

ANY PORT IN A STORM

BILL LEINER JR., MS RN PMH-BC

JUDY YANACEK, MSW LCSW

NEW VITAE WELLNESS AND RECOVERY, INC

OCTOBER 17, 2019



ANY PORT IN A STORM

“ANY PORT IN A STORM”

... IN ADVERSE CIRCUMSTANCES ONE WELCOMES ANY SOURCE OF RELIEF OR ESCAPE

LITERALLY, A SHIP AT SEA SEEKS SAFETY IN ANY HARBOR DURING A VIOLENT STORM

ANY PORT IN A STORM

THIS METAPHOR WAS FIRST RECORDED IN 1749 IN A BOOK CALLED “MEMOIRS OF A WOMAN OF PLEASURE”¹

EXAMPLES: 1. WHEN URGENTLY SEEKING A JOB, TAKING ONE BELOW EXPECTATIONS

2. “I KNOW SHE’S (HE’S) LONELY, BUT I CAN’T BELIEVE SHE (HE) IS GOING OUT WITH THAT GUY (GIRL).”

3. TRYING A MEDICINE OR TREATMENT NOT NORMALLY USED. TRYING A TREATMENT LACKING EVIDENCE-BASE DATA FOUND ONLINE, PERHAPS A SUPPLEMENT OR MEDICATION OFF LABEL USE.

ANY PORT IN A STORM

“WEST GREETE EAST: ALTERNATIVE APPROACHES TO AGING” ...

- **A WIDE TOPIC ENCOMPASSING MANY FACETS OF CARE AND PREVENTION; EXCEEDINGLY COMPLEX CONSIDERATIONS**
- **WEST GREETE EAST FOR A VARIETY OF REASONS: GREATER ACCESS DUE TO THE INTERNET, SHARING KNOWLEDGE, CURIOSITY ABOUT DIFFERENT METHODS, SINCERE EFFORT TO ASSIST HEALING, ETC. ...**
- **AT THE INDIVIDUAL LEVEL, AT TIMES, A FRUSTRATION WITH WEST AND EAST METHODS THAT LEADS TO SEEKING ALTERNATIVES PARTICULARLY WHEN FACED WITH A SERIOUS AND/OR LIFE THREATENING AILMENT *ANY PORT IN A STORM* [GLAUCOMA, PSEUDO GOUT DX .. MEDS VS. NATURAL]**

ANY PORT IN A STORM

WESTERN MEDICINE

- **SYSTEM OF MEDICINE IN WHICH MEDICAL DOCTORS, HEALTHCARE PROFESSIONALS SUCH AS NURSES, PHARMACISTS, AND PHYSICIAN ASSISTANTS TREAT SYMPTOMS OF DISEASE USING DRUGS, RADIATION, HEALTHCARE DEVICES, OR SURGERY. CALLED ALLOPATHIC MEDICINE, CONVENTIONAL MEDICINE**
- **GOAL IS TO DIAGNOSE DISEASE, STOP ITS PROGRESSION, RELIEVE SYMPTOMS, CURE IF POSSIBLE, TO IMPROVE QUALITY OF LIFE ₂**

[MOST BABY BOOMERS RAISED WITH WESTERN MEDICINE, MEDICAL MODEL]

ANY PORT IN A STORM

EASTERN MEDICINE

- **MEDICAL SYSTEM USED FOR THOUSANDS OF YEARS TO PREVENT, DIAGNOSE, AND TREAT DISEASES**
- **TRADITIONAL CHINESE MEDICINE INCLUDES ACUPUNCTURE, DIET, HERBAL THERAPY, MEDITATION, PHYSICAL EXERCISE, AND MASSAGE, ETC.**
- **RESTORE THE BODY'S NATURAL BALANCE AND HARMONY BETWEEN NATURAL OPPOSING FORCES (YIN/YANG). STABILIZATION OF LIFE ENERGIES**
- **ALSO CALLED ORIENTAL MEDICINE AND TCM (TRADITIONAL CHINESE MEDICINE) ²**

ANY PORT IN A STORM

HOLISM...

- **THEORY THAT ALL COMPONENTS OF A PERSON: PHYSICAL, BIOLOGICAL, CHEMICAL, SOCIAL, ECONOMIC, EMOTIONAL, AND MENTAL, ETC. AS INDIVIDUAL COMPONENTS TOGETHER MAKE THE WHOLE PERSON**
- **INDIVIDUAL COMPONENTS CANNOT BY THEMSELVES EXPLAIN A PERSON'S WELL-BEING OR LACK THEREOF**
- **WHOLE IS GREATER THAN SUM OF ITS PARTS WHICH APPLIES TO ALL STAGES OF LIFE. WESTERN SOCIETY INCREASINGLY MOVING TOWARD ACCEPTANCE AND UTILIZING EASTERN METHODS ³**

ANY PORT IN A STORM

INTEGRATED HEALTHCARE, E.G.

- **PSYCHIATRY IN THE EARLY 1990'S THE FOCUS OF TREATMENT WAS NECK UP – NOW IT IS INTEGRATED HEALTHCARE – MIND, BODY, SPIRIT**
- **ADDICTION WAS SEPARATE FROM MENTAL HEALTH. CURRENT - ADDICTION/MH/TRAUMA**
- **INTEGRATION INCLUDES NEW APPROACHES TO AGING – GERIATRICIAN, GEROSCIENCE, PREVENTIVE GERIATRICS, HEALTHY AGING**
- **NUTRITION WAS A BALANCED DIET – FOOD AS MEDICINE MOVEMENT. FOOD AS MEDICINE: HEALTH BEYOND THE MEDICINE CABINET**

ANY PORT IN A STORM

DR. JAMES GORDON (2019) RESEARCH FOUND SIX PRINCIPLES OF USING FOOD AS MEDICINE:

- 1. EAT FOODS THAT REFLECT YOUR GENETICS. THE WAY ANCIENT HUNTER-GATHERERS ATE**
- 2. AVOID SUPPLEMENTS WHEN FOODS ARE AVAILABLE TO TREAT/PREVENT CHRONIC ILLNESS (ENTOURAGE EFFECT₄)**
- 3. DEVELOP A PLAN TO REDUCE STRESS ALONG WITH A NUTRITIONAL PLAN ₅**

ANY PORT IN A STORM

GORDON'S SIX PRINCIPLES (CONTINUED) ...

4. UNDERSTAND THAT WE ARE ALL BIOCHEMICALLY UNIQUE

5. SEEK A HEALTHCARE PROFESSIONAL TO TREAT CHRONIC CONDITIONS WITH NUTRITION, STRESS MANAGEMENT, AND EXERCISE RATHER THAN MEDICATION

6. DO NOT DEVELOP INTO A FOOD FANATIC ⁵

NUTRITION IS NOT AGE SPECIFIC AND MIGHT HAVE GREATER IMPORTANCE AS WE AGE

ANY PORT IN A STORM

- **HEALTHY AGING – BIOMEDICAL SCIENCE SUCCESSFUL AGING IS ABSENCE OF DISEASE, PHYSICAL, AND COGNITIVE DISABILITY. “HEALTHY AGING” SEES AGING AS PHYSICAL AND COGNITIVE FUNCTIONAL PRESERVATION, BUT WITHOUT REQUIREMENT OF DISEASE AVOIDANCE**
- **GEROSCIENCE – INTERDISCIPLINARY APPROACH TO UNDERSTAND GENETICS, AND CELLULAR MECHANISMS THAT MAKE AGING A RISK FACTOR IN CHRONIC HEALTH CONDITIONS IN AGING ⁶**

ANY PORT IN A STORM

- **GERIATRICIAN – AN EXPERT IN MEDICINE DEALING WITH THE HEALTH AND CARE OF THE OLDER ADULT
FIRST CERTIFIED GERIATRICIANS IN 1988**
- **PREVENTIVE GERIATRICS – NURTURE A STATE OF HEALTH THAT ALLOWS MAXIMAL ACTIVE LIFE
EXPECTANCY WHILE MAINTAINING HIGH LEVELS OF FUNCTION**

ANY PORT IN A STORM

THE NURSING PROCESS: (PATIENT CENTERED APPROACH)

- **ASSESSMENT – INVOLVES CRITICAL THINKING AND DATA ACCUMULATION, PATIENT INTERVIEWING**
- **DIAGNOSIS - EDUCATED JUDGMENT BASED ON ASSESSMENT, DETERMINES COURSE OF TREATMENT**
- **PLANNING – IDENTIFY PATIENT GOALS AND COURSE OF ACTION**
- **IMPLEMENTATION – FOLLOW THROUGH ON THE DECIDED PLAN OF ACTION**
- **EVALUATION – DETERMINE IF THE GOALS FOR PATIENT WELLNESS HAVE BEEN MET ,**

ANY PORT IN A STORM

ENGINEERS PROCESS

- **DEFINE THE PROBLEM**
- **DO BACKGROUND RESEARCH**
- **BRAINSTORM, EVALUATE**
- **DEVELOP SOLUTION**
- **TEST SOLUTION**
- **COMMUNICATE RESULTS.**

ANY PORT IN A STORM

- **APPLICATION OF HOLISTIC NURSING STRATEGIES AND THE NURSING PROCESS IN MY "LIVED EXPERIENCES" ASSISTING MY ELDERLY PARENTS**
- **BOTH COGNITIVELY DECLINED DUE TO NEUROCOGNITIVE DISORDERS**
- **LEWY BODIES, AND ALZHEIMER'S**
- **BOTH WERE PATIENTS AT PHOEBE ALLENTOWN**
- **MANY CHALLENGES ASSISTING BOTH: THEY WERE DEEPLY ENTRENCHED IN THE MEDICAL MODEL, BUT SKEPTICAL**

ANY PORT IN A STORM

FUTILE EFFORTS:

- **VARIED HEALTHIER DIET AWAY FROM PROCESSED FOODS, MEATS, AND PASTRIES**
- **BREATHING EXERCISES, MINDFULNESS MEDITATION**
- **EXPLAINING MEDICATION, SUPPLEMENTS**
- **INCREASE LOW IMPACT EXERCISE, INCREASE PHYSICAL ACTIVITIES**
- **EDUCATION ON HOLISTIC PRACTICES**

ANY PORT IN A STORM

OBSERVATIONS:

- **THE NURSING PROCESS ELEMENTS AND HOLISTIC MEASURES ARE NOW FOUND BOTH IN EASTERN AND WESTERN METHODS**
- **HOLISTIC MEASURES INCREASINGLY UTILIZED BY NURSING IN MAJOR HEALTH NETWORKS LOCALLY AND HAVE GAINED PROMINENCE IN COOPERATION WITH WESTERN MEDICINE IN A QUEST FOR INCREASED QUALITY OF LIFE, IMPROVED WELLNESS (AWAY FROM HISTORICALLY MARKET DRIVEN CARE- MEDS)**

ANY PORT IN A STORM

OBSERVATIONS (CONTINUED):

- **ESSENTIAL OILS AND REIKI ALLOWED AT A LOCAL LARGE HEALTH NETWORK, AND EFFORTS TO APPROVE USE THE “SCIENCE OF BREATHING” 9**
- **MAINLINE HOSPITALS ALLOWING PET THERAPY, AROMA THERAPY, AND REIKI**
- **HYPNOSIS EXAMPLE ...**

ANY PORT IN A STORM

SCIENCE OF BREATHING

- **STRESS REDUCTION, INSOMNIA PREVENTION, EMOTIONAL CONTROL, IMPROVED ATTENTION**
- **“BEGIN LIFE BY INHALING; EXIT LIFE BY EXHALING”**
- **EVERY MEDITATION TECHNIQUE RELIES ON BREATHING TO CALM THE MIND AND BODY OF ANY AGE**
- **UNDERSTOOD AND PRACTICED CENTURIES AGO AS A METHOD TO SOOTHE ONESELF**
- **DEEP BREATHE AS AN ENJOYMENT ACTIVITY, NOT ONLY WHEN STRESSED 9**

ANY PORT IN A STORM

- **"LIVED EXPERIENCE" STORIES MANY PEOPLE ENCOUNTER CARING FOR THEIR ELDERLY PARENTS WHO DEVELOP A NEUROCOGNITIVE CHALLENGE**
- **SHARING EXPERIENCES IS IMPORTANT FOR EDUCATIONAL, HEURISTIC, AND THERAPEUTIC REASONS**
- **TALK TO FRIENDS ABOUT YOUR EXPERIENCES WITH AGING PARENTS, ADDICTIONS, ETC. THERE ARE ELDERLY WITH ADDICTION CHALLENGES**

ANY PORT IN A STORM

SUMMARY:

- **LEARN AS MUCH AS POSSIBLE ABOUT EAST AND WEST METHODS**
- **WORK TO UNDERSTAND THAT EAST/WEST BRIDGES ARE DRIVEN BY INDIVIDUALS AND CURRENTLY OCCURRING**
- **UNDERSTAND THE NURSING PROCESS AND ITS IMPORTANCE**

ANY PORT IN A STORM

SUMMARY CONTINUED:

- **SHARE YOUR THOUGHTS ABOUT EAST AND WEST, AND YOUR HEALTHCARE EXPERIENCES**
- **SHARE YOUR STORIES ABOUT CARING FOR AGING PARENTS, FAMILY MEMBERS OR FRIENDS**
- **BE A ROLE MODEL BY SPEAKING OUT TO ALL INCLUDING POLITICAL LEADERS**
- **HELP MAKE THE NEEDED CHANGE IN HEALTHCARE THAT INCLUDES A MARRYING OF BOTH EAST AND WEST METHODS *AND REMEMBER, ANY PORT IN A STORM***

ANY PORT IN A STORM

QUESTIONS?

THANK YOU

ANY PORT IN A STORM

REFERENCES

- 1 CLELAND, J. (1749). MEMOIRS OF A WOMAN OF PLEASURE. UNKNOWN PRINTER: LONDON, UK.
- 2 WESTERN MEDICINE DEFINITION. (2019). NCI DICTIONARY OF CANCER TERMS. RETRIEVED FROM SEARCH WESTERN MEDICINE DEFINITION
- 3 EASTERN MEDICINE DEFINITION. (2019). NCI DICTIONARY OF CANCER TERMS. RETRIEVED FROM WWW.CANCER.GOV
- 4 KONIECZNY, E. (2018). *HEALING WITH CBD*. ULYSSES PRESS: BERKELEY, CA.
- 5 GORDON, J. (2019). SIX BASIC PRINCIPLES OF USING FOOD AS MEDICINE. RETRIEVED FROM WWW.MINDBODYGREEN.COM
- 6 WONG, R.Y. (NOVEMBER 19, 1918). A NEW STRATEGIC APPROACH TO SUCCESSFUL AGING AND HEALTHY AGING. RETRIEVED FROM WWW.NCBI.NLM.NIH.GOV
- 7 BLAIS, K.K., HAYES, J.S. (2011). *PROFESSIONAL NURSING PRACTICE: CONCEPTS AND PERSPECTIVES. (6TH ED)*. PEARSON: BOSTON, MA.
- 8 (2019). THE ENGINEERING DESIGN PROCESS. RETRIEVED FROM WWW.SCIENCEBUDDIES.ORG
- 9 ANDRE, C. (JANUARY 15, 2109). PROPER BREATHING BRINGS BETTER HEALTH. RETRIEVED FROM WWW.SCIENTIFICAMERICAN.COM