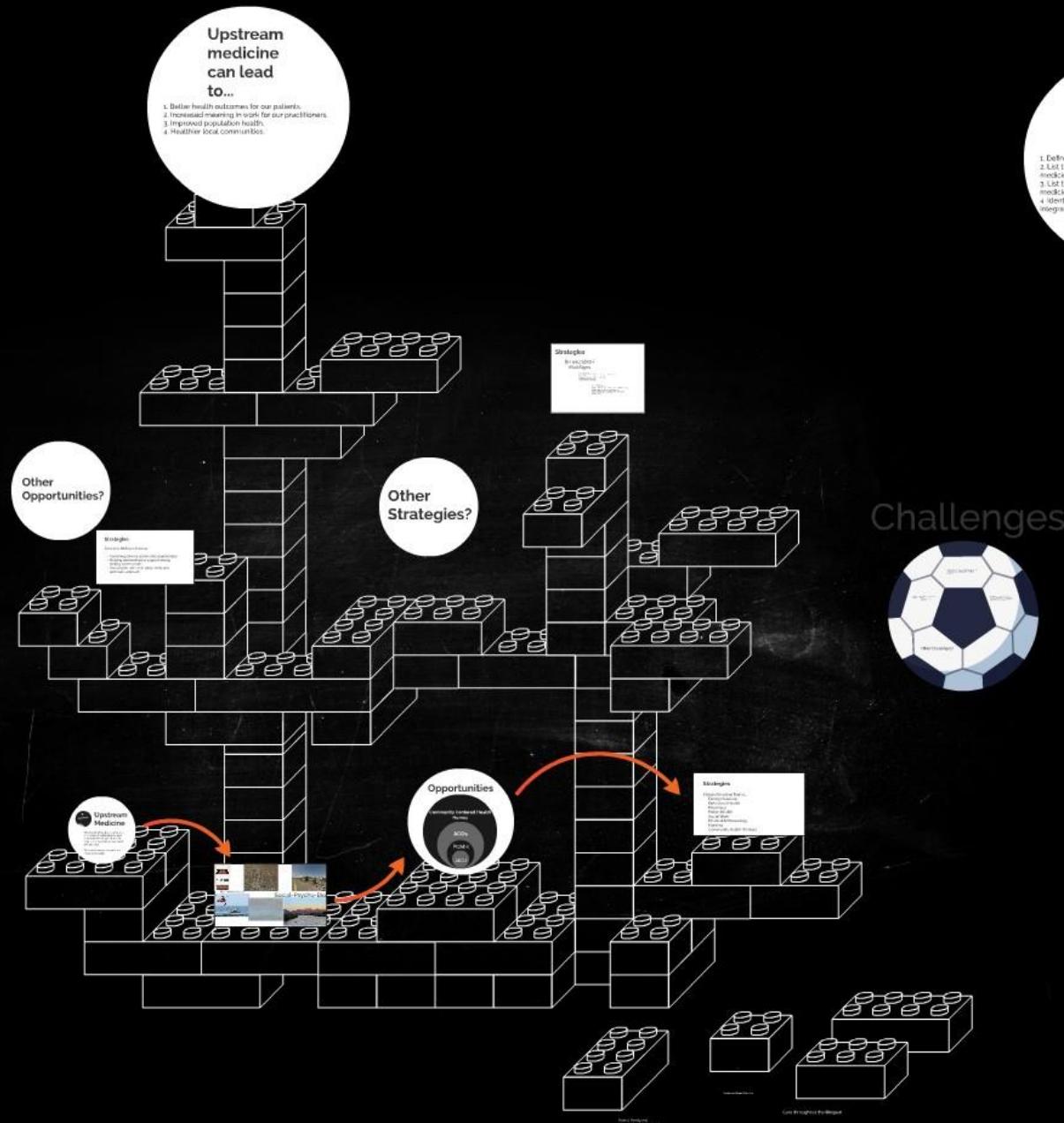


Upstream medicine can lead to...

1. Better health outcomes for our patients.
2. Increased meaning in work for our practitioners.
3. Improved population health.
4. Healthier local communities.

Objectives

1. Define upstream medicine.
2. List three approaches to integrate upstream medicine into family practice.
3. List three potential barriers to integrating upstream medicine into family practice.
4. Identify potential strategies to address barriers to integrating upstream medicine into family practice.



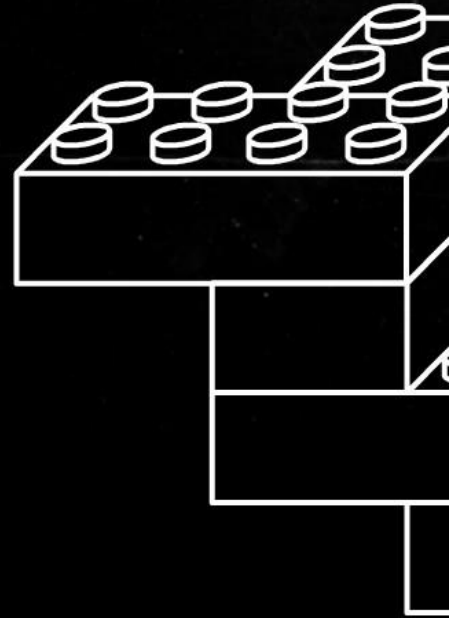
Upstream Medicine in Family Practice: Opportunities and Challenges

Mary Alice Scott, PhD
John Andazola, MD, FAAFP

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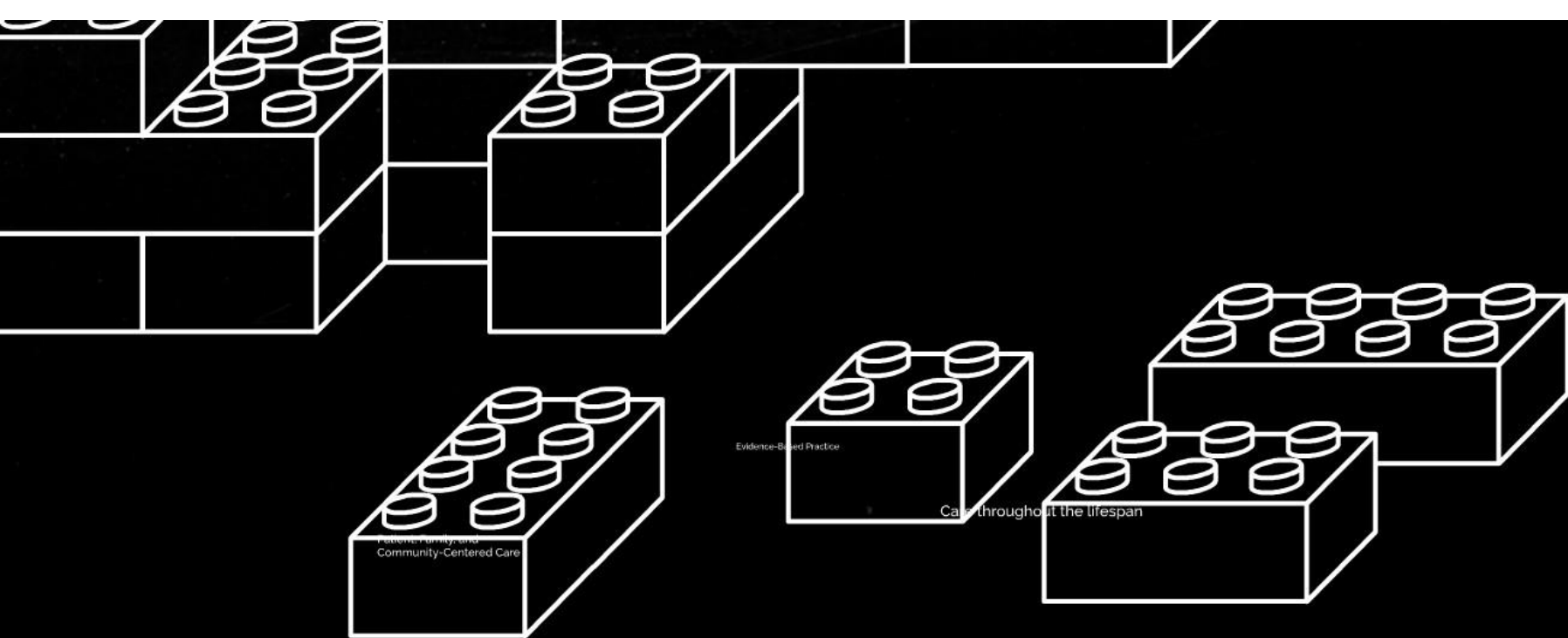
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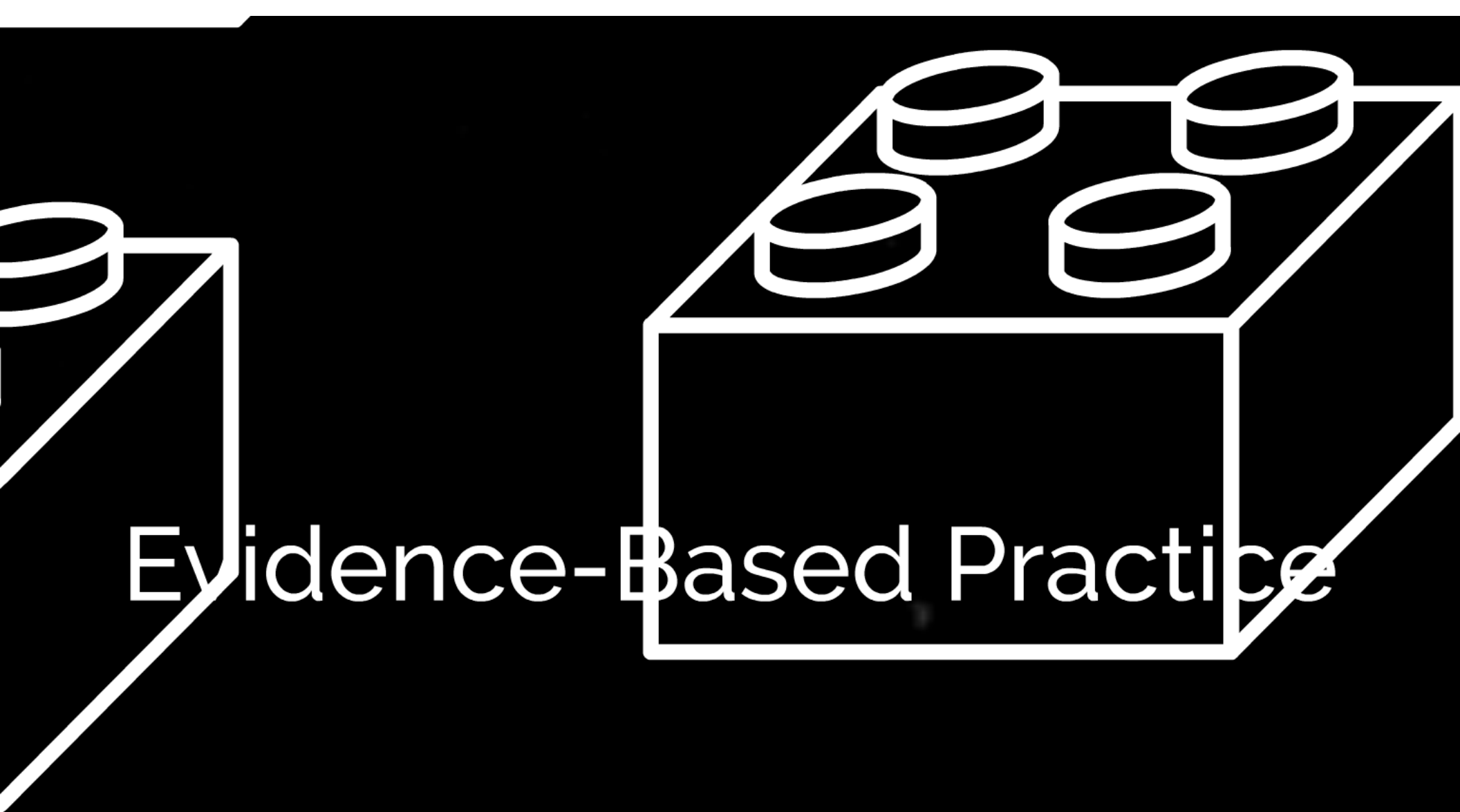
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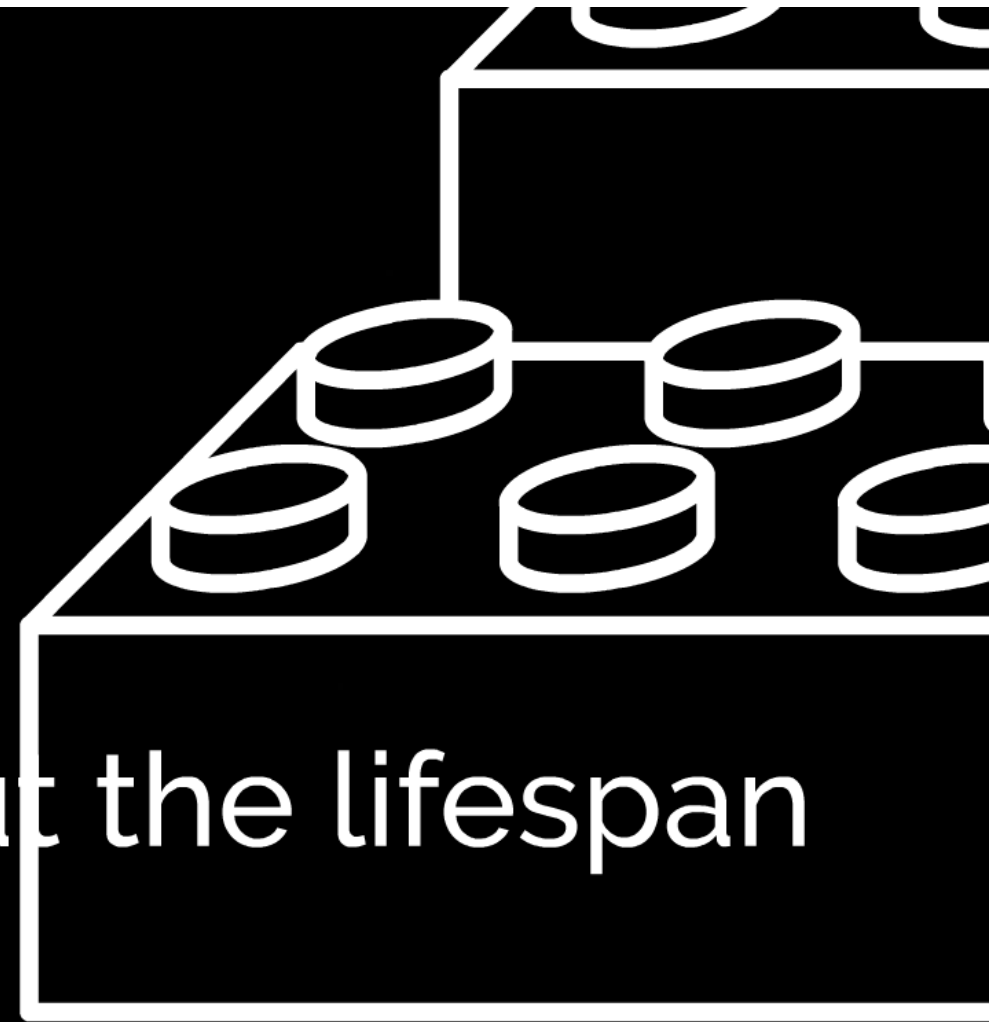
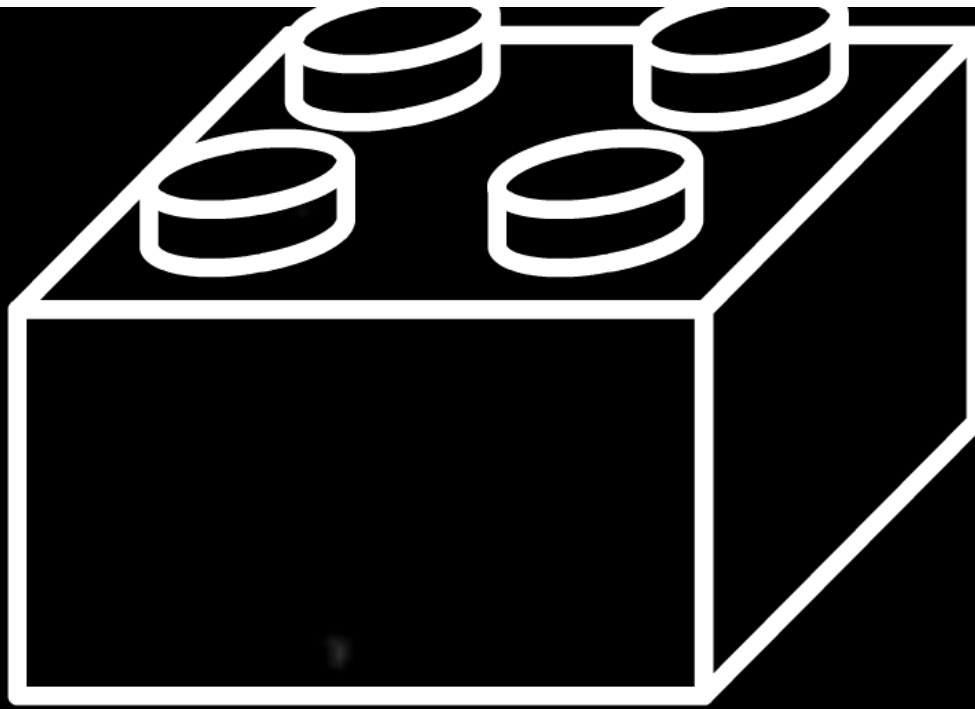
Values of Family Medicine



Patient, Family, and Community-Centered Care



Evidence-Based Practice



Care throughout the lifespan



Definitions

Upstream Medicine

Treatment of health concerns and promotion of well-being framed in an understanding that health begins in the places we live, work, eat, and play.

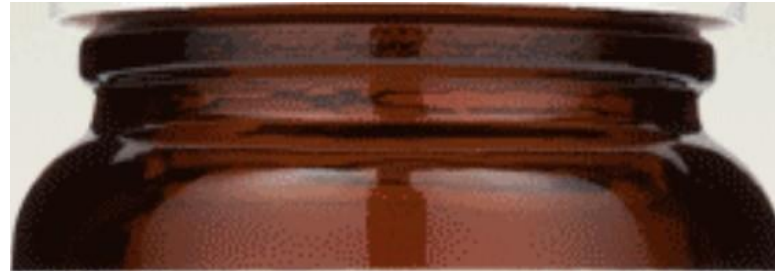
Treatment cannot be contained inside clinic walls.



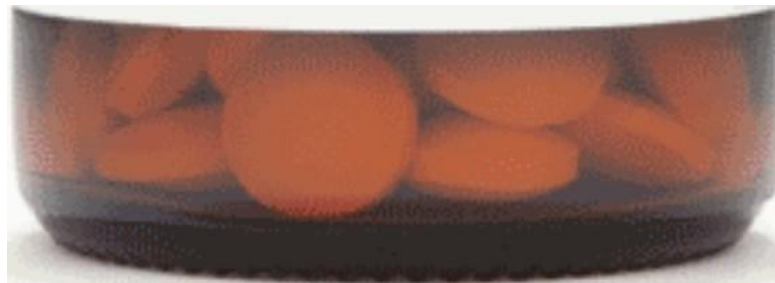
Bio-Psycho-Social

Social-Psycho-Bio

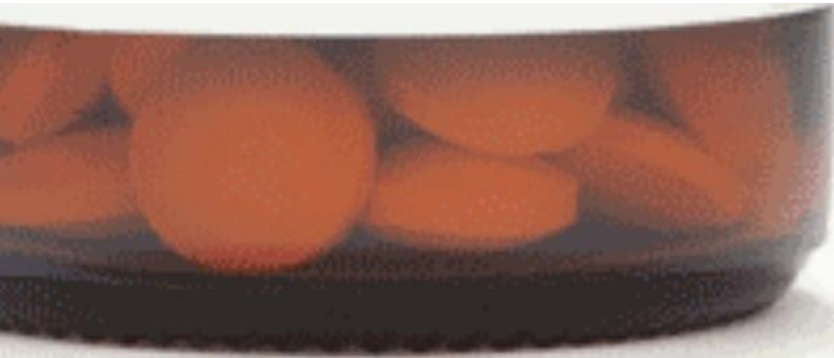




METFORMIN



Die Deutsche Gesellschaft für



Bio-Psycho-Social





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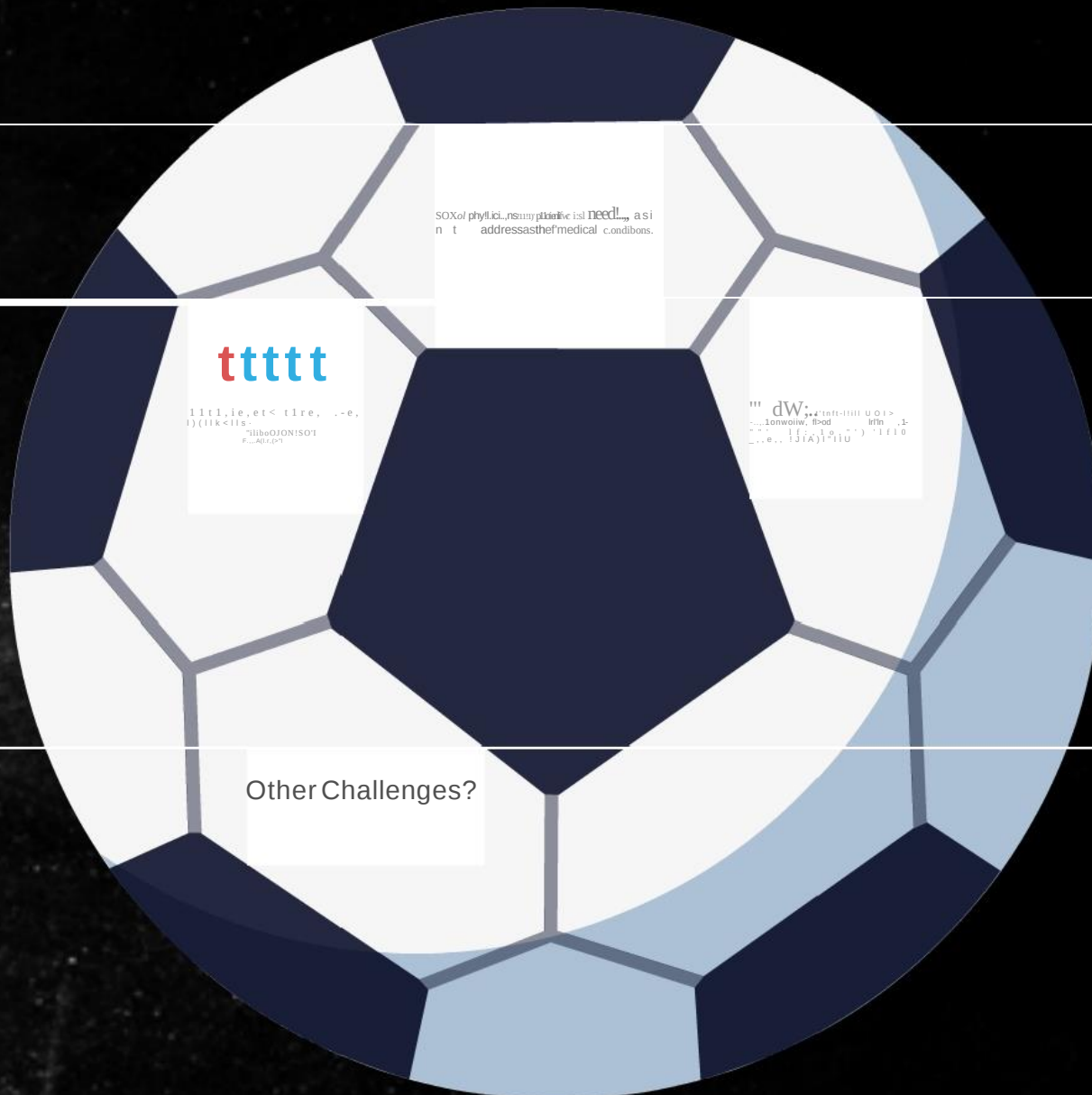




Social-Psycho-Bio



Challenges

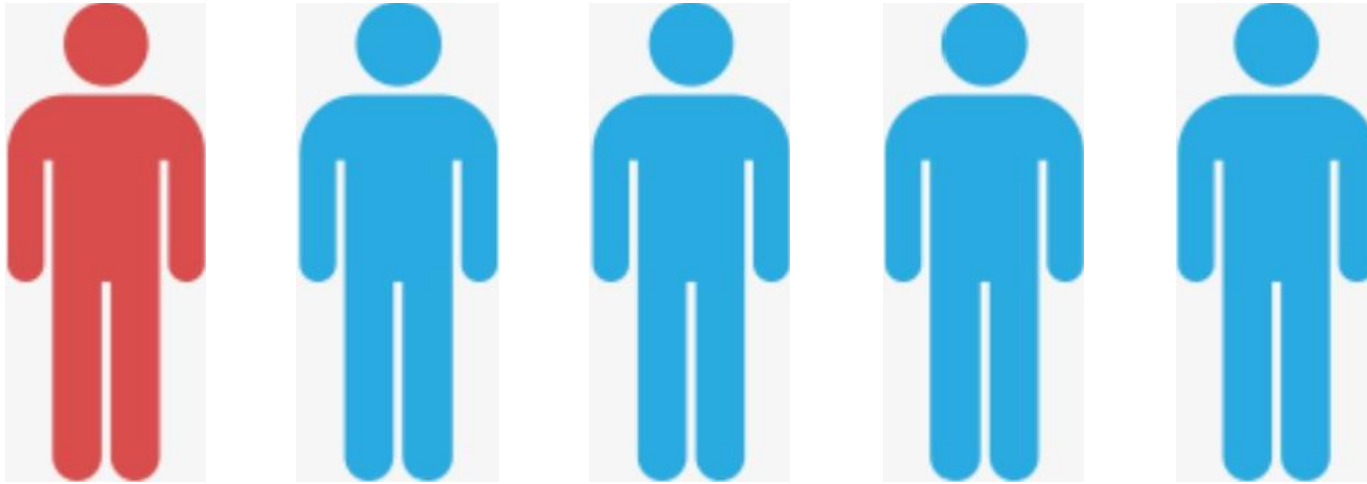




80% of physicians say patients' social needs are as important to address as their medical conditions,

85 % believe that unmet social needs... like access to nutritious food, reliable transportation and adequate housing-are leading directly to worse health for all Americans.





1 in 5 feel confident in their capacity to meet their patients' social needs...

Robert Wood Johnson
Foundation



Other Challenges?



Opportunities

Community Centered Health
Homes

ACOs

PCMH

AICU

Other Opportunities?

Strategies

Interprofessional Teams...

Family Medicine

Behavioral Health

Pharmacy

Public Health

Social Work

Medical Anthropology

Nursing

Community Health Workers

Strategies

**BH and SDOH
Vital Signs**

Behavioral Vital Signs...

I was able to follow the treatment plan my provider and I agreed on at my last appointment.

I take all of my medications the way I am told to take them.

I need to increase my exercise.

I need to change my eating habits.

Social Vital Signs...

Do you always have enough food for your family?

Do you have a high school degree?

Do you have trouble paying you heating or cooling bills?

Strategies

Dona Ana Wellness Institute

- Convening diverse community stakeholders
- Building partnerships to support strong, healthy communities
- Focusing on both emerging needs and upstream approach

Other Strategies?



**Upstream
medicine
can lead
to...**

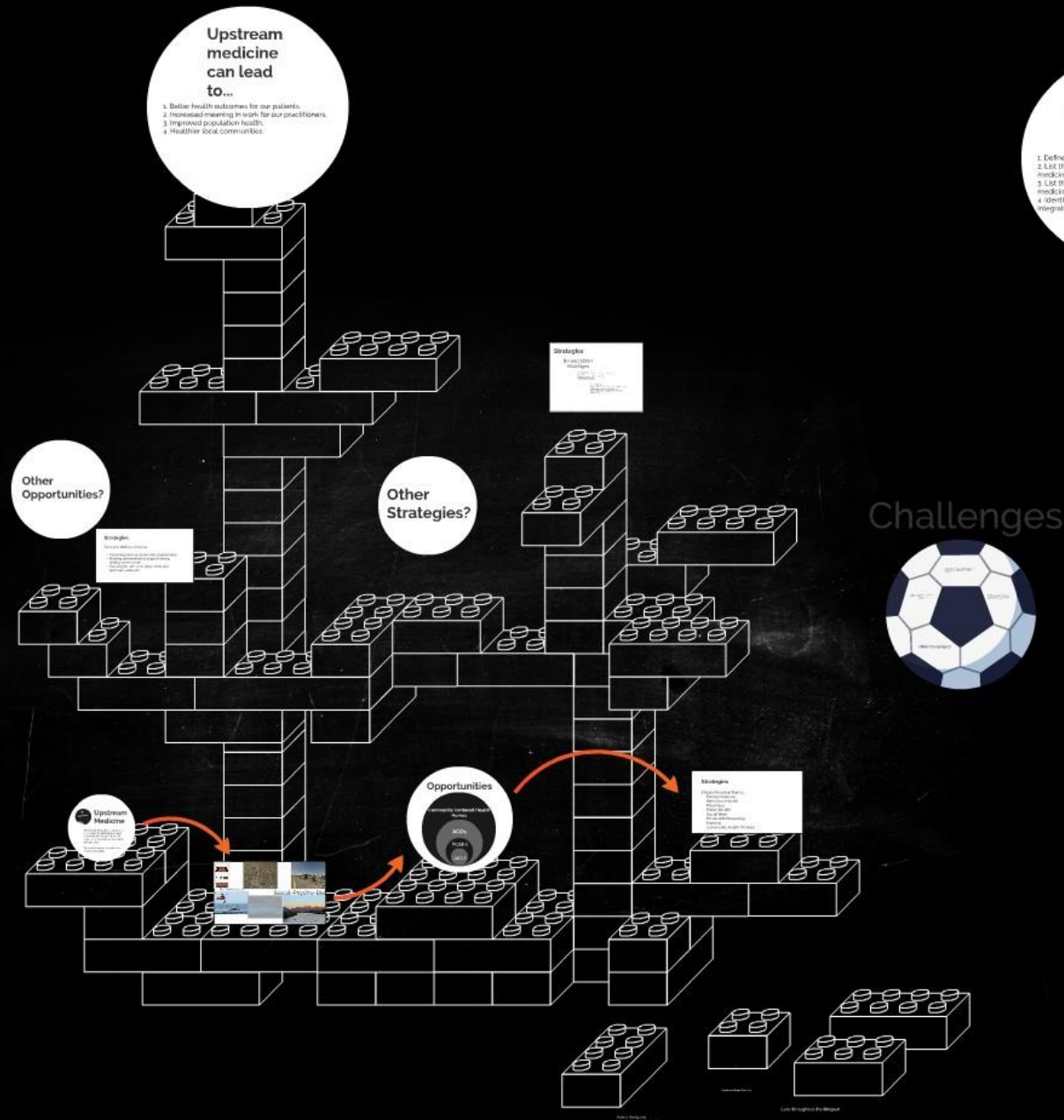
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