

# The 6<sup>th</sup> Competency: Systems-Based (Spiritual) Practice

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# Systems' issues

- Medication errors
  - Wrong time
  - Wrong medication

# What is Systems-based Practice?

- “ability to use system resources to optimize medical care”
- Use the “system” to improve care
- Ex: EMR order sets, hard stops; clinical pathways; scheduling system optimization

# What is Systems-based (spiritual) Practice?

- “ability to use system resources to optimize spiritual care”
- How do you know if you’ve optimized spiritual care?
  - Need to define goal of medical missionary work
  - Optimal goals?

# SMART Goals

- **S** - Specific
- **M** - Measurable
- **A** - Attainable
- **R** - Relevant
- **T** - Time-bound

# Systems of Care

- Hospitalist
- Office-based
- Urgent care
- Surgery

# Hospitalist

- Shift work
  - Acute impact
  - Minimal long-term follow-up
- Residents
- Consultants
- Nurses

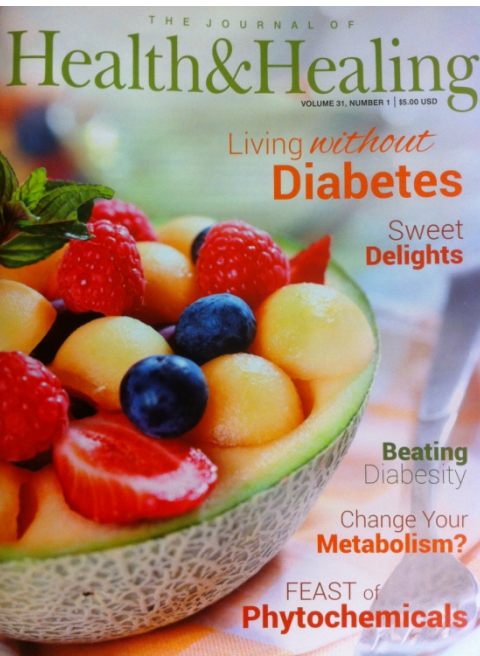


# Office-based

- Most opportunities
  - Longitudinal care
  - Control over system
- Goals
  - Devotional/prayer w staff prior to 100% of clinics
  - Screen 100% of patients for lifestyle and spiritual issues
  - Invite pts with lifestyle issues to monthly program (DWTD) Goal: 5% attend
  - Home Bible study for patients. Goal: 5% of those attending lifestyle program attend

# Office-based

- Setting
  - Waiting room/Exam room
    - Magazines, Paintings, music, TV (Life and Health!)
    - Coordinate a system!



# Office-based

- Triage
  - Intake forms
    - Smoking
    - Diet
    - Psychiatric/Relationship needs
    - Spiritual needs
  - Rooming process
    - MA/RN
      - Coached to tell me about pt needs

# Office-based

- MD Visit
  - Care “pathways”
    - Examples
      - Hemorrhoids, fissures, FI -> FIBER!
      - Smoking -> Cessation pathway
      - DM/HTN/obesity/etc -> “Dinner with the Doctor” or intensive

# Hemorrhoids/Fissures

## HIGH FIBER DIET

### GOALS:

1. TAKE IN 30 GRAMS OF FIBER EACH DAY
2. DRINK AT LEAST 64 OUNCES GLASSES OF WATER A DAY
3. AVOID ALCOHOLIC BEVERAGES, CAFFEINE AND CARBONATED PRODUCTS (COFFEE, TEA, BEER, COKE, SPRITE, ETC)
4. START A FIBER SUPPLEMENT OF YOUR CHOICE SLOWLY AND INCREASE SLOWLY UNTIL YOU REACH 30 GRAMS OF FIBER PER DAY

Fiber Source	Size of Serving	Soluble Fiber Content per Serving (grams)	Insoluble Fiber Content per Serving (grams)	Total Dietary Fiber Content per Serving (grams)
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### VEGETABLES (COOKED UNLESS OTHERWISE NOTED)

Artichoke	1 globe	4.7	1.9	6.5
Asparagus	1/2 cup	0.7	1.9	1.6

### BEANS:

Green	1/2 cup	0.5	0.8	2.0
Kidney	1/2 cup	2.9	2.9	5.7
Lima	1/2 cup	2.6	3.6	6.1
Pinto	1/2 cup	1.9	5.8	7.7
White	1/2 cup	1.4	4.1	5.5
Broccoli	1/2 cup	1.4	1.8	2.6
Brussels Sprouts	1/2 cup	1.4	1.8	2.0
Cabbage, green (cooked)	1/2 cup	1.2	1.0	2.1
Cabbage, green (raw)	1/2 cup	0.3	0.5	0.8
Carrots	1/2 cup	1.1	1.5	2.6
Cauliflower	1/2 cup	0.6	1.9	2.0
Cauliflower (raw)	1/2 cup	1.5	1.9	1.9
Celery	1/2 cup	0.4	1.7	1.0
Collard greens	1/2 cup	1.1	0.8	1.3
Corn	1/2 cup	1.9	1.7	2.0
Cucumber (raw)	1/2 cup	0.1	1.4	0.9
Eggplant	1/2 cup	0.3	0.9	1.2
Green Peas	1/2 cup	1.9	3.1	4.4
Lettuce, Iceberg	1/2 cup	0.1	0.3	0.4
Onions (raw)	1/2 cup	0.9	0.4	1.4
Potato, Sweet	1/2 cup	1.4	2.3	3.8
Potato, (baked with skin)	1/2 cup	0.6	0.9	1.6
Spinach	1/2 cup	0.5	2.2	3.5
Squash, Acorn (cooked)	1/2 cup	2.3	1.7	4.0
Tomato	1/2 cup	0.1	0.9	1.0
Zucchini	1/2 cup	0.5	1.7	1.9

Fiber Source	Size of Serving	Soluble Fiber Content per Serving (grams)	Insoluble Fiber Content per Serving (grams)	Total Dietary Fiber Content per Serving (grams)
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### Fruits: (raw, unless otherwise noted)

Apples (with peel)	1 Medium	1.0	2.8	3.3
Apricots	1 Cup	2.0	1.7	3.1
Bananas	1 Medium	0.7	2.1	3.1
Blackberries	1 Cup	1.4	5.8	7.4
Blueberries	1 Cup	0.4	3.5	3.5
Carrots	1 Wedge	0.3	1.0	1.4
Grapefruit	1 Medium	2.3	0.5	2.8
Grapes	1 Cup	0.6	1.0	1.3
Oranges	1 Medium	1.9	1.9	3.4
Pear (with peel)	1 Medium	2.2	1.8	4.0
Pineapple	1 Cup	0.2	1.7	2.0
Plums	1 Medium	0.8	0.5	1.0
Prunes	1/2 cup	3.1	2.7	6.1
Raspberries	1 cup	0.9	7.8	8.0
Strawberries	1 cup	2.4	0.5	3.0
Watermelon	1 slice	0.3	0.5	1.1

### Cereals and Others:

French Bread	1 slice	0.5	0.3	1.0
Rye Bread	1 slice	0.8	0.8	1.9
White Bread	1 slice	0.3	0.3	0.7
Whole Wheat Bread (100%)	1 slice	0.3	1.3	2.0
Bran Cereal	1 ounce	0.8	8.9	5.0
Cornflakes	1 ounce	0.1	1.0	0.7
Oat Bran (dry)	1 ounce	2.0	2.3	4.1
Oatmeal	1 ounce	1.4	1.6	3.3
Shredded Wheat	1 ounce	0.5	2.3	2.7
Brown Rice (cooked)	1/2 cup	0.1	1.6	1.8
White Rice (cooked)	1/2 cup	0.1	0.2	0.3
Spaghetti	2 ounces	1.3	0.8	1.0
Nuts (dry/light salt)	1/2 cup	1.3	4.9	5.8

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## Fiber Supplements

T-056 P0002/0002 F-856

\*\*\* Remember to check labels, to ensure you have the correct dose for the number of grams of fiber you wish to take \*\*\*

Product	Fiber Type	Form	Dosing/day	Dissolve	Grams of fiber
Konsyl	Polycarbophil	powder	1 packet	8oz. Fluid	6
Fibercon	Polycarbophil	tablets	3		6
Metamucil	Psyllium	powder	1tsp	8oz. Fluid	3.4
		wafers	2		3.4
Citrucel	Methylcellulose	capsules	6		3.4 (5 gm Ea)
		powder	1tsp	8oz. Fluid	3
		capsules	6		3
Benefiber	Wheat Dextrin	powder	2tsp	8oz. Fluid	3
		chewables	3		3
Unifiber	Cellulose	powder	1Tbsp	8oz. Fluid	3
	Oat bran		0.25 cup		3.6
	Wheat germ		2Tbsp		2
	Flax seed		2Tbsp		4

Your goal should be 30 grams of fiber per day and 64oz of water

You should increase the fiber in your diet AND add a supplement.

Most of the supplements come in a variety of flavors and forms; choose the one that suits you best and take it EVERY DAY

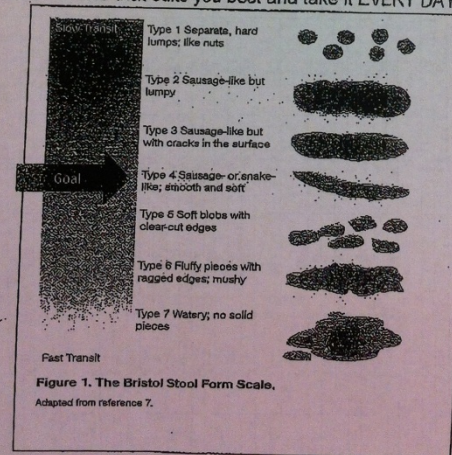


Figure 1. The Bristol Stool Form Scale, Adapted from reference 7.

Take 1 Tbsp of Citrucel powder in 8oz. of water & drink after largest meal of the day in 2 wks. ↑ Citrucel to 2 Tbsp. in 8oz. of water & drink after largest meal of the day. Make sure you drink 64oz. of water daily to prevent constipation!

# Smoking Cessation

- [http://www.uhs.wisc.edu/health-topics/tobacco/documents/Five\\_Day\\_Plan.pdf](http://www.uhs.wisc.edu/health-topics/tobacco/documents/Five_Day_Plan.pdf)



## The Five-Day Plan to Quit Smoking

The Five-Day Plan is one of the oldest and most effective smoking cessation programs to date. First published by J. Wayne McFarland, M.D. and Elman J. Folkenberg in 1964, the Five-Day Plan has gone on to be conducted in countries around the world with over 20 million participants. The plan has also received recognition from the World Health Organization, the American Cancer Society, the American Lung Association, and the American Heart Association.

This program takes participants through a five-day step-by-step program to change daily habits and achieve their goal to quit smoking. Through psychological motivations (such as affirmation statements) and physical changes (such as dietary modifications), the Five-Day Plan works to break the participant's smoking routine and eliminate cigarette cravings. The plan also addresses issues such as weight gain and symptoms associated with nicotine withdrawal, along with alternative activities to overcome such concerns and remain smoke-free.



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# Office-based

- Follow-up
  - Documentation
  - Outcomes measured?
    - Ex: DWTD
    - Ex: Prayer with staff, Smoking cessation

# Urgent Care/ER



# Urgent Care/ER

- Shift
- Acute care
  - Don't control most systems of care
  - Minimal long term follow-up
- My goals:
  - Provide invitation to church events to staff (nurse and secretary) with goal of at least 1 attending 1 seminar in 6 month period
  - Pray before every shift with staff

# Surgery

- Limited control over system
- Goal: pray w 100% of pts who desire it
- Preop
  - Spreadsheet re: prayer
  - Ex: changed system... Prehabilitation sheet
- Intraop
  - Music
  - Spiritual discussions w staff

# Surgery

- Postop
  - Pathways of care
  - Area for improvement
    - Smoking cessation?
    - Spiritual interventions?
  - Clinic f/u
    - Limited in my case
    - Reinforce changes
    - Arrange f/u in targeted areas

# Outside medicine

- Goal: form friendships extending outside work
  - Dinner with the Doctor
  - Bible studies

# Conclusion

- Wise Surgeon
- Our story
  - Complications...

# Conclusion

- “To Err is Human” IOM report
  - Health care in the United States is not as safe as it should be. At least 44,000 people, and perhaps as many as 98,000 people, die in hospitals each year as a result of medical errors that could have been prevented... Preventable medical errors in hospitals exceed attributable deaths to such feared threats as motor-vehicle wrecks, breast cancer, and AIDS.



# Conclusion

- There are thousands upon thousands dead in trespasses and sins. Thousands are [dying] unwarned and unconverted. Who will render an account for these souls? God calls for workers who will labor for those who know not the truth, who will...rescue those who are out of the fold.{RH April 21, 1903}