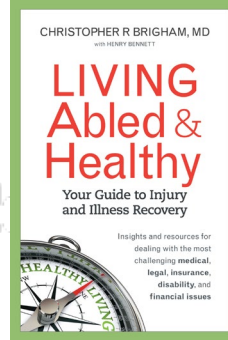


May 16, 2019
Helena, MT



Living Abled and Healthy!

Achieving Better Outcomes

Christopher Brigham, MD, MMS









Believe It or
MUSEUM









Diagnoses

1. L1 and L2 vertebral body compression fractures; 30% and 40% loss of height respectively
2. T12, L1, L2, L3, and L4 vertebral body transverse process fractures
3. T2 vertebral body superior end plate fracture
4. Left-sided rib fractures #4, #5, #6, #7, #8, and #11 with minimal displacement
5. Bilateral apical pneumothoraces
6. Atelectasis left lung (an incomplete collapse)
7. Pulmonary contusion
8. Subcutaneous emphysema left neck, left chest wall, and back
9. Splenic laceration
10. Retroperitoneal hematoma
11. Hemoperitoneum
12. Contusions and soft tissue and skin injuries
13. Acute stress disorder





CHRISTOPHER R BRIGHAM, MD

with HENRY BENNETT

LIVING Able & Healthy

Your Guide to Injury
and Illness Recovery



Insights and resources for
dealing with the most
challenging **medical,**
legal, insurance,
disability, and
financial issues





Questions



What defines health and living abled?




Why do two people with the same injury have different incomes?



How do we, the “system”, contribute to needless disability?



How are we going to change our field and society so all may experience joyful and productive lives?

The background of the slide is a dark teal color with a pattern of faint, stylized question marks in various shades of blue and green. The question marks are scattered across the entire background, creating a textured, abstract effect.

1. What defines health and living abled?

World Health Organization Definition of Health

“a state of complete
physical, mental, and
social-being and not
merely the absence of
disease or infirmity”



World Health
Organization



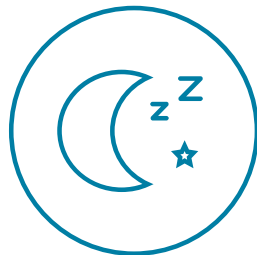
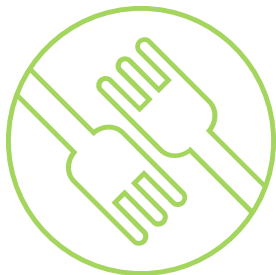
Biopsychosocial

- Body
- Mind
- Spirit

“Diseases aren’t
causes, they are
effects.” (McGinnis, Foege)



TrueHealth
INITIATIVE



6 Core Principles of Healthy Living

Resiliency

A dandelion with several yellow flowers and green leaves is growing out of a crack in a grey asphalt surface. The background is a blue sky with light, wispy clouds. The word 'Resiliency' is written in white, sans-serif font across the upper middle of the image.

Ability to recover from or adjust easily to misfortune or change



Neuroplasticity

Our brains and nervous systems change.



Mindfulness

Paying attention to
present moment
experience without
judgment



Compassion

Concern for the alleviation of suffering



Well Being

- “a state of mind in which an individual is able to realize his or her own abilities, cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

How do assist others in achieving “well being”?

“Do to others as you would have them do to you” (Luke 6:31)

“Therefore encourage one another and build one another up, just as you are doing.” (1 Thessalonians 5:11).

Work is
healthy

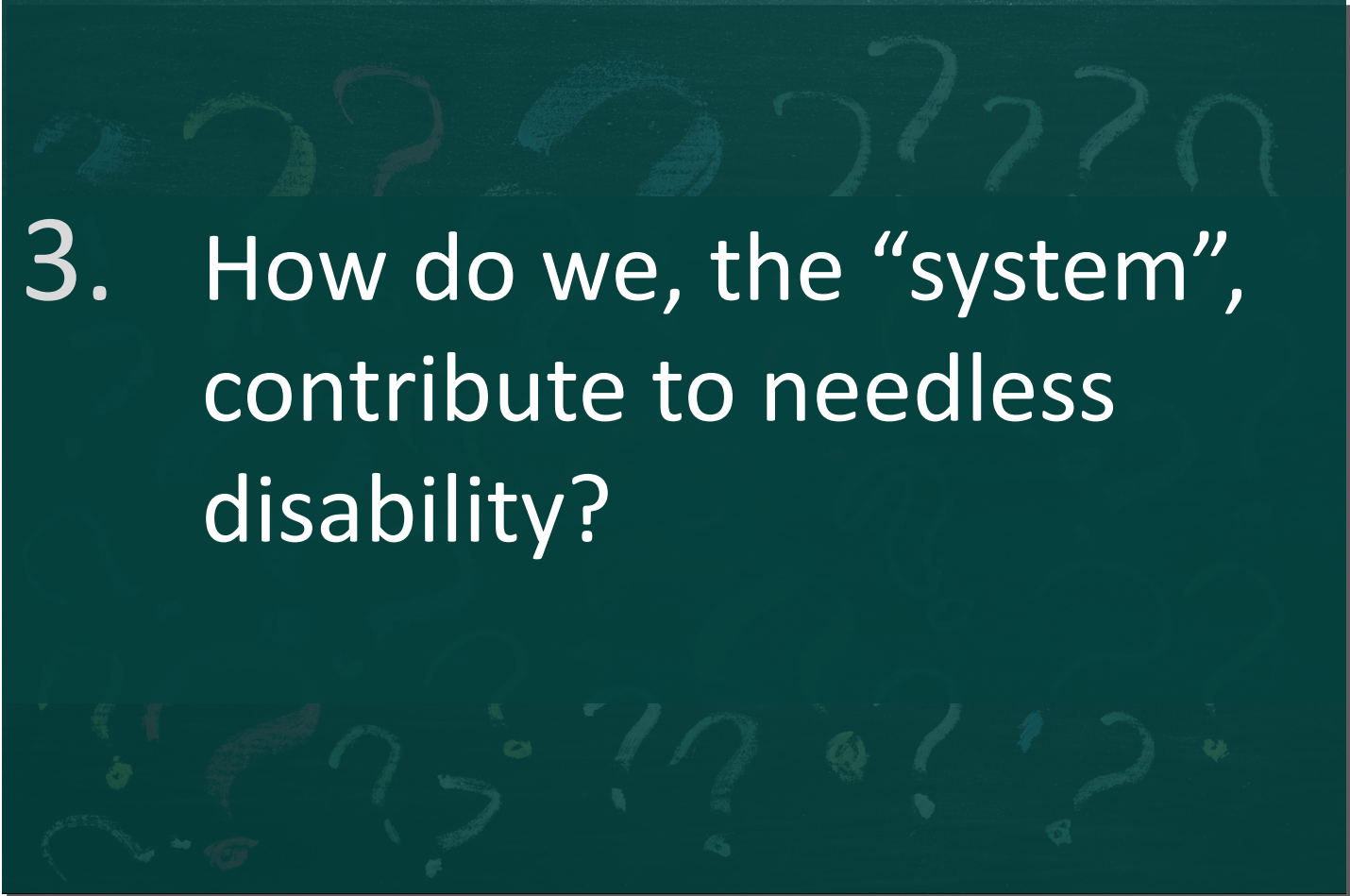


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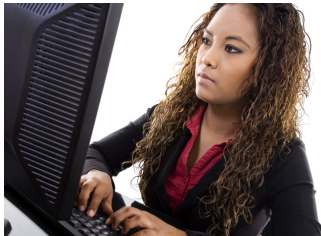
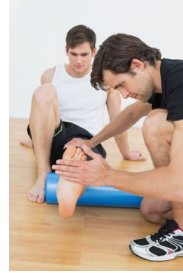
2. Why different outcomes?





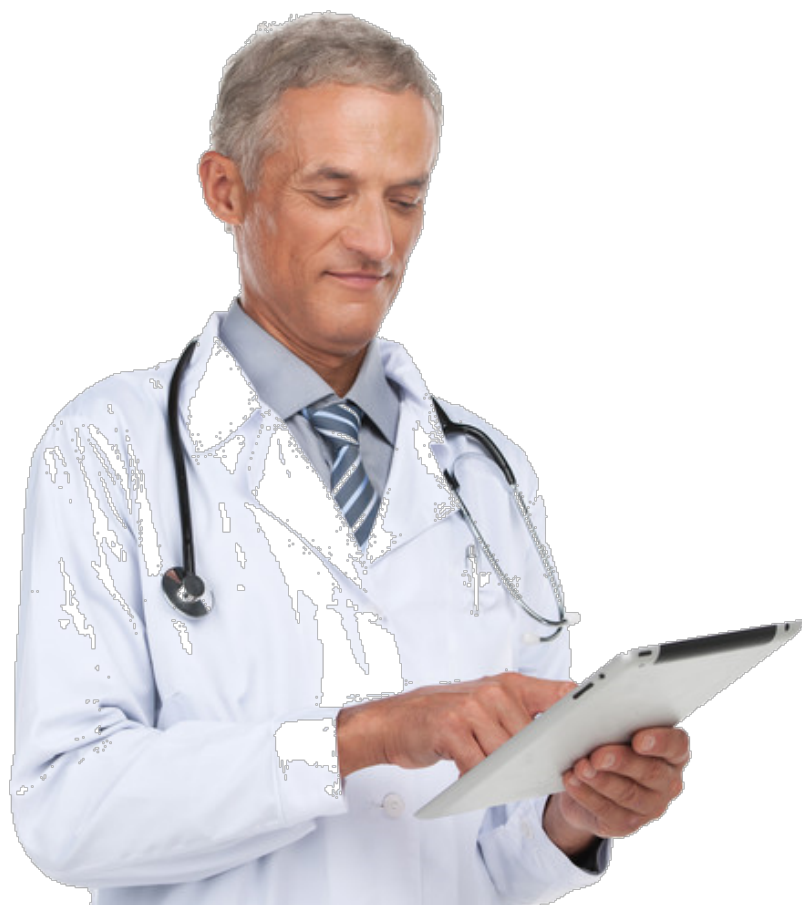


3. How do we, the “system”,
contribute to needless
disability?















The background of the slide is a dark teal color with a repeating pattern of question marks in various shades of blue, green, and brown. The question marks are of different sizes and orientations, creating a textured, abstract effect.

4. What do we do?



Stakeholders

Society / System

Health Care

Employers

Claims (Insurers, TPA, Self-Administered)

Attorneys

Individuals (all of us)

Society / System



Recognize the problems and the drivers, and educate all stakeholders.



Prevent childhood adverse experiences.



Shift focus from disability to ability, disease to function, and the medical model to the biopsychosocial model.



Promote concept of personal accountability.

Society / System



Promote concept that “Work is Healthy”.



Hold all stakeholders accountable for their actions.



Provide universal health care coverage (single-payer) rather than employer based.



“Restructure” workers’ compensation – no longer “Grand Bargain”

Society / System



Pay physicians and other participants for outcomes, not for procedures.



Avoid litigation and unnecessary attorney involvement.



Involve ombudspersons and use alternative dispute resolution processes.



Ban advertisements by pharmaceutical and device manufacturers, physicians, and attorneys.

Health Care



Use evidence-based practice guidelines.



Educate patients and avoid “medicalization”.



Do not provide harmful testing and treatment.



Assess causation and apportionment on basis of facts and science.

Health Care



Assess work ability based on risk, capacity and tolerance.



Assess impairment and disability, only if qualified.



Work cooperatively, let go of “ego” and control, and communicate.

Employers



Provide “healthy” workplace, both in terms of culture and safety.



Treat workers fairly and value them.



Focus on health productivity, with stay at work and early return to work interventions.



Engage actively in claims management.

Claims (Insurers, TPAs and self-administered entities)



Manage claims proactively, efficiently, and with integrity.



Educate and empower the claimant.



At outset, focus on meeting reasonable needs and build relationships of trust with injured workers.



Change role from “adjuster” to “advocate”.

Claims (Insurers, TPAs
and self-administered
entities)



Involve quality health care providers.



Listen to injured worker and avoid unnecessary adversarial positioning.



Systematically identify early risk factors for delayed recovery and intervene.

Attorneys



Reduce the need for involvement.



Serve as advocates for function and appropriate care.



Change basis for reimbursement – incentivize for positive outcomes.

Individuals (All of Us)



Assume responsible for own lives –
take control.



Strengthen resiliency.



Live in the present, focus on the
future, let go of the past.



Understand beliefs drive experiences
and change beliefs if not producing the
life you want.

Individuals (All of Us)



Reframe injury, illness and aging as part of the human experience, an opportunity for growth, and not a barrier.



Focus on finding a way to function fully in life, not symptoms, pain and limitations.



Eat well and be physically active.



Make wise life style choices.

Individuals (All of Us)



Choose joy and happiness.



Demand quality health care and partner with your care providers.



“Ask your doctor if (personal responsibility) is right for you.”



Beware of attorneys or others who do better financially if you never get well.

Individuals
(All of Us)

Focus on staying at work.

Be resilient and embrace
life and all that it offers.



Act so that all may
live joyful and
productive lives.

Thank you.

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www.livingabled.com

