



UNIVERSITÀ DEGLI STUDI DI MILANO

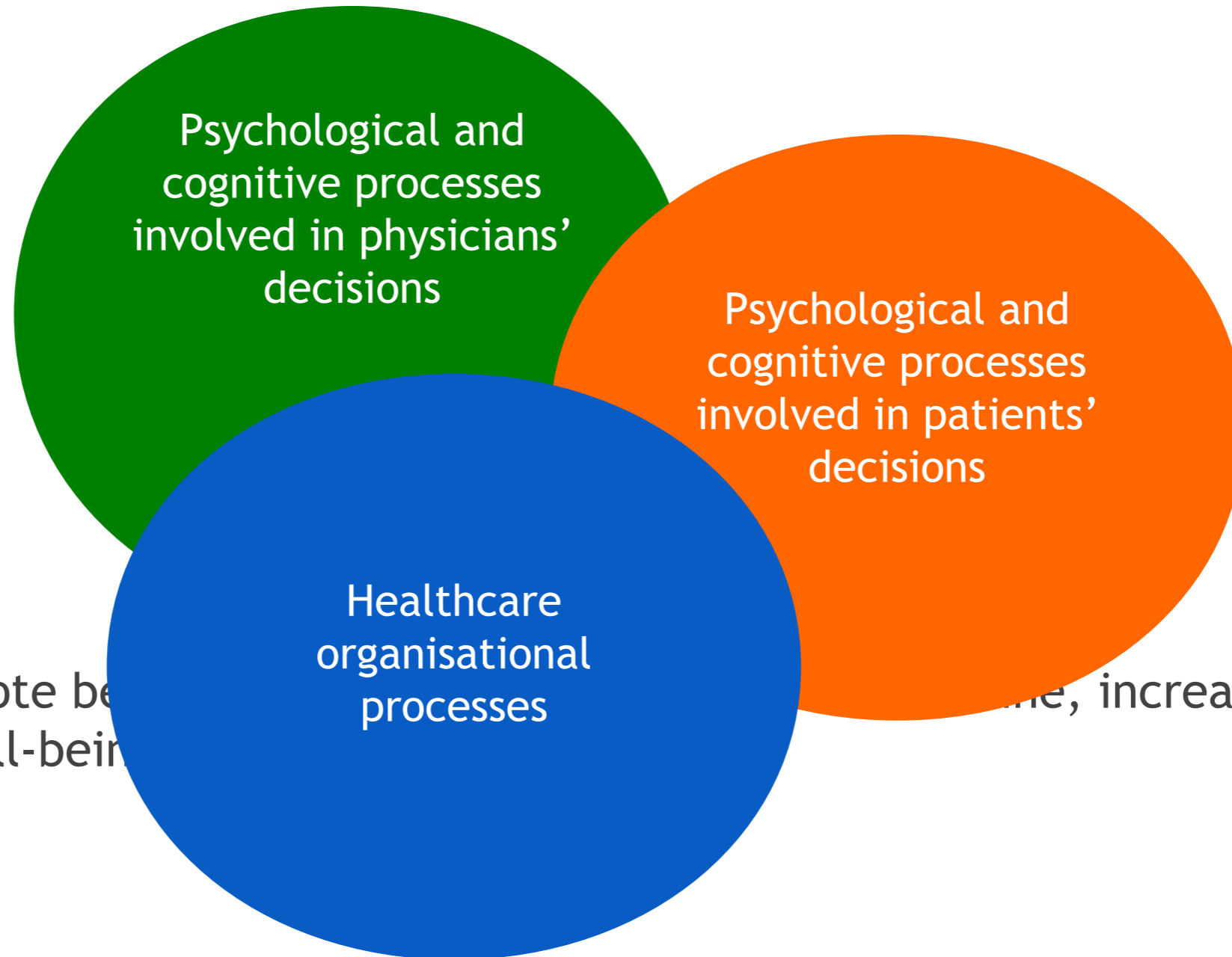
Centro Interdipartimentale di Ricerca e Intervento sui
Processi Decisionali (IRIDe)

“Psychological resilience” and the role of patient empowerment

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MEDICAL DECISION MAKING

- A discipline that focusses on:



Aim - to promote better decision making, increasing patient's well-being

A Psychological Perspective on Resilience

- “Psychological resilience” is the capacity to resist to a sharp decline in functioning even though a person gets worse

Often the only person who sees the whole picture of the patient journey is the patient herself

Medicine is changing...

Paternalistic approach



Patient-centered approach



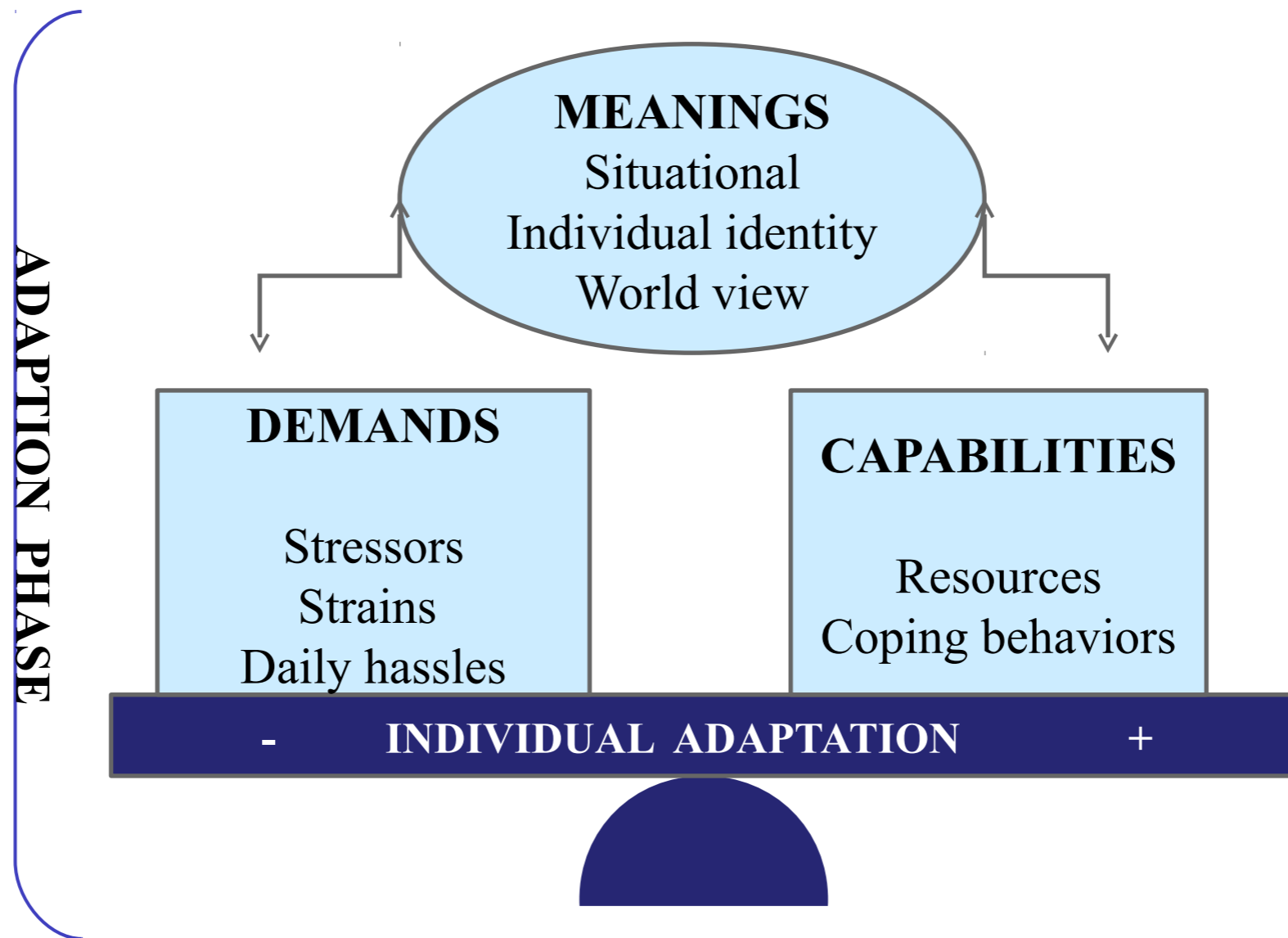
Shared decision making



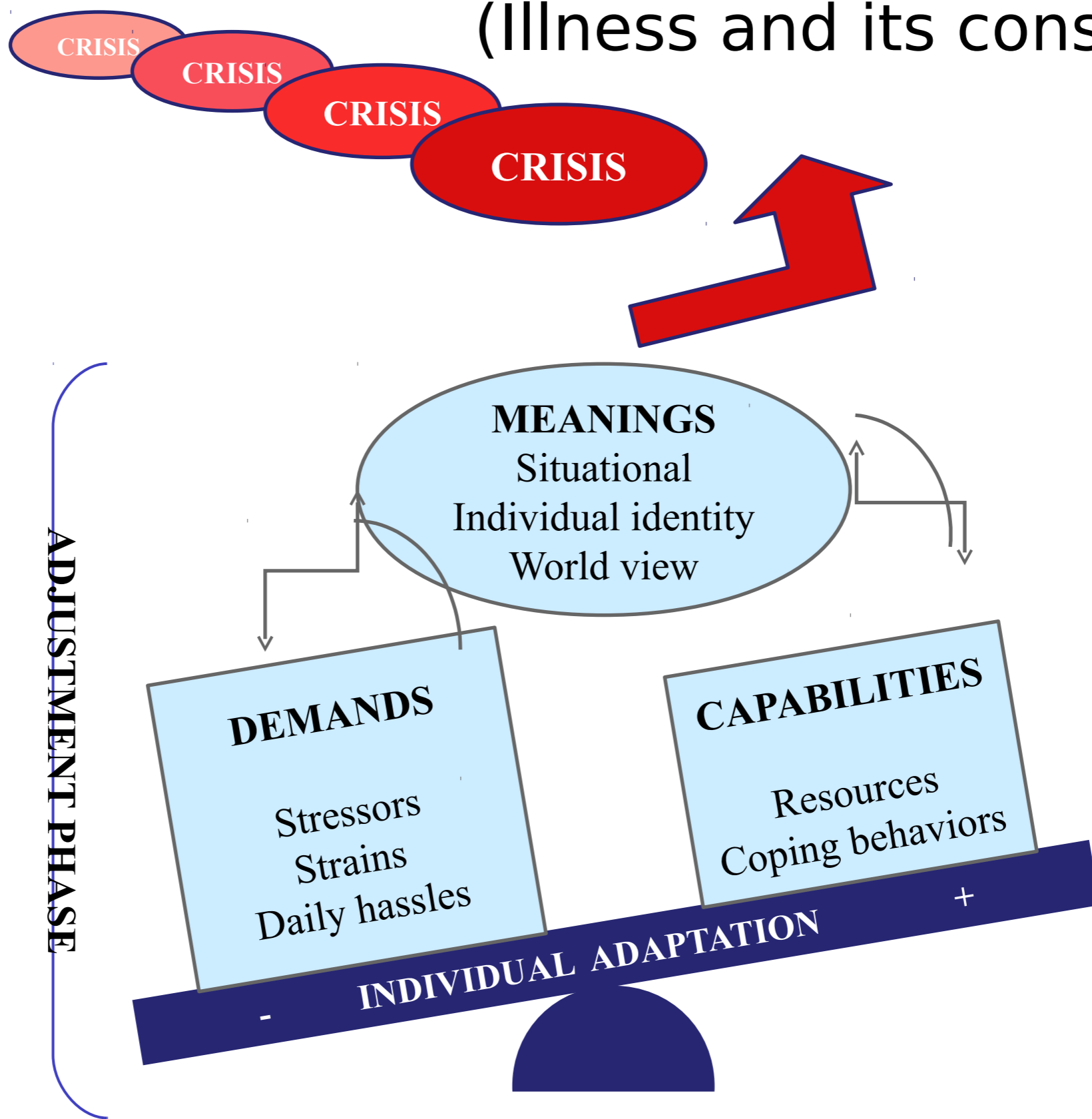
Patient empowerment

RESILIENCE

Psychological Resilience - Individual Adaption during a crisis (adapted from Patterson's FAAR Model)



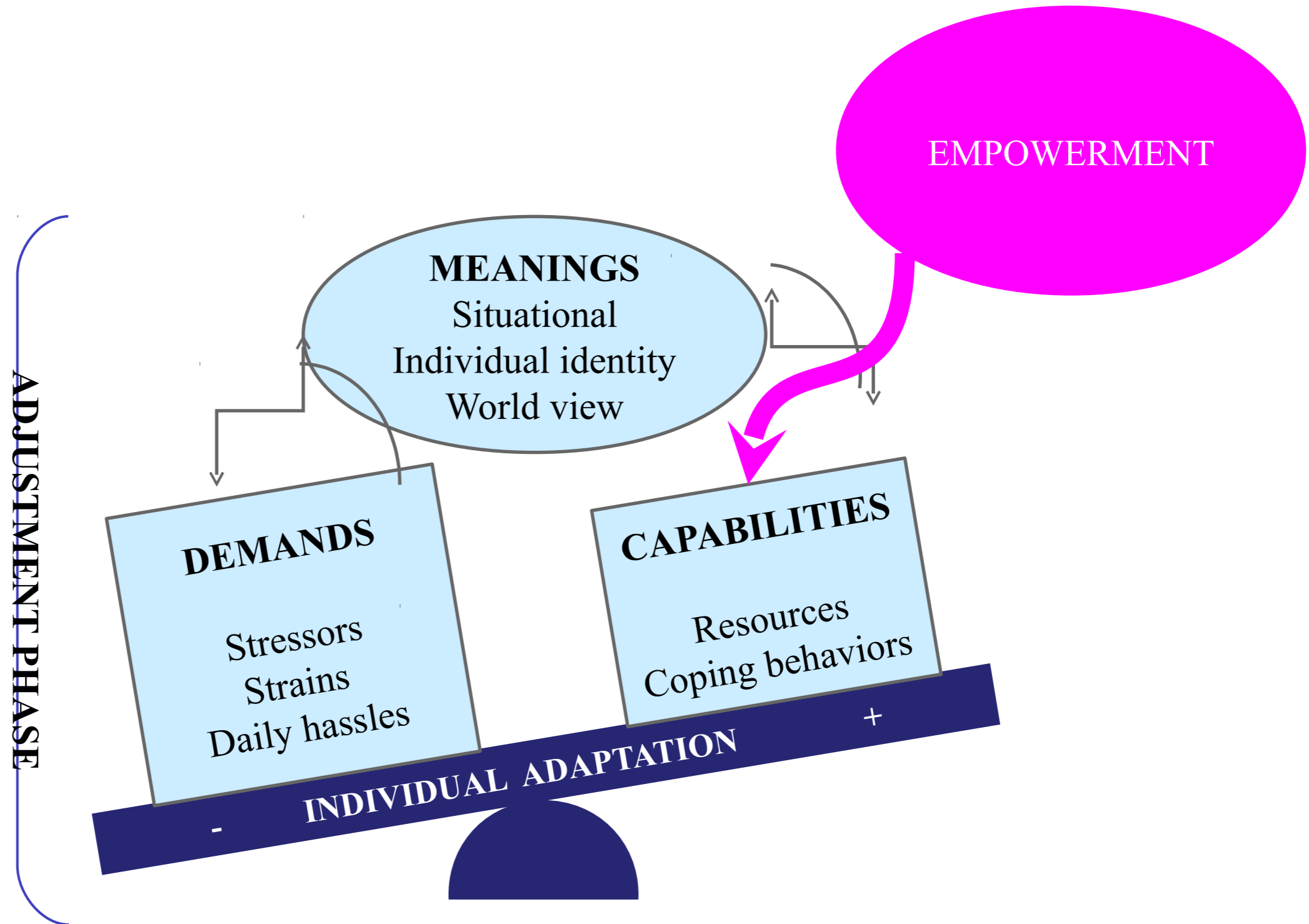
(Illness and its consequences



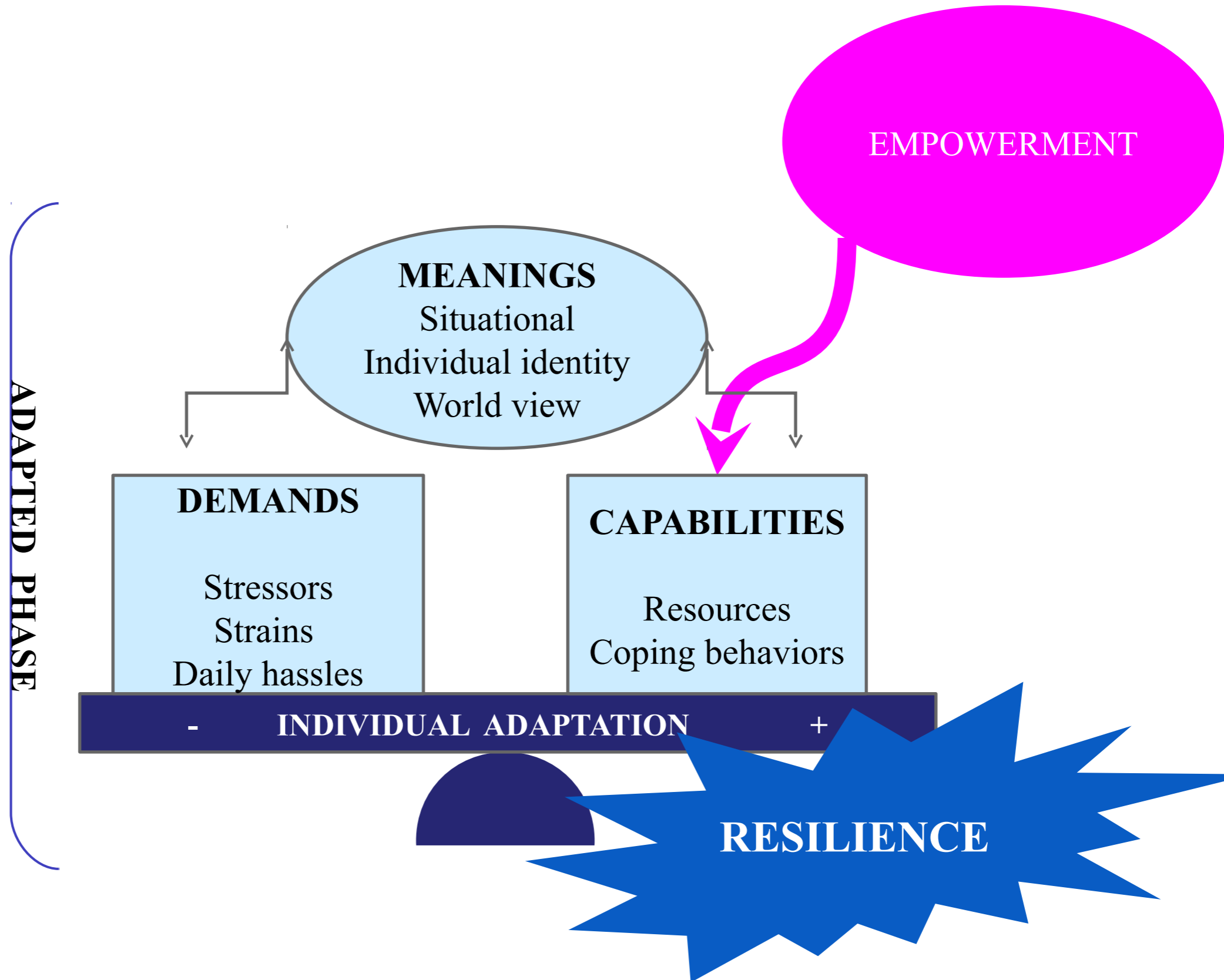
Psychological Resilience and Empowerment

One critical determinant of resilience is engaging directly with the challenging event
In psychology, resilience is considered as a process and not as a trait of the individual
Engagement can occur “naturally” (Individual resources, as personality and cognitive factors) or it may be fostered by some types of intervention in which the individual is **empowered** to acquire a sense of control over her behavior, feelings, thoughts, and development (Worell & Remer, 1992)

Resilience and Empowerment



Resilience and Empowerment



Patient empowerment

- Competence and control over health and health behaviour
- Manage her/his own condition collaborating with providers (shared decision making) to access appropriate care

How to improve the patient's empowerment in practice

Promoting shared decision making

Providing (understandable) information

Considering each single patient as a Person with his own psycho-cognitive characteristics, as well as needs, values and expectations

(I) Promoting a Shared decision making approach



Physicians have competences and theoretical knowledge



Patients experience their own illness in a personal way expressing needs, values and expectations that are unique to them

Shared decision making



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(II) Promoting a Personalised Medical Approach

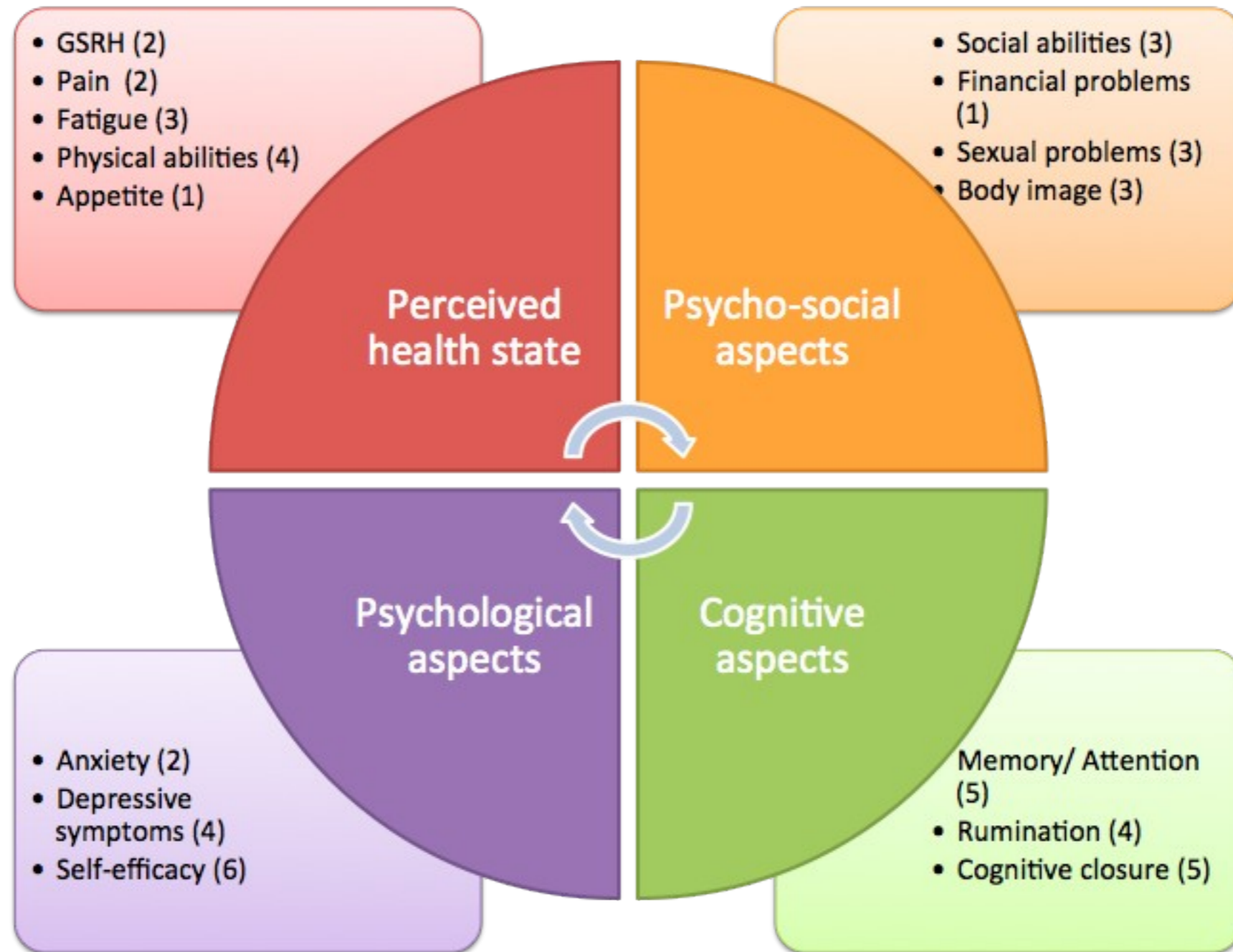
- Attention to the Psychological aspects (Personal and Cognitive) that make each Person different from others



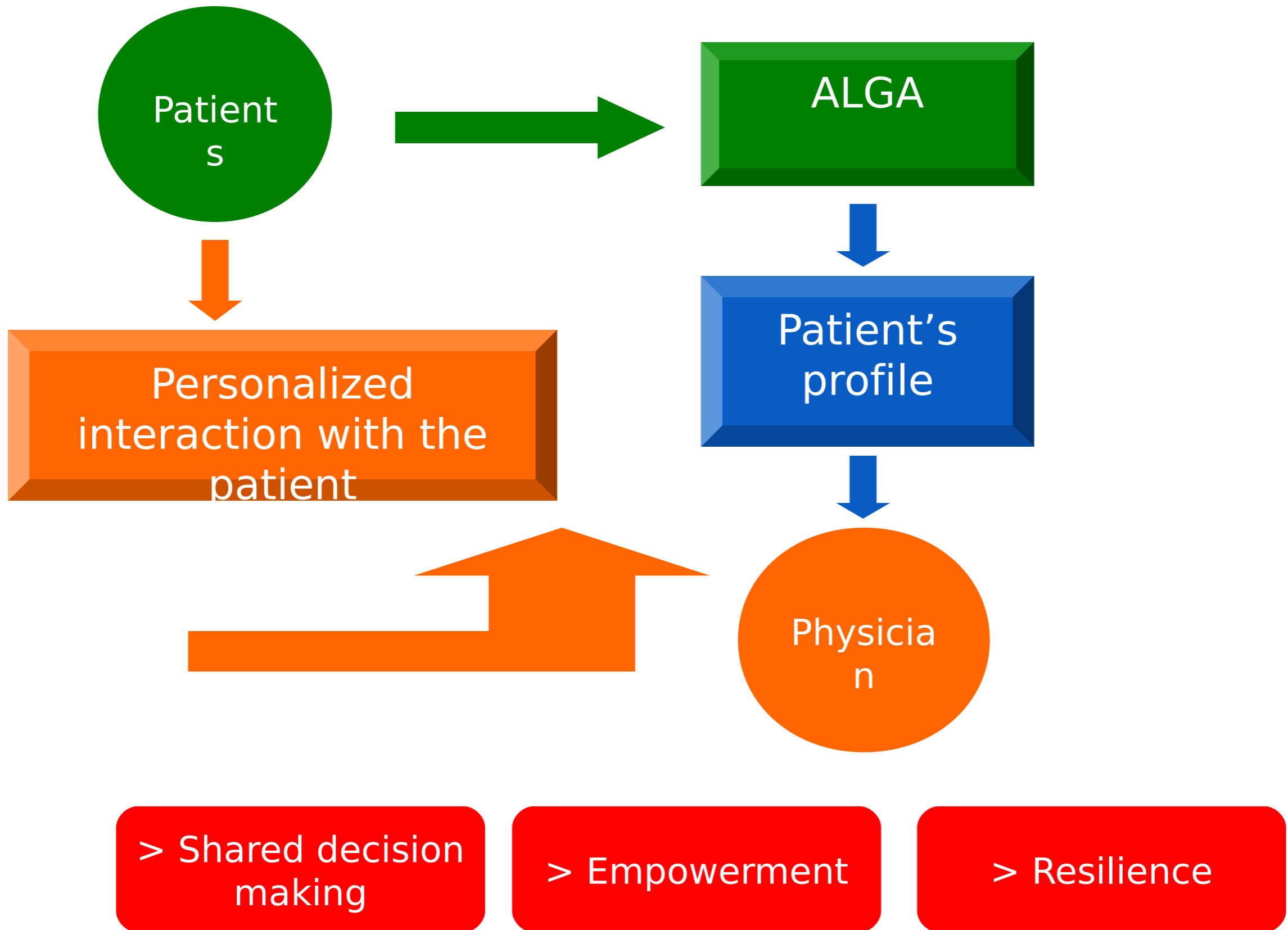
Advantages of a Personalised Medical Approach

- Maintaining respect for patient values, preferences, and needs, and informing and educating patients will allow them to set their own goals through *shared decision-making* with the physician
- It is necessary to collect such information in a way that helps physicians deal with it

The ALGA questionnaire: a support tool for developing patient empowerment



ALGA as first step to promote a personalised shared decision making approach



Future directions: Resilience and Empowerment in patients and families

The patient is not the only one involved in her illness

The whole family system is affected by it and needs to find and use resources to cope with the dysfunctional condition

This is particularly true in presence of a chronic disease, where a long term condition might modify the habits of the family

In presence of either acute or chronic diseases resilience becomes a crucial aspect in order to improve:

the ability of the patient and the family to deal with the dysfunctional aspects of the illness

- their short/long term quality of life

CONTACTS



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