Addressing Mental Health in Primary Care

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Disclaimer!!!!!!

- Views are my own, not my employer.
- I have no financial conflicts of interest.
Objectives

- Think about philosophy and the mission/vision/core drivers for primary care and the healthcare industry today
- Look at the desires and expectations of people (vs providers)
- Focus on the place for mental health in our current system and society
Primary Care

- A Relationship
- A Structure
Where is Primary Care Headed?

- Change!!
- Manage Care (PCMH)
- Manage Health
- Manage Resources (risk)
People vs Patients

- People want doctors to make their lives easier and more comfortable

- People don’t want to be patients
  - They may or may not want to make decisions

- Who’s in charge, who makes decisions
  - People want to be able to run a marathon with a broken tibia
Where is Primary Care Needed?

- Screen for mental health issues
- Assess and care for those with mild or moderate disorders
- Form links with mental health specialty care
  - For wellness
  - Severe illness
  - Intractable cases
  - Medication Management
Where is Mental Health Heading?

- Separation of
  - Diagnosis
  - Talk
  - Support
  - Medication
What People Are Telling Healthcare Professionals!
Is Life An Illness?

- Stress is an activator

- A limiter

- It often takes an external evaluation to see which is the case.
What is Healthcare Here?

- Mental Health is more than mental illness
- Emotional Well Being
- Psychological Well Being
  - Personality (individual)
  - Social
Mental Health Development and Maintenance

Ryff Scales of Psychological Well-Being

- A sense of autonomy in thought and action
- The establishment of quality ties to others
- Self-acceptance
- The pursuit of meaningful goals and a sense of purpose in life
- The ability to manage complex environments to suit personal needs and values
- Continued growth and development as a person
Health vs Healthcare

- Creating a Single System

- Bringing Healthcare Professionals Together
  - Interprofessional Practice
  - The Data Drives The Practice
  - Health Professions Consortium
    - You Think Differently When Licensed
    - You Think Differently When Business is the Focus
    - You Think Differently When Policy is Primary
What is Primary Care Needed?

- **First Contact** for people with an issue related to their health (body/mind/spirit)
  - What about commercial care, aren’t they the new first contact?

- **Continuous** - Put today’s concerns in the context of your life.

- **Comprehensive** – Coordinating, Directing. Care for the “undifferentiated” patient – Whatever it is, you’ve come to the right place
Conventional Wisdom of Holistic (simplified)
People Parts Plus
How do we treat the following conditions?

- Failure
- Rejection
- Loneliness
- Limitations
Where Does Spirituality Fit in Healthcare?

- Prayers generally address issues not included in healthcare
  - I Want
  - I’m Sorry
  - I’m in Awe
  - I’m Confused
“A healthy spirit is as important as a healthy spleen.”

Tyler Cymet, DO
Behavioral Health Related Issues

- Smoking
- Alcohol
- Marijuana
- Obesity
- Sedentary Lifestyle
- Non Adherence
Chronic Illnesses That Effect Mental Health

- Congestive Heart Failure (CHF)
- Diabetes Mellitus (DM)
- Chronic Obstructive Pulmonary (COPD)
# Ambiguous Symptoms

<table>
<thead>
<tr>
<th>Chest pain</th>
<th>Back pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>fatigue</td>
<td>shortness of breath</td>
</tr>
<tr>
<td>dizziness</td>
<td>insomnia</td>
</tr>
<tr>
<td>headache</td>
<td>abdominal pain</td>
</tr>
<tr>
<td>swelling</td>
<td>numbness</td>
</tr>
</tbody>
</table>
Chronic Conditions with Behavioral Health Component

- Asthma
- Diabetes
- Cerebro Vascular Disease
- Irritable Bowel Syndrome
- Obesity
- Substance Abuse
Anticipatory Guidance

- Personal Development
- Social Development
- Emotional Development
Bottom Line

- It is healthy to strive to be healthier.

- Life is lived with others
  - Which requires experiences and skills better done with structure

- The value of mental health is being determined
  - Primary care will bring the issue to the table
COSGP Mental Health Awareness Task Force
Conclusion

- You can’t be too healthy
- It is worth working for
- Primary Care will be critical to focusing on issues related to mental health