Implications of the model for PCH
4. Conclusions

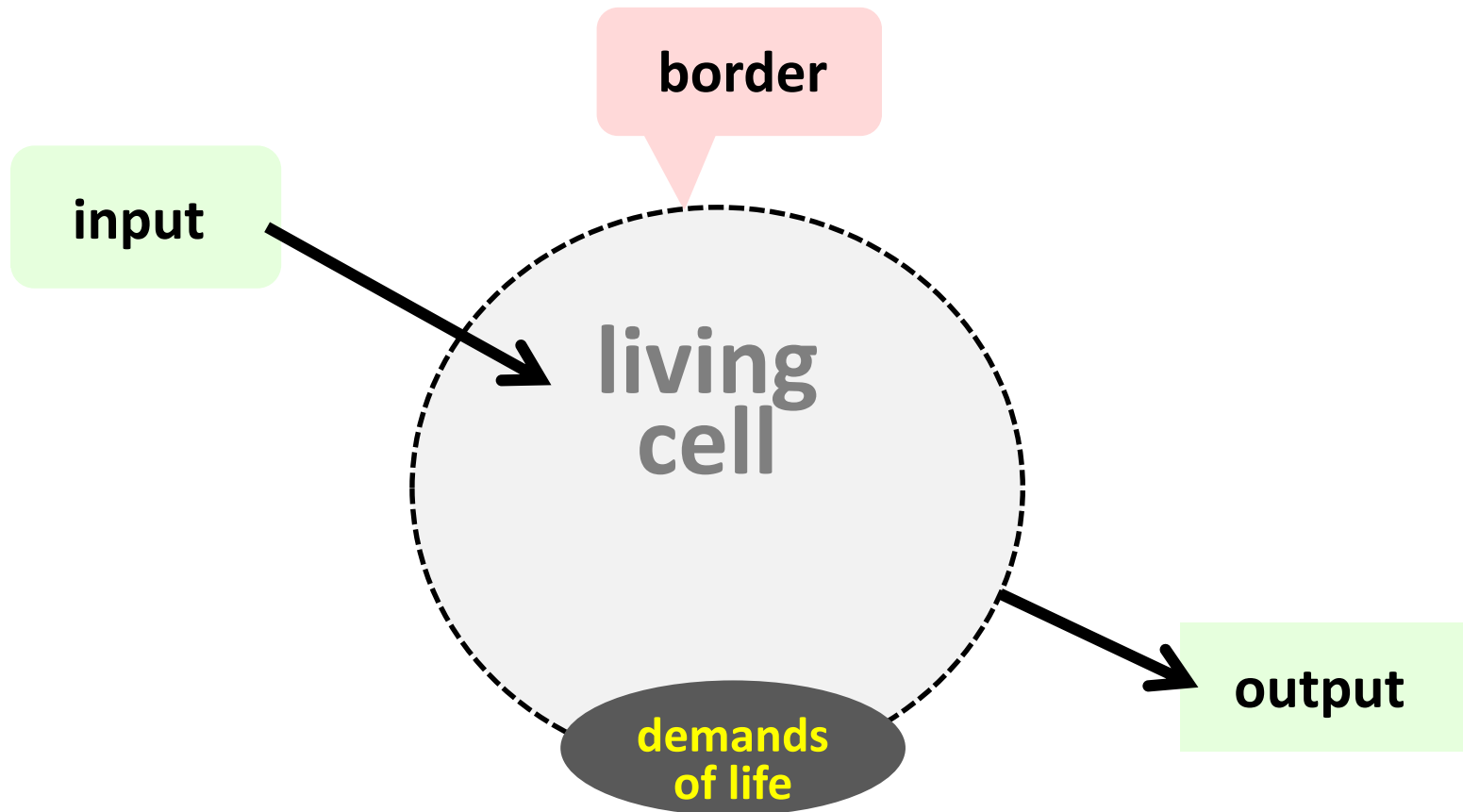


# Organization of the lecture

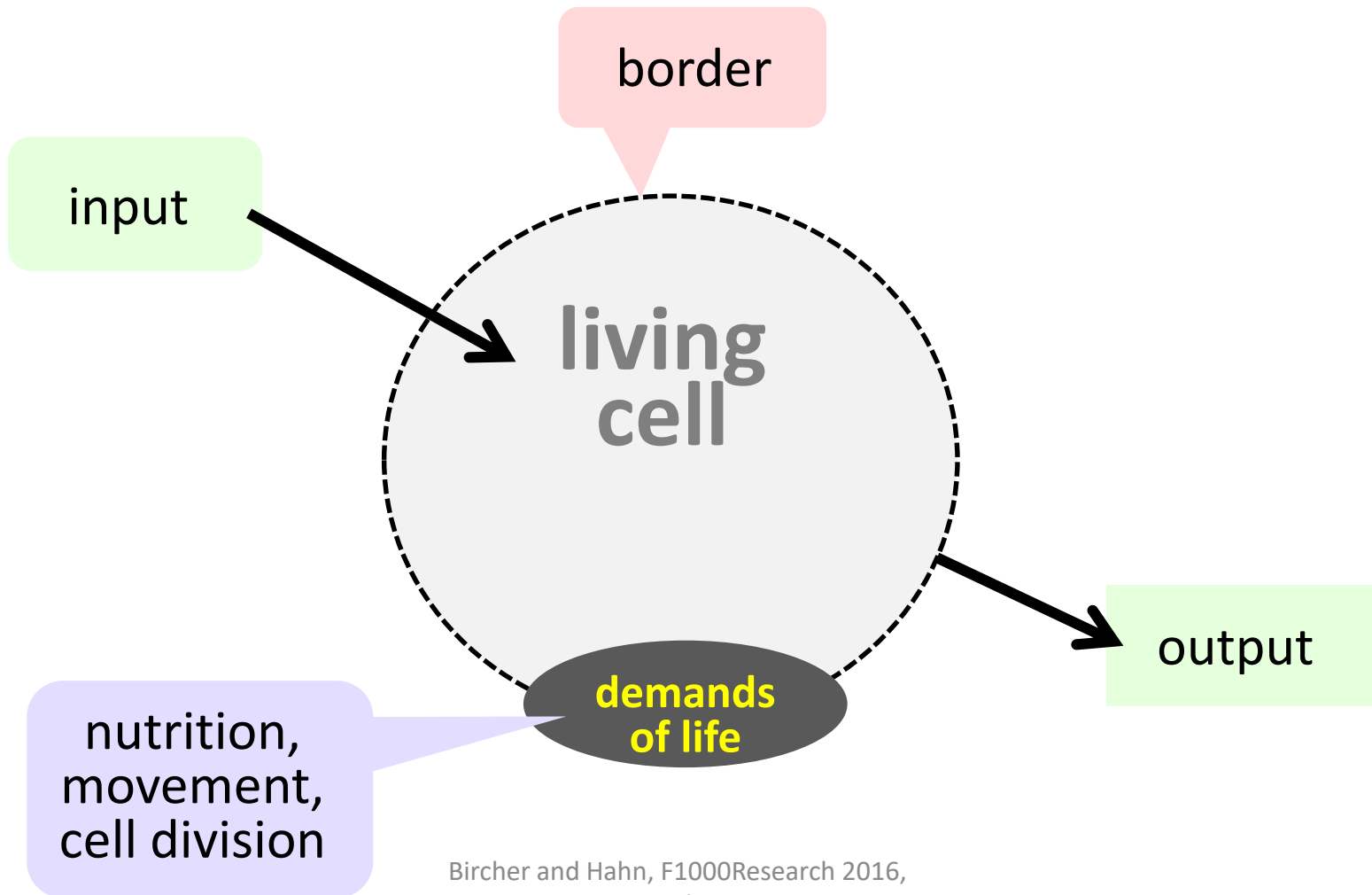
1. Explanation of the Meikirch model
2. Consistency of the model with PCH
3. Implications of the model for PCH
4. Conclusions



# Onset of the Meikirch Model: Biology of every living creature

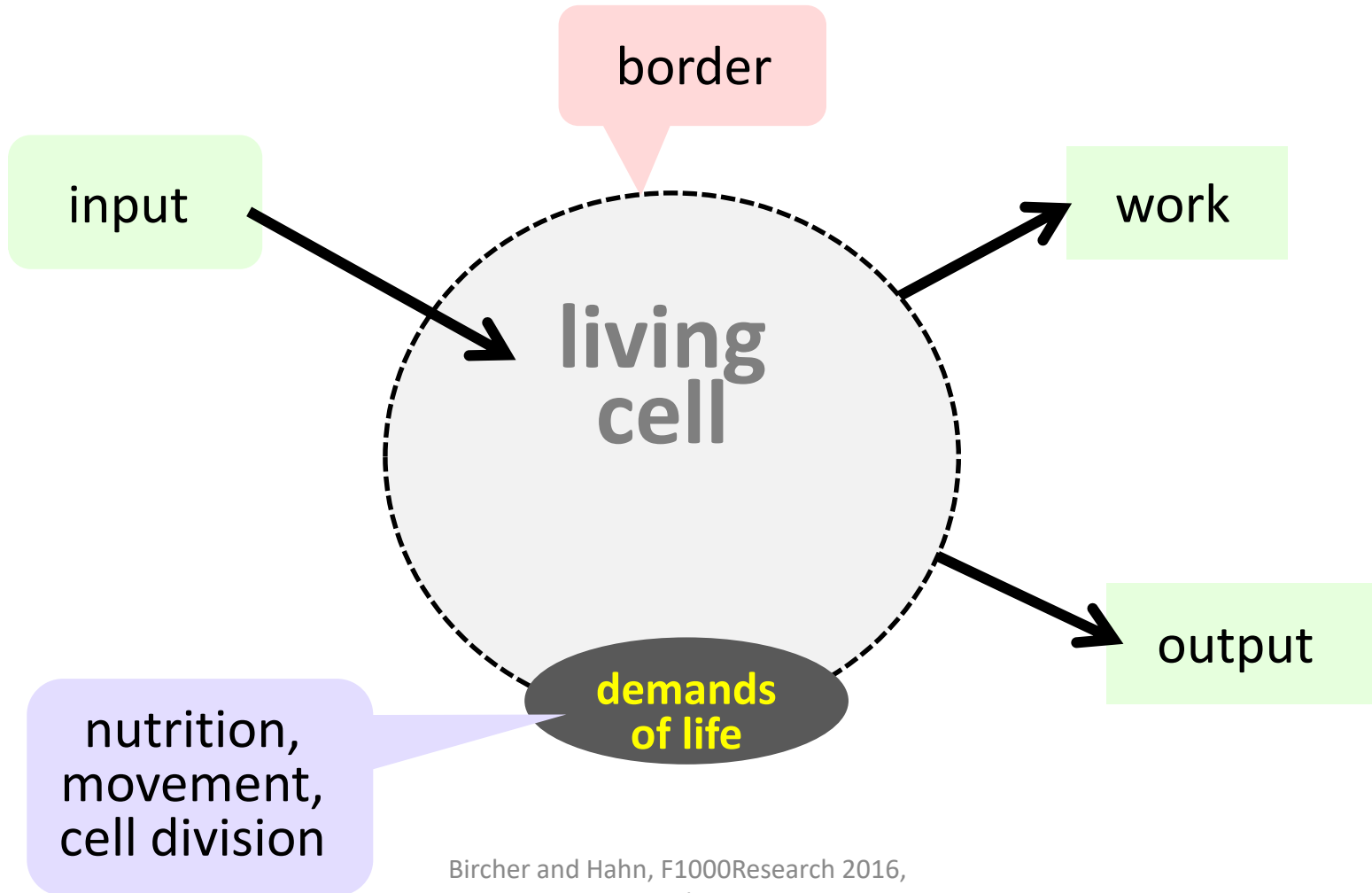


# Onset of the Meikirch Model: Biology of every living creature

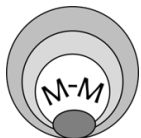
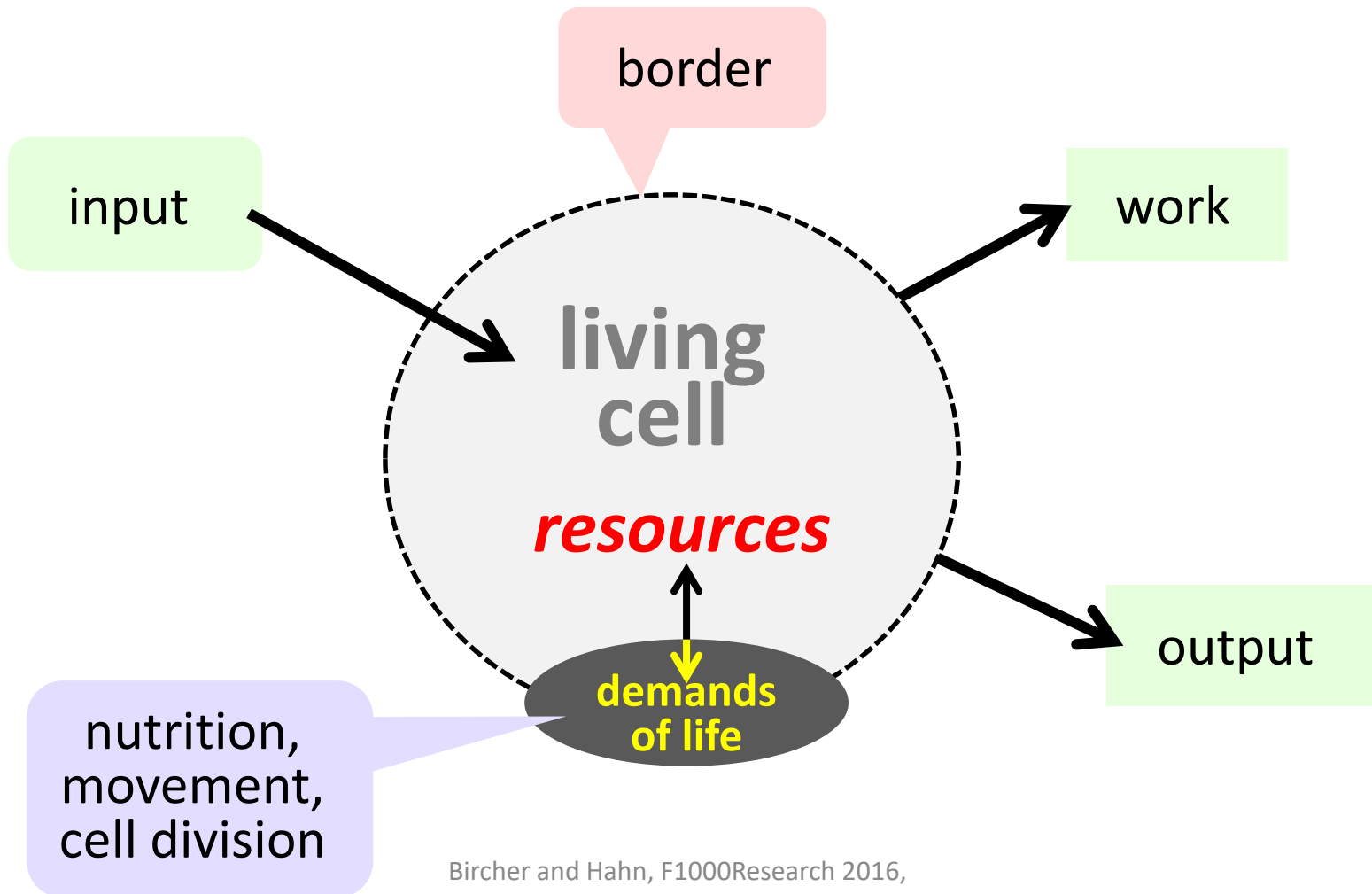




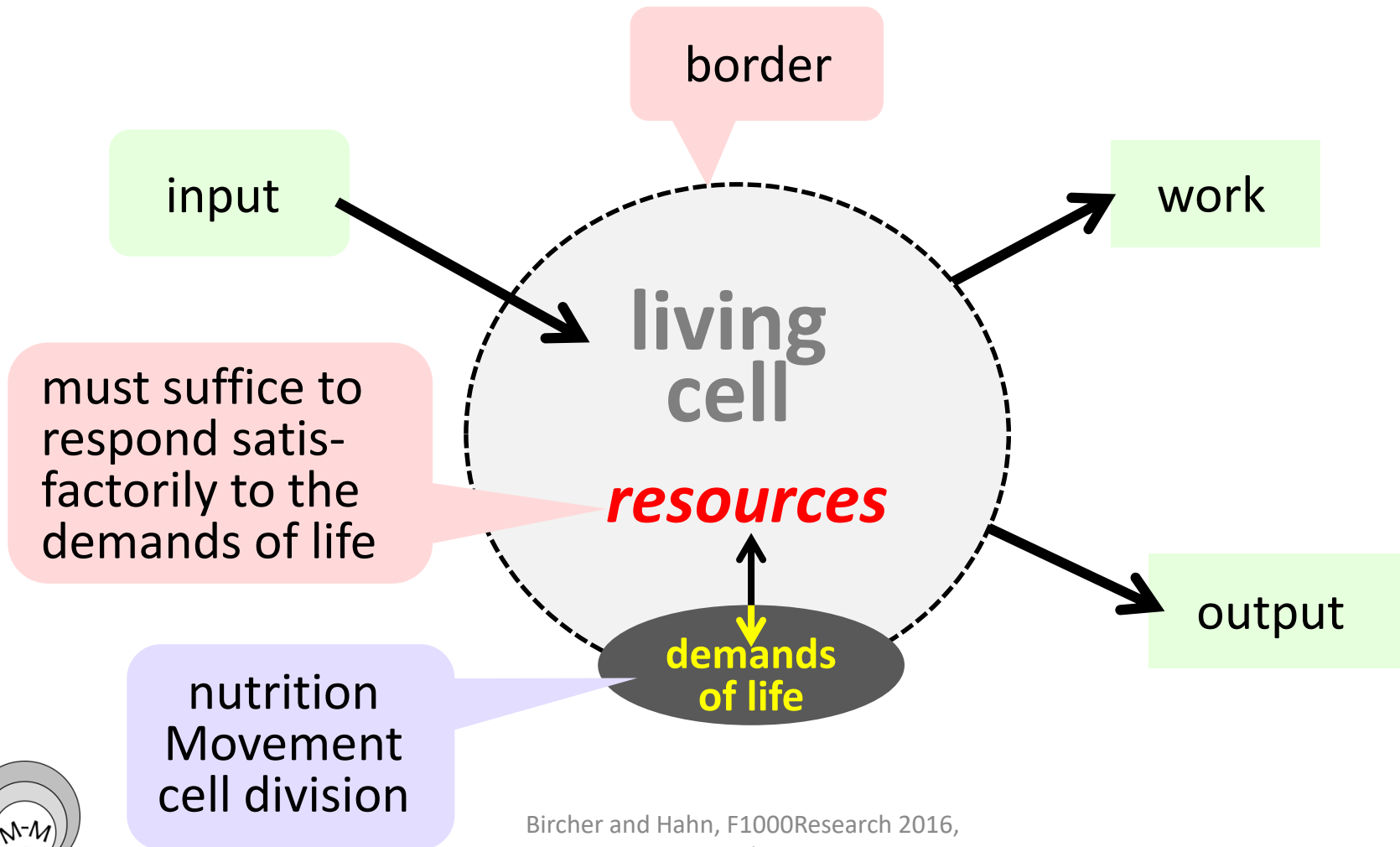
# Onset of the Meikirch Model: Biology of every living creature



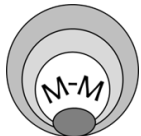
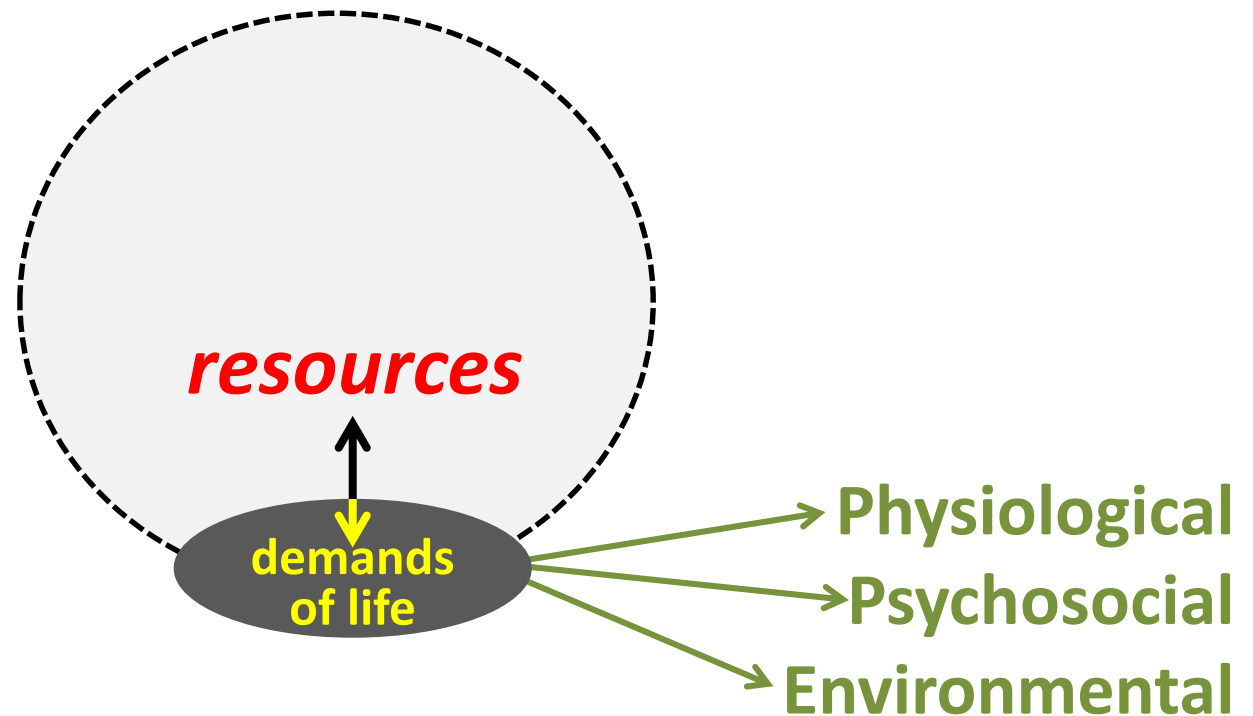
# Onset of the Meikirch Model: Biology of every living creature



# Onset of the Meikirch Model: Biology of every living creature

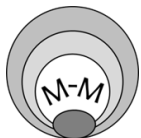
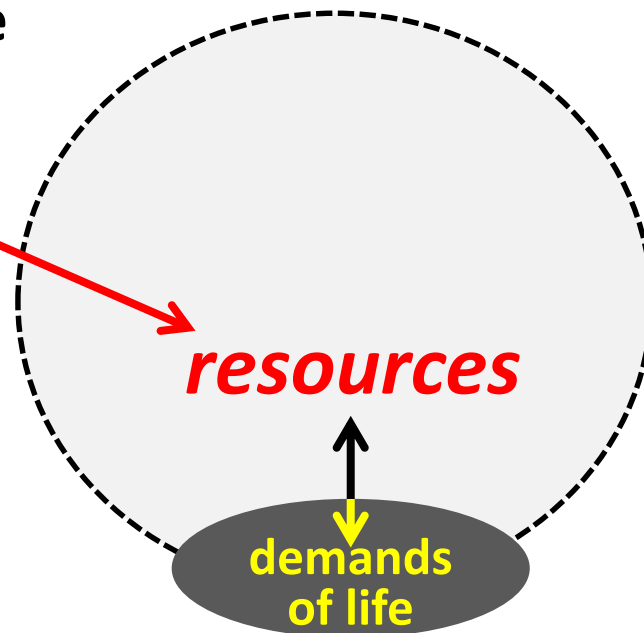


# Meikirch Model in Man



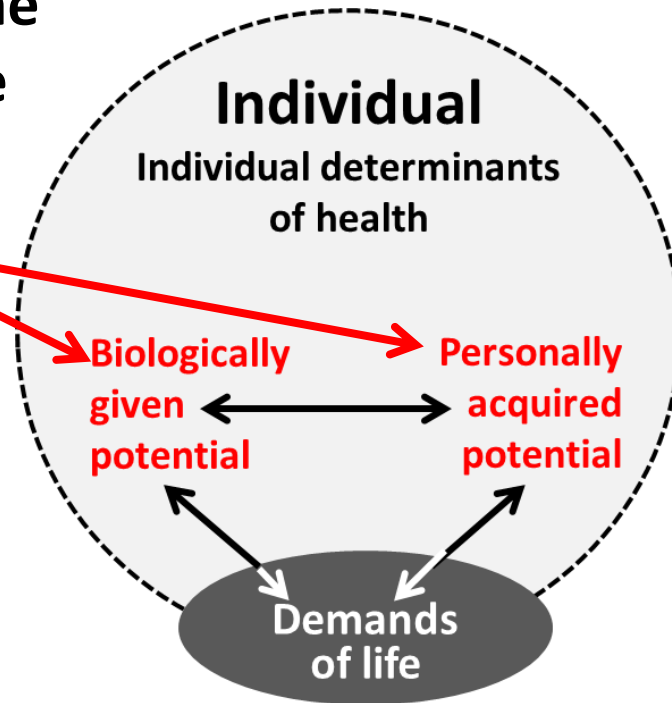
# Meikirch Model in Man

The resources are needed also in the future. Therefore they are called potentials.

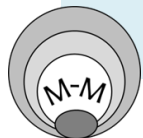
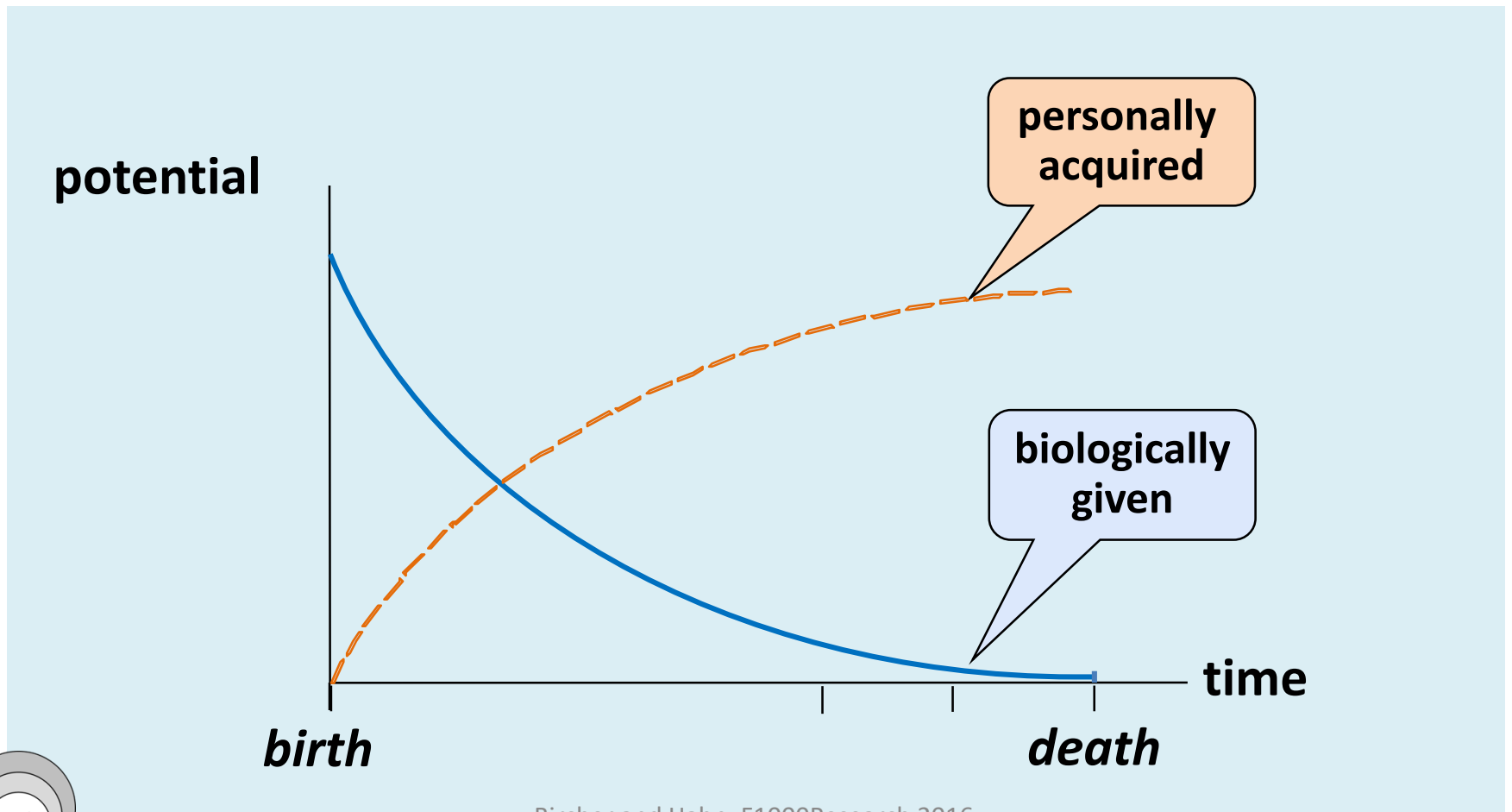


# Two Types of Potentials

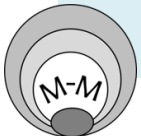
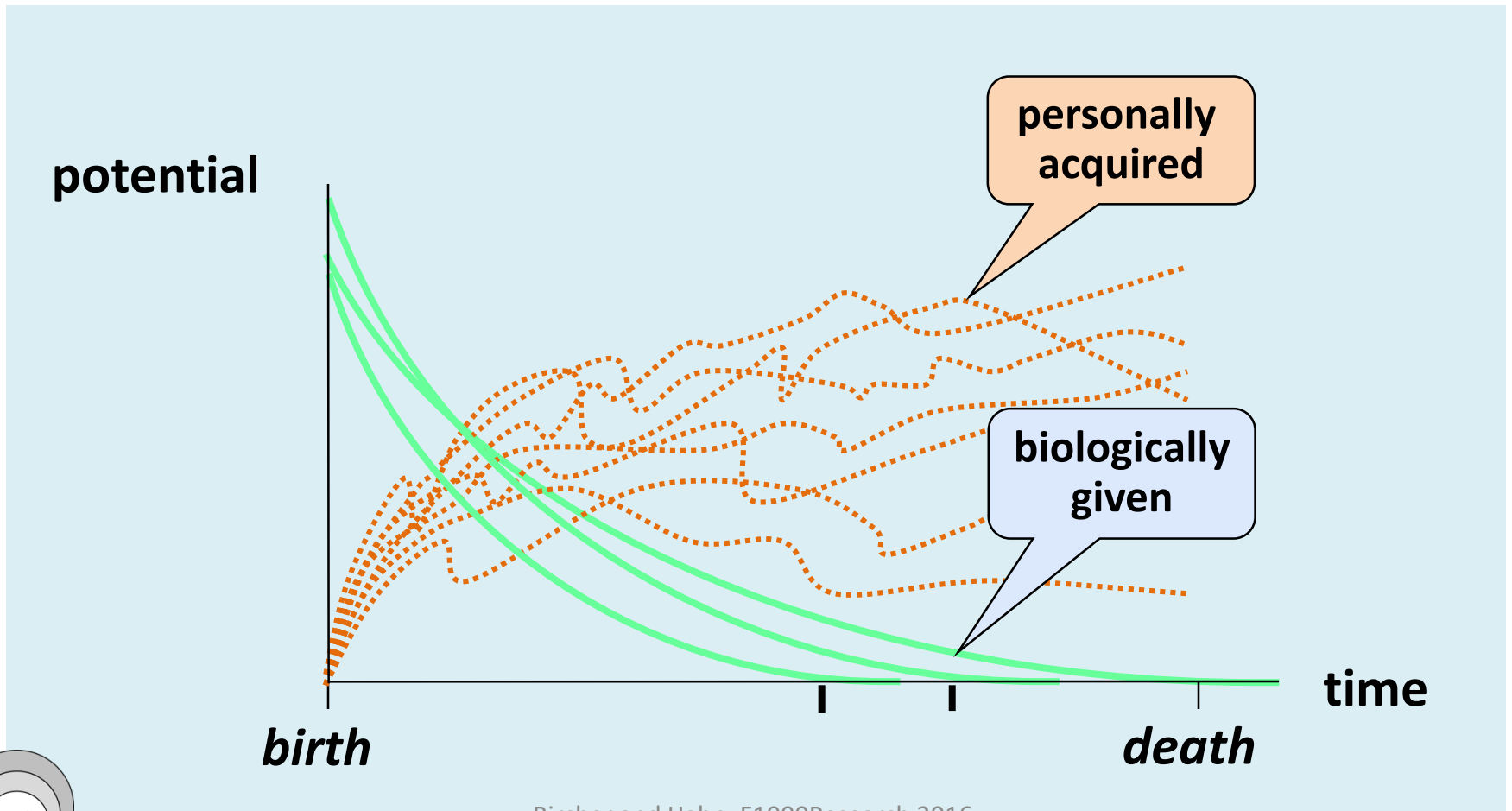
The resources are needed also in the future. Therefore they are called potentials.



# Life Course of the Two Potentials



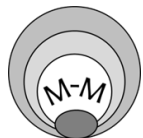
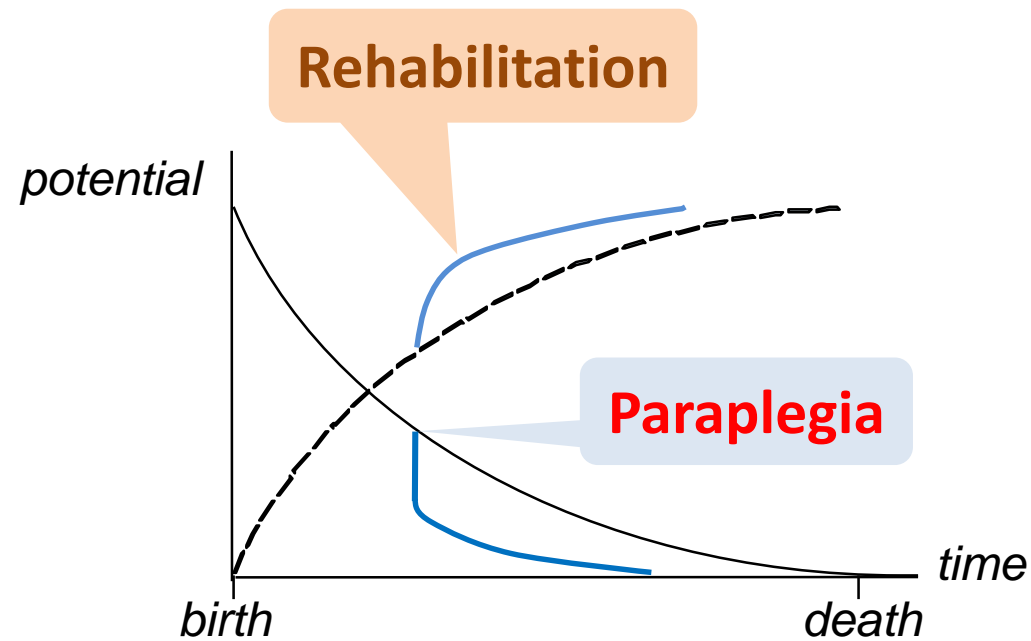
# Individual Variations of the Two Potentials throughout Life





# Life Course of the Two Potentials

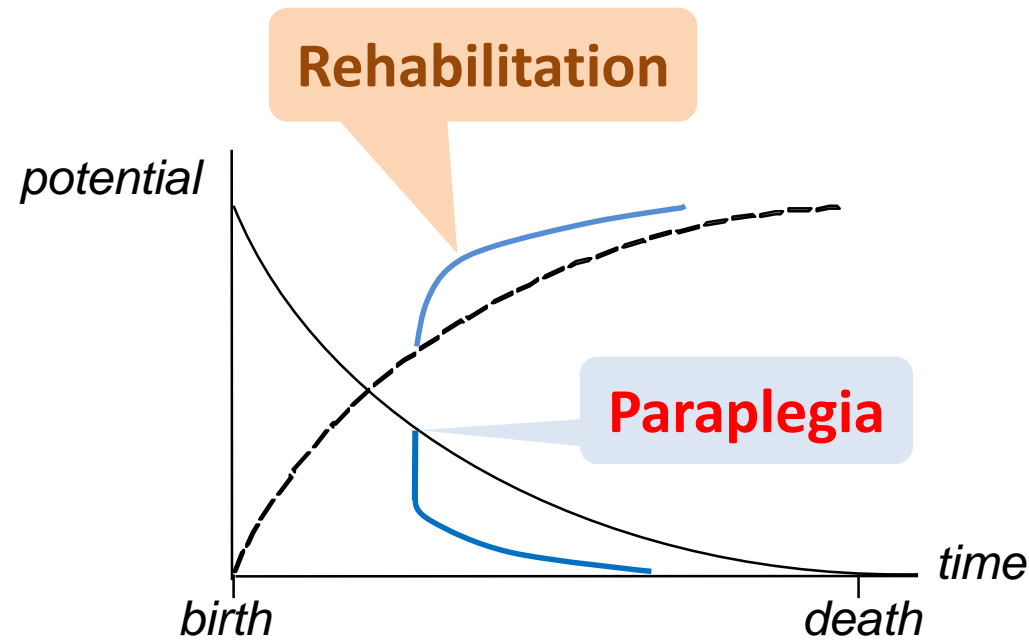
## Example Paraplegia



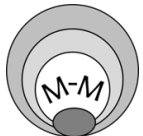
# Personally Acquired Potential: What it Can do!

## Example Paraplegia

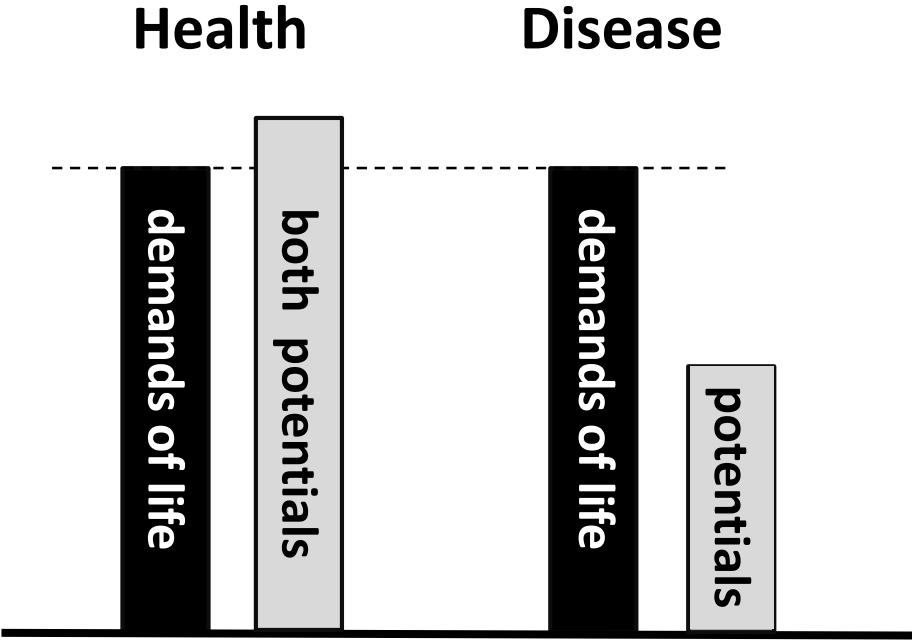
With rehabilitation many paraplegic patients can again become professionally active and can satisfy their demands of life. That means they are healthy again.



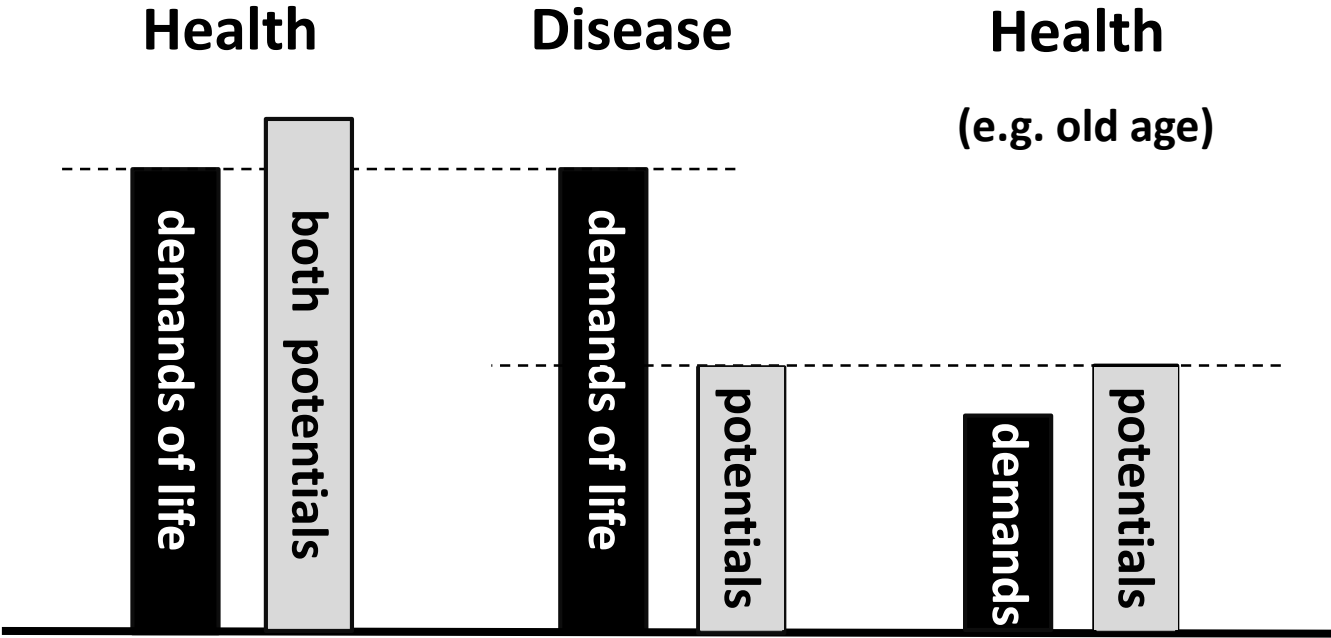
**This reveals the power of the personally acquired potential!**



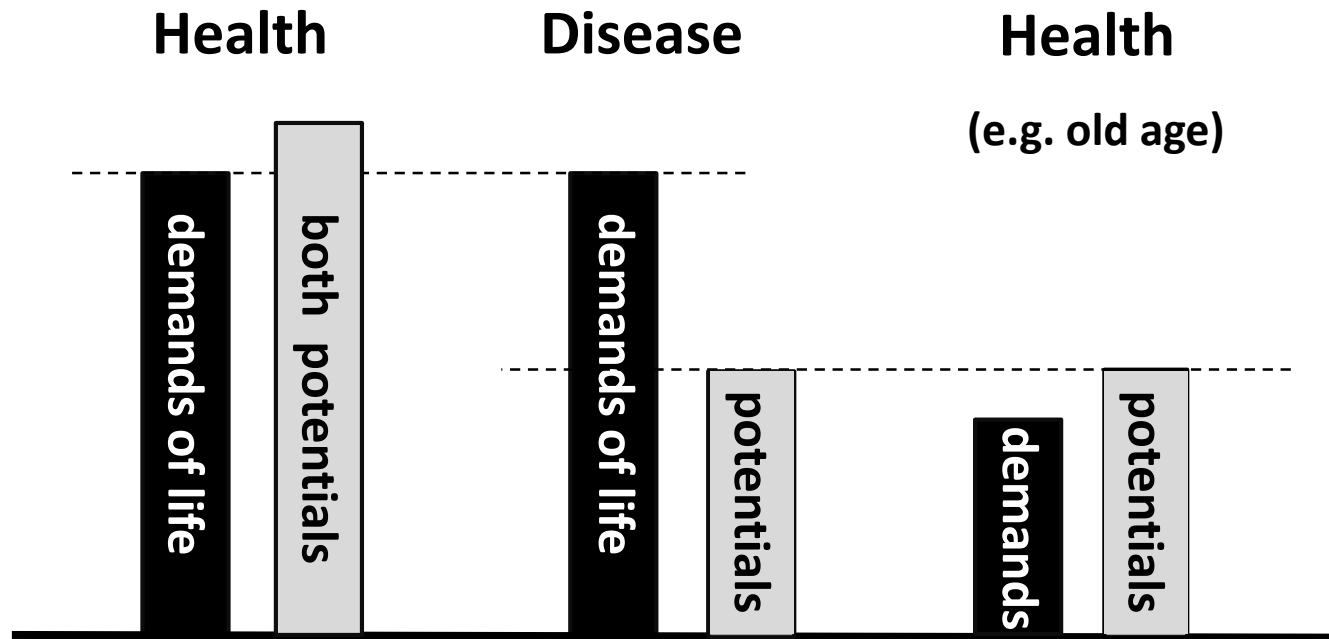
# Distinction between Health and Disease



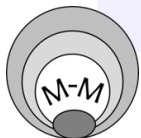
# Distinction between Health and Disease



# Distinction between Health and Disease

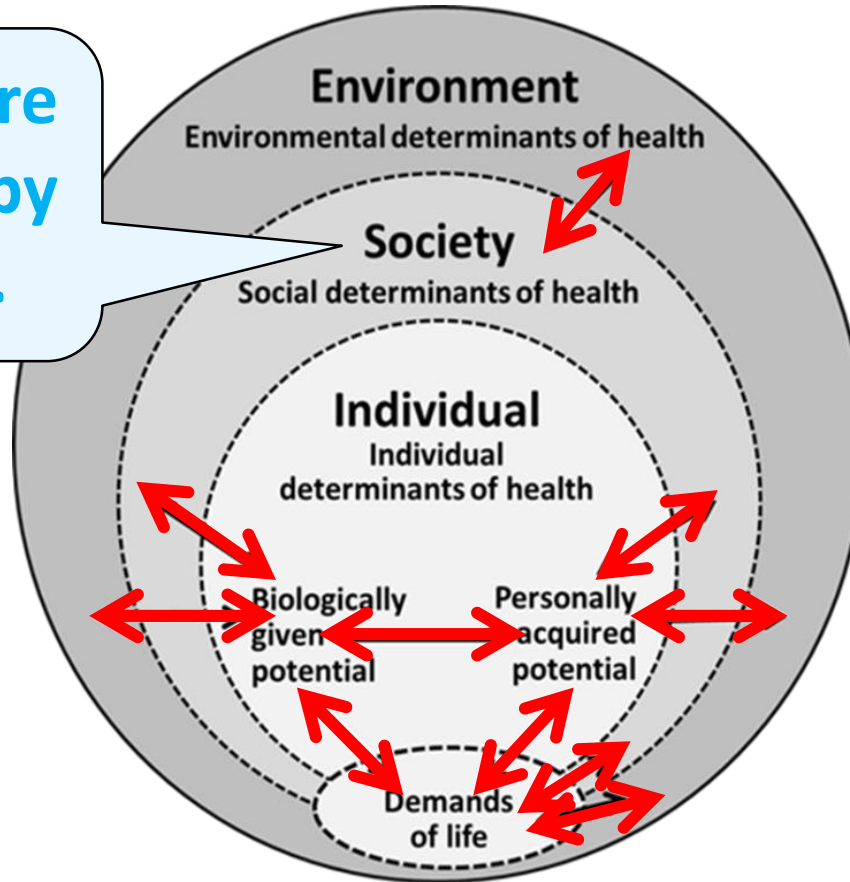


**Health results, whenever the two potentials together suffice to satisfy the demands of life.**

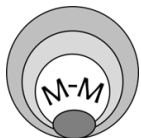
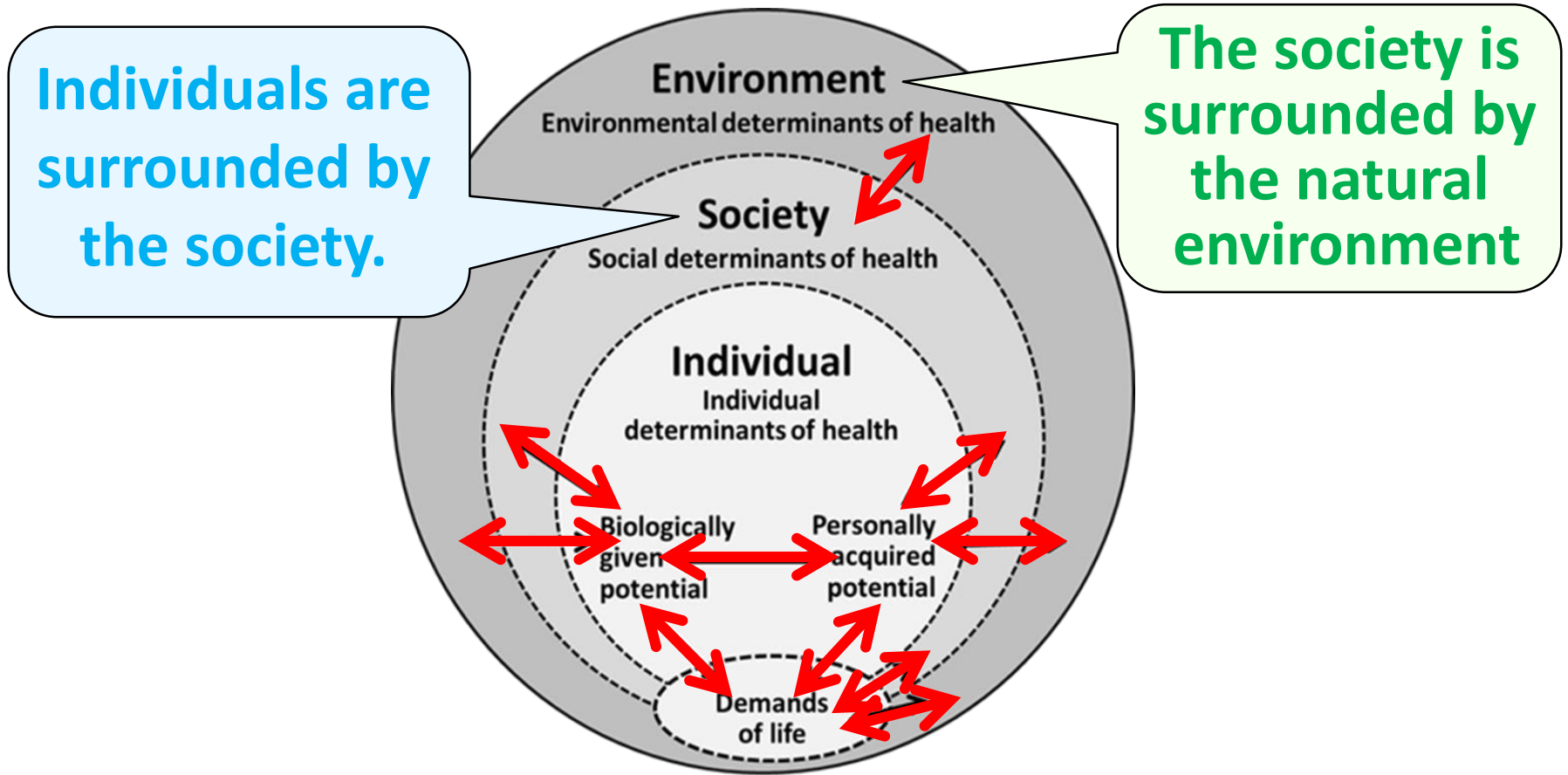


# The Complete Meikirch Model

Individuals are surrounded by the society.

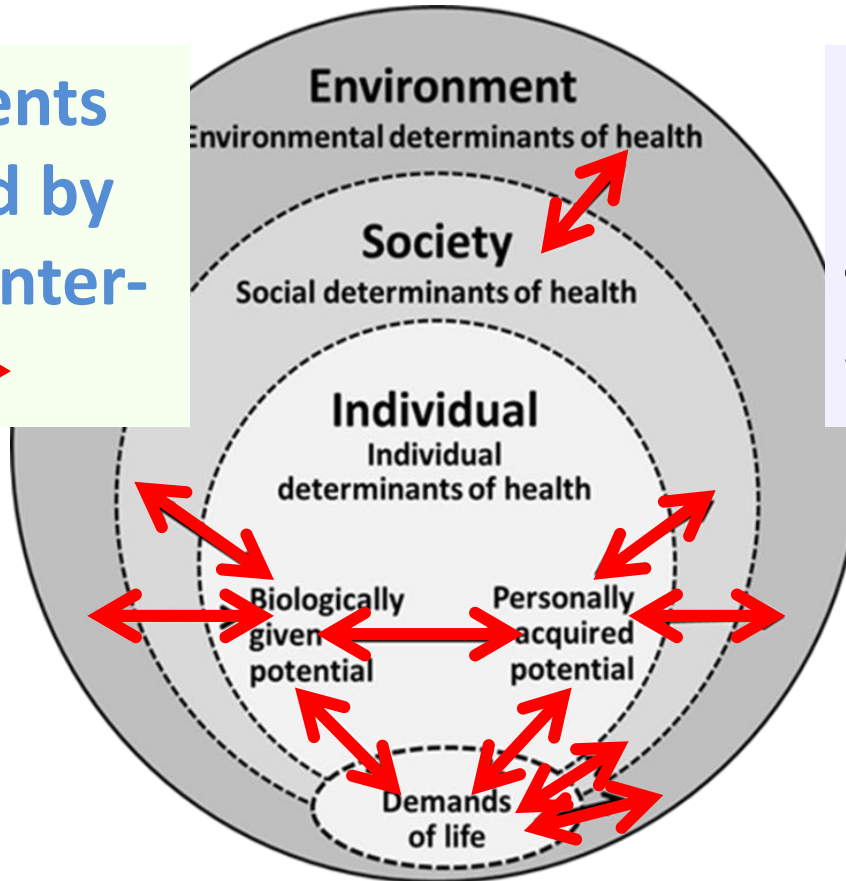


# The Complete Meikirch Model



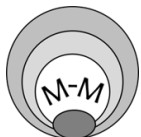
# The Complete Meikirch Model

Five components are connected by ten complex interactions. ↔



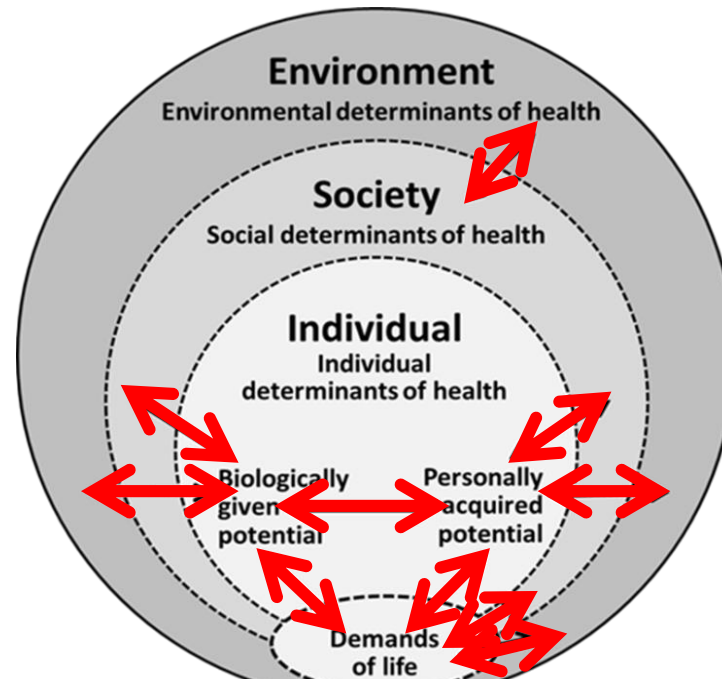
Such a system always functions as a whole.

«Complex Adaptive System»

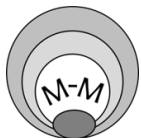




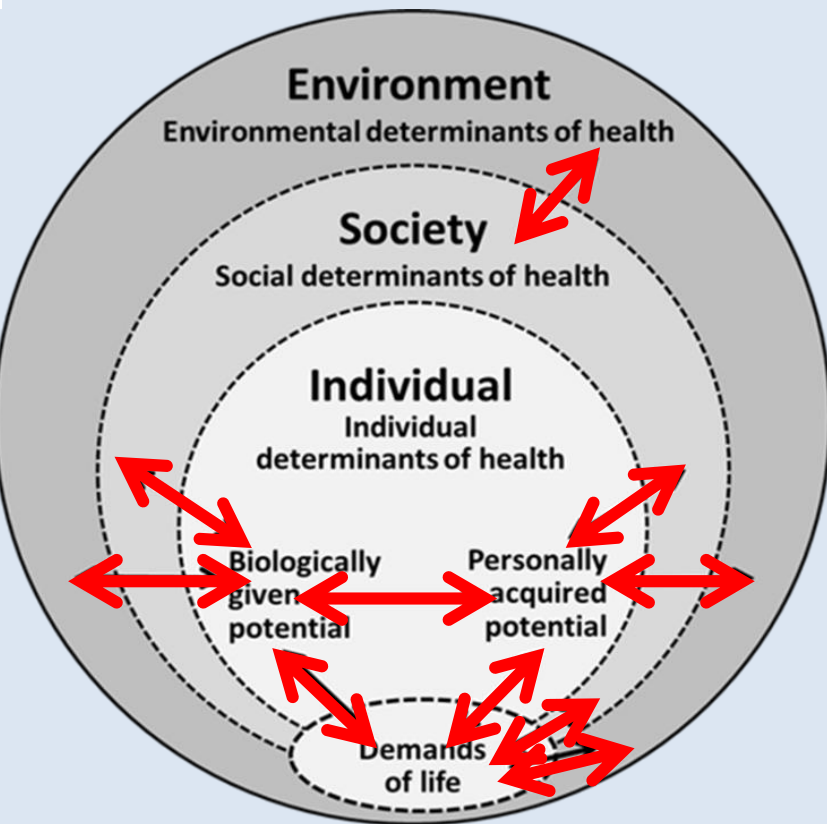
# Health as a Complex Adaptive System



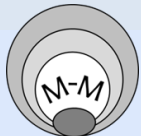
Health emerges spontaneously, when the 5 components are functional and the 10 interactions (red arrows) exchange freely among each other in a responsible, mutually supporting, and life-affirming way. Exploitation, deception, and use of power are damaging for health.



# What is the purpose of a complex adaptive system



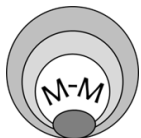
**A life complex adaptive system accomplishes much more than a machine.**



# Wording of the Meikirch Model

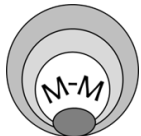
“Health is a dynamic state of well-being emergent from conducive interactions between an individual’s potentials, life’s demands, and social and environmental determinants. Health results when the two potentials suffice to satisfactorily respond to the demands of life.”

**Bircher and Hahn, F1000Research 2016, 5:167  
and 5:1672**



# Organization of the lecture

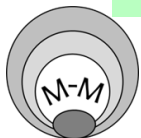
1. Explanation of the Meikirch model
2. Consistency of the model with PCH
3. Implications of the model for PCH
4. Conclusions



# What is Person Centered Healthcare?

- “Person centered healthcare is an approach to management that treats the patient as a person and extends care and compassion, in addition to biomedicine and technology.”
- “Medicine is primarily a human endeavour which employs science but does not equate to it.”

Miles A and Asbridge JE. The European Journal for Person Centered Healthcare 1, 4-8, 2013



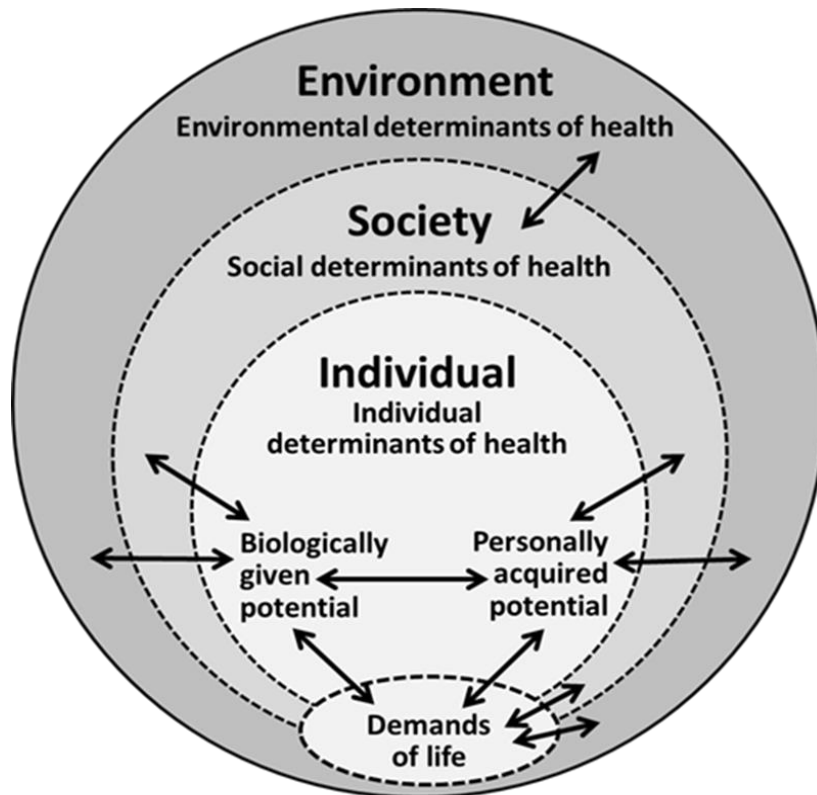
# Aims of the Society for Person Centered Healthcare

1. Promote the re-personalization of healthcare.
2. Re-sensitize medicine to fundamental notions of compassion and care.
3. Re-inculcate in clinicians an ambition to treat patients as persons.

Miles A and Asbridge JE. The European Journal for person centered healthcare 1, 4-8, 2013

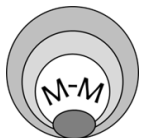


# 1. “Re-personalization of Healthcare.”

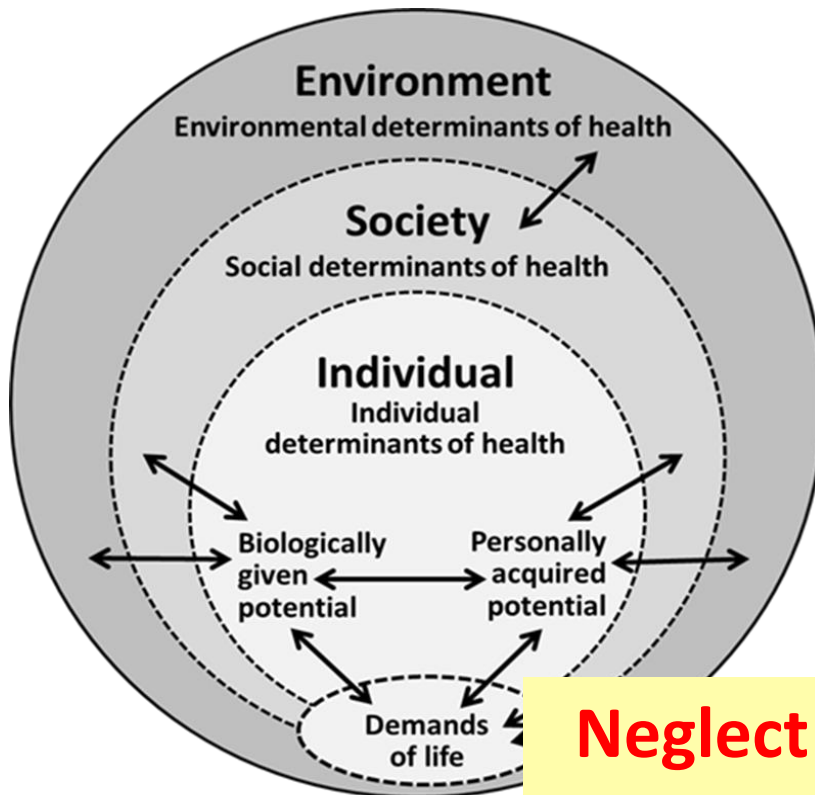


Health requires always both, the biologically given and the personally acquired potential.

In order to achieve health both must master the demands of life together.



# 1. Re-personalization of Healthcare.



Health requires always both, the biologically given and the personally acquired potential.

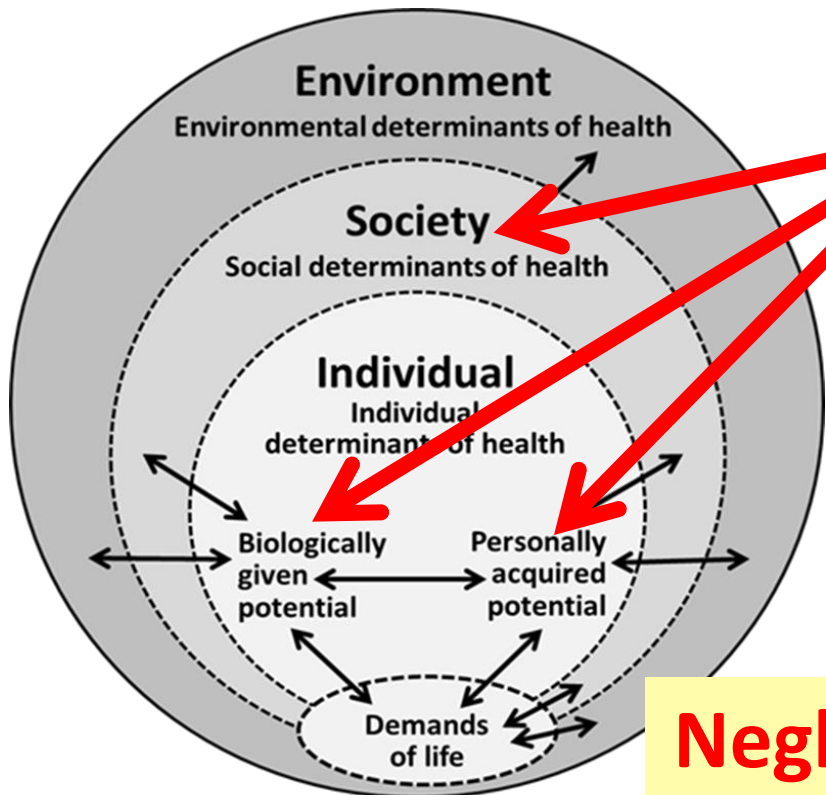
In order to achieve health both together must master the demands of life.

**Neglect of the personally acquired potential is a grave mistake.**



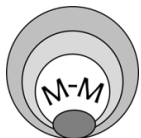


## 2. “Re-sensitization of Medicine to Fundamental Notions of Compassion and Care.”

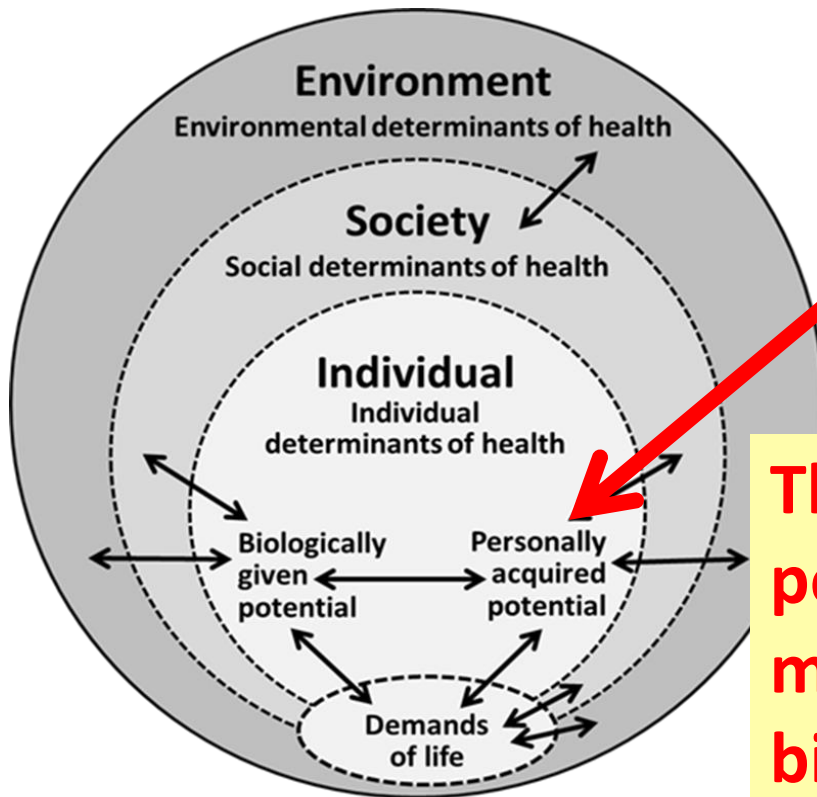


Both potentials are intimately related to each other and to the society

Neglect of these interactions is a grave mistake.

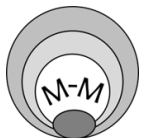


### 3. “Re-inculcation in Clinicians the Ambition to Treat Patients as Persons.”



This necessitates to pay special attention to the personally acquired potential.

The personally acquired potential can compensate for many defects of the biologically given potential. Its neglect is a grave mistake.

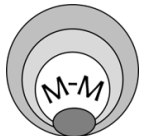


# *Conclusions*

*For me the intentions of person centered healthcare (PCH) and of the Meikirch model are the same.*

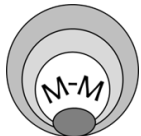
*Therefore two questions result:*

- 1. Can the Meikirch model serve as central theory for PCH?*
- 2. Can the Meikirch model be useful for leadership in PCH?*



# Organization of the lecture

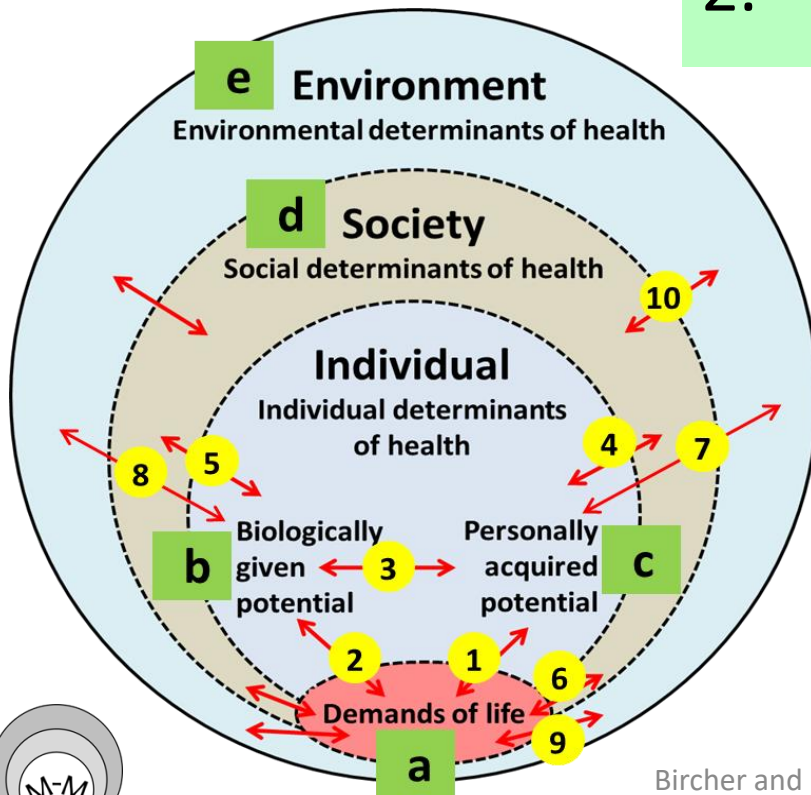
1. Explanation of the Meikirch model
2. Consistency of the model with PCH
3. Implications of the model for PCH
4. Conclusions



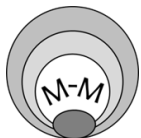
# The Meikirch Model may be More Complete than Person Centered Healthcare.

The Meikirch model consist of:

1. five components (a–e)
2. ten complex interactions (1-10)

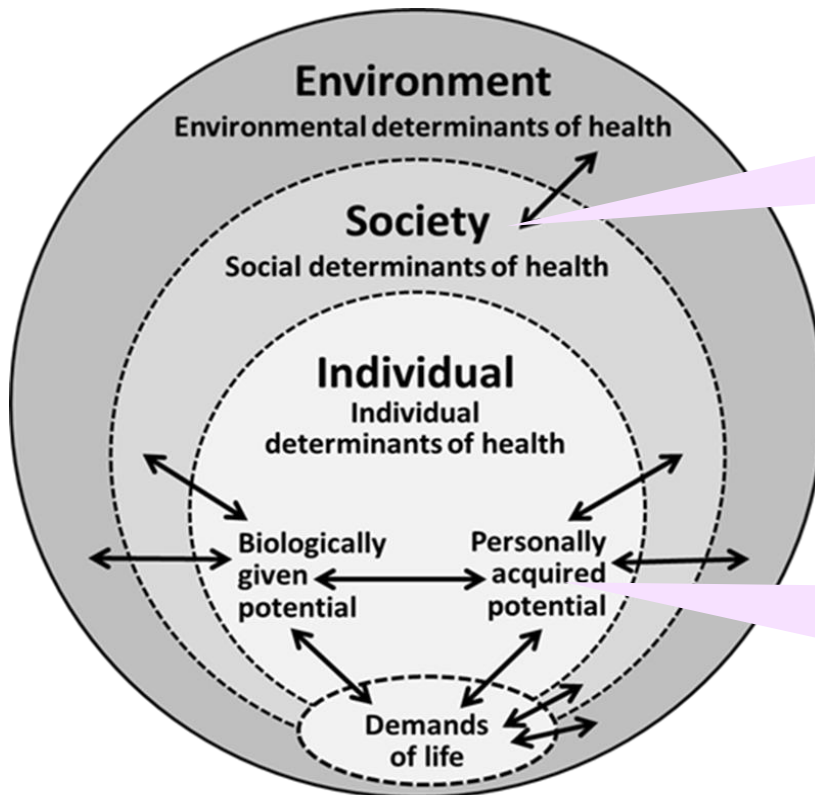


- For a complete examination all 15 features can be examined in order to understand the patient's health in depth.
- None is to be omitted.



# Responsibility for Health Has Two Sites:

Future health is an investment



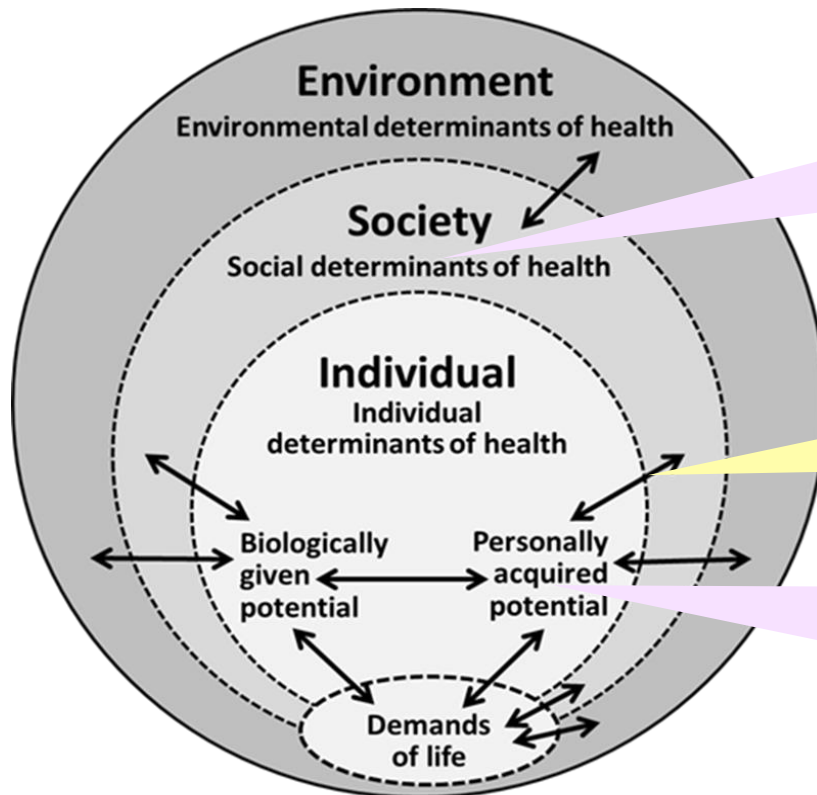
**Responsible:** Parents, teachers, employers, neighbors, encounters, physicians, politicians, etc.

**Responsible is everybody:** Personal leadership must support inner growth and serious concern for the long-term future.



# Two Site of Responsibility for Health:

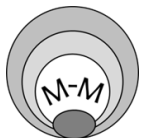
## Future health is an investment



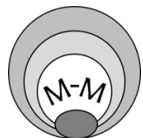
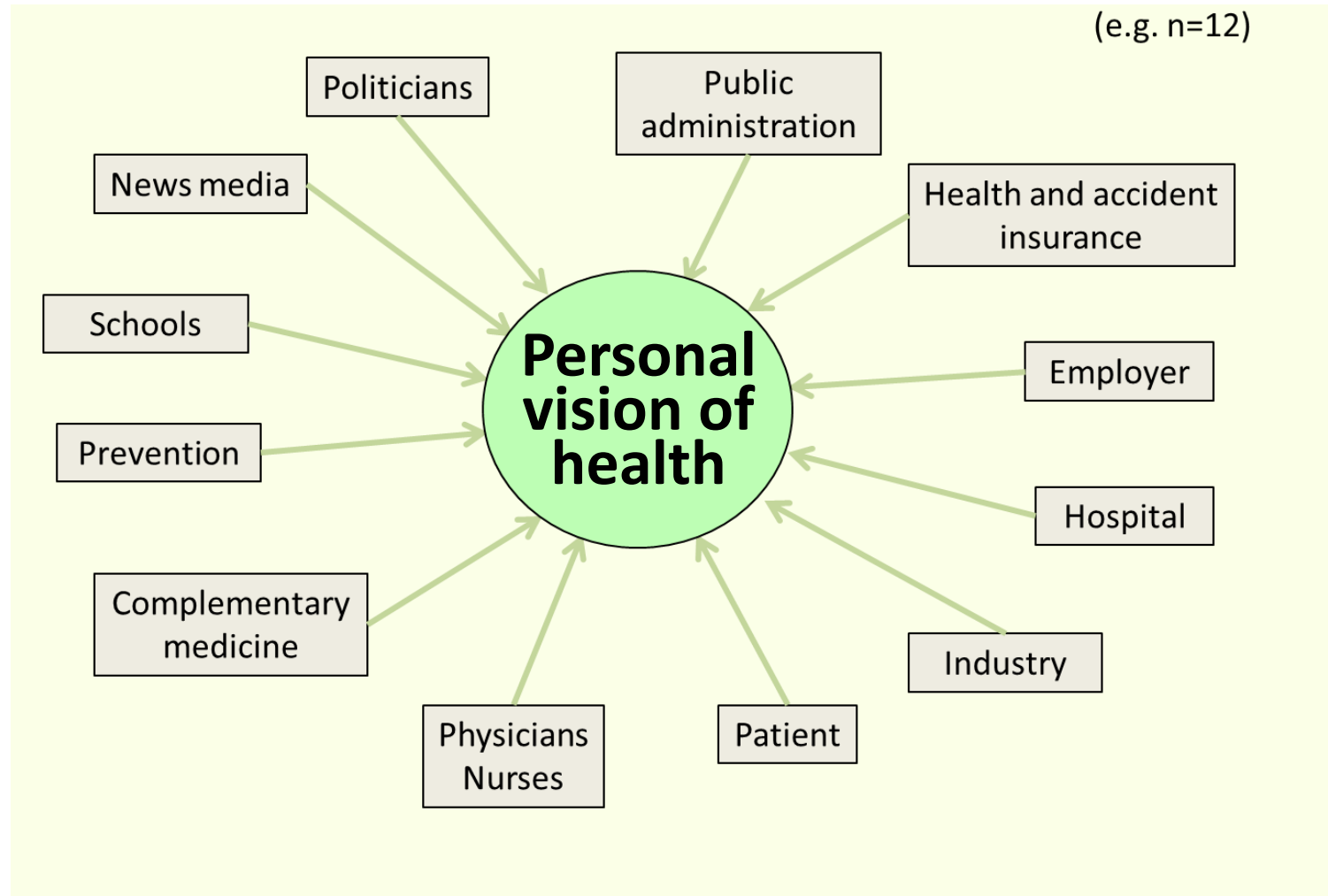
**Responsible:** Parents, teachers, employers, friends, neighbors, physicians, and politicians, etc.

**Both share the responsibility for the functioning of the interaction.**

**Responsible is everybody:** Personal leadership must support inner growth and serious concern for the long-term future.

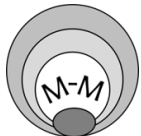
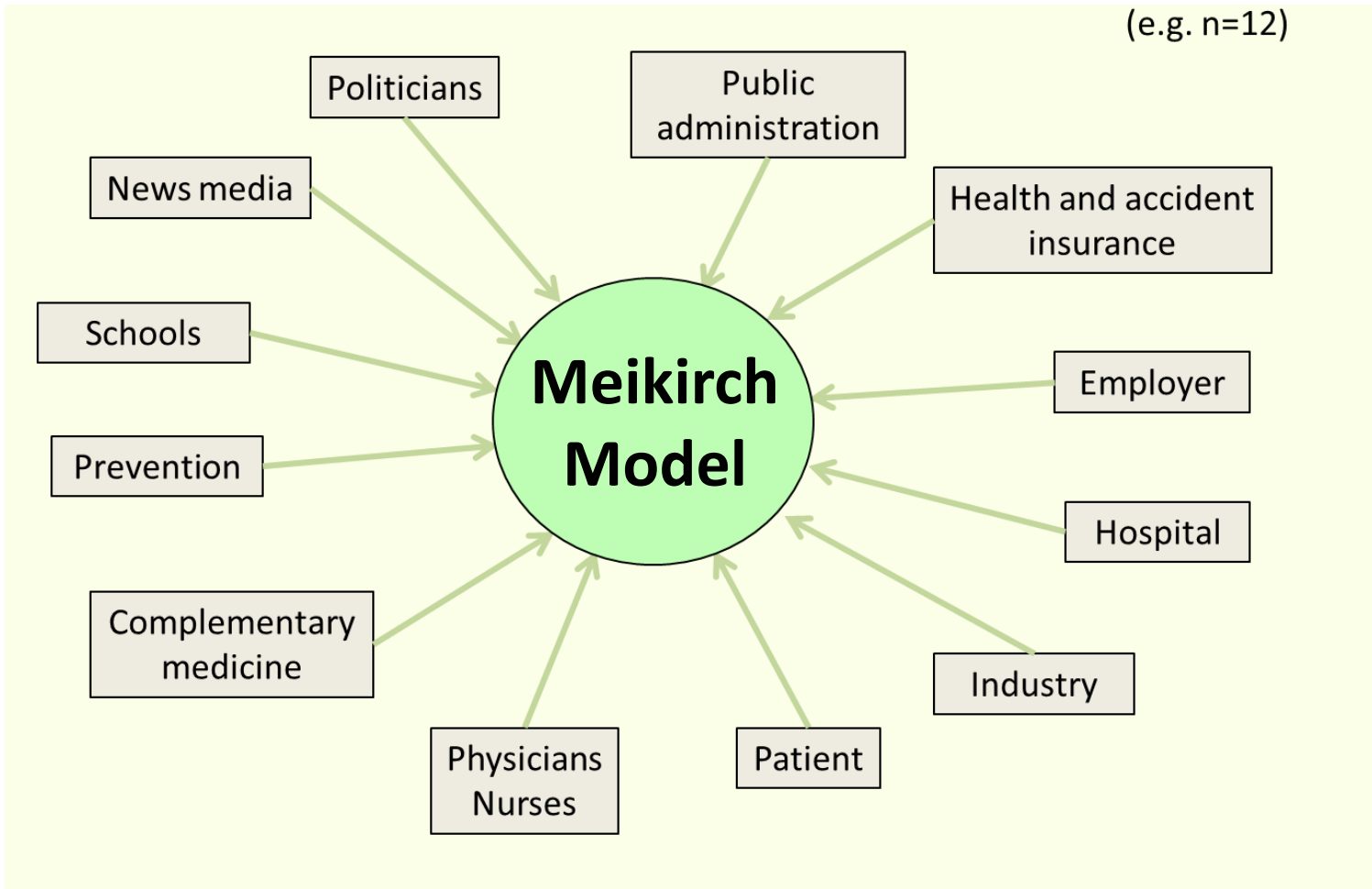


# Difficulties in Interprofessional and Intersectoral Cooperation about PCH





# Improved Interprofessional and Intersectoral Cooperation about PCH



# 21<sup>st</sup> Century Research is Unbalanced

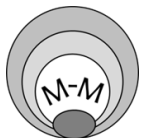
**Science for the  
biologically given  
potential is a giant.**

E.g. annual research  
budget for **precision  
Medicine** world-wide  
is approximately  
**2,5 billion \$.**

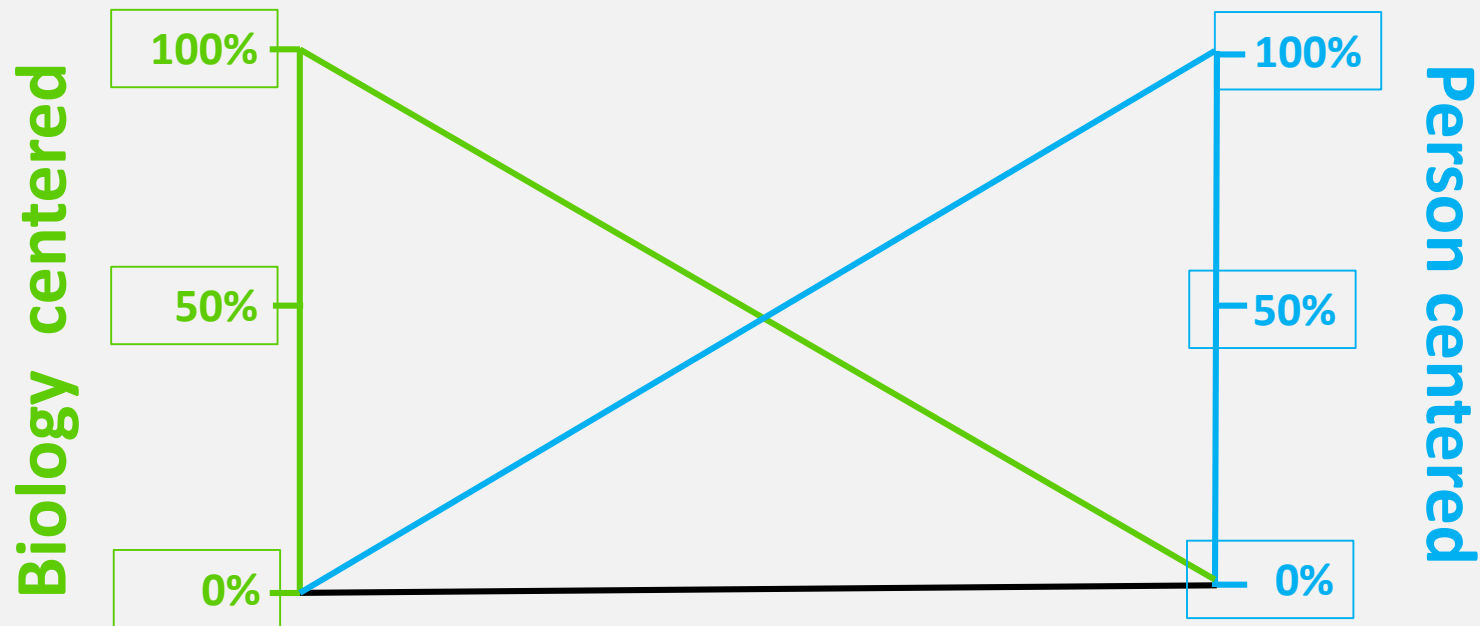
**Science for the  
personally acquired  
potential is a dwarf.**



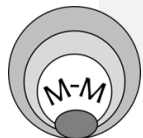
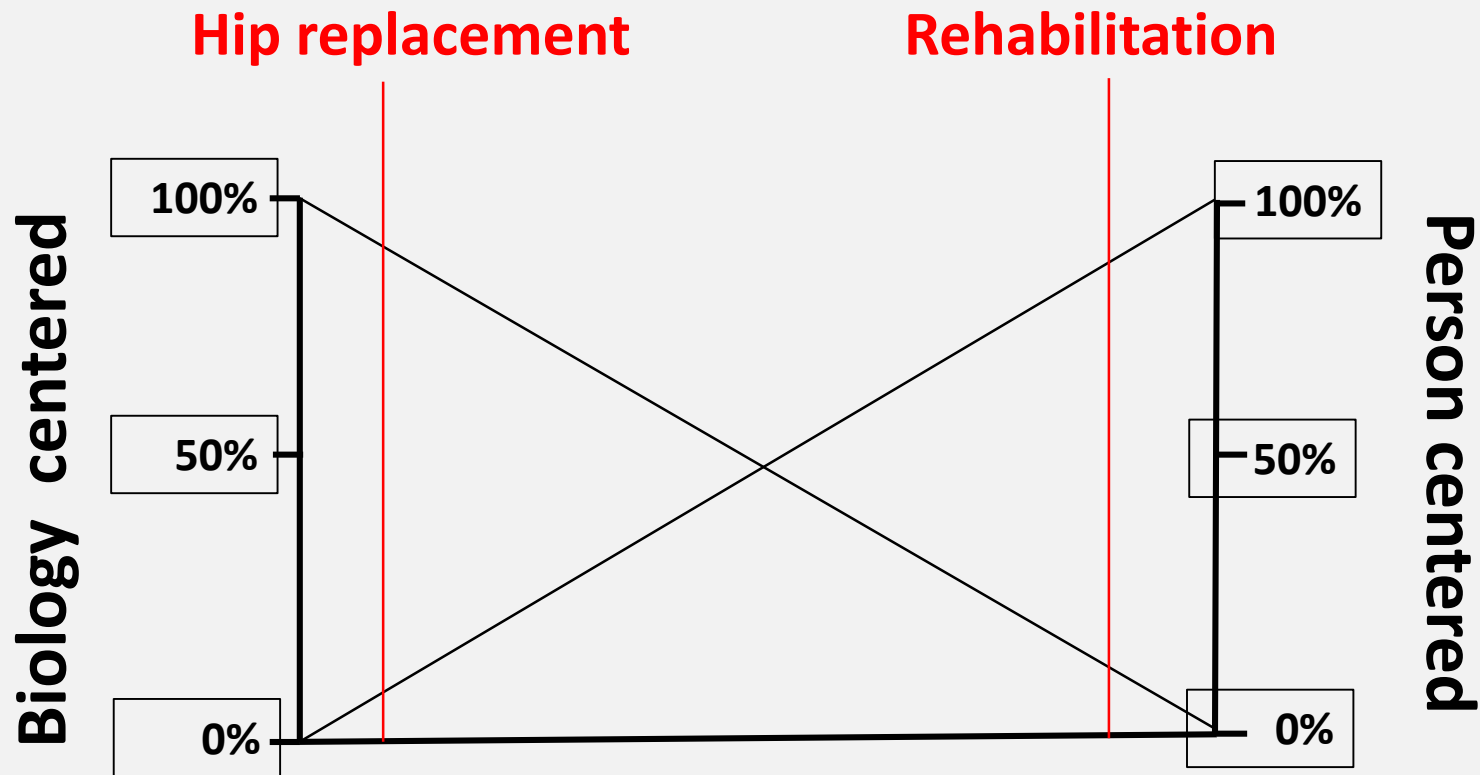
**Research  
budgets are  
minimal.**



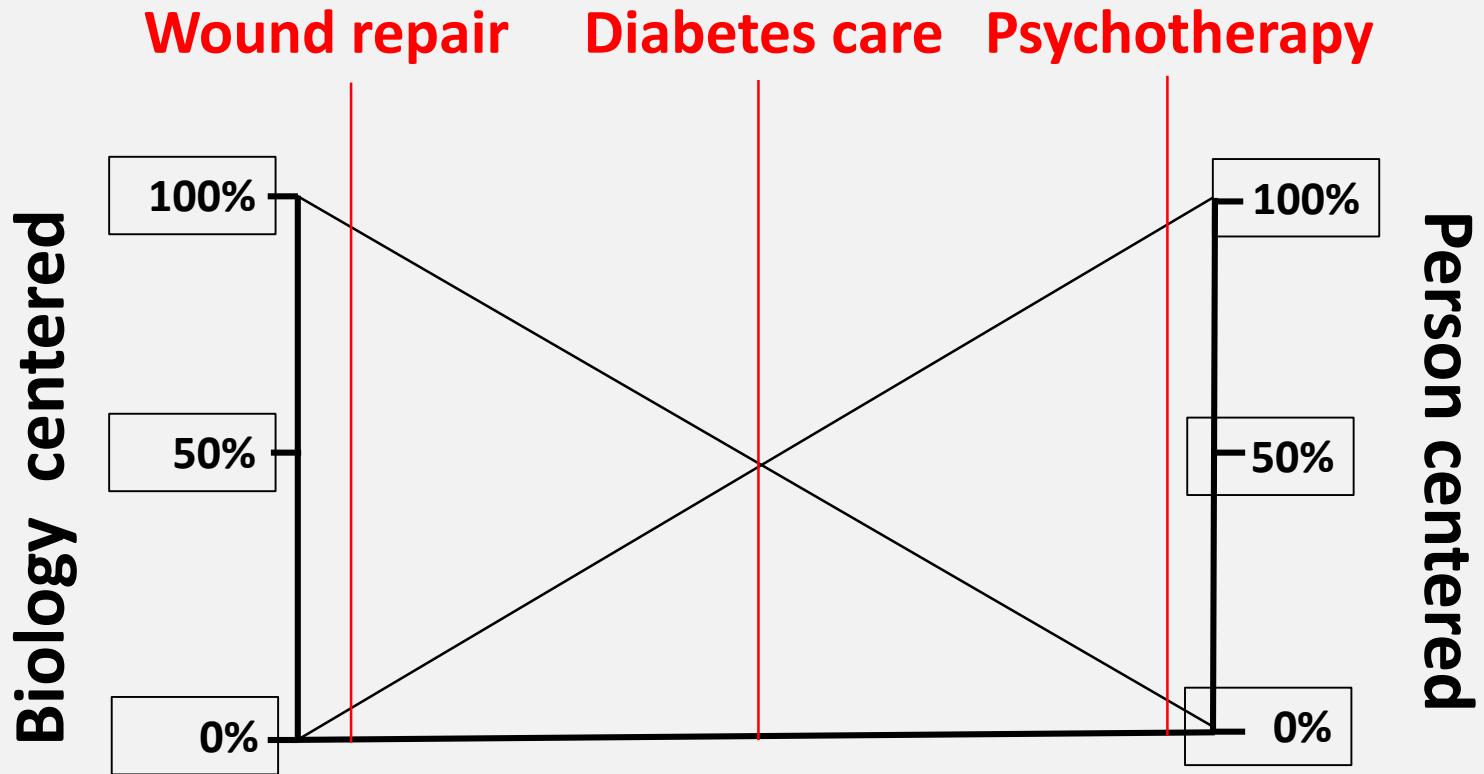
# Person Centered and Biology Centered Health Care are Always Together



# Person Centered and Biology Centered Health Care are Always Together



# Person Centered and Biology Centered Health Care are Always Together



# Where do we stand now?

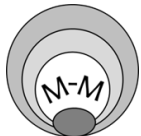
September 28, 2016

*Meikirch  
Model =  
Theory*

*Now we need*

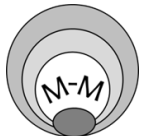
**Dat**

It would be wonderful if some of you became interested to scientifically investigate the model in medical practice.



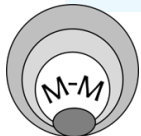
# Organization of the lecture

1. Explanation of the Meikirch model
2. Consistency of the model with PCH
3. Implications of the model for PCH
4. Conclusions



# Conclusions 1

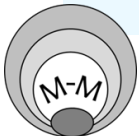
1. The Meikirch model is a response to the progressive depersonalization of medicine.
2. The Meikirch model is a complex adaptive system consisting of five components and ten complex interactions.
3. The person is represented by a biologically given and a personally acquired potential. Both are equally important.





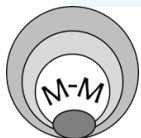
# Conclusions 2

4. The personally acquired potential is essential for healthcare, because it is able to compensate in many ways for losses of the biologically given potential.
5. Healing is the result of an autonomous rearrangement of the components of the system. Good human relationships are helpful, but manipulation works against healing.



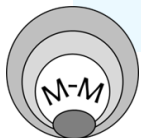
# Conclusions 3

6. Re-personalization of health services, re-sensitization for compassion and treatment of patients as persons are central objectives not only of PCH, but also of the Meikirch model.
7. The Meikirch Model exhibits the potential to serve as a vision for PCH.
8. The Meikirch model exhibits also the potential to markedly improve interprofessional and interdepartmental cooperation.



# Conclusions 4

9. The locus of responsibility for health lies equally with the society and the personally acquired potential of each individual. Sharing of this responsibility is critical for health.
10. Science for the personally acquired potential is a dwarf and needs to be increased.
11. I shall very much appreciate, if the ESPCH examined the usefulness of the Meikirch Model for its own purposes.



# A New Concept of Health to Strengthen Person-Centered Healthcare

*Thank you for your  
attention.*

