What Really Matters?  
Shifting perception to reduce burnout

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Disclosures

• Editor in Chief: Primary Care Practiceupdate.com  
• Co-Editor: Textbook of Family Medicine (8th and 9th eds)  
• Editor: Integrative Medicine (1-4th eds)
It all starts with Perception.... How we see the world

Seeing through the child’s eye.....

The Info-Medical Cycle
How Many Fs?

Finished files are the result of years of scientific study combined with the experience of years.

Perception and Art
On Being Sane in Insane Places

8 Sane people admitted to different psych hospitals
- All given the diagnosis of schizophrenia in remission
- Avg length of stay: 19 days (7-52 days)

PIVOT Trial: < 3% difference in all cause mortality in observation vs radical prostatectomy


Actual Benefit: <3% (PIVOT Trial)
Perceived Benefit: ~85%

Linear vs Circular

Linear Treatment
- Pathological Process
- Treatment
- Restoring old state
- Volume
- Hierarchical
- Dependency
- Passive
- Concrete

Circular Healing
- Natural Process
- Transformation
- Achieving new state
- Value
- Collaborative
- Empowering
- Active
- Context

Modified from David Kopacz MD, Seattle VA

Linear
PPI for GERD
“What’s eating you up inside?”

Circular

“”
Empathy is linear, Compassion is Circular

I am an old man and have known a great many troubles, but most of them never happened.

-Mark Twain-

Clearing Clutter to See Authenticity

Judgment
A Wandering Mind Is an Unhappy Mind
Matthew A. Killingsworth*, Daniel T. Gilbert
Science 12 November 2010: Vol. 330 no. 6006 p. 932

2250 Adults in US. Mean age = 34

Are you thinking about something other than what you're currently doing?

Connecting to Meaning

Awe

Authenticity

Awareness

Awakening
FRAMEWORK FOR WHOLE HEALTH:
"CIRCLE OF HEALTH"
Components of Proactive Health and Well-being
Mean change in relative telomere length over 5 years with lifestyle intervention compared with control.


1. Whole food diet
2. Aerobic Exercise
3. Stress management (60 mins/day)
4. Social Support

http://www.scientificamerican.com/article/my-what-long-telomeres-you-have/
What Matters?

We can’t do this for others until we explore it within ourselves

• Why are you here doing this work?
• Why are you here on the planet?
• What REALLY matters?
• What do you want your health for?

“What do you want your health for?”

People’s answers may surprise you!
What Matters?

How would you feel if you opened up “my chart” and saw this list?

My most time efficient Academic project of all time!!
MACRA: (Medicare Access and CHIP Reauthorization Act)

Landmark Legislation Alters How Medicare Will Reimburse Physicians

House (392-37)
Senate (92-8)

Value = \frac{\text{Quality (Outcomes + Safety + Service)}}{\text{Total Cost}}

Mayo Clinic Health Policy Center

What influences burnout rates more?
Self Help or Institutional Environment

Institution!

What if the Conversation Changed Focus?

Better Than Expected

Worse Than Expected

Disease

Health