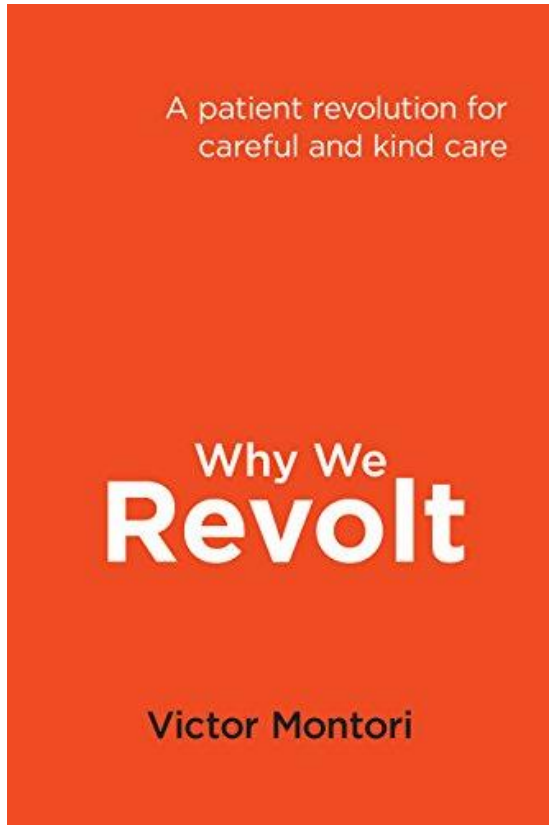


Johannes Bircher MD

The planned Patient Revolution May Lead to a Shift in Paradigm.

October 30, 2019





Trying to
understand
Dr. Montori

Physicians gradually lost power in healthcare during the last 50 years.

1. Currently healthcare systems are organized by managers, economists and politicians.
2. Their priority is profit and shareholder value: Incompatible with devotion to patient care.
3. Their paradigm reads: Profit comes first, and healthcare serves as method to get the profit.
4. Is this not a good reason for a revolt?

Mayo's philosophy:

«The patient's needs
come first.»

Three year
Fellowship from
1961 to 1963



«The patient's needs come first.»

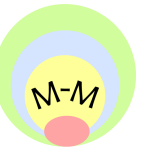
What does this mean?

1. Patients by definition have a defect in their health.
2. Therefore to help patients we must know what health really is. Yet, this still is enigmatic.
3. Only with this knowledge we can make a revolution.
4. As a consequence: Health must be defined.



Organization of the lecture

1. Explanation of the Meikirch-model (MM)
2. The MM is a complex adaptive system (CAS).
3. The MM is a hypothesis to improve health care.
4. Conclusions



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Am I Healthy or Diseased?

The demands of life are decisive

**I can fulfill them.
I am healthy.**



**I cannot fulfill them.
I am diseased.**





Demands of Life

1. Demands of the physical body	Nutrition and water, clothing, housing, toilets, hygiene, vaccinations, etc.
2. Psychosocial demands	Evolution as personality, integration into and cooperation with the society, etc.
3. Demands of the environment	Safe Alimentation, clean drinking water and pure air, climate warming, etc.

The demands for a healthy human life are truly high!



The Fulfillment of the Demands of Life Requires Resources

Note!

We need our resources not only now, but also in the future. For this reason we call them

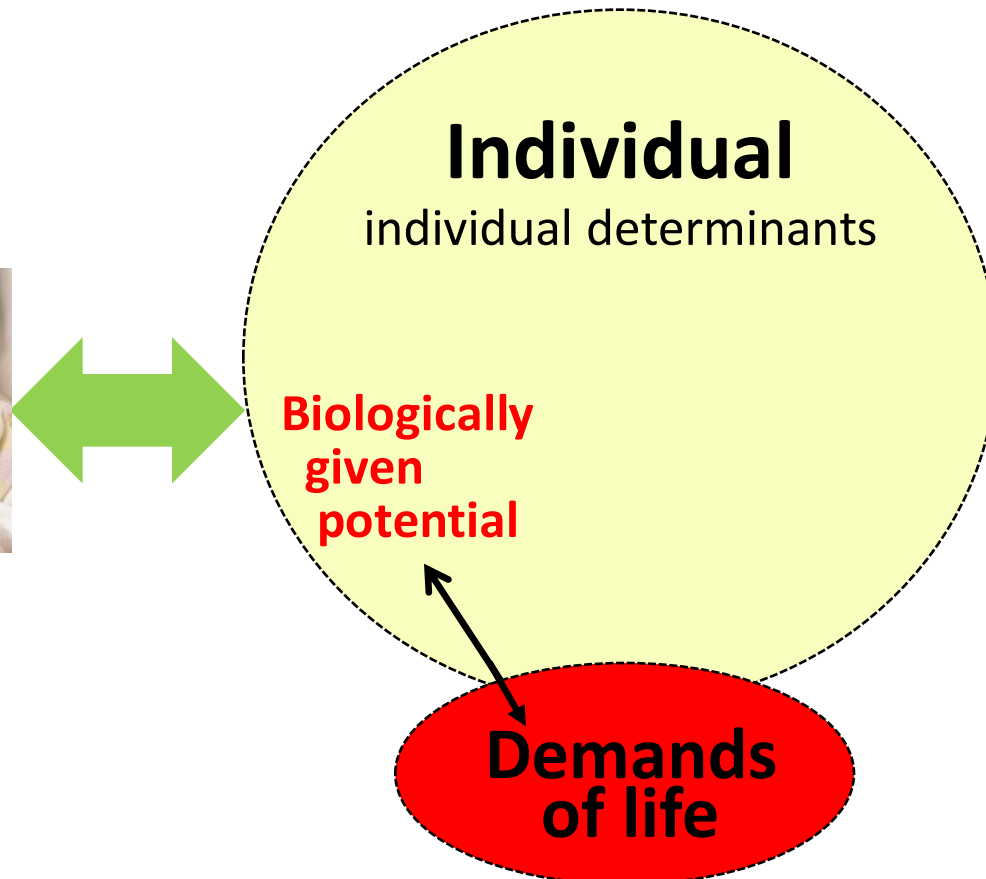
Potentials

**Demands
of life**



Resources to Fulfill the Demands of Life

**Gift at the
time of birth**



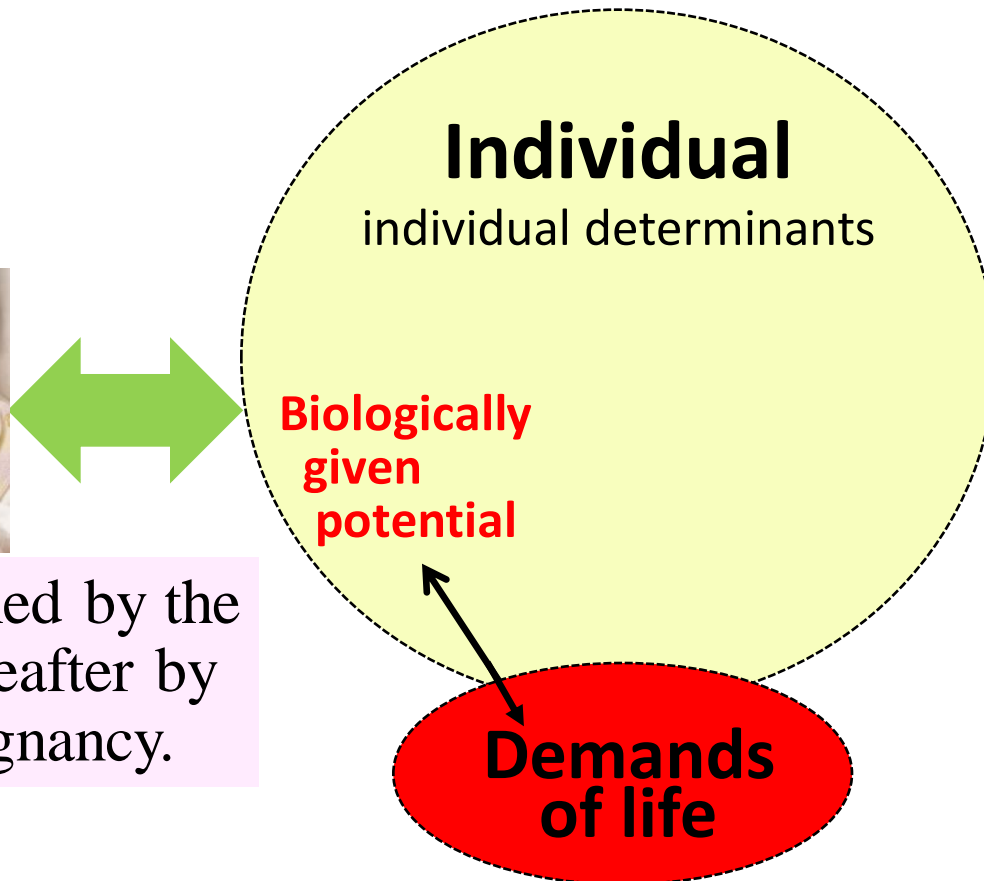


Resources to Fulfill the Demands of Life

**Gift at the
time of birth**

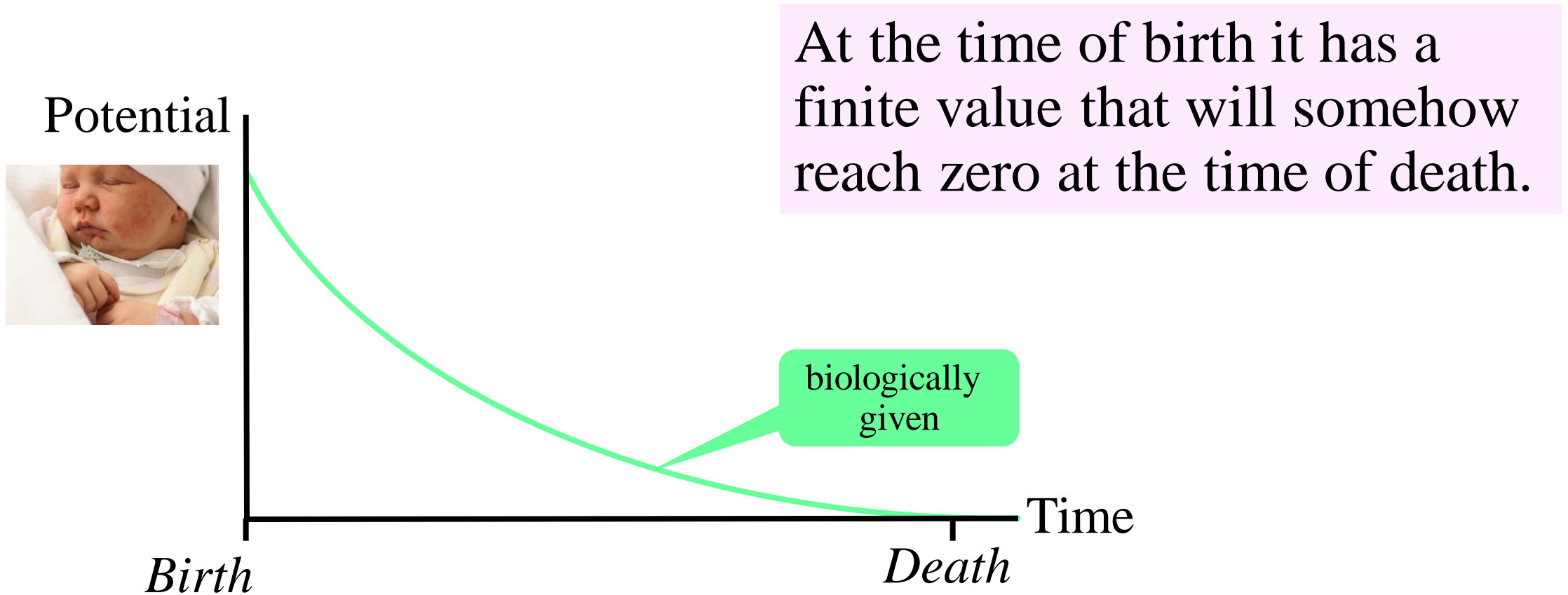


Initially it is determined by the genetic material, thereafter by the quality of the pregnancy.



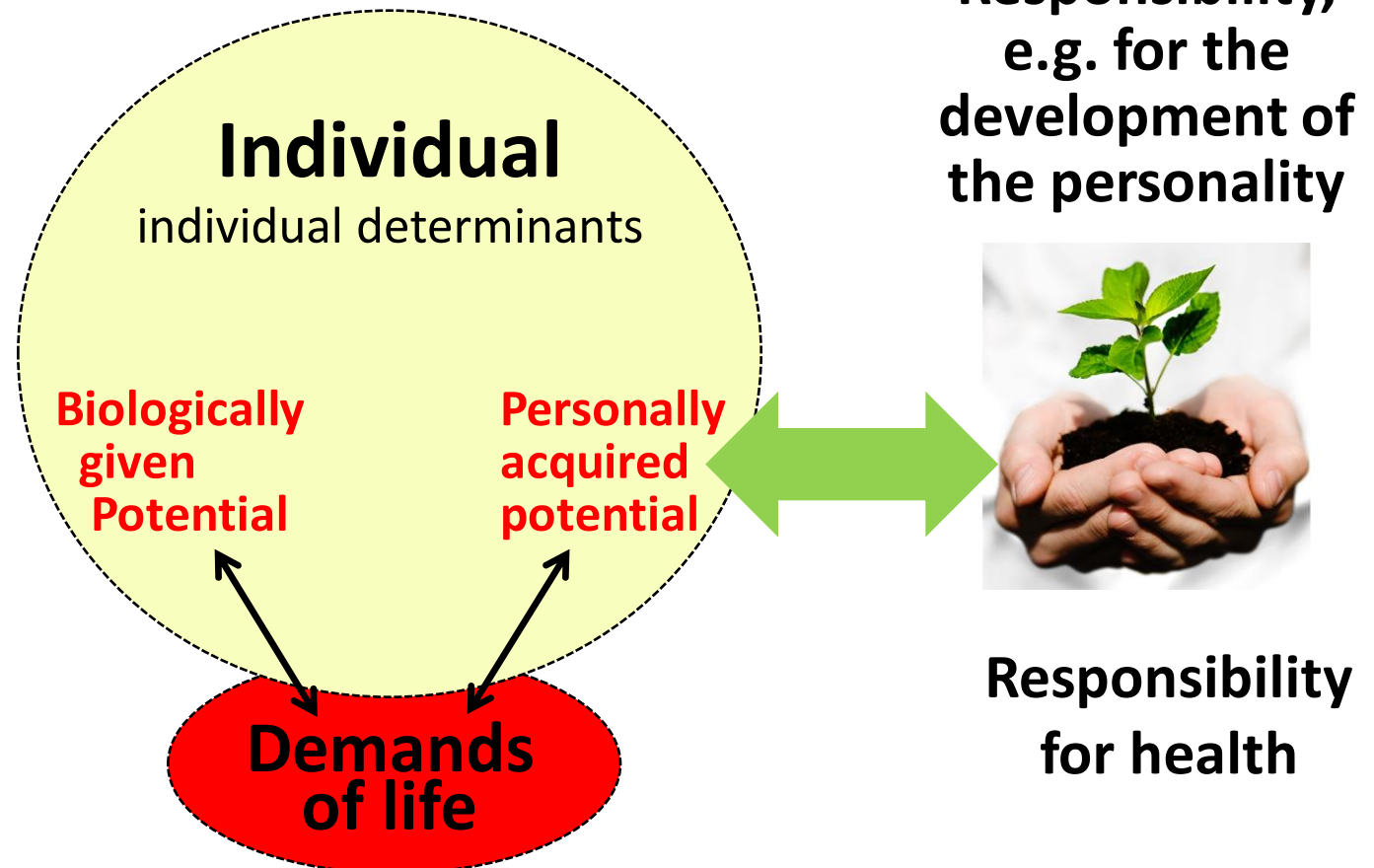


Time Course of the Biologically Given Potential





Resources to Fulfill the Demands of Life



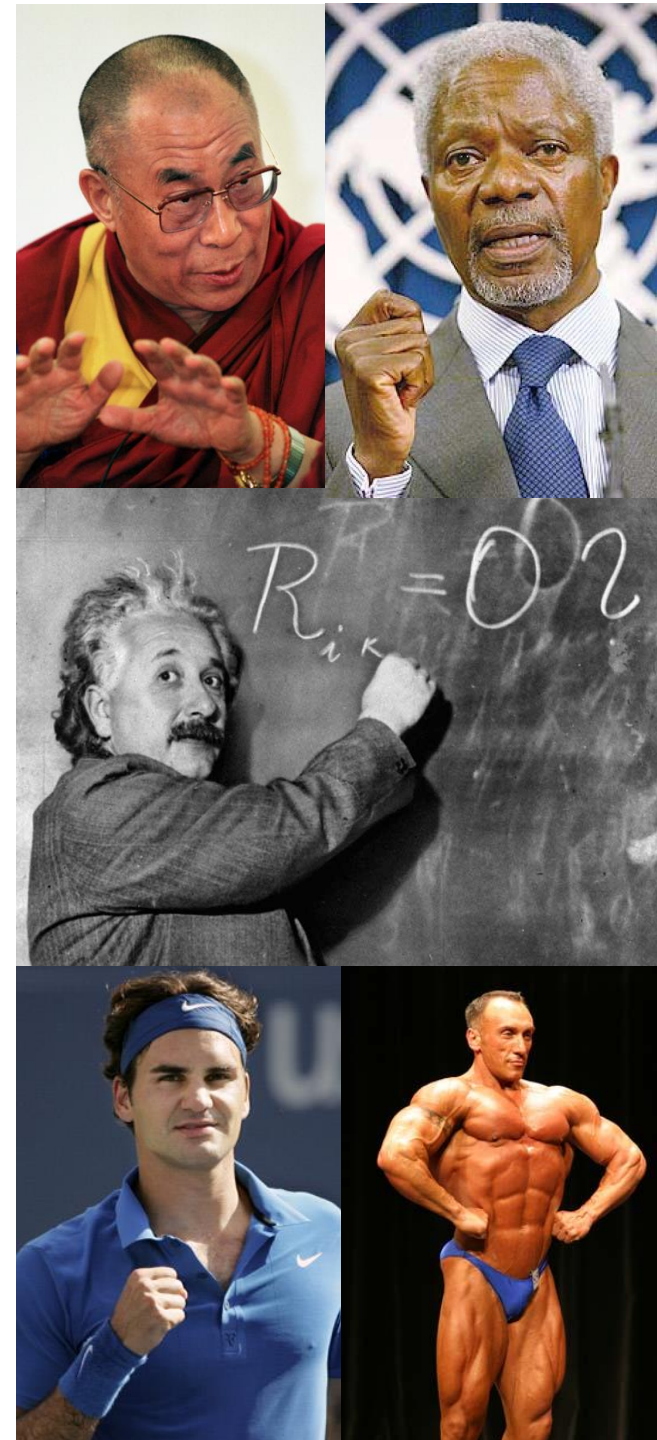


The Personally Acquired Potential

1. E.g. physique
2. E.g. immunity
3. Everything learned: physical, psychological and social competencies
4. Attitudes toward life: values, purpose, sense, etc.
5. Compensation of defects and coming to terms with suffering

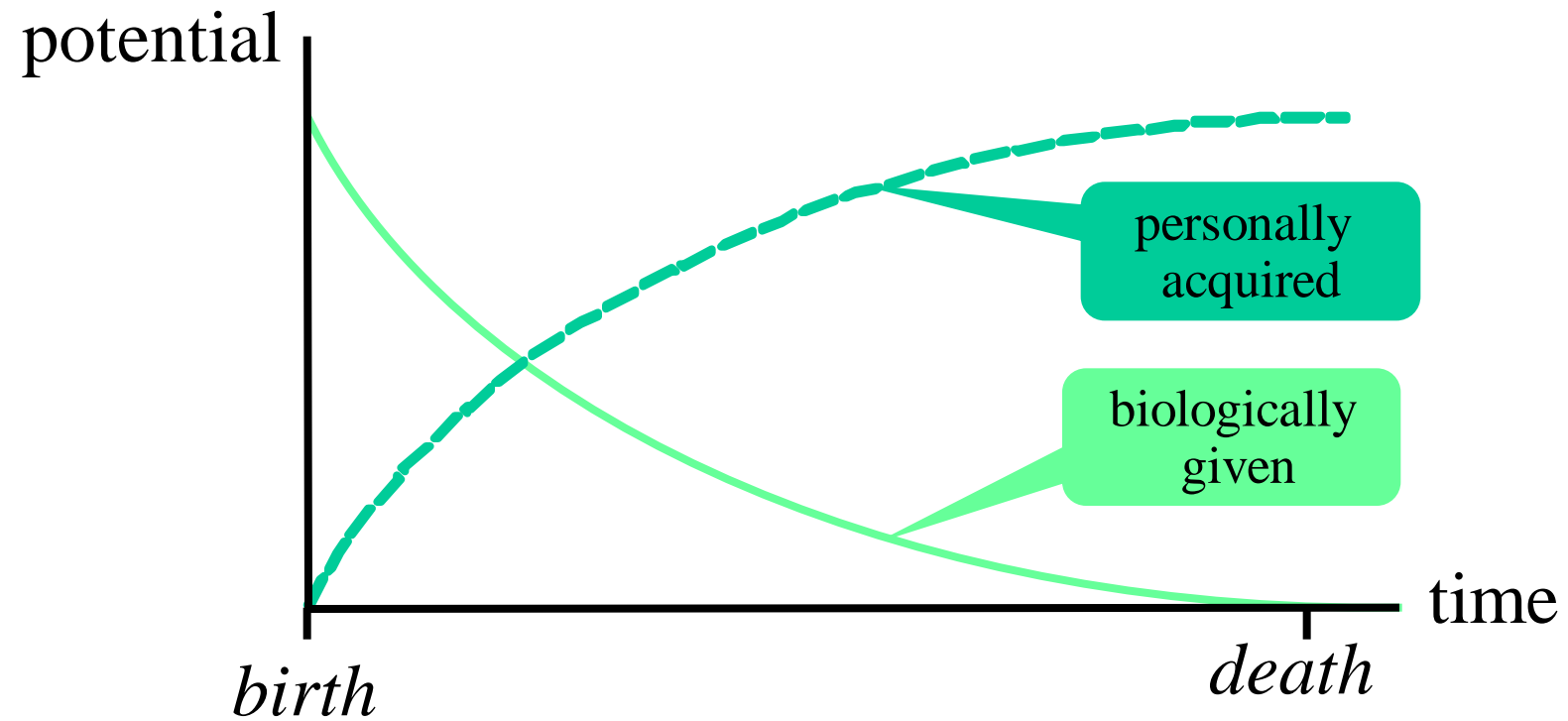
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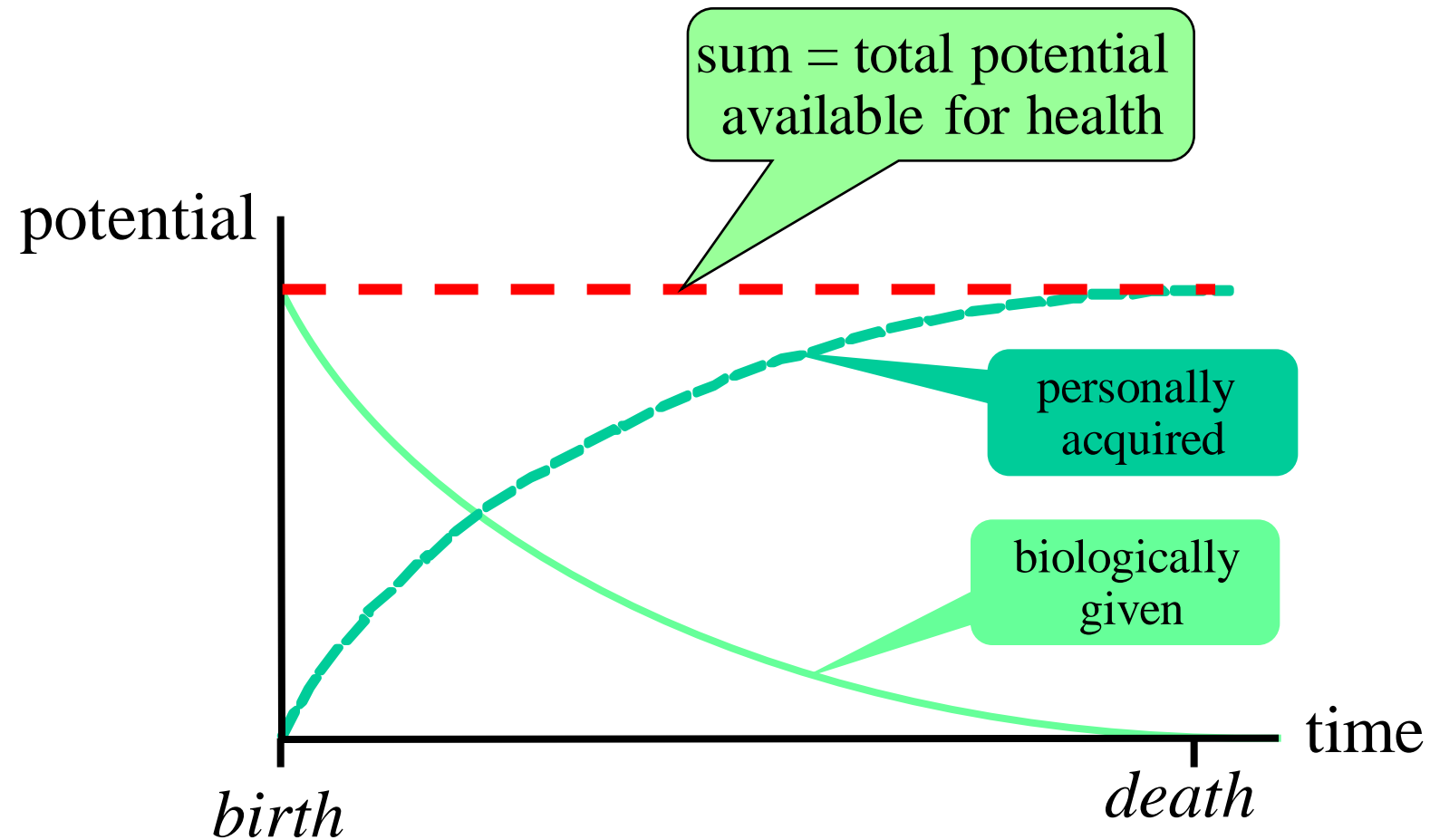


Total Potential



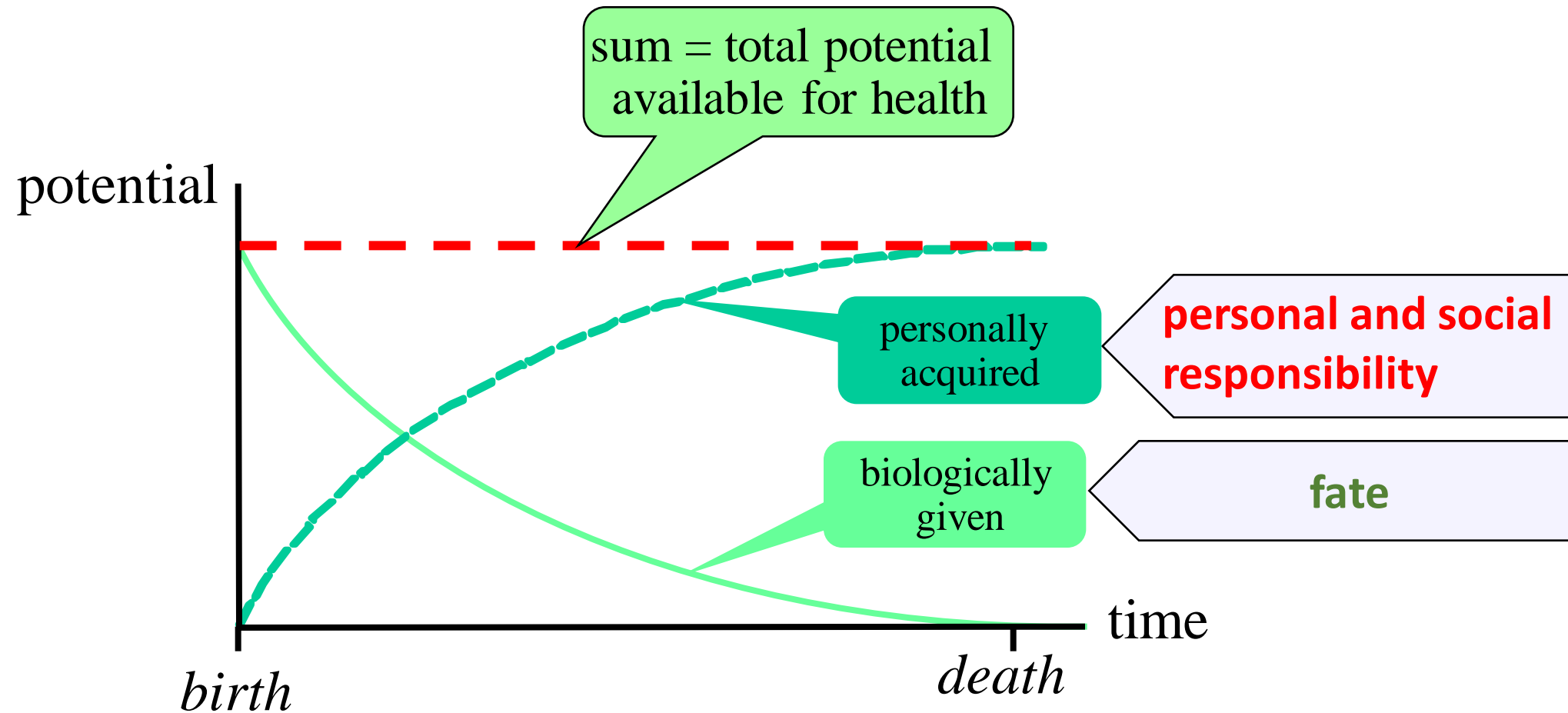


Total Potential





Total Potential

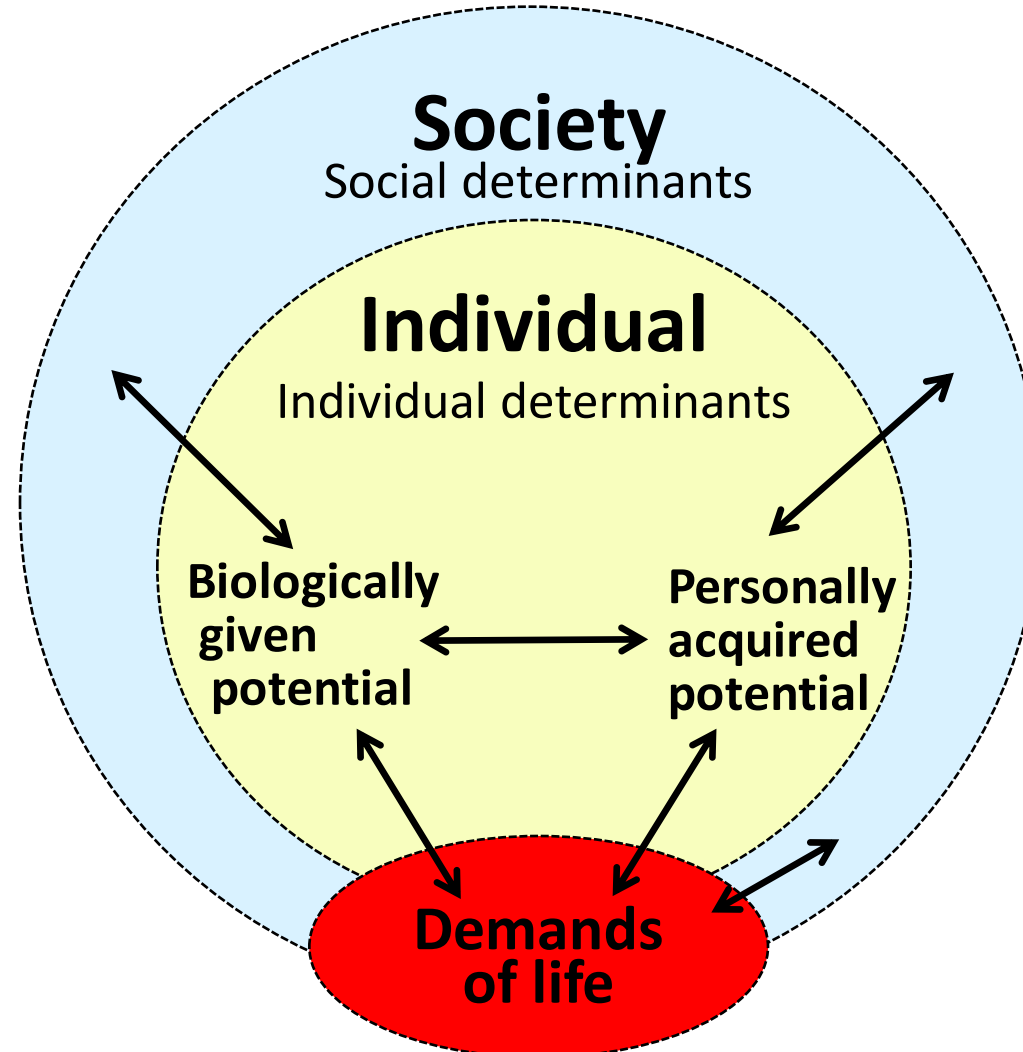




Social Determinants of Health

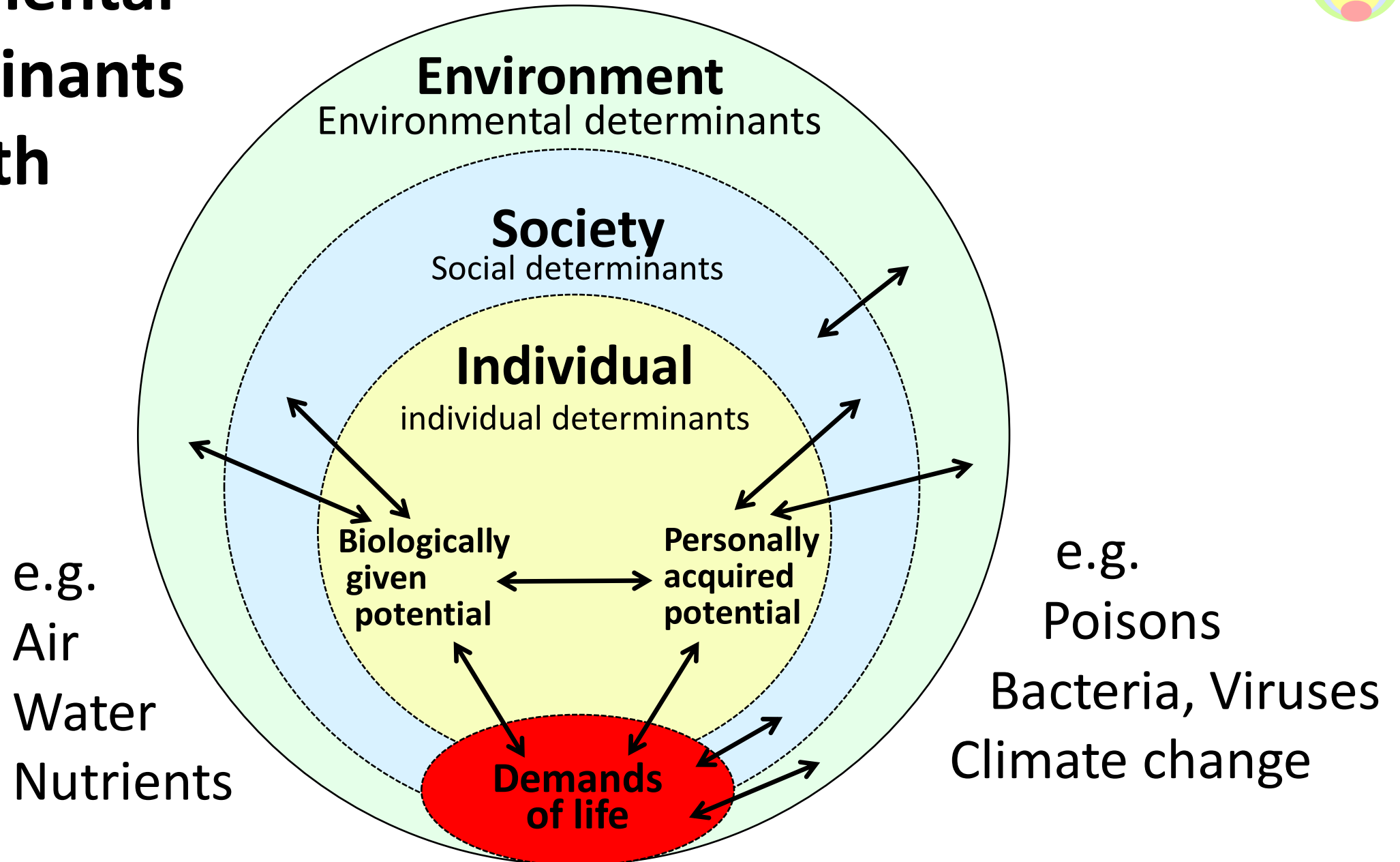
Examples:

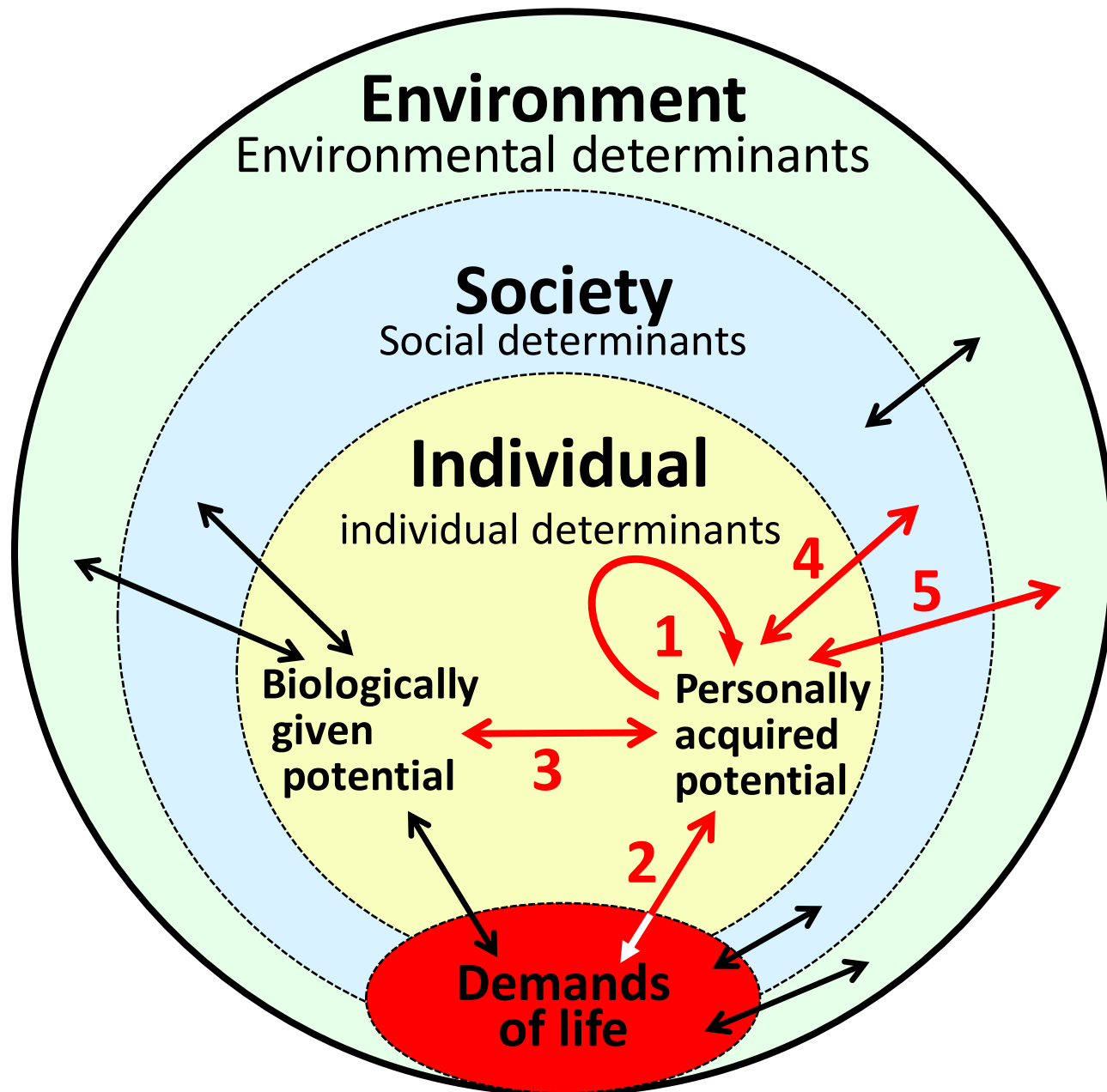
1. Drinking water
2. Nutrients
3. Housing
4. Bed
5. Toilet etc.



6. Parents
7. Schools
8. Working conditions
9. Healthcare system etc.

Environmental Determinants of Health



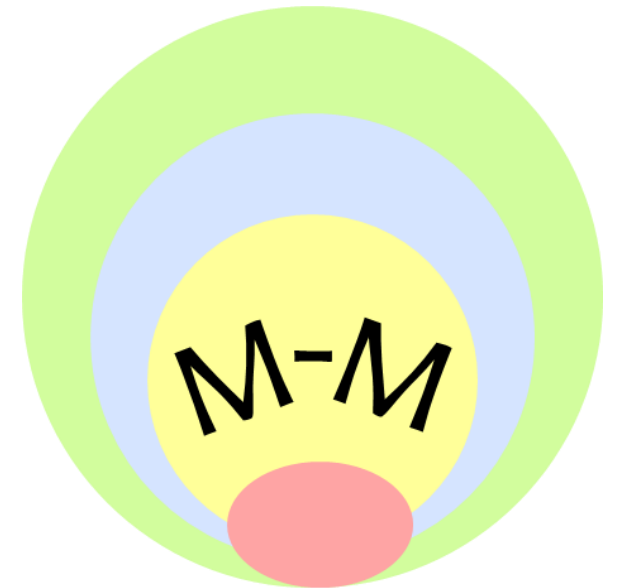


Responsibility of the personally acquired potential for:

1. for the personally acquired potential
2. for the demands of life
3. for the biologically given potential
4. for the society
5. for the environment

Meikirch Model in Words

„Health is a state of wellbeing emergent from conducive interactions between individuals' potentials, life's demands, and social and environmental determinants. Health results when individuals' potentials – and social and environmental determinants – suffice to respond satisfactorily to the demands of life.”



**Independent confirmation by an international group.
Sturmberg et al. Health and disease, Front. Med. 6.59.2019**



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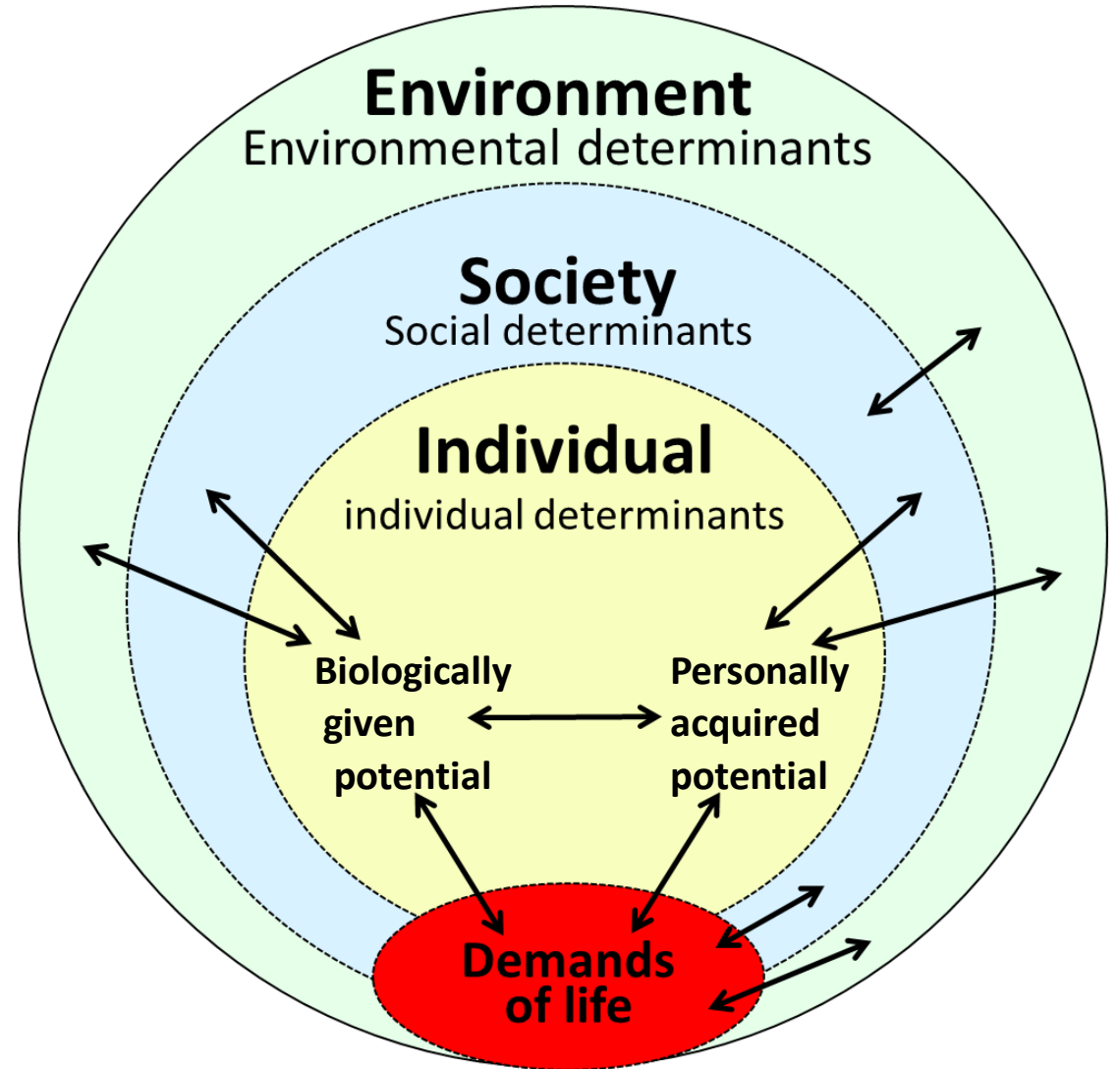
The combination of

5 components

+

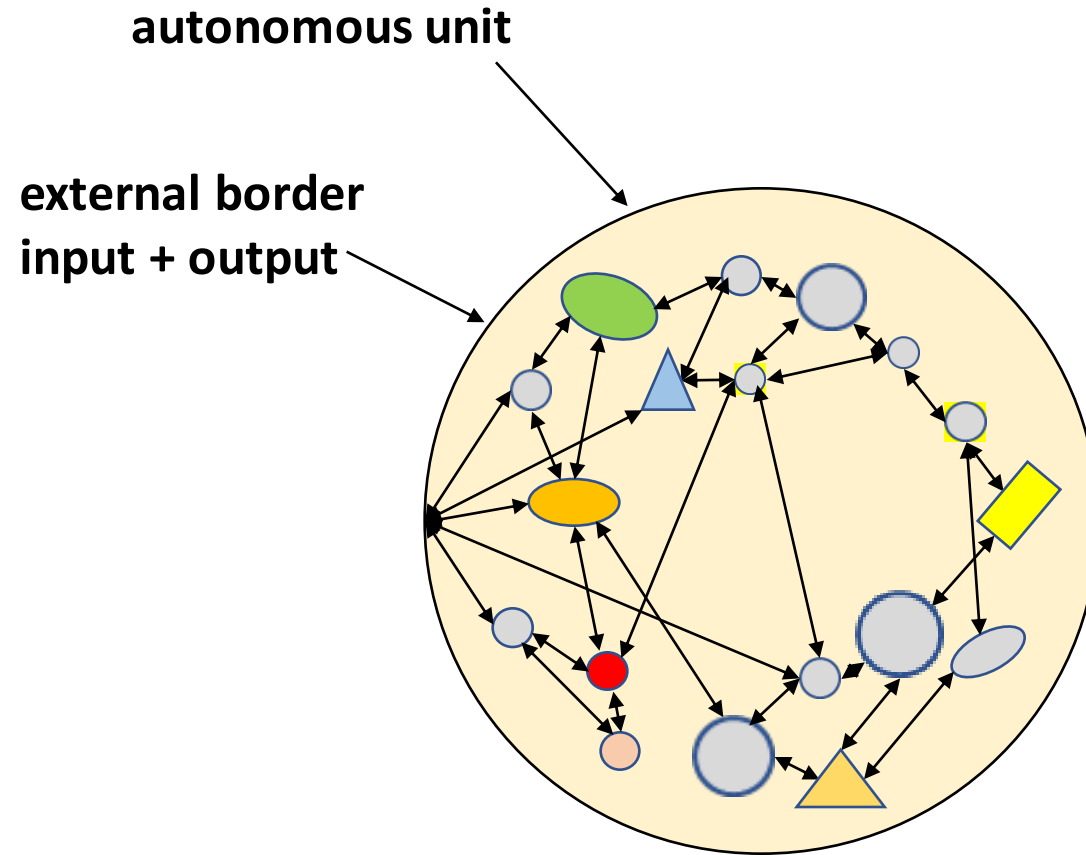
10 complex interactions

fulfills the conditions
required for a
**complex adaptive system.
(CAS)**



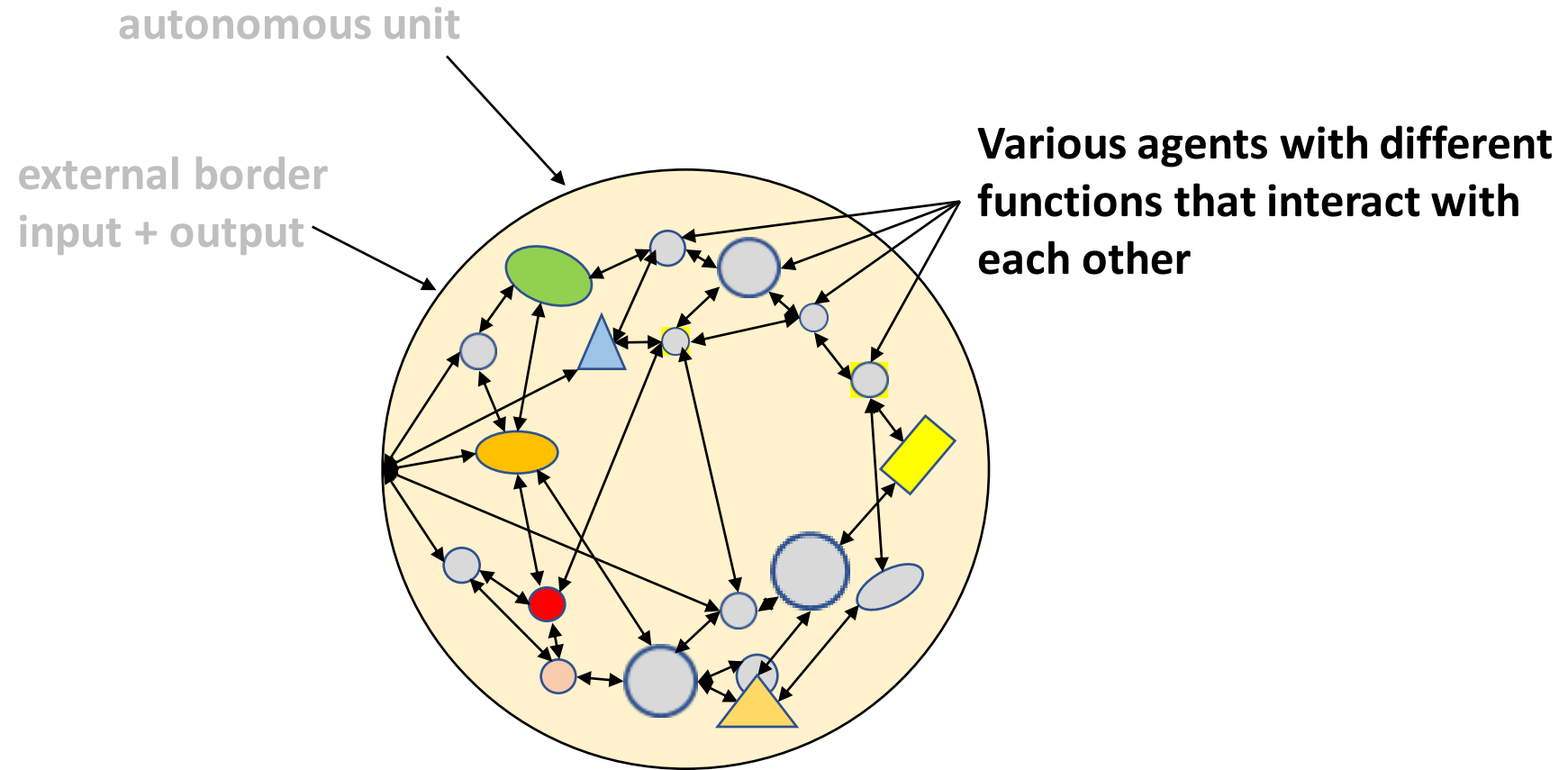


A CAS is an Autonomous Unit with an External Border.



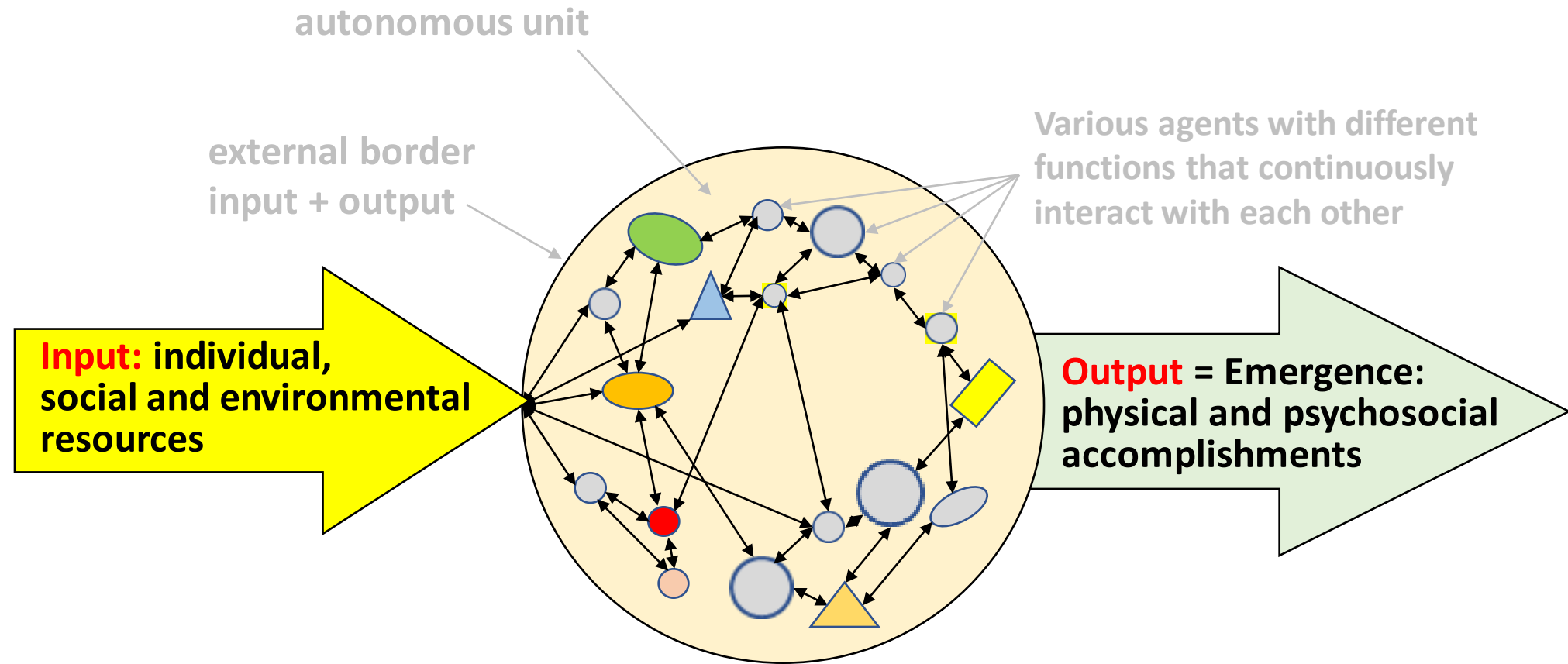


Inside the CAS there are agents with many different properties



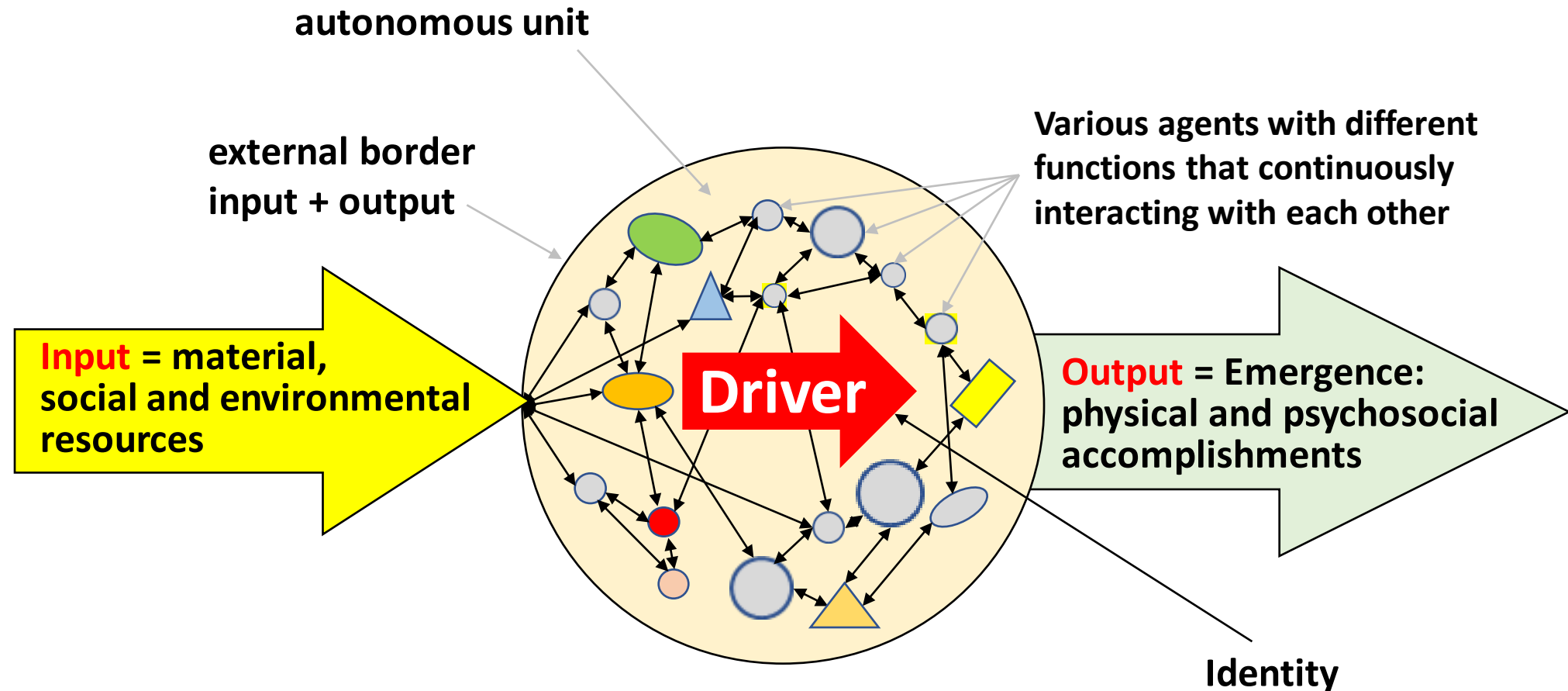


A CAS Performs Work, e.g. Input and Output





In a CAS the Work of the Agents is Organized by a Driver.





Health of an Individual Explained as Complex Adaptive System (CAS)

1. The driver comprises the patient's identity including personal values, goals and, purposes. It resists all external influences.
2. A human being evolves manifold throughout the whole life, yet – as a CAS – it always holds on to his or her own identity.
3. A defect of the driver reduces the function of the CAS.
4. Healthy evolution of a human as a CAS is supported e.g. by comprehensibility, manageability and meaningfulness, etc.



Organization of the lecture

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Current Organization of Healthcare Systems

Current concepts



**Organized by managers,
economists and politicians**

Current Organization of Healthcare Systems

Current priorities

Income, profit and
shareholder value,
industrialization



**Organized by managers,
economists and politicians**

Organization of Healthcare Systems 3

Current priorities

Income, profit and
shareholder value,
industrialization



Many adverse effects!

**Organized by managers,
economists and politicians**

Organization of Healthcare Systems 4

Current priorities

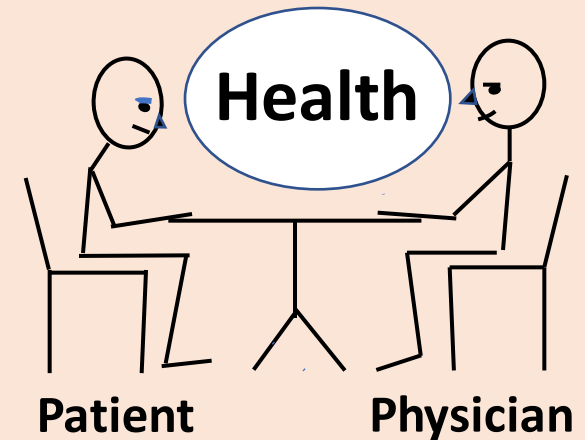
Income, profit and
shareholder value,
industrialization



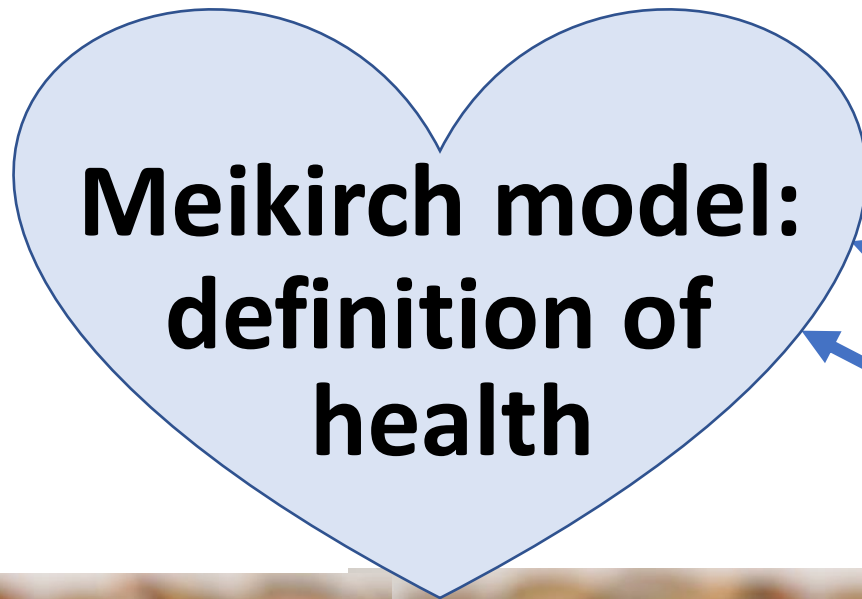
**Change in
paradigm**

New priority

Improvement of
patient's health

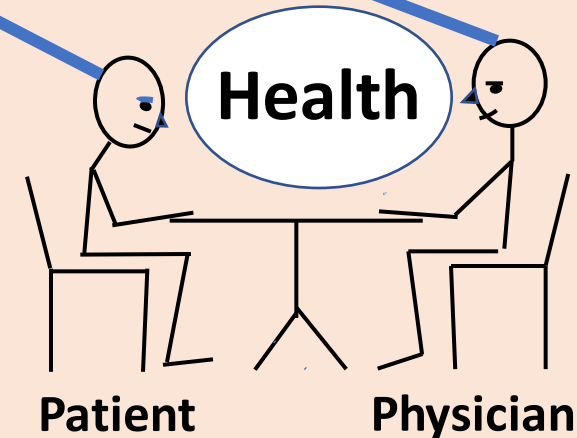


Organization of Healthcare Systems 5



New priority

**Improvement of
patient's health**



**Not
profit**

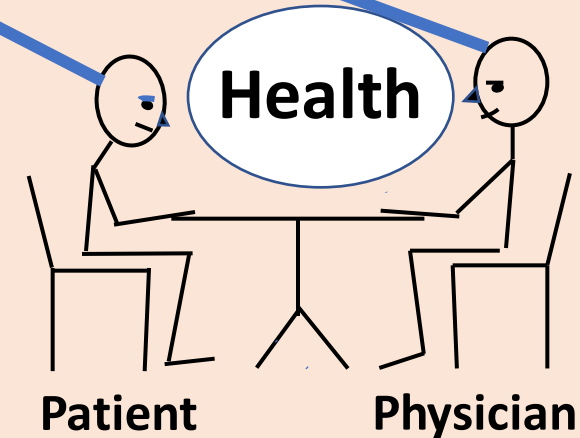
My Hypothesis

**Meikirch model:
definition of
health**

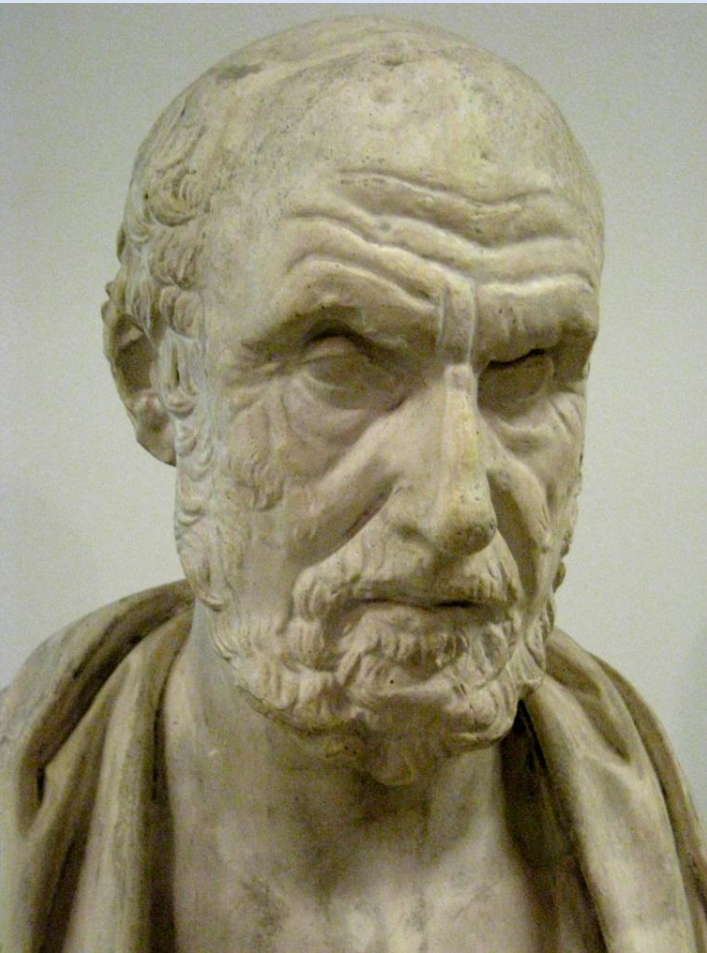
**Strong incentive for a patient
and physician revolution.**

New priority

**Improvement of
patient's health**



The new paradigm reads:



Hippocrates
460 -370 ac

*Healthcare's Purpose is
the Improvement of
Patient's Health*

based on the Meikirch-model
and on Hippocratic values

but neither for profit nor for shareholder value.

In case of financial limitations interdisciplinary ethics
committees must direct what should be left off.



For a High Performance of Organizations a Mutual Agreement about Common Goals is Needed.





Organization of the lecture

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4. Conclusions



Conclusions 1

- 1. Healthcare systems worldwide are in a crisis.**
- 2. This is due to the predomination of economic goals installed by managers, economists and politicians.**
- 3. Economic goals must therefore be replaced by the goal of «health for patients».**



Conclusions 2

- 4. The new definition of health is called Meikirch model.**
- 5. It postulates that a healthy person is able to satisfactorily respond to the demands of life.**
- 6. The resources each person needs consist of a biologically given and a personally acquired potential.**



Conclusions 3

- 7. The biologically given potential must be preserved throughout the whole life.**
- 8. The personally acquired potential must assume responsibility and care for the five dimensions.**
- 9. Health is a complex adaptive system. As such it resists all external influences but is ± open to dialogue.**



Conclusions 4

- 10. Healthcare must give priority to the single goal of health, as expressed by the Meikirch model.**
- 11. Economic goals must assume second priority.**
- 12. Conflicts of health goals with economic goals require evaluation by ethics committees.**



**Thank you for your
attention.**

