

Session #

The Impact of Family on the Psychological and Physical Health of an Individual: A Collaborative Approach

- ❖ Katherine Schmieder, Psy.D.
- ❖ Wade Turnipseed, M.S., LMFT
- ❖ Colleen T. Fogarty, MD, MSc, FAAFP
- ❖ Lauren Decaporale-Ryan, Ph.D.

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Faculty Disclosure

The presenters of this session have NOT had any relevant financial relationships during the past 12 months.

Conference Resources

Slides and handouts shared in advance by our Conference Presenters are available on the CFHA website at http://www.cfha.net/?page=Resources_2018



Slides and handouts are also available on the mobile app.

Learning Objectives

At the conclusion of this session, the participant will be able to:

- List the steps of the “ekstasis” method of peer consultation.
- Discuss the potential application of the “ekstasis” model of peer consultation to clinical work in your own setting.
- Understand the significance of the family lens in patient care.

Bibliography / Reference

1. <https://familymedicine.umn.edu/faculty-development/ekstasis-peer-consultation>
2. Hesketh, E., Bagnall, G., Buckley, E., Friedman, M., Goodall, E., Harden, R., . . . Oughton, R. (2001). A framework for developing excellence as a clinical educator. *Medical Education*, 35 (6), 555-564

Learning Assessment

A learning assessment is required for CE credit.

A question and answer period will be conducted at the end of this presentation.

Introduction

- **Ekstasis Peer Consultation Model**- developed by the University of Minnesota North Memorial Family Medicine Residency Program
 - Case Presentation: 5 minutes
 - Fact Questions: 10 (7) minutes
 - Diagnostic Brainstorming: 15 minutes
 - Action Steps: 15 (7) minutes
 - Presenter Reflections: 5 minutes

Peer Consultation

Presenter: Katherine Schmieder

Facilitator: Wade Turnipseed

Consultants: Lauren Decaporale-Ryan and YOU

Case Presentation (5 minutes)

Possible questions to base the presentation:

Who are the major players?

What are the formal relationships? Prior interactions?

Where is the senior authority on the issue?

What has the presenter done so far/decided not to do?

What would success look like to the presenter?

Team asks fact questions (7 minutes)

Restrict to only fact questions- no problem solving.

Example: Have you done a memory assessment? What was the outcome of the screen?"

(VS something more feelings driven, or opinion: "Wonder what his wife thinks of his memory loss")

Diagnostic Brainstorming (15 minutes)

Possible questions here:

What are the stakes?

What are the underlying or hidden issues?

What are the technical issues? What are the adaptive challenges?

What are the value choices?

What are the stories that the participants saying in this case?

What options are off the table?

How has the presenter contributed to the problem?

What interpretations has the presenter been unwilling to consider?

Why is the presenter concerned about the situation?

Action Steps (7 minutes)

Suggest action steps along the way:

Doing the Right Thing.

Doing the Thing Right.

The Right person doing it.

Presenter Reflections (5 minutes)



Q and A

