The Reluctant Generalist: A Practitioner’s Prospective on Academic Collaboration.

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Rural Guys meet in Washington
Sleepy Hargrove
1. Introduction

- Frontier Community
- Staff member of rural medical/ surgical hospital and office
- Generalist by necessity
Frontier vs Rural

- Rural – Non metropolitan vs Metropolitan, Rural vs Urban (OMB)
- Frontier – Less than 7 people per square mile. Measured by county units.
Wyoming on the Frontier

- Wyoming – Highest Category with 54% of population living in Frontier counties
- 2000 Census – 48 million Americans living in 2052 rural counties (OMB)
SLOW DOWN YOU SONS A BITCHES
SOUP OF THE DAY...
WHISKEY
The Beginning

✓ Remote location with limited infrastructure and psychologists
✓ No local access to a college or university
✓ No internet, no facsimile machines
Family Practice
Richard Sugden, MD

Internal Medicine
Emily J. Knobloch, MD

Psychological And Counseling Associates
Michael F. Enright PhD
Birth of a Generalist

- One who has broad general knowledge and skills in several areas
- A person whose knowledge, aptitudes, and skills are applied to a field as a whole or to a variety of different fields
Academic Preparation

- Behavioral Theory predominant in training
- Group Psychotherapy focus of Dissertation
- Worked in Mental Health Clinic during graduate school
Survival in the Real world

- Depended on developing resources
- Looked to roots of Clinical Psychology - the Scientist – Practitioner model
- Community Demands dictated the focus of study
Group Psychotherapy – playing to strength

✓ Started Group for Adults
✓ Fraught with difficulties in small community
✓ Successful in starting independent practice
Child birth Preparation Classes

Family Therapy

- In Response to request from Family Practice physician partners
- Marginal success
- Many systems outside control of clinician at play
Research Sources Accessed


Emergency Room Crisis Care

- Took responsibility for ER coverage
- Steep learning curve
- Extremely good practice decision
"Whoa—way too much information."
Research Sources Accessed

Eating Disorders

- Apparent explosion of eating disorders
- Developed in response to community requests
- Enhanced overall understanding and practice
Research Sources Accessed


Pre-surgical Assessment

- Orthopedic Specialty
- Driven by third party payers
- Bariatric Surgery
- Assessment vs Treatment
Pre- Surgery Consultation

“He’s going to be O.K., but he still wants you to remarry.”
Research Sources Accessed

✓ Professional Psychology: Research and Practice, APA Washington, DC.
Pain Control

✓ Followed from pre-surgical Assessment
✓ Cross over with addiction treatment philosophies
Research Sources Accessed

☑ Professional Psychology: Research and Practice, APA Washington, DC
Anxiety Disorders

- Respond well to Behavioral Intervention
- PTSD focus
- Panic Attack focus
Research Sources Accessed

Psychopharmacology

✓ Management of Medication for Depression, Anxiety, Sleep Disturbance, etc.

✓ Psycho- Bio- Social approach
Total integration

“As soon as your dentist gets here, we’ll begin.”
Research Sources Accessed

✓ University of Utah: Pharmacotherapy Outcomes Research Center, Salt Lake City, Utah.
The Future of Research to Practice

✓ “Care that is important is often not delivered. Care that is delivered is often not important. In part, this is due to our failure to apply the evidence we have about the medical care that is most effective.”

✓ IOM, 2010
IOM Goals

✓ The underlying IOM goal is to have 90 percent of clinical decisions supported by accurate, timely, and up-to-date clinical information and reflect the best available evidence by 2020.
Psychology’s Challenge

✓ “In many respects, the greatest challenge associated with establishing a medical care data system to serve the public interest lies in the fact that such data largely reside in the private sector, where commercial interests and other factors inhibit sharing.” IOM 2010
Psychology’s Challenge

Psychology must work to assist in promoting the availability clinical data while dealing with privacy concerns.

And move away from a data base that is primarily derived from academic samples.
First Step

Psychology must creatively address privacy concerns and begin to participate more closely with the CDC and third party payers in capturing accurate, relevant clinical data.
To Quote Pat DeLehon

✓ “A modern evidence and value-driven healthcare system **must** have the capacity to learn and adapt – to track performance in real-time and generate and apply information for future improvements in safety, quality, and value of care received.”
Practice as a Generalist

✓ Success dependent on:

✓ Access to resources
✓ Access to colleagues
✓ Innovation
Health Promotion

WELL, WELL - IT SEEMS YOUR WEIGHT IS PERFECT. YOU JUST HAPPEN TO BE ELEVEN FEET TOO SHORT.