



## Turning Healthcare on its Head

- Compassionate Collaboration trumps Competitive Consumerism
- Technology can help and hinder
- The joy of being human is to be humane

Dr Phil Hammond, [www.drphilhammond.com](http://www.drphilhammond.com), @drphilhammond



## A BIDET REVOLUTION

- 'Never lose sight of the person'
- All health interventions should either improve the quality or the length of life
- Just because we *can* do something, doesn't mean we *should*
- To improve the quality of a person's life, you have to know the person
- Care must be tailored to peoples' goals as well as their genes



## Health-care Begins with Self-care

- Self care requires self love
- We all need to do some 'self-work'
- What are your values, passions and purpose?
- What is it you plan to do with your one wild and precious life?
- How Can I Be Kind to My Mind?



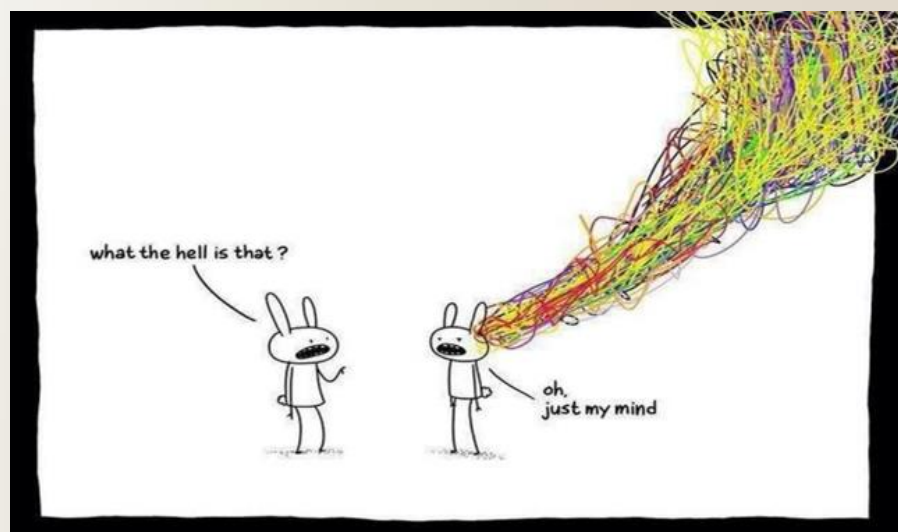
## The Power of Behaviour

- 70% of what we can do to prevent illness is down to behaviour not healthcare
- 70% of what we can do to stop an established disease getting worse is also down to behaviour
- If you're lucky enough to be healthy, you have a responsibility to try to remain so for as long as possible
- No health service can thrive unless its citizens accept self-responsibility

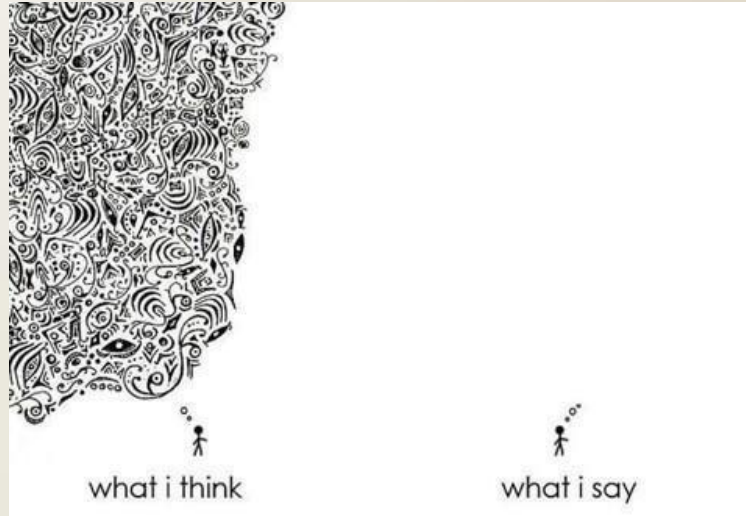
## Healthy Mind, Health Body Healthy Body, Healthy Mind

- Physical health requires mental health and vice versa. Why separate them?
- All physical symptoms have a psychological component - MUS
- We need to be taught resilience skills at all ages
- Inequality is bad for health – ‘Why treat people to send them back to the conditions that make them ill?’
- Pure knowledge is as essential as pure water. It needs information and interpretation.

## Being Human



## Being a Man



## Move Upstream

**For 90% of symptoms,  
a dog is more use  
than a doctor**

**Five portions of fun a day**

**Happiness = Pleasure +  
Purpose**



## Get the CLANGERS habit. The daily ingredients of health are simple

- CONNECT
- LEARN
- ACTIVE
- NOTICE
- GIVE BACK
- EAT WELL
- RELAX
- SLEEP



## CLANGERS helps you survive and thrive when you're ill


- CONNECT – with your healthcare team, patients, charities, carers
- LEARN – as much as you can about your condition
- ACTIVE – as you can be in the management of your condition
- NOTICE – symptoms and signs as well as standards of care
- GIVE BACK – and speak up to those treating you and other patients
- EAT WELL
- RELAX
- SLEEP





## The Future is Compassionate and Competent Collaboration

- Health care teams collaborate with patients and carers in their communities.
- Care systems collaborate across communities with defined budgets, with patients handed as much control as they want.
- Research and development companies collaborate to identify, prioritize and design new treatments that improve health and the ability of people to manage their own health.
- Technology is key



## Collaboration Invites Constructive Challenge

'Innovative organizations thrive not because they breed superstars but because they cherish, nurture and support the vast range of talents, personalities and skills that true creativity requires. Collaboration is a habit of mind, solidified by routine and prepared on openness, generosity, rigour and patience. It requires precise and fearless communication, without status, awe or intimidation. Everyone must bring their best. And failure is part of the deal, an inevitable part of the process to be greeted with support, encouragement and faith. The safest hospitals are those where it's easiest to acknowledge an error. The biggest prizes grow as they are shared.'

Margaret Heffernan



## We Need to Provide Care that is TRACKERS. How can technology help?

- Transparent
- Right for the Individual
- Accessible and Accountable
- Competent and Collaborative
- Kind
- Effective
- Right First Time
- Safe



## Right OUTCOME Needs the Right DOPE. How Can Technology Help?

- Diagnosis
- Option
- Process
- Experience

# Neuroplasticity

## 'What we focus on is what grows'



We're all going to die  
How can technology help?






[www.drphilhammond.com](http://www.drphilhammond.com)


Laugh  
Plan your death  
Reclaim our NHS

£10  
or less

**DR PHIL HAMMOND**  
5 - 27 August  NHS  
Edinburgh Fringe

3:05 pm  
Life and Death  
(But Mainly Death)

10:05 pm  
Dr Phil's NHS  
Revolution




"If Dr Phil were a  
medicine, you should  
swig him by the litre"

Venus 43

**SPACE** @ Symposium Hall  
\*\*\*\*  
THE TIMES

**STAYING ALIVE**  
How to Get the Best from the NHS

THIS BOOK COULD  
SAVE YOUR  
LIFE



Dr Phil Hammond

**STAYING ALIVE**

How to Get the Best from the NHS

Quercus