

Social Determinants of Health

“The social determinants of health (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems”



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Value of Family Medicine

- Continuous longitudinal relationship with generations of patients from “cradle to grave”
- Behavior Medicine training provides skills to reach beyond basic physiology
- Residency training exemplifies incorporation of community resources as part of the care plan

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Family Physicians Golden for Healthcare Reform

- Discipline teaches to identify factors which may impact the individual patient health
- Observation by the community based Family Doctor may raise awareness of problems affecting the local population
- Cost of care is reduced by quickly identifying and impacting root cause for the impairment

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Examples of Community Based Problems

- Loss of major employer leading to financial non compliance for management of chronic diseases
- Increased number of HIV infections among teenage boys at local high school
- Increased number of newborns requiring special care as result of teen pregnancies

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Examples of Community Based Problems

- Escalation of patients with marked elevation in glucose levels presenting as new onset diabetes mellitus
- Increased number of gastric carcinoma in family members with different last names
- Increased body weight of elementary school students when board of health opted for prepackaged meals (The chicken nugget event)

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“ANYTHING THAT GETS YOUR BLOOD RACING IS PROBABLY WORTH DOING.”

-HUNTER S. THOMPSON-

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Examples of Community Based Problems

- Increased number of high school teachers presenting with stress related problems and then exiting school employment
- New Lung Cancer diagnoses across all race with subsequent demise within 9 months
- Preponderance of children with ADHD diagnosis for one school in the district

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Examples of Community Based Problems

- Increased cases of Hepatocellular Carcinoma
- Increase number of lower limb amputations at one hospital in the region
- Preponderance of mental health counselling facilities with increased poor control of mental health disorders

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Examples of Community Based Problems

- Increased number of patients seeking Medication Assisted Treatment who live in the community
- Increased number of new patients seeking opiate pain relievers with introduction of state controlled substance reporting system

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Approach to the Problem

- Identification of Common Factors
- Determine Urgency of the Matter
- Communication with Colleagues and Public Health agencies to raise awareness
- Develop strategies for care of the individual patient with the community context whenever possible as part of Population Health strategies

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Beyond the Exam Room

- The physician scientist is often called upon as the local expert for identification of the disorder, treatment, prevention, and strategizing for targeting affected populations
- The physician is a team member often team leader for intervention
- The physician efforts are typically without financial compensation

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Passion

Defined as a strong feeling of enthusiasm or excitement for something or about doing something



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Why Passion???

- Economic and psychosocial factors affecting care can be a draining reality preventing achievement of desired outcome
- Affecting small change in the community (even if only raising awareness) can have greater impact than anticipated
- Rewards of being an engaged physician yields professional satisfaction

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**IF YOU CAN'T
FIGURE OUT YOUR
PURPOSE,
FIGURE OUT YOUR
PASSION.
FOR YOUR PASSION
WILL LEAD YOU
DIRECTLY TO YOUR
PURPOSE.**

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Perceived Challenges as a Passionate Physician

- In opposition to employer community strategies
- Beyond the Physician scope of profession
- Counterproductive since no financial gain
- Lead to burnout faster due to exhausting and demanding involvement outside the exam room
- Interferes with already burdened personal and family life

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**WORKING HARD
FOR SOMETHING
WE DON'T CARE ABOUT
IS CALLED STRESS.
WORKING HARD
FOR SOMETHING
WE LOVE IS
CALLED PASSION.**

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Getting Beyond the Challenges

- Determine what is desired? What do you hope to achieve by being present at the table?
- Talk with your closest confidant regarding the gut urge to do something about the situation
- Explore opportunities or even create the opportunity for perceived greatest impact

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**THERE'S NO WAY I
WAS BORN TO JUST
PAY BILLS & DIE.**

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Making it work

- Communicate with family regarding your desire to reach beyond the exam room
- Seek out others with similar thought
- Prepare for failure and never surprised with unexpected success
- Sleep, eat, exercise, and stay mentally and spiritually fit!!!

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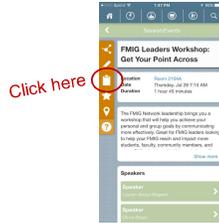
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Q&A



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