62nd Annual Greenville Postgraduate Seminar

Spotlight: Primary Care
BURNOUT
My Personal Experience

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SPOTLIGHT: Primary Care

Chasse Bailey-Dorton, MD, MSPH
Chief, Integrative Oncology
Assistant Professor of Medicine
Department of Supportive Oncology
Levine Cancer Institute
Atrium Healthcare System
DISCLOSURES
Moral injury/distress

- How current practice of medicine contradicts physicians training and tendencies

- Solution = minimizing administrative burden to allow physicians to focus on patient care
Moral Injury

Routinely experiencing the suffering, anguish, and loss of being unable to deliver the care that patients need is deeply painful. These routine, incessant betrayals of patient care and trust are examples of “death by a thousand cuts.” Any one of them, delivered alone, might heal. But repeated on a daily basis, they coalesce into the moral injury of health care.

Talbot, SG, Dean W. STAT; July 2018.
PHYSICIAN

FAMILY MEDICINE PHYSICIAN
1 in 8 WOMEN WILL BE DIAGNOSED WITH Breast Cancer IN THEIR LIFETIME
emotional
pivot
Integrative Medicine Fellowship

The University of Arizona
Andrew Weil Center for Integrative Medicine
What is Integrative Medicine?

- Conventional and complementary medicine
- Individualized for whole person
- Body, mind, spirit
- Treat whole person not just disease
THE PAIN STARTS IN MY HUSBAND’S LOWER BACK, THEN IT TRAVELS UP HIS SPINE TO HIS NECK, THEN IT COMES OUT HIS MOUTH AND INTO MY EARS. AND THAT’S WHY I GET THESE HEADACHES.
“The good physician treats the disease; the great physician treats the patient who has the disease”

Sir William Osler (1849 – 1919)
Primary Care
No charge
Online reviews
EHR
Data entry
Monthly financials
Patient satisfaction scores
Loss of autonomy
Staff shortages
FTEs
Only one problem per visit
RVUs
Service “leakage”
Loss of RN/LPN
Loss of verbal orders
Uninsured pts
Pain scale
Press Ganey
Prior authorizations
Provider ratings
Coding classes
drug samples
administrators
Uninsured pts
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Prior authorizations
Provider ratings
Coding classes
Kenya
Kilimanjaro
Cancer is not a death sentence, but rather it is a life sentence; it pushes one to live
Pivot Point

What we are
Leap of faith
What we want to be
Make the jump.

Atrium Health
Levine Cancer Institute
Levine Cancer Institute breaks down the barriers separating patients from world-class care.

Treats the full spectrum of solid tumor and blood cancers, including the rarest and most challenging cases.

Renowned experts with training from the nation’s top cancer programs.

1,000+ team members in North and South Carolina
15,000+ new cases each year.
Department of Supportive Oncology

- 9 Sections
- 6 Clinic Locations
- 30 locations with services available

- Cancer Rehabilitation
- Cancer Survivorship
- Integrative Oncology
- Oncology Nutrition
- Oncology Palliative Medicine
- Patient Navigation
- Psycho-Oncology
- Senior Oncology
- Research
Integrative Medicine in Oncology:

• Incorporate complementary therapies
• Physical, psychological, social, and spiritual
• Enhance patient sense of control
• Optimize healing process
• Minimize side effects of treatment
• Maximize recovery
• Decrease risk of recurrence
Integrative Oncology definition (SIO)

- patient-centered, evidence informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments

- aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatments
Challenge

- ↓ risk of progression/recurrence
- Support efficacy of conventional treatment
- ↑ tolerance of conventional treatment
- Maintain quality of life
- Prevent complications
“miracle cure" "secret ingredient," “natural” "ancient remedy”
Microbiome - probiotics
Obesity is the new cigarette
BEING PHYSICALLY ACTIVE DECREASES RISK OF THESE CANCERS:

Activity helps to:

- Regulate blood levels of hormones that contribute to cancer risk
- Speed food through the colon, reducing exposure to dietary carcinogens
- Prevent the build up of body fat, a cause of many cancers

AIM FOR 30 MINUTES A DAY, IN ANY WAY

The evidence is the latest from the Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.
"Step 1: apply Miracle Cellulite Cream to problem areas. Step 2: run ten miles."
Top Issues

- Hot flashes
- Fatigue
- Neuropathy
- Insomnia
- Arthralgia
- Herbs/supplements
- Recurrence risk factors
- Anxiety/Depression
- During chemo
- Fear of recurrence
Fatigue

- Labs
- Exercise
- Yoga
- Tai chi
- Sleep
- Adaptogens
CHEMOTHERAPY
INDUCED NEUROPATHY

TheSilverPen.com
I’m still hot, it just comes in flashes now.
Insomnia

- Nutrition
- Exercise
- Stress Management
- Yoga
- Massage
- Mindfulness relaxation
- CBT – sleep class
- Melatonin

If only I had insomnia during the day....
Integrative Plan - During Treatment

- Avoidance of most supplements during chemotherapy
- Gut health – probiotic
- Sleep
- Mind-body programs - stress
- Nausea – acupuncture
- Exercise
- Vitamin D
- Nutrition – anti-inflammatory, cancer-fighting kitchen
“Let Food be your Medicine and Medicine your Food” – Hippocrates
“One quarter of what you eat keeps you alive, the other three quarters keeps your doctor alive”  UNKNOWN
Best Advice Ever!
Peppermint Chocolate Chip Milkshake

INGREDIENTS: Icedream (milkfat and nonfat milk, sugar, natural and artificial flavor, mono & diglycerides, guar gum, carrageenan, beta carotene), milkshake base (whole milk, sugar, cream, whey powder milk, nonfat dry milk, artificial flavor, disodium phosphate, mono and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan), peppermint syrup (corn syrup, water, natural flavor, red #40, peppermint oil, citric acid, sodium benzoate and potassium sorbate), peppermint twist (sugar, corn syrup, natural peppermint oil, artificial color [red #3, red #40, blue #1], confectionery coating [sugar, hydrogenated palm kernel oil, cocoa {may be processed with alkali}, whey, soy lecithin, vanilla], powdered sugar [sugar, corn starch], corn starch, silicon dioxide), whipped cream (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono and diglycerides, carrageenan, polysorbate 80, mixed tocopherols, propellant: nitrous oxide), cherries (high fructose corn syrup, water, potassium sorbate, sodium benzoate, citric acid, artificial flavor, FD&C Red #40, sulfur dioxide).
What is Stress?

...AND YOU THINK YOU HAVE STRESS...
Stress

1. The perception of a threat (either physical or psychological) or challenge and...

2. The perception of coping responses are inadequate - overwhelmed

The pressure that life exerts on us and the way this pressure makes us feel
Stress and healing

- 40% prolonged healing time
- 70-90% of the problems that bring people to doctors are stress-related
Comparing Normal and Maladaptive Responses to Stress

In the normal person, arousal reactions return to normal after the stressor is dealt with. In maladaptive responses to stress, the arousal reaction continues even after the stressor has been dealt with.
Stressors

- Multi-tasking
- Daily info overload
- Non-ending work
- Financial
- Isolation
- Poor lifestyle choices
Normal Defensive Responses to High Threat

Fight
- Irritability
- Loss of Temper
- Defensiveness

Flight
- Avoidance
- Anxiety
- Fear

Freeze
- Numbing
- Detachment
- Giving Up Easily
Physiological Effects

- Increased blood sugar
- Increased lipids
- Increased BP
- Increased work by heart
- Decreased immune response
- Increases blood clotting
- Cold hands
Mind - Body Medicine

unseen – thoughts, feelings, attitude, belief, imagination

↓

physical body

↓

seen - physiology, biochemistry
I DO YOGA TO RELIEVE STRESS
JUST KIDDING, I DRINK WINE IN YOGA PANTS
The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.

2. If it does not look like it's breathing, give it mouth-to-mouth.
Recommended Reading List:

- *Why Zebras Don’t Get Ulcers* by Robert M. Sapolsky
- *The Relaxation Response* by Herbert Benson, M.D.
- *The End of Stress As We Know It* by Bruce McEwen
- *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D.
Resources:
Online Courses

Featured

Breast Cancer: An Integrative Approach

Topics in Obesity (2019-2021)

Wellness & Lifestyle Series!

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More Choices
Bald to Buff
Happiness is a choice
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