Read Two Books & Call Me in the Morning

Strategies for Improving Outcomes through Patient Self-efficacy & Bibliotherapy

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Disclosures

- Family Physician
- Just one blind man at the elephant
- I take short stories and make them longer
Objectives

• Explain the importance of patient education in the management of chronic painful conditions
• Discuss what books are beneficial for multiple chronic pain conditions
• Discuss what books are beneficial for co-morbidities of pain conditions
When a Doctor Hates a Patient

- The Fifteen Minute Hour
- The oh – “stool” moment
- Occurs when the physician assumes the burden of disease
- Behaving the best way they know how
- Star Trek: Kobiashi Maru – the unwinnable situation
Why are we here?

• Sir William Osler & medical transition
• Acute to chronic illness
• Allows for a greater stress influence
• Shifts emphasis to what patient can do
• Poorly prepared for this transition

• Not a pill for every ill!
Self Efficacy & Hope

- Have to see a way forward
- Chronic illness requires patient engagement
- Have to believe that things you do matter
- Is that 1st step forward or over a cliff
Our Role as Healers

• Stress related complaints – Especially in chronic illness
• Use care with a mechanical (acute) model
• Limbic Augmented Pain
• The sorrow that hath no vent in tears ...
• Disease from Distress
• Excuse from their lives
• Acknowledge Limits “I can’t fix this”
World According to Yoda
Keeping an Open Mind

- Premature Conclusions
- So certain are you …
- The Role of Education
- Mind what you have learned, save you it can!
- Self Efficacy/Positive Thinking
- Luke: I don’t believe it!
- Yoda: That is why you failed
Why do we need to be the ones to change?

- We’re not the ones seeing a doctor.
- Our patients are the ones who are sick
- We change / adapt because we can
- Essential aspect of our practice that we are self correcting
- Adapt our perspective Hamlet to Horatio
The Little Engine that Could, Could Because

• It was on the Right Track!
Making the Leap to Faith
What We Do Matters!

- W.W."X."D.?
- Kierkegaard
- Our own self efficacy
- Don’t play the blame game – burden where it belongs
- Don’t let patient get caught up on the “why”
- When is there only 25 letters in the alphabet?
Perspective
channeling our inner geek

• What I told you was true; from a certain point of view - Obi Wan Kenobi
• In my business, there are no lies…. R.O.T.
• Seven Blind Men
• Kobayashi Maru
No “Must”-erbation

• Establish pt. expectation in the beginning
• There’s got to be something you can do
• There’s got to be a pill for my ill
• I’m willing to do everything to lose weight – except diet & exercise
Self Efficacy & Active Engagement

- What are you willing to do?
- Positive Thinking / Imaging
- Return of Kierkegaard
Why do we communicate?  
To Change Behavior!

- Above all do not lose your desire to walk.
- Every day I walk my self into a state of well being and I walk away from every illness.
- I have walked myself into my best thoughts and I know of no illness that one cannot walk away from.
- But by staying still and the more one sits still the closer one comes to being ill.
- If one keeps on walking everything will be alright

Kierkegaard
William James – Self Efficacy

- American Pragmatism
- “Act “As If” what you do makes a difference. It does.”
- “Action may not bring happiness but there is no happiness without action.”
- “Belief creates the actual fact.”
- “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”
World according to William James

• If you believe that worrying about any past or future event will change an outcome then you are living on another planet with an entirely different reality system.
Role for Self Efficacy

- Places focus where it should be.
- Truman / Roosevelt
- EBM = Positive outcome
- Whose Outcome?
- Guide or a Coach
- Over reliance on physicians can promote a passive coping style
- Active vs. passive
Measuring Self Efficacy

- General Perceived Self Efficacy Questionnaire
- The Pain Self Efficacy Questionnaire
- Headache Self Efficacy
- Allows for direction / redirection
- Promotes active coping
The Shoulders of Giants

• Not doing something right.
• 1st rule when you’re digging a hole
• Negative or “Can’t” expressions train expectations to functional impairment
• No “But” Monkeys
• No Time, No Time
• No need to reinvent the wheel
Challenge Your Patients

- Performance rises to the level of expectations!
- Where Are You?
- Where Do You Want To Be?
- Who’s been where you’re at & gotten to where you want to be
Bibliotherapy

• Use of books to help people solve problems
• Can have a selection bias
• Generally appears to be more successful as an adjunctive therapy\(^1\).

Bibliotherapy

- Most effective in healthy people undergoing life changes & those with mild mental illnesses such as depression\textsuperscript{1,2,3,4,5}
- Maximizes therapy benefits with limited budgets.
- Effectiveness increases in mild/severe issues when used in conjunction with psychotherapy\textsuperscript{2,7}
- Limited-no benefit with severe mental illnesses \textsuperscript{4,6}

Morris, 2002\textsuperscript{1}, Fanner & Urquhart, 2008\textsuperscript{2}, McKenna, et al., 2010\textsuperscript{3}, Levitt, et al., 2009\textsuperscript{4} Robertson, et al., 2008\textsuperscript{5}, Adams & Pitre, 2000\textsuperscript{6}, Campbell & Smith, 2003\textsuperscript{7}
Bibliotherapy

• 3 types: **Institutional** (mental hospitals); **Clinical** (emotional/behavioral problems); & **Developmental** (promotes normal development)\(^1,2\)

• Individual books usually not studied
• Fiction not used as much (subjectivity)
• Continues to popular as a replacement or supplement to therapy.

(Jack & Ronan, 2008\(^1\), Abdullah, 2002\(^2\))
Bibliotherapy

• Studies on effectiveness haven’t been that rigorous.
• Research focuses on reader interactive/reactive processes
• Three steps:
  – Universalization identifies with the protagonist & learns not alone
  – Catharsis -- reader empathizes with the story or the protagonist.
  – Self reflection -- reader develops insight through reflection & developing problem solving skills applied to their own situation

Bibliotherapy

• Motivate the individual or individuals with introductory activities
• Provide time for reading the material
• Allow incubation time
• Provide follow-up discussion time, using questions that will lead persons from literal recall of information through interpretation, application, analysis, synthesis, and evaluation of that information
• Conduct evaluation & direct the individual--involves self evaluation & evaluation by the practitioner
A couple of Pearls

They Can’t Find Anything Wrong
If you only read one book this year
www.stressillness.com
It Will Change Your Practice

Mary Jo Rapini – Psychotherapist
www.maryjorapini.com
Books You Should Know

- Keynote at AAPM in 2008
- Focus on healing
- Becoming a detective
- Child is the father of the man
- More important to know what kind of person has the disease
- If choices you made got you here, other choices can get you out
- Self Efficacy defined
Books You Should Know

- Relaxation & Stress Reduction Workbook
- Martha Davis, Ph.D
- ****1/2 - 112 reviews
- Also available in Children’s version
- Stock this book in your exam rooms instead of People
Books You Should Know

- 10 Simple Solutions Series
- Multiple Titles
- Good Starting Points
Books You Should Know

- ****1/2 163 reviews
- Creator of Eye Movement Desensitization and Reprocessing
- Simultaneous Dual Inputs
- One of the better psychological self – help books
Books You Should Know

- Full Catastrophe Living
  Jon Kabat-Zinn
- ****1/2 165 Reviews
- Revised for 2013
Books You Should Know

- The Mindfulness Solution
  Ronald Siegel
- ****1/2 35 Reviews
Books You Should Know

- The Mindfulness Solution to Pain
  Jackie Gardner-Nix
- ****1/2 15 Reviews
- Biography influences Biology
Books You Should Know

****1/2 26 reviews

****1/2 27 reviews
Books You Should Know

• The PTSD Workbook
  Mary Beth Williams
  • ****1/2 60 Reviews
  • Starting point on how to heal
Books You Should Know

- If I Only Had a Brain Injury
  Laura Bruno
  ***** 16 reviews
  Uses the Oz metaphor
Books You Should Know

- The Brain Injury Survival Kit
  Cheryle Sullivan

- 4/2 stars (26 reviews)

- Focuses on ADL restoration
Books You Should Know

- Its Not All in Your Head
  Asmundson & Taylor
- ****1/2 10 Reviews
- Deals with Health Anxiety
Books You Should Know

- Mind Over Mood
- ****1/2 – 122 Reviews
- Intro / DIY for CBT
- Also comes with a clinicians guide
Books You Should Know

- Feeling Good
  David Burns, MD
- ****1/2 (463) reviews
- Allows patients to start a self directed CBT
- Has been used in Bibliotherapy studies
- Also available as a workbook
Books You Should Know

• 10 Best Ever ___ Management Techniques
• Anxiety **** 57 Reviews
• Depression ****1/2 12 Reviews
• Anxiety also available as Workbook
Books You Should Know

- The Pain Survival Guide
- Dennis Turk
- **** – 28 reviews
- One of the leading Pain Psychologists
Books You Should Know

- Managing Pain Before It Manages You
- Margaret Caudill
- ****1/2 29 reviews
- Herbert Benson MD, Mind Body Institute
Books You Should Know

- John Sarno, MD
- Mind Over Back Pain
- **** -- 85 Reviews
- Healing Back Pain
- ****1/2  647 Reviews
- The Mindbody Rx
- ****1/2 – 219 Reviews
- The Divided Mind
- ****1/2 – 122 Reviews
Books You Should Know

- Unlearn Your Pain
- A “how to” book on how to become more comfortable with being uncomfortable
- ★★★★★½ 53 Reviews
- 1st 5 chapters free on Amazon Prime for Kindle
An Incredible Patient Book

- The Great Pain Deception
- www.paindeception.com
- Patient of Sarno
- Connects the dots on MindBody syndrome

***** 59 reviews
Books You Should Know

• Pain Free For Life
• Scott Brady, MD
• ****1/2 30 Reviews
• Eliminated his own chronic pain by applying Sarno’s principles
Books You Should Know

- Back Sense
  Siegel, Urdang, Johnson
  - ****1/2  26 reviews
Books You Should Know

• Freedom From Fibromyalgia
• Nancy Selfridge, MD
• Franklynn Peterson
• ***1/2 – 24 reviews
• Most reviews are positive
• Another Sarno disciple
Books You Should Know

• Pain Free
  Pete Egoscue
• ****1/2 422 Reviews
• Marine
• Takes a Physical Therapy
Books You Should Know

• Conquering Your Child’s Chronic Pain
  ***** 19 Reviews

• Lonnie Zeltzer

• Essential for parents with a child in pain
Books You Should Know

• A Headache in the Pelvis
  Wise & Anderson
• **** 100 reviews
• Read Clinicians’ Reviews
Books You Should Know

- Hypnotize Yourself Out of Pain Now!
  Bruce Eimer
- ***** 12 Reviews
Books You Should Know

• Trigger Point Therapy for Headaches and Migraines
  Valerie DeLaune

• ***** 30 Reviews

• Based on Travell & Simons

• One in a series of trigger points
Books You Should Know

- Knock Out Headaches
  - Gary Ruoff
  - ****1/2 4 Reviews
  - Released late 2012
Books You Should Know

- The Keeler Migraine Method
  Robert Cowan
- Nov 2008
- ****½ 13 Reviews
Books You Should Know

- **Woman Guide to Managing Migraine**
  - Susan Hutchinson
  - ****2/3 3 Reviews
  - Released 2013
Books You Should Know

• The Woman’s Migraine Toolkit
• Dawn Marcus, MD
• Disclosure
• The Best
• ****– 6 Reviews
Books You Should Know

- Fit as Fido
  - ****1/2 – 5 reviews
- The Power of Wagging Tails
  - ***** 13 Reviews
- If they won’t do it for themselves then maybe they’ll do it for their dog
## Fit As Fido Walking Diary

### Fit As Fido monthly walking calendar

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**Chart instructions:** Check a *Fit As Fido* box every time you walk for 10 minutes. Your target is to walk at least 150 minutes per week—so 15 or more boxes should be checked each week. Write your total number of 10-minute walks in the Week Total column. If the number is 15 or more, circle the smiling Fido.
Books You Should Know

- The Woman’s Fibromyalgia Toolkit
- Dawn Marcus
- **** 4 Reviews
- Only Doctor…
Books You Should Know

- Say Goodnight to Insomnia
- Gregg Jacobs, Ph.D
- ****1/2 116 reviews
- Benson Mind-Body Institute
Books You Should Know

- No More Sleepless Nights
- Peter Hauri, MD
- Mayo Clinic
- ****1/2 51 Reviews
Books You Should Know

• Quiet Your Mind & Get to Sleep
  Collen Camey
  • **** - 13 Reviews
  • Deals with Insomnia driven by comorbidities
Books You Should Know

- The Post Traumatic Insomnia Workbook
  - ****1/2 - 3 Reviews
  - Karin Thompson Ph.D.
Book You & Your Patients should read

- The Last Lecture ****1/2 -- 1607 reviews
- Achieving Your Childhood Dreams
- Brick Walls
- Don’t know how not to have fun
- Also available on video
Who is Buck O’Neil?

• 1st Baseman KC Monarchs
• Manager & Scout for years
• Founded Negro League Museum
• Spearheaded admission of 17 Negro League player to Cooperstown
• Never had a bad day
• Never let himself think ill of another person
The World According to Buck

• Seen a lot of hate, Seen a lot of love
• Missed Hall of Fame by one vote
• How he did it Accomplishments Humor
  Focus on Present
• Never let what he didn’t have….
• Never walk by a lady in a Red Dress
Who Say’s Drugs are the only Prescription?

Who says prescription pads are only for drugs?
• Limited only by your imagination
• Our role is to change behavior
• Why would we want to limit ourselves to the primary behavior we influence to pharmacological?

Your Clinic Name Here

Name ______________ Date____________

Rx Say Goodnight To Insomnia – Jacobs
10 Simple Solutions to Migraine – Marcus
10K steps / days Use pedometer & record progress
Closing

- Godfather Principle –
- Leave the gun, get the Cannoli
- Business not Personal --It the patient’s disease
- Why are Psychological Issues different from medical? Its all in your head!
- 15 Minute Hour – Best they know how.
- Hamlet -- Treat every man as he deserves
- Humility – Don’t ever think…
- MD – Stands for “Massive Denial”