

Part 1

Empowerment

Bob Anderson



Not
Motivated



You
Should



But
They Don't!

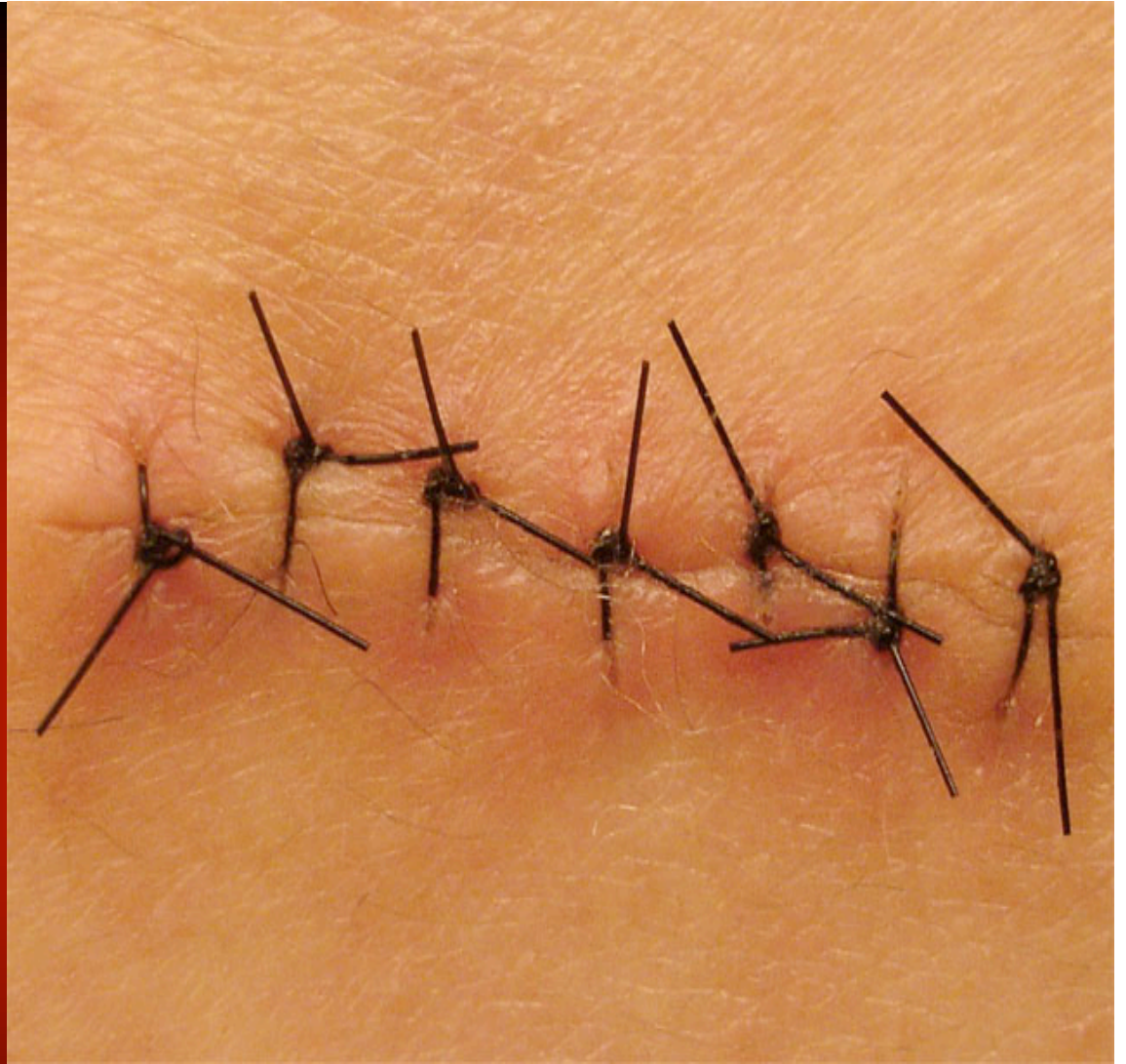


Who's To
Blame?



Socialization To The Profession





Acute Care

Our paradigm:
How we see
ourselves &
our patients



Responsibility
&
Control

W
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s



We can help, we solve problems

Communication

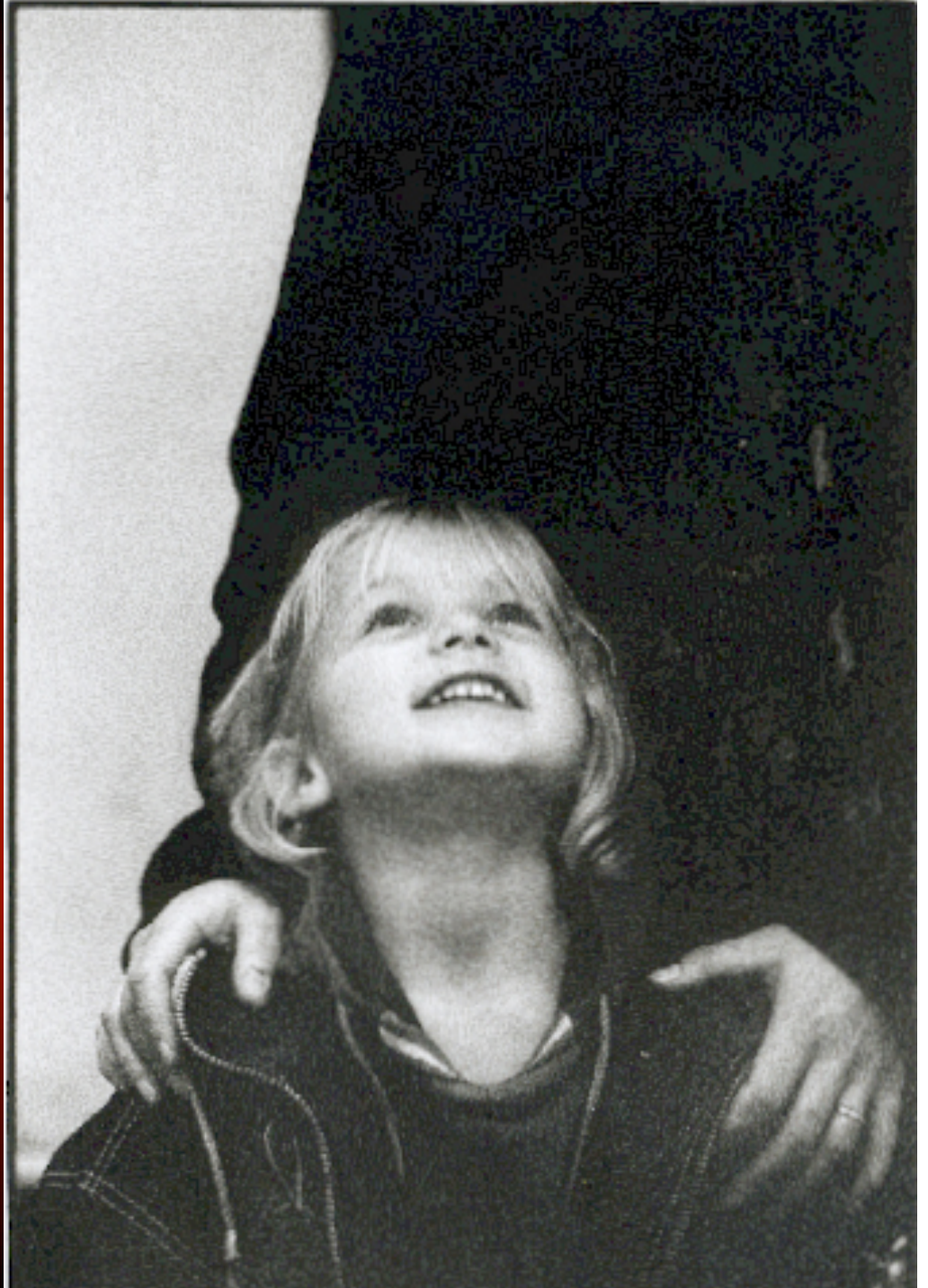


Physicians World



Trust Us

We Will
Take Care
of You






<http://pedragarda.com>

Cancer

Surgery
or
Death





98%



Make
Important
Decisions



“Existential Responsibility”

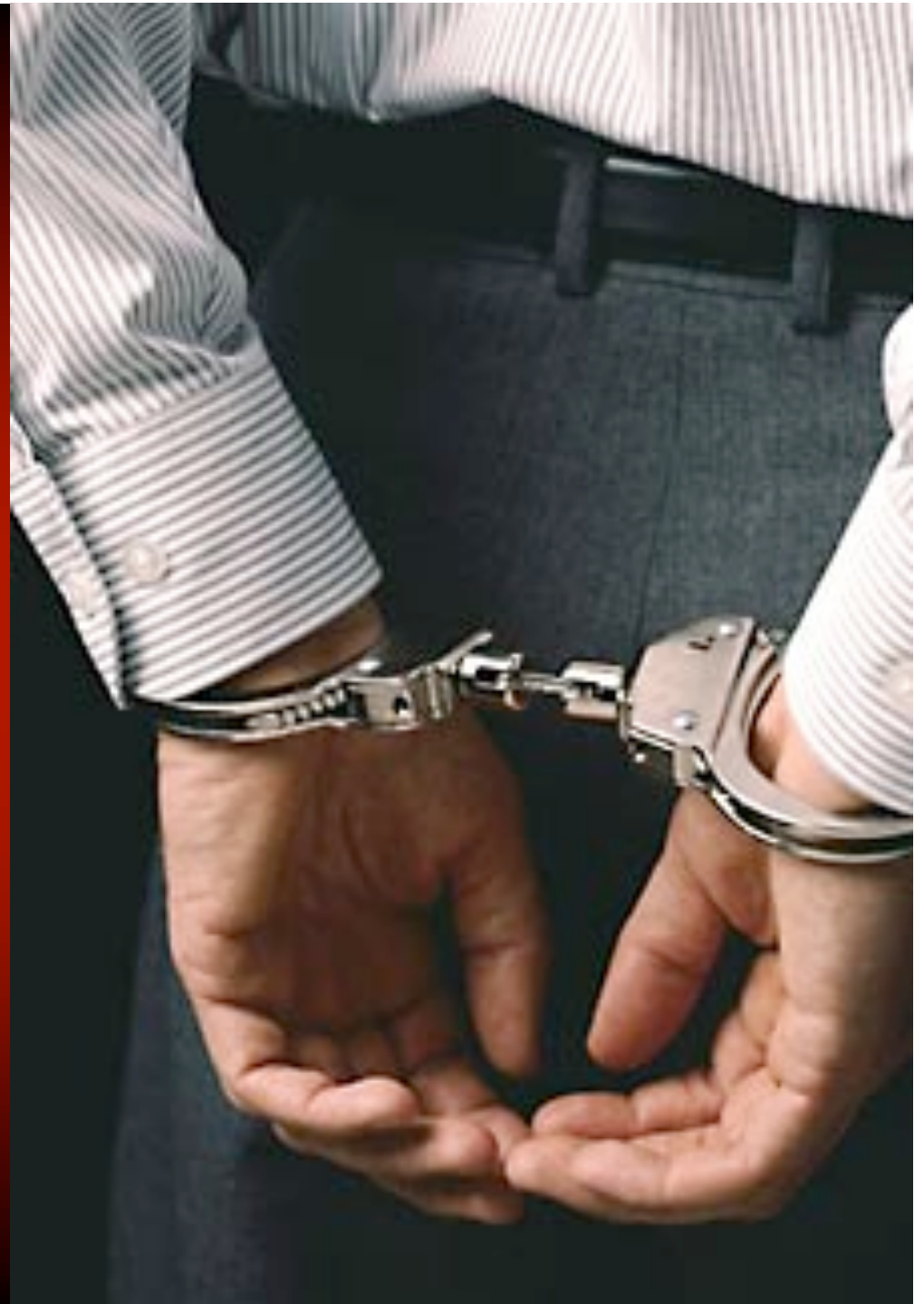
Control = Responsibility



*“Taking Responsibility” = Accepting
One’s “Existential Responsibility.”*

The physician's
dilemma: feeling
responsible, but
not in control...

Not In Control =
Not Responsible.



HOW TO PERSUADE PEOPLE

WHO DON'T WANT TO BE PERSUADED

So now
what?



Resistance

Noncompliance



Frustrated
& Resentful

Nausea



Loss of
Bladder Control



Vomiting



Acute
Care
Model



The Rules For Diabetes Self-Management

Diabetes Self-Management
has **NO RULES**

CONTEMPORARY ENDOCRINOLOGY™

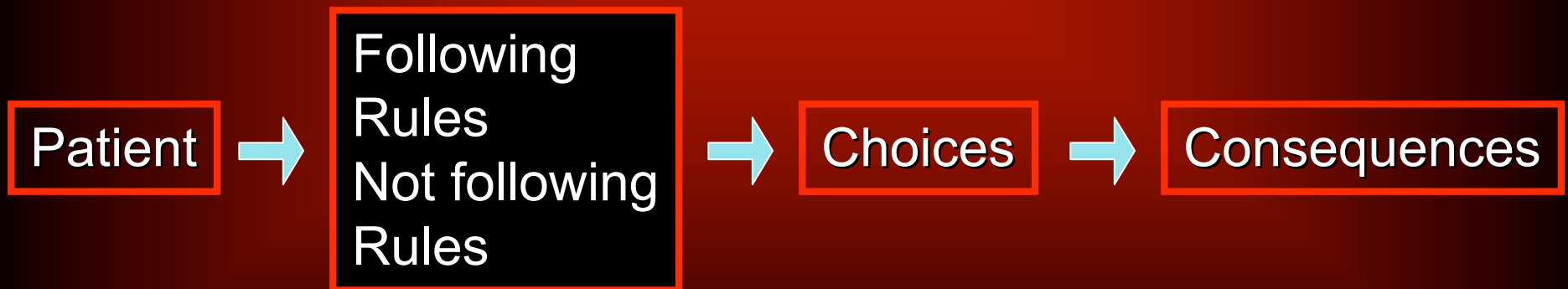
Type 2 Diabetes Mellitus

*An Evidence-Based
Approach to Practical
Management*

Edited by

Mark N. Feinglos, MD
M. Angelyn Bethel, MD

 Humana Press



Patient



Choices



Consequences

Physicians
Instructions



Noncompliance
Cheating
Uncooperative



Choices



Consequences

Burden



Working
Together



Communication



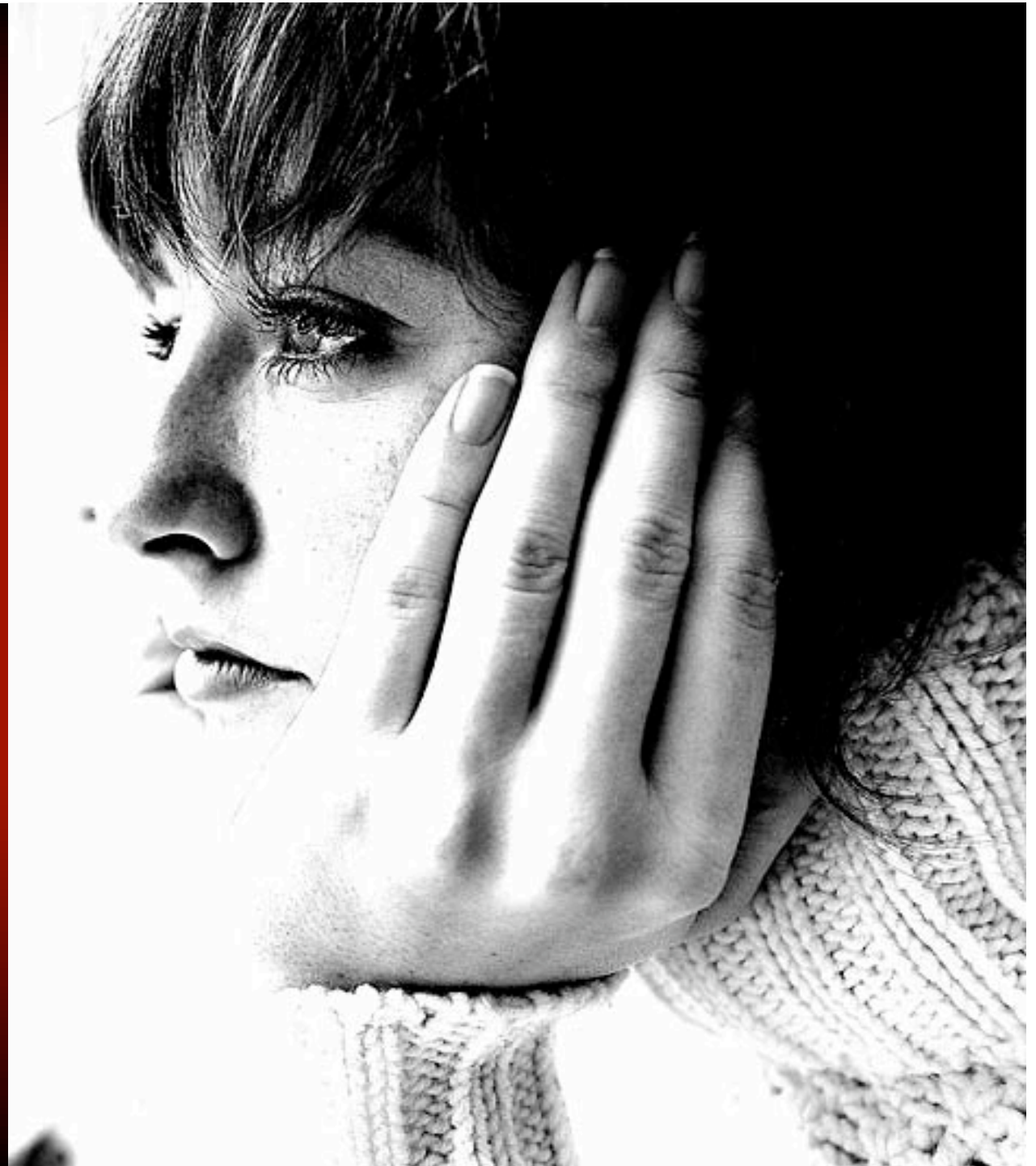
Patient's World





Informed
Choices

Patient's
Concerns ?



“We only have about __ minutes together and I need to speak with you about your (e.g.blood pressure, A1C).

But I also want to talk with you about what concerns you the most about your diabetes.”



Part 2

The Family
Centered Experience
University of Michigan
Medical School



Medicine

Then

Now







<<http://www.med.umich.edu/lrc/fce/>>



<<http://www.med.umich.edu/lrc/fce/>>

Part 3

98% of PPT Slides
Are Terrible.
Are Yours?

The screenshot shows the EXPGUI interface for 'EXP GUI TB002ASYM1.EXP'. The 'Select a histogram' window is open, showing 'Hist 3 -- Phase 1 (type 3)'. Below the window is a table of parameters:

h#	type	bank	ang/wave	tbst
2	NC	2	1.53966	tbst
3	NC	3	1.53966	tbst
4	NC	4	1.53966	tbst
5	NC	5	1.53966	tbst
6	NC	6	1.53966	tbst
7	NC	7	1.53966	tbst
8	NC	8	1.53966	tbst
9	NC	9	1.53966	tbst
10	NC	10	1.53966	tbst
11	NC	11	1.53966	tbst
12	NC	12	1.53966	tbst
13	NC	13	1.53966	tbst
14	NC	14	1.53966	tbst
15	NC	15	1.53966	tbst
16	NC	16	1.53966	tbst
17	NC	17	1.53966	tbst
18	NC	18	1.53966	tbst
19	NC	19	1.53966	tbst
20	NC	20	1.53966	tbst
21	NC	21	1.53966	tbst
22	NC	22	1.53966	tbst
23	NC	23	1.53966	tbst
24	NC	24	1.53966	tbst
25	NC	25	1.53966	tbst
26	NC	26	1.53966	tbst
27	NC	27	1.53966	tbst

Parameters for 'Hist 3 -- Phase 1 (type 3)':

- Damping: 9
- Peak cutoff: 0.00500
- Change Type: [button]
- GU: 0.236374E+03
- GV: -0.283195E+00
- GW: 0.167512E+03
- GP: 0.000000E+00
- LX: 0.000000E+00
- LY: 0.000000E+00
- SA: 0.225327E-01
- HA: 0.126677E-01
- trns: 0.000000E+00

> scientists develop sixth sense

Thanks to a **HIGH-TECH** tool, scientists just regained their **"SIXTH SENSE."** Before you think of a certain flick starring Bruce Willis, think about feeling your muscles flex as you push a box across carpet or plunging forward as your car suddenly stops. These physical responses to external cues are what many experts consider the sixth type of sensory experience.

"Many scientists stopped working with physical models altogether," says Arthur Olson, a structural molecular biologist. "The nature of spatial perception changes and the kind of understanding you get from interacting with your surroundings were lost when computer graphics took over."

Now, Olson and his team at the Scripps Research Institute in La Jolla, California, have developed a tool that allows them to do both: physically manipulate a model of a biological molecule while watching its chemical and biophysical change on screen. Ole combining experiences will let researchers and understand biological processes.

The scientists use special generate plastic or plaster 3-easily as other printers produce pictures. As Olson and other interact with the models, a camera records a close-up shot of the models in motion. A computer program then superimposes graphics, like the arrangement of atoms or the energy between modeled molecules.

Olson combines the model and computer graphics into one image that allows him to study all the different facets of the biological molecule. Olson hopes that one day his interface could double as a video game that lets students explore and play at the molecular level. — EC

Table III-1. Test for density dependence in Columbia River and Washington Coast stocks. The parameters a_1 , and a_2 and b_2 are fits of the data to exponential and logistic population growth models and the variance around the fits, var_1 and var_2 , respectively. The test for density dependence compares the T-statistic to the 95th %tile ranking of 2000 simulated population trajectories (the distribution of T_{12} is not known). In only one stock, Upper Columbia Spring Chinook, was the observed statistic greater than 95% of the simulated values.

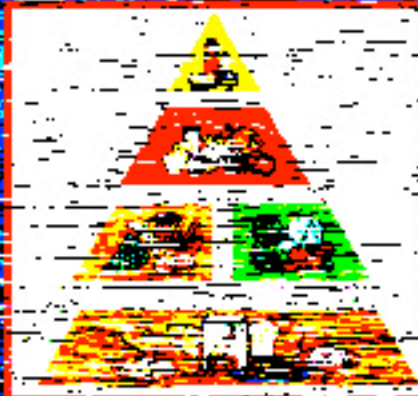
Stock	a_1	var_1	a_2	b_2	var_2	T_{12sqr}	$test95$
LC Ck	0.030	0.048	1.026	-7.00E-06	0.017	3.402	14.571
UC Sp Ck	-0.163	0.050	-0.526	3.20E-05	0.022	14.810	4.437
Sn S/S Ck	-0.034	0.022	-0.080	5.00E-06	0.022	0.055	5.001
Sn F Ck	-0.056	0.018	0.090	-5.10E-05	0.014	0.768	4.517
UW Ck	0.009	0.056	0.155	-1.10E-05	0.051	0.938	8.663
CR Ch	0.054	0.106	0.300	-1.68E-04	0.092	1.488	7.654
LC W Sh	-0.083	0.003	-0.097	2.00E-06	0.003	0.011	6.956
LC S Sh	-0.050	0.008	-0.022	-1.00E-06	0.008	0.002	7.168
MC Sh	-0.120	0.003	-0.228	3.00E-06	0.002	0.911	7.042
UC Sh	-0.081	0.023	-0.111	1.20E-05	0.023	0.117	4.645
Sn Sh	-0.024	0.003	0.004	0.00E+00	0.003	0.030	4.889
UW Sh	-0.074	0.029	-0.120	2.00E-06	0.029	0.165	4.675

Special Thanks To
Garr Reynolds for
"Presentationzen"

Empowerment Approach to Behavior Change

Mine Certainly Were...

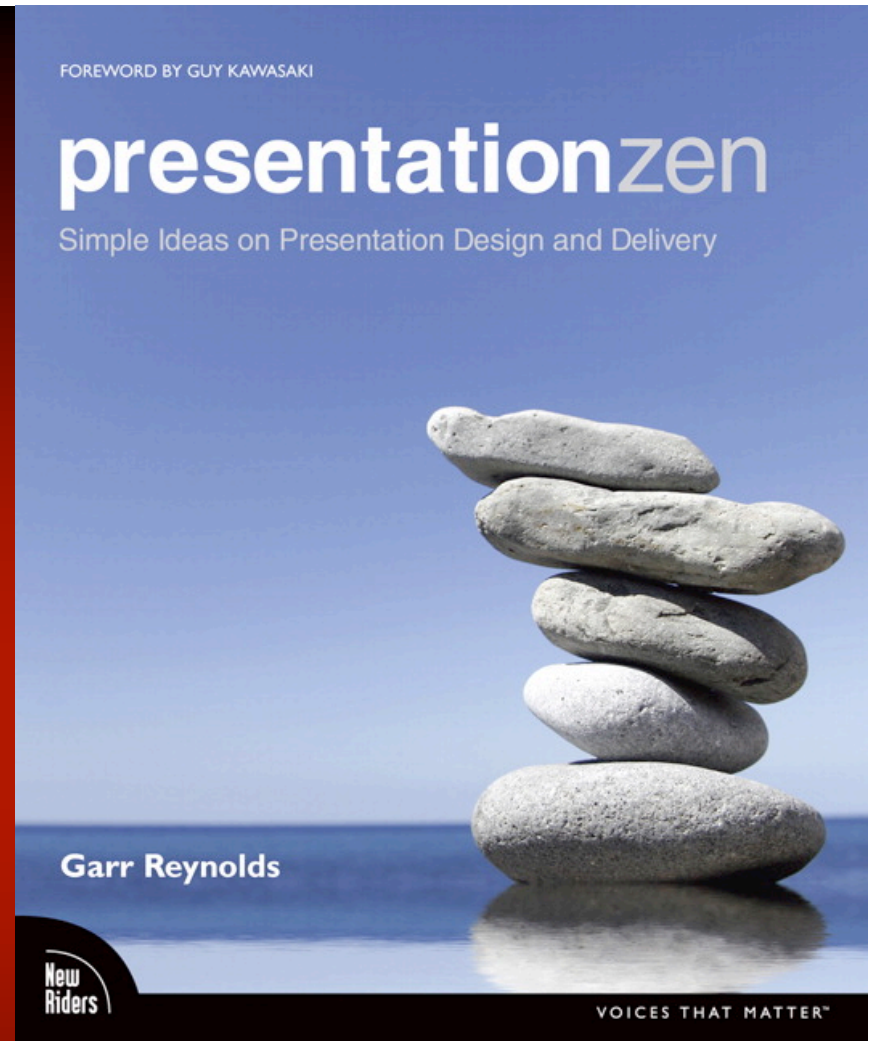
- Explore patient's primary concern
- Explore emotional component of problem
- Goal Setting
 - Identify Patient's long-term goal
 - Help patient identify options
 - Make a realistic plan (an experiment)



Tips
&
Examples



Slide Tips From Garr Reynolds



<www.presentationzen.com>

<www.garrreynolds.com>



Keep It Simple

Less Is Better

Bullet Point Lists

This Is Some Important Point

- ✓ One amazing fact that you didn't realize
- ✓ Another amazing fact that maybe you knew
- ✓ A third fact that you might have know, but didn't realize was relevant
- ✓ And, of course, a fourth fact that needs to be stated because you can't just say it and expect them to remember
- ✓ And a fifth point, just for luck
- ✓ Oh, and did I mention point #6 too?
- ✓ And there's an important conclusion too

The screenshot shows a presentation slide with a blue header and a white content area. The title is "Teaching & Learning Benefits". Below the title is a bulleted list of benefits. A red box highlights a note that says: "This process requires instructor to create a text transcript of their lecture and paste the text into the [Notes] area of the PowerPoint presentation." An arrow points from this box to the main text of the slide below.

Teaching & Learning Benefits

- More learning, understanding, and retention
 - Faculty consistently report students learn more
 - University of Central Florida research on grades
- and discussion
- more engaged
- and learning centered
- and more active learning
- student involvement with

We can examine the benefits of blended courses from several perspectives: those of the teacher, the student, and the institution. Let's begin with the teaching and learning benefits. There's substantial qualitative and quantitative research indicating that blended courses lead to better learning.

On a qualitative level, instructors of blended courses consistently report that they believe their students are learning more. They indicate that students perform better on assignments and exams and that their papers and discussions reflect a deeper understanding of the course material; they also indicate that students are better able to retain and apply what they've learned.

To Much Text



One amazing fact
you didn't realize

Amazing!!



Limit...

ANIMATION
& SOUND

Especially Builds
& Transitions

Doctor

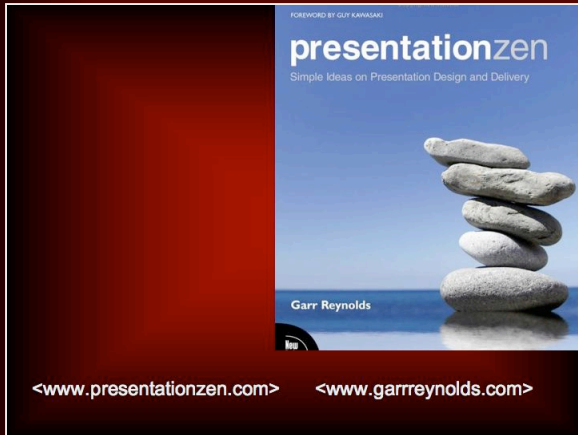


No



Yes

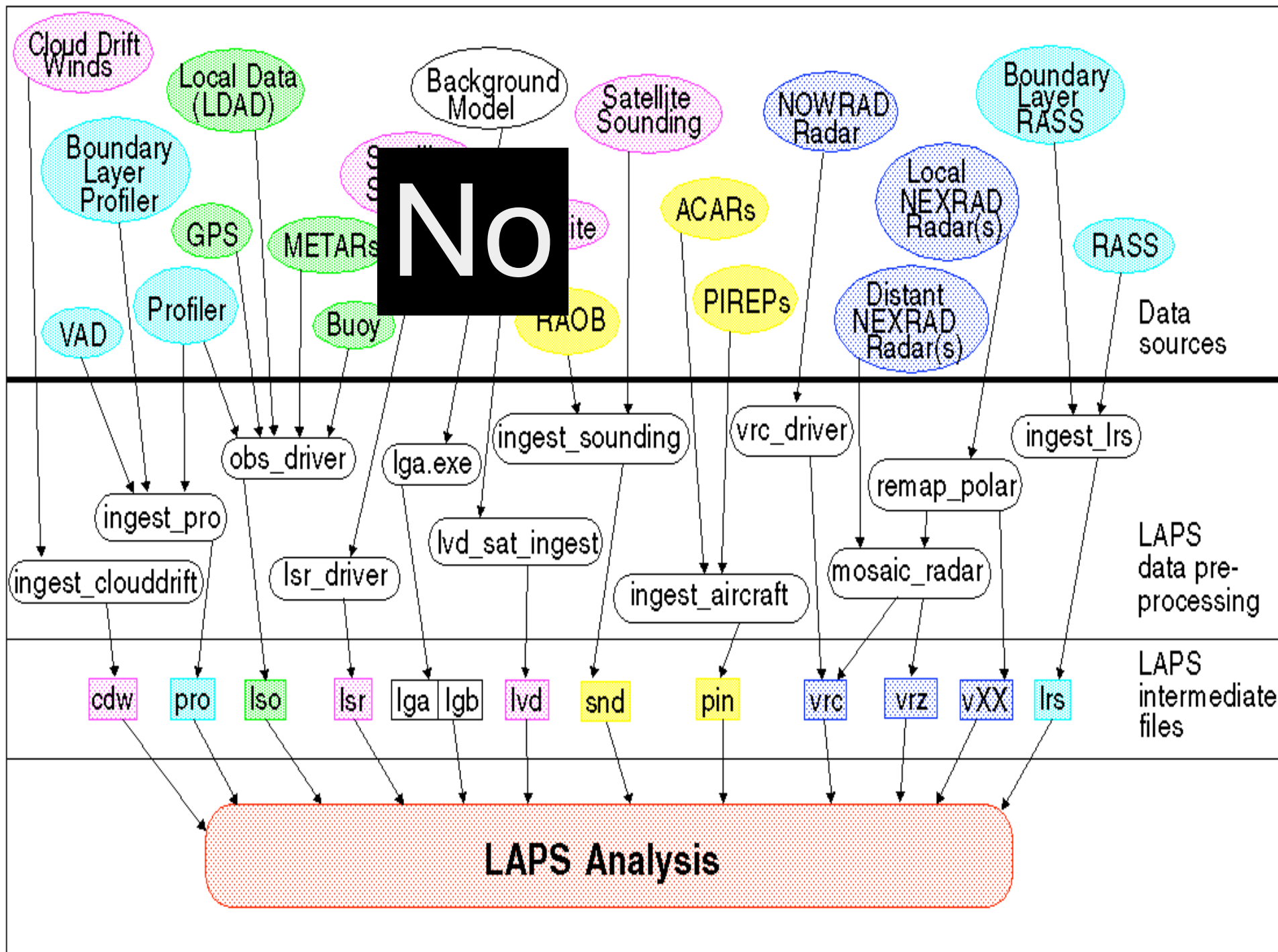
Design Theme



Yes ↑

No ↓



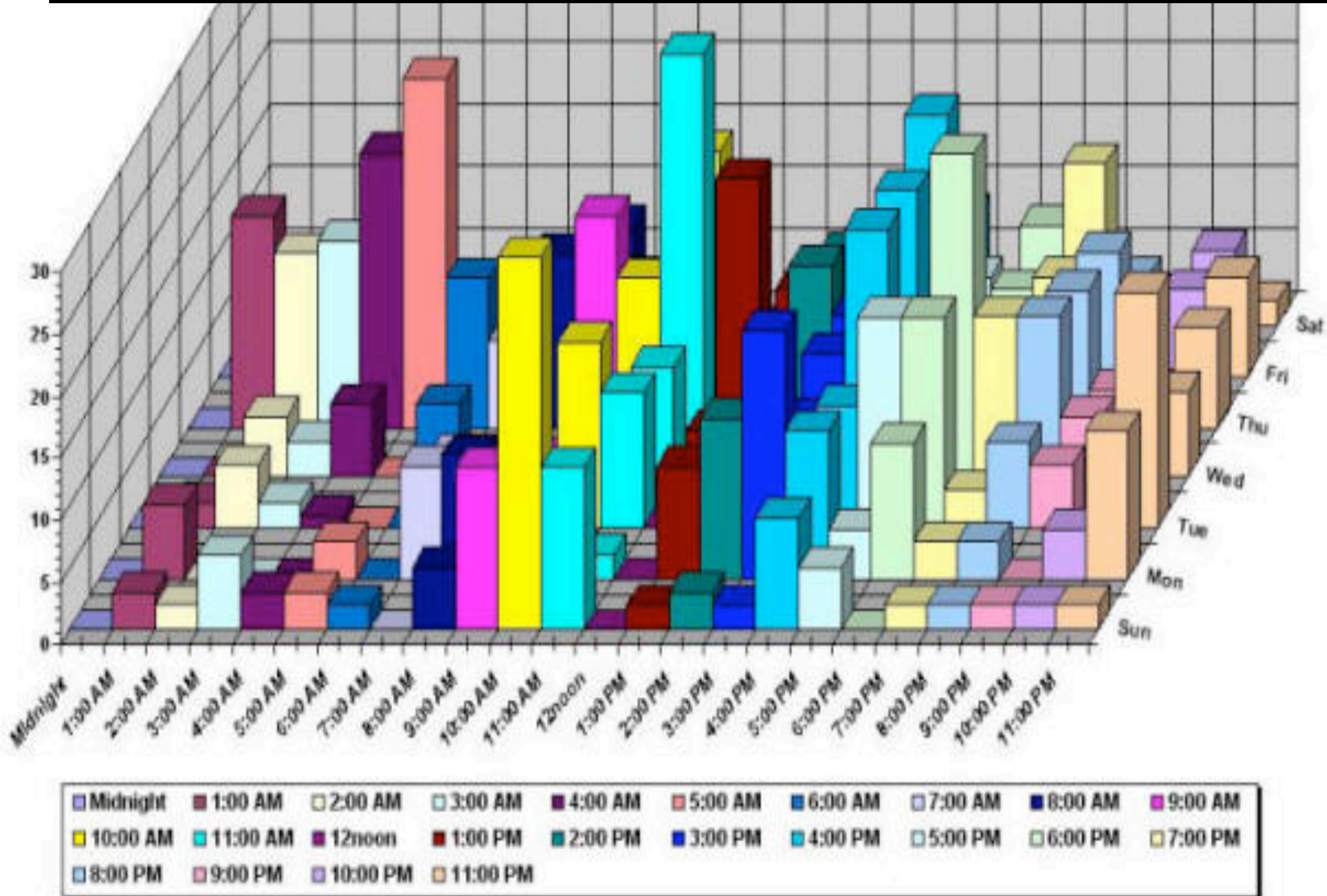


			Store Parameters							
Parameter	Last Store	Best Store	Last 10 stores Average	Best 10 stores Average	FYD+ Average	End of FY03	FYD+ (End) Design	FYD+ (End) Base		
Initial Luminosity (Averaged)	61.2	102.8	65.3	87.6	54.3	35.1	61.9	43.3	$\times 10^{30} \text{cm}^{-2} \text{sec}^{-1}$	
Integrated Luminosity per Store (Averaged)	1630	4241	2536	3221	2116	1089	2000	1300	nb^{-1}	
Luminosity per week (Averaged)	-	-	8.5	-	8.5	6.4	11.3	7.4	pb^{-1}	
Store Length				26.7	24.6	14.9	15.0	15.0	Hours	
Store Hours per week				-	59	88	85	84	Hours	
Shot Setup Time				2.6	2.5	2.3	2.2	2.2	Hours	
			TBI/AT RD M Parameters							
Parameter	Last Store	Best Store	Average	Best 10 stores Average	FYD+ Average	End of FY03	FYD+ (End) Design	FYD+ (End) Base		
Protons per bunch	280	246	248	248	236	237	280	280	$\times 10^9$	
Antiprotons per bunch	23	43	26	36	27	22	31	25	$\times 10^9$	
Proton Efficiency to Low Beta	80	85	77	77	76	58	-	-	%	
Beam Transfer efficiency to Low Beta	65	85	75	81	73	63	80	77	%	
HourGlass Factor	0.70	0.66	0.68	0.67	0.68	0.70	0.65	0.65		
Initial Luminosity Lifetime	6.5	5.2	6.7	6.0	7.7	9.5	8.3	7.0	hours	
Asymptotic Luminosity Lifetime	18.9	17.7	19.2	19.3	23.2	25.1	25.0	25.0	hours	
Béatrice Brilliance	15.9	15.9	16.6	17.0	17.9	21.6	21.0	23.0	$\mu\text{m}^{-2}\text{mrad}$	
			Antiproton Parameters							
Parameter	Last Store	Best Store	Last 10 stores Average	Best 10 stores Average	FYD+ Average	End of FY03	FYD+ (End) Design	FYD+ (End) Base		
Zero Stack Stack Rate	11.1	13.2	10.6	12.7	11.4	11.5	18.0	13.7	$\times 10^6/\text{hour}$	
Normalized Zero Stack Stack Rate	2.0	2.5	2.3	2.4	2.3	2.3	3.6	2.7	$\times 10^4/\text{hour}$	
Average Stacking Rate	8.4	6.8	5.4	6.4	5.8	7.1	9.3	7.6	$\times 10^6/\text{hour}$	
Stacking Time Line Factor	93	85	71	78	78	88	75	75	%	
Stack Size at Zero Stack Rate	346	319	363	321	301	300	300	300	$\times 10^6$	
Protons on Target	5.9	5.3	4.9	5.2	5.0	5.0	5.0	5.0	$\times 10^{14}$	
Start Stack	130	168	140	179	166	144	195	130	$\times 10^6$	
End Stack	5	17	10	18	20	16	15	15	$\times 10^6$	
Unstacked Pbars	125	181	130	161	135	128	140	115	$\times 10^6$	

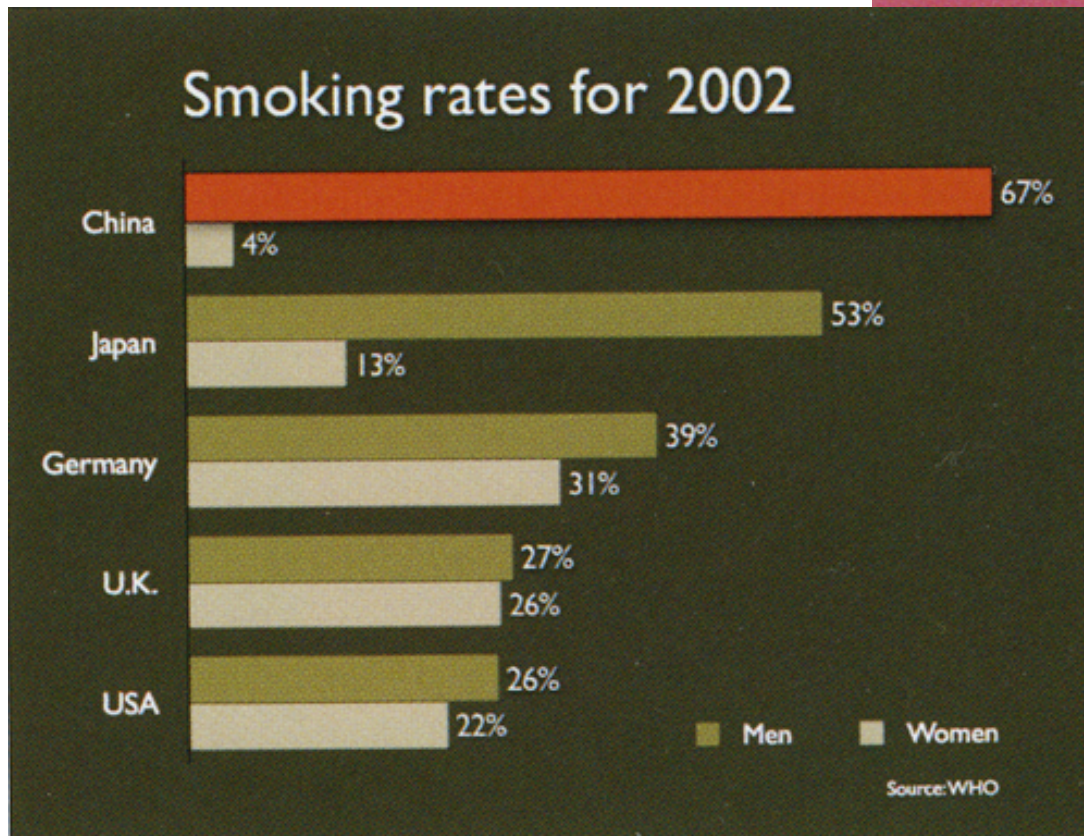
Never

6.

Someone shoot me, please!



Signal to Noise Ratio

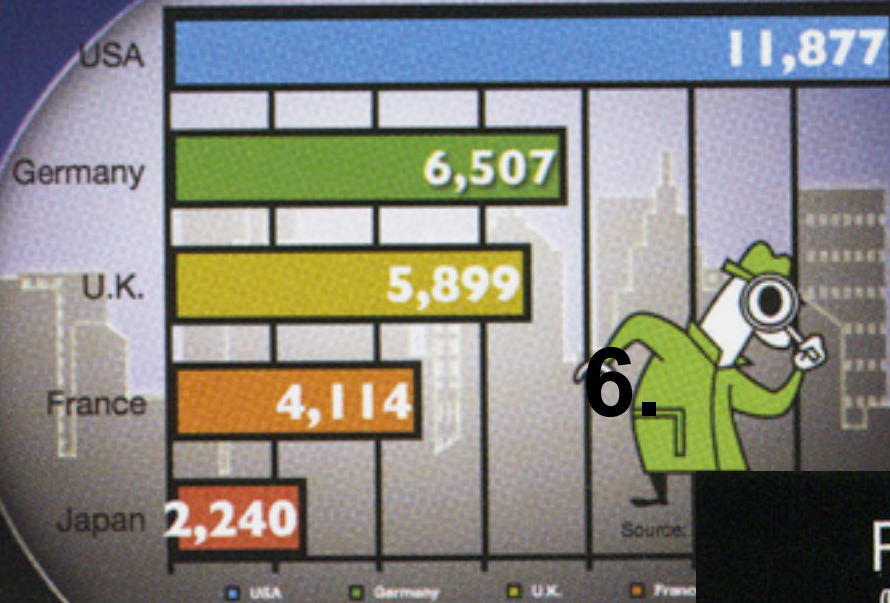


“Presentation Zen”
Garr Reynolds

6.

Recognized crimes in 2002

(Unit: 1000s)



Signal to
Noise Ratio

6.

Recognized crimes in 2002

(Unit: 1000s)



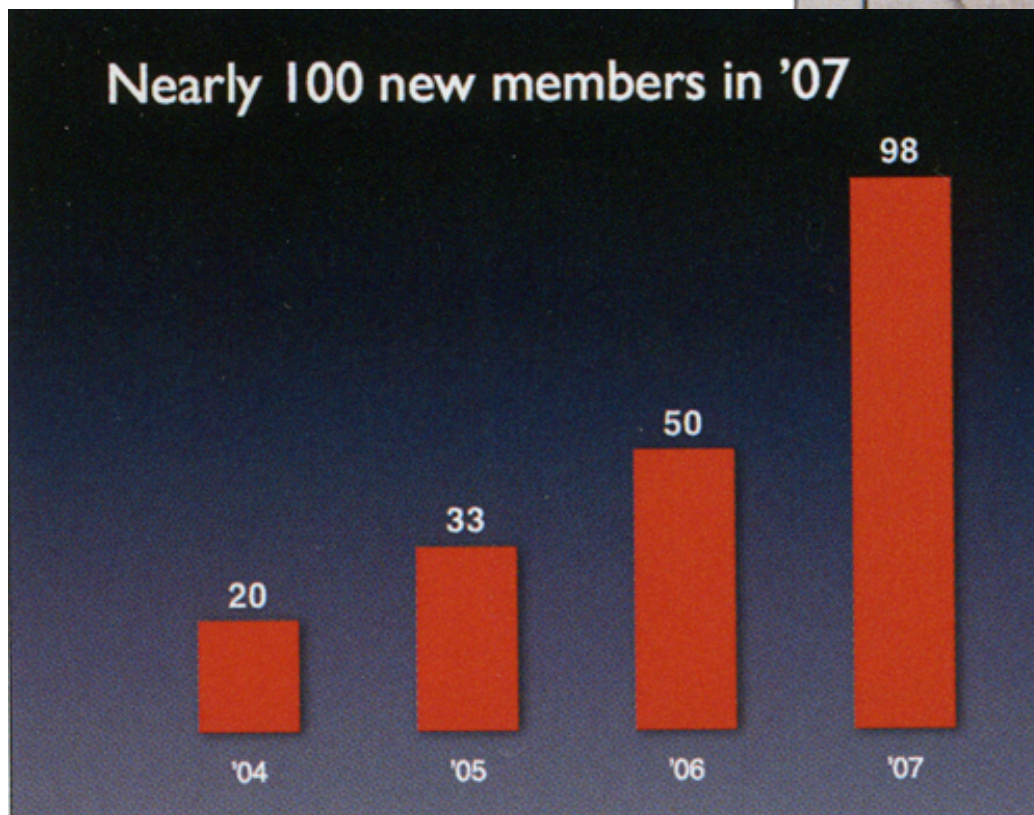
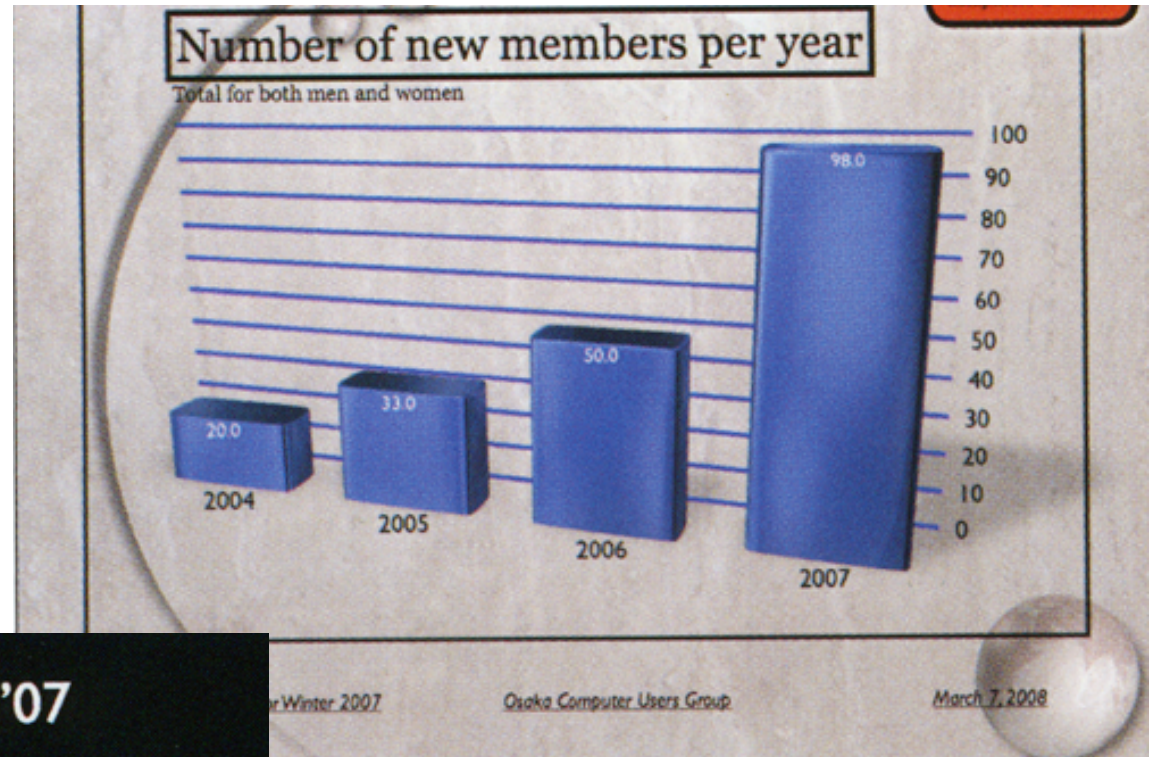
Source: Ministry of Justice

Garr Reynolds

“Presentation Zen”

6.

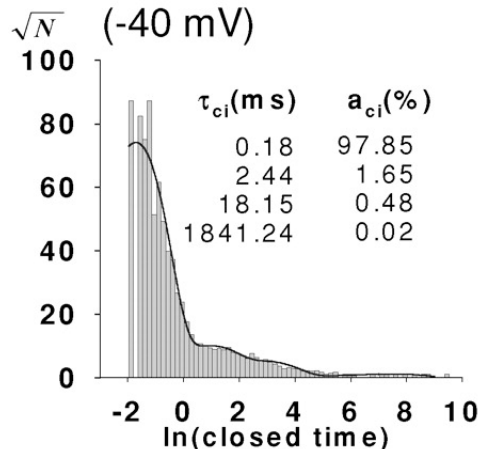
Signal to Noise Ratio



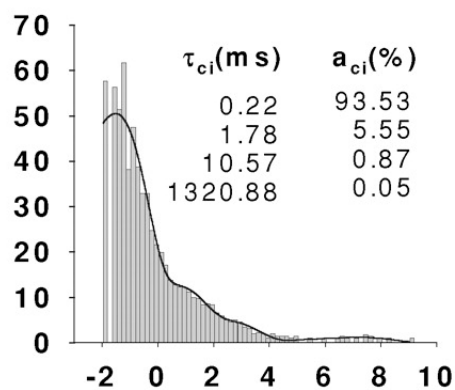
Garr Reynolds
“Presentation Zen”



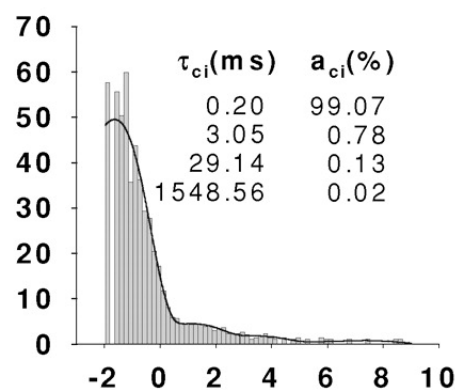
SUR1/Kir6.2 Δ 26
(-40 mV)



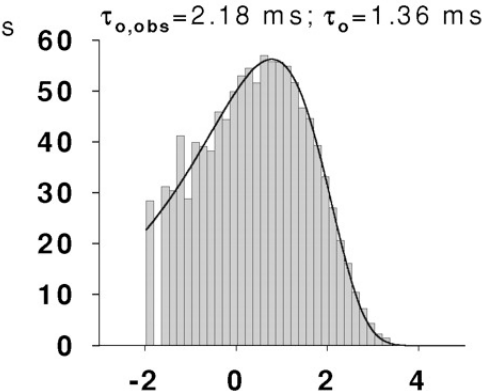
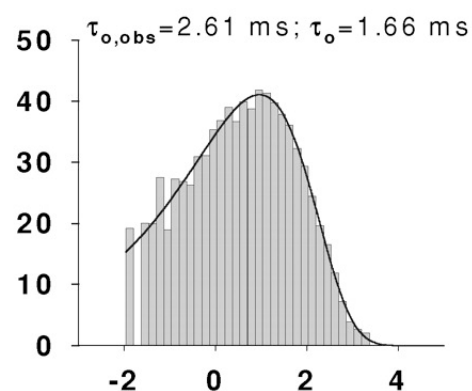
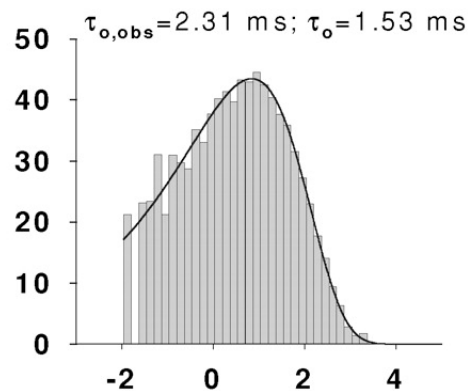
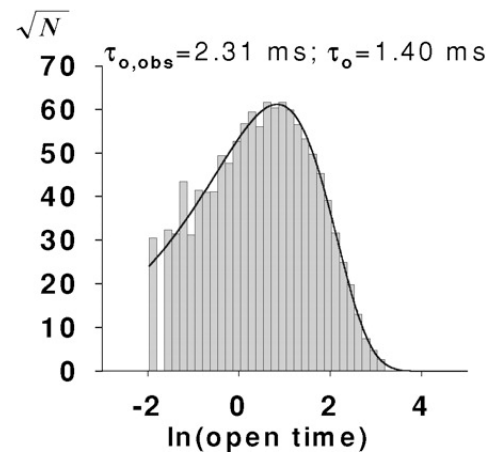
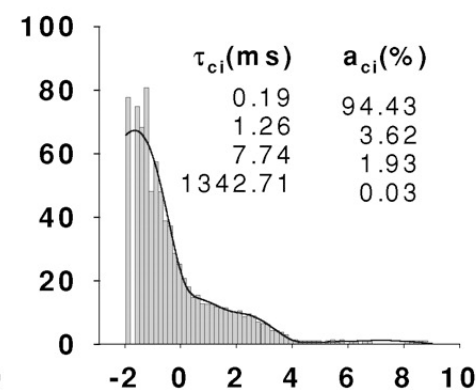
S1-TMD0/Kir6.2 Δ 26



SUR2A/Kir6.2 Δ 26

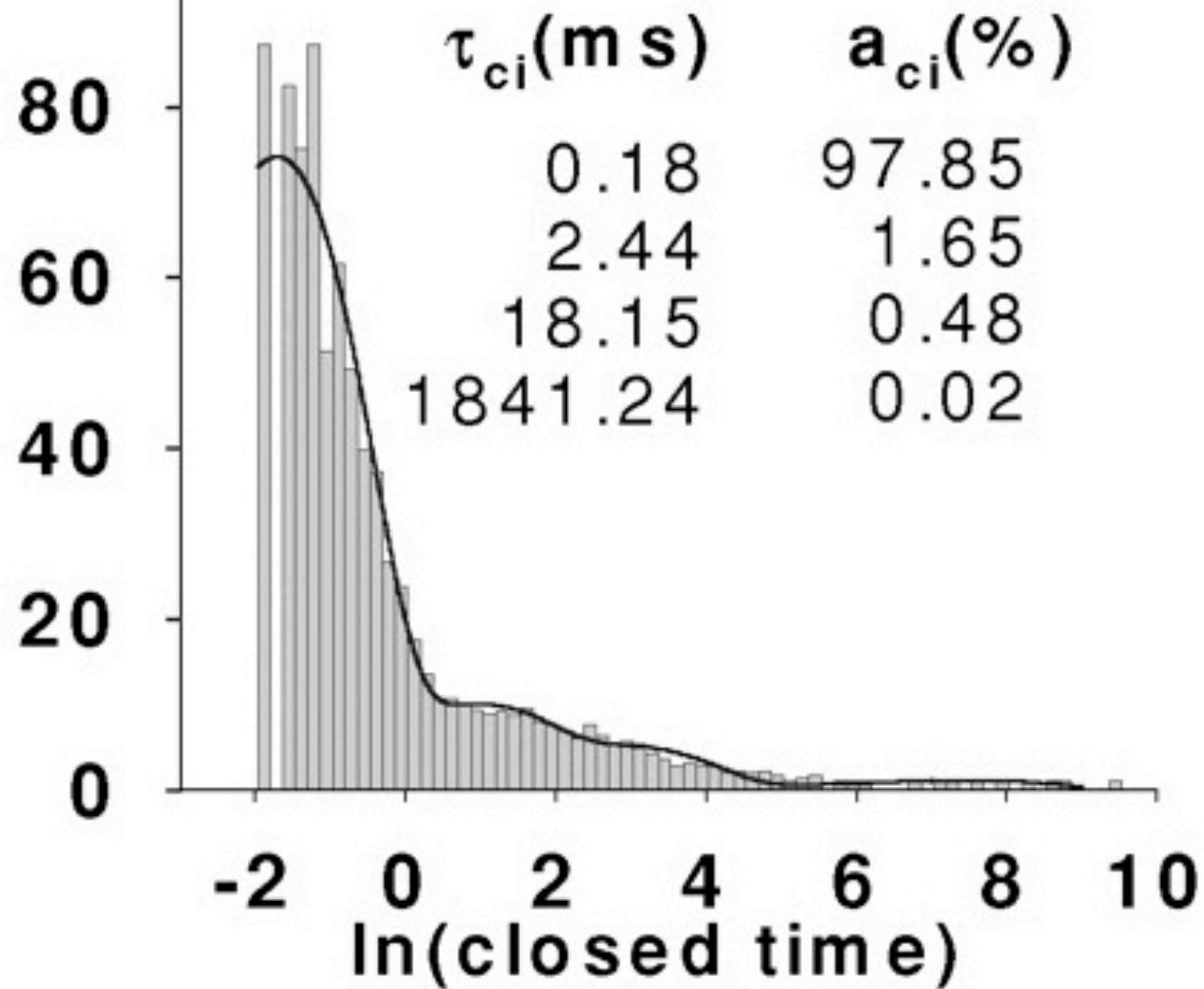


S2-TMD0/Kir6.2 Δ 26



SUR1/Kir6.2 Δ 26 (-40 mV)

\sqrt{N}
100



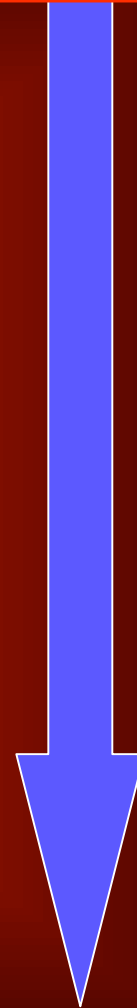
Good
News

Weight Loss

Diabetes Risk



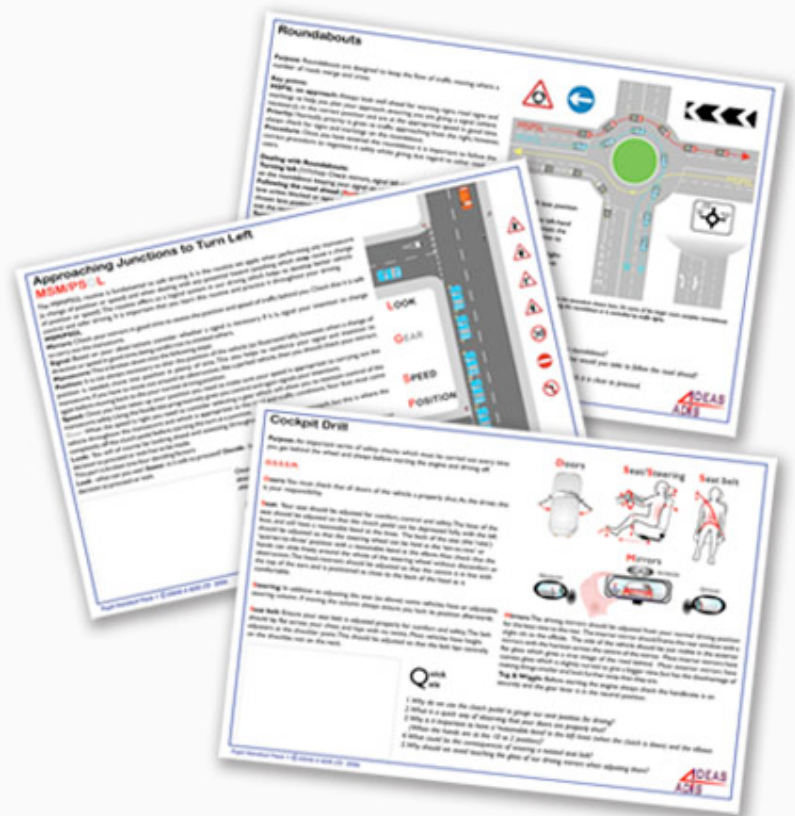
7%



58%

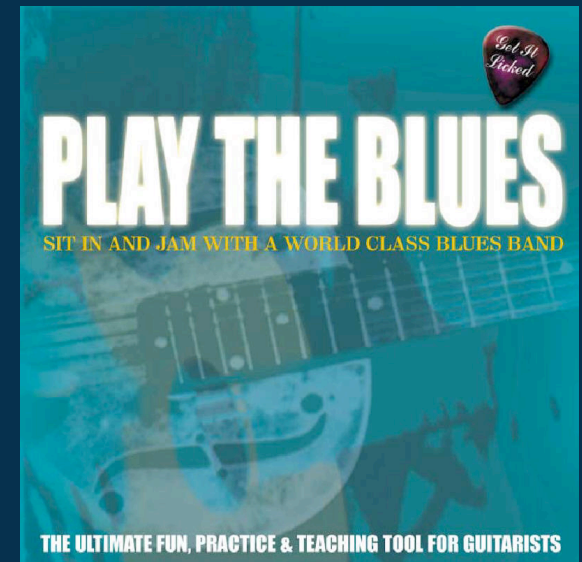
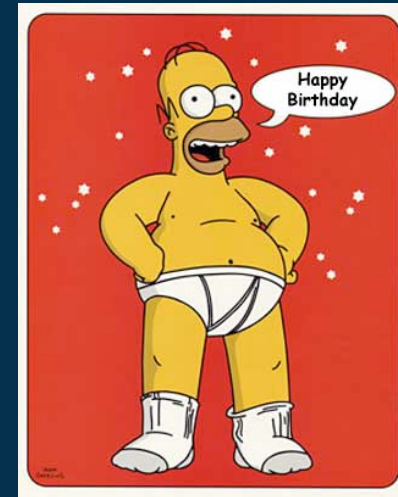
Use Handouts & Outlines

1. Backup Destinations
 - a. Hard Drive
 1. Internal
 2. External
 - b. CD or DVD
 1. Recordable
 2. Rewritable
 - c. Zip Drives
 - d. USB-Based Storage
 1. Flash drives
 2. SD Cards
 3. Portable Media Players
 - e. On-Line Storage
 1. Backup sites via HTTP
 2. FTP transfers
2. Backup Tools
 - a. Backup & Disaster Recovery Software
 - b. Direct-From-OS moving or copying
 - c. Disc Burning software





Color



Warm Background
Cool Letters

Light Blue

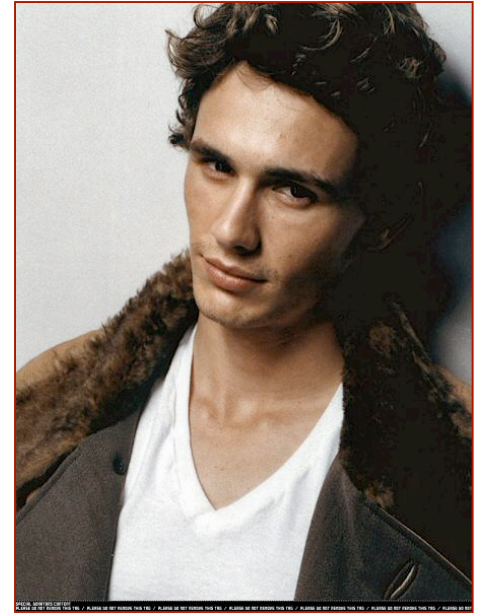
Cool Background
Warm Letters

Red



White

Black



BB











Once upon a time ...

Bob
Anderson
Quits
Smoking

A True Story of
Courage and Fortitude



USE Fonts Well

Serif Example

Times New Roman

Has become boring
from overuse.

TNR

Sans Serif Example

Helvetica

Has become boring
from overuse.

Gill Sans

Thank You

Arial

Lucida Blackletter



Video
Good



Steve Jobs



Bill Gates



Multi-Touch



Windows Live™

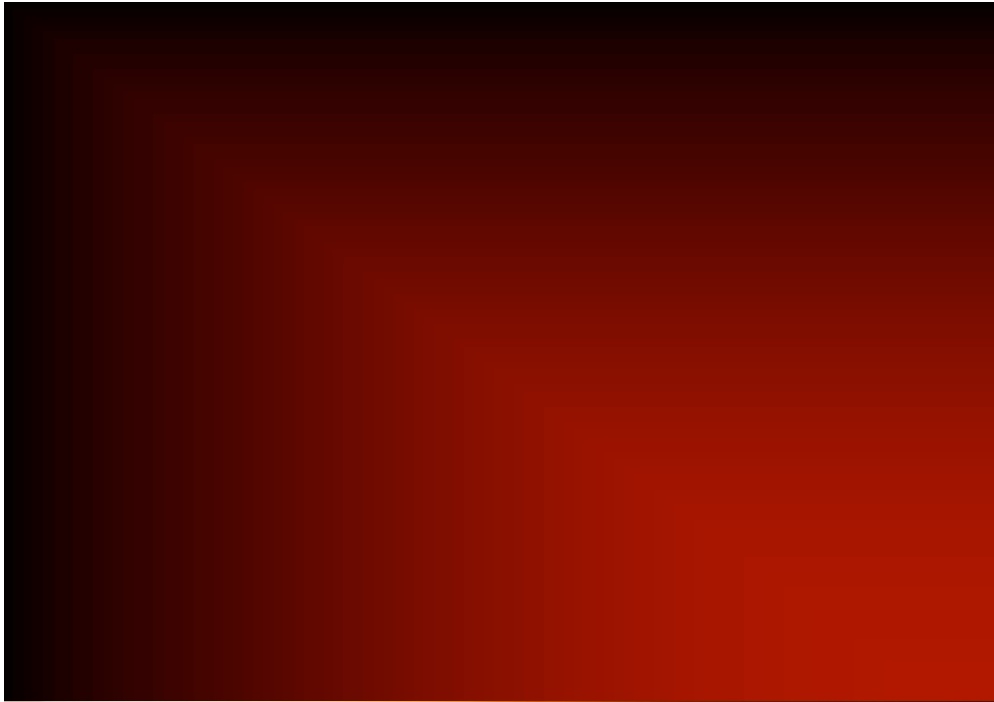
- Internet-based personal services to bring together your digital world
- Centered on the individual
- Communications, information, protection
- Separate from Windows
- MSN.com continues as programmed content
- Primarily supported





The Microsoft "Live" Platform

The diagram illustrates the Microsoft "Live" Platform architecture. At the top, three clouds represent the "People Network", "Search Network", and "Ad Network". Below these are four service categories: "Windows Live", "Microsoft Office Live", "XBOX LIVE", and "Other Experiences from Microsoft & Others". Each category is connected to its respective software layer: "Windows", "Microsoft Office", "XBOX", and "Other Software". At the bottom, the platform is shown connecting to "Microsoft-based Devices" (including desktop PCs, laptops, and mobile phones) and "Other Devices" (including a game console and a PDA).



The "Live" Era

The diagram illustrates a central green circle containing two stylized human figures and the text "Seamless Experiences". This central circle is surrounded by four blue arrows pointing outwards, labeled "People", "Data", "Applications", and "Device". The "People" arrow points to an image of a man and a woman looking at a laptop. The "Data" arrow points to an image of several green envelopes, some with dollar signs. The "Applications" arrow points to a small image of a computer screen. The "Device" arrow points to an image of a mobile phone. Above the central circle, the text "Software Plus Services" is written. The entire diagram is set against a blue background with a subtle cloud pattern.

People

Software Plus Services

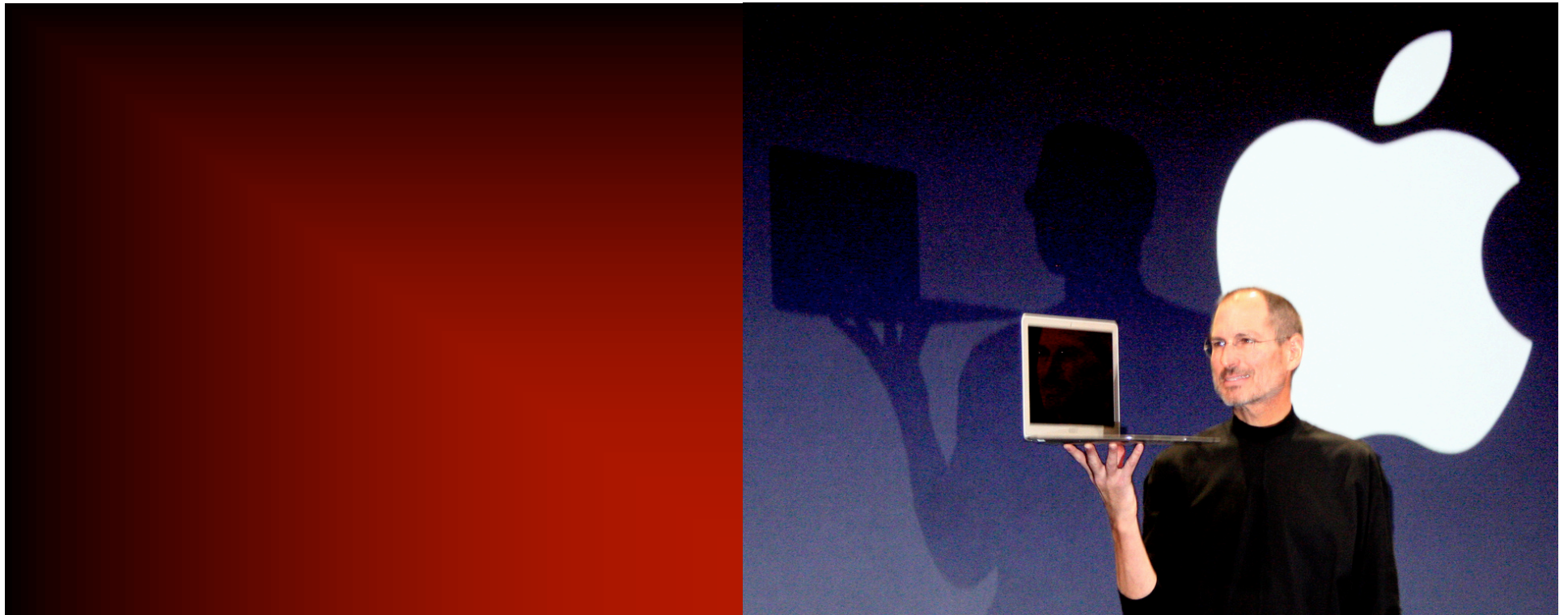
Data

Seamless Experiences

Applications

Device

Photo Niall Kennedy



The slide is divided into two main sections: **Digital Lifestyle** on the left and **Digital Workstyle** on the right. A central circular diagram features two stylized human figures surrounded by various digital icons like a laptop, camera, film strip, and documents. The diagram is labeled with 'Finding information' and 'Buying/Selling' at the bottom.

Digital Lifestyle	Digital Workstyle
TV & Movies	Spotting trends for business intelligence
Music	Presence
Memories	Unified communication
Education	Improving personal productivity
Games	Insights and structured workflow
Productivity	Team collaboration
Communications	Optimizing supply chains

Central Diagram Labels: Maps, Travel planning; Calendars, Scheduling; Finding information; Buying/Selling

CSI: crime scene investigation



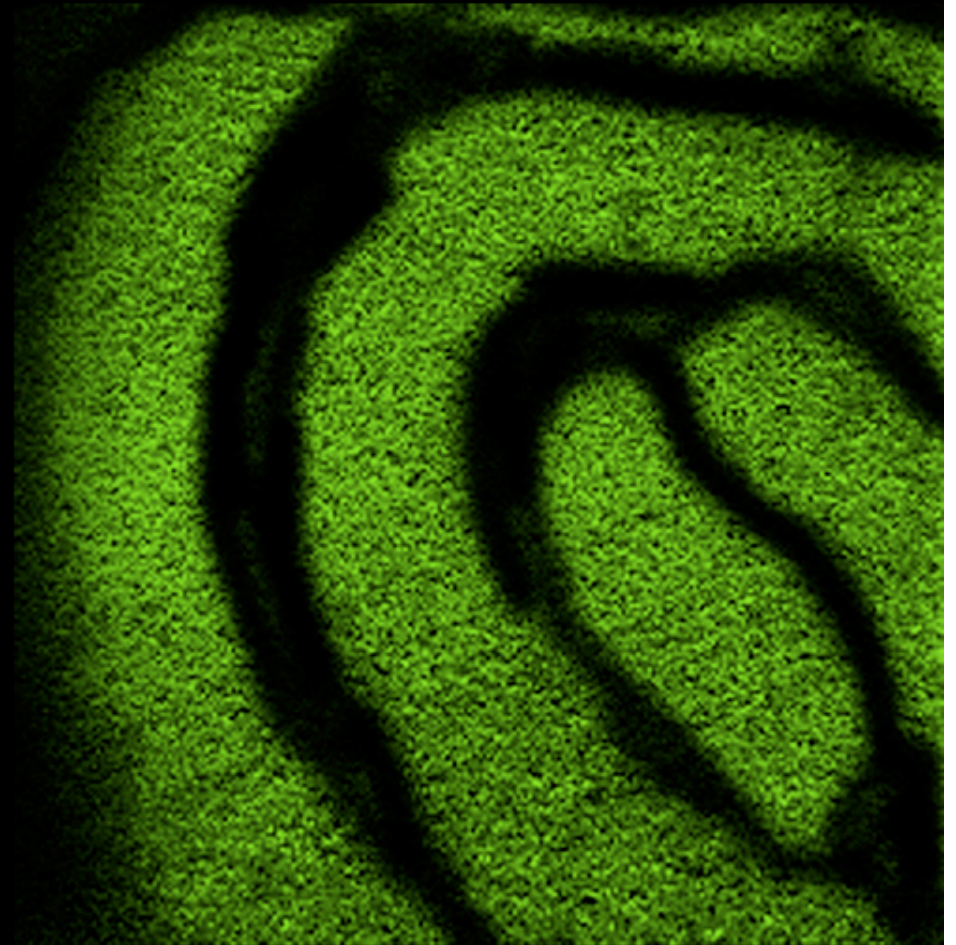
Clarity



Simplicity



Impact



Patient Empowerment: Facilitating Self-Directed Behavior Change

Bob Anderson EdD

University of Michigan Diabetes

Research and Training Center

Department of Medical Education

Patient Empowerment: Facilitating Self-Directed Behavior Change

Bob Anderson EdD

University of Michigan Diabetes

Research and Training Center

Department of Medical Education

Empowerment

Bob Anderson



Non-Compliant Patients

We Make
Recommendations



You
Should



Non-Compliant Patients

But our patients do not follow our recommendations



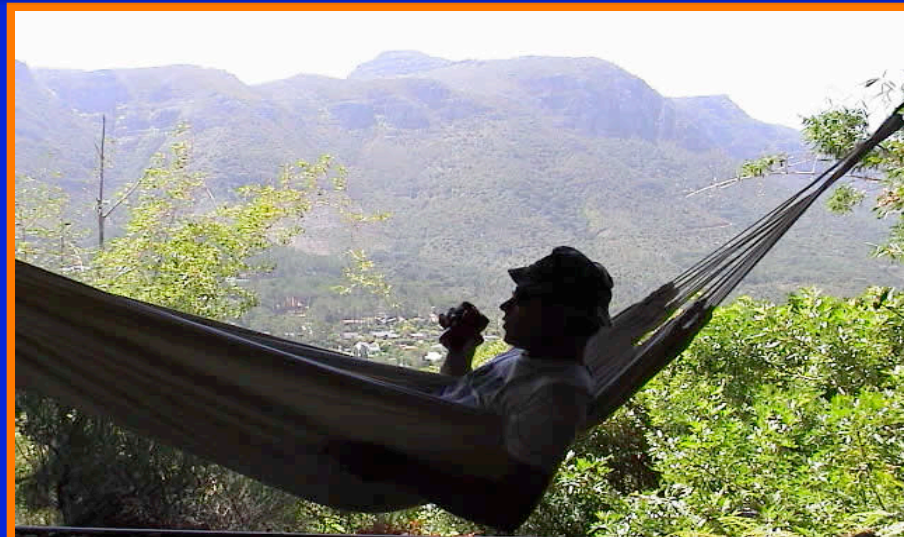
But They
Don't...



Unmotivated Patients

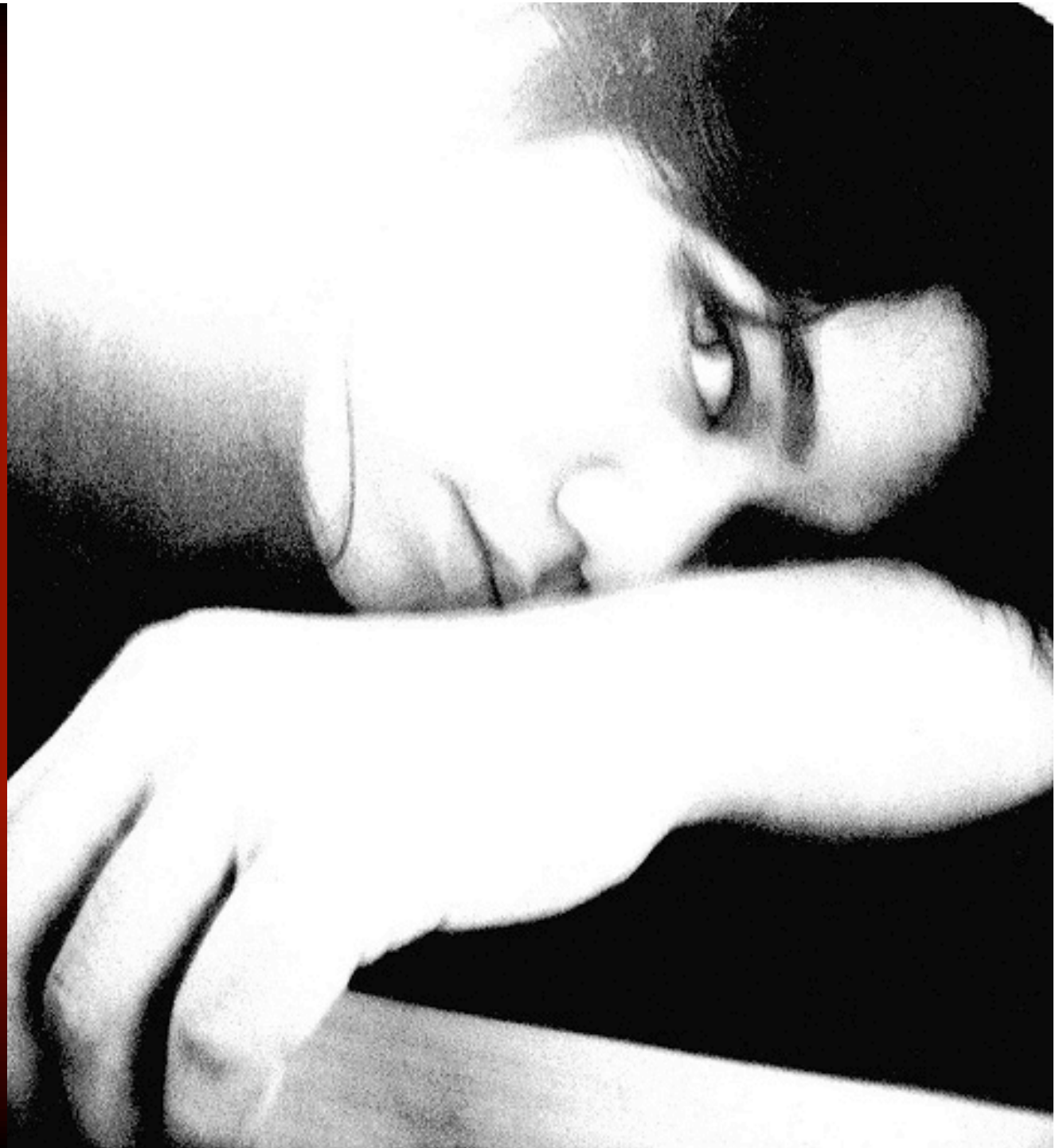
♣ Our Patients are not motivated

♣ Our Patients are not motivated to do what we want them to do.



“Non-Compliance is two people working toward different goals”

Unmotivated



What is the Cause of Non-Compliance?

♣ Patients are not the cause of the problem.

♣ Health professionals are not the cause of the problem.

♣ The socialization of health professionals is the cause of the problem.



Who's To
Blame?



Using an Acute Care Approach to Treat a Chronic Disease



♣ We train physicians and other health professionals an approach to care based on the treatment of acute illness.

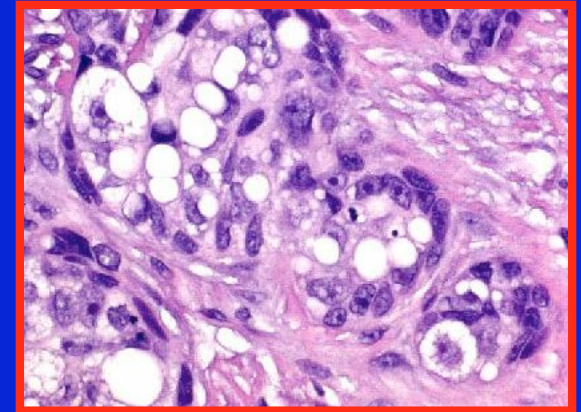
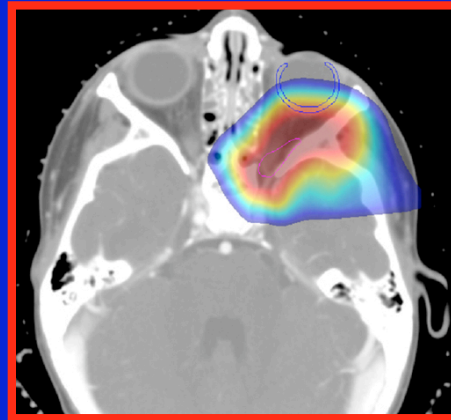
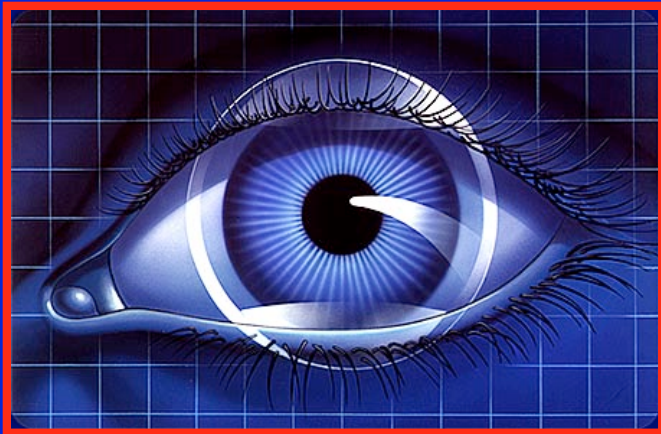
♣ Although the roles and responsibilities that health professionals adopt, are usually effective in treating acute illnesses...

..... with a self-managed disease like diabetes they often cause more problems than they solve.

Acute Care



Story of an Acute Care Problem with an Acute Care Solution



♣ Ten major operations: removed entire upper eyelid, tear ducts, and the surface layer of the eye

Cancer

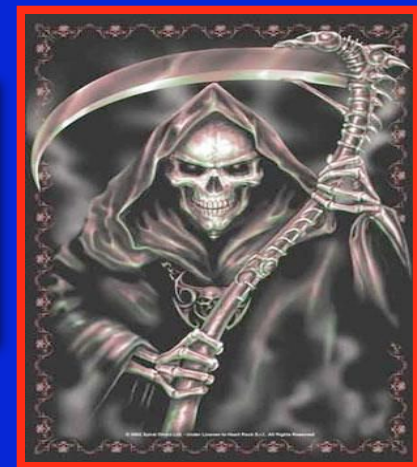
I Had Only One Decision to Make



♣ Surgery
or Death



♣ Herbal tea
and Death



Surgery

Death



With Diabetes Patients Make the Most Important Decisions

♣ The decisions that have the most impact on our patients' health and well being are the routine diabetes self management decisions that they make each day of their lives.





Most
Important
Decisions

Patients Control Diabetes Care

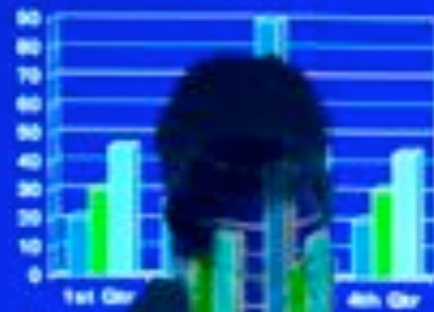


♣ Because patients are in control of their diabetes self-management decisions they are responsible for the consequences of their decisions.



98%

How to Succeed in Business



-When it is important that you get as many as possible. This creates the illusion of more than you do, and you will be testing sides, it is people fail for it.

-At the end of the day, the degree of success you achieve is directly proportional to the number of steps you have taken. It is amazed how many people are amazed how many steps you have taken.

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-Do not be afraid to take steps. It is amazed how many people are amazed how many steps you have taken.

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“I won’t change my slides!”

Too Busy

They expect
them to look
like this i.e. Bad



Discussion

Part 2

The Family
Centered Experience
University of Michigan
Medical School



Part 1 Patient Empowerment



Part 3

98% of PPT Slides
Are Terrible.
Are Yours?

scientists develop sixth sense

Thanks to MEMPHIS, scientists will be able to predict the outcome of a patient's treatment before they even start. This is a major breakthrough in the field of medicine. The scientists have developed a sixth sense that allows them to predict the outcome of a patient's treatment before they even start. This is a major breakthrough in the field of medicine. The scientists have developed a sixth sense that allows them to predict the outcome of a patient's treatment before they even start.

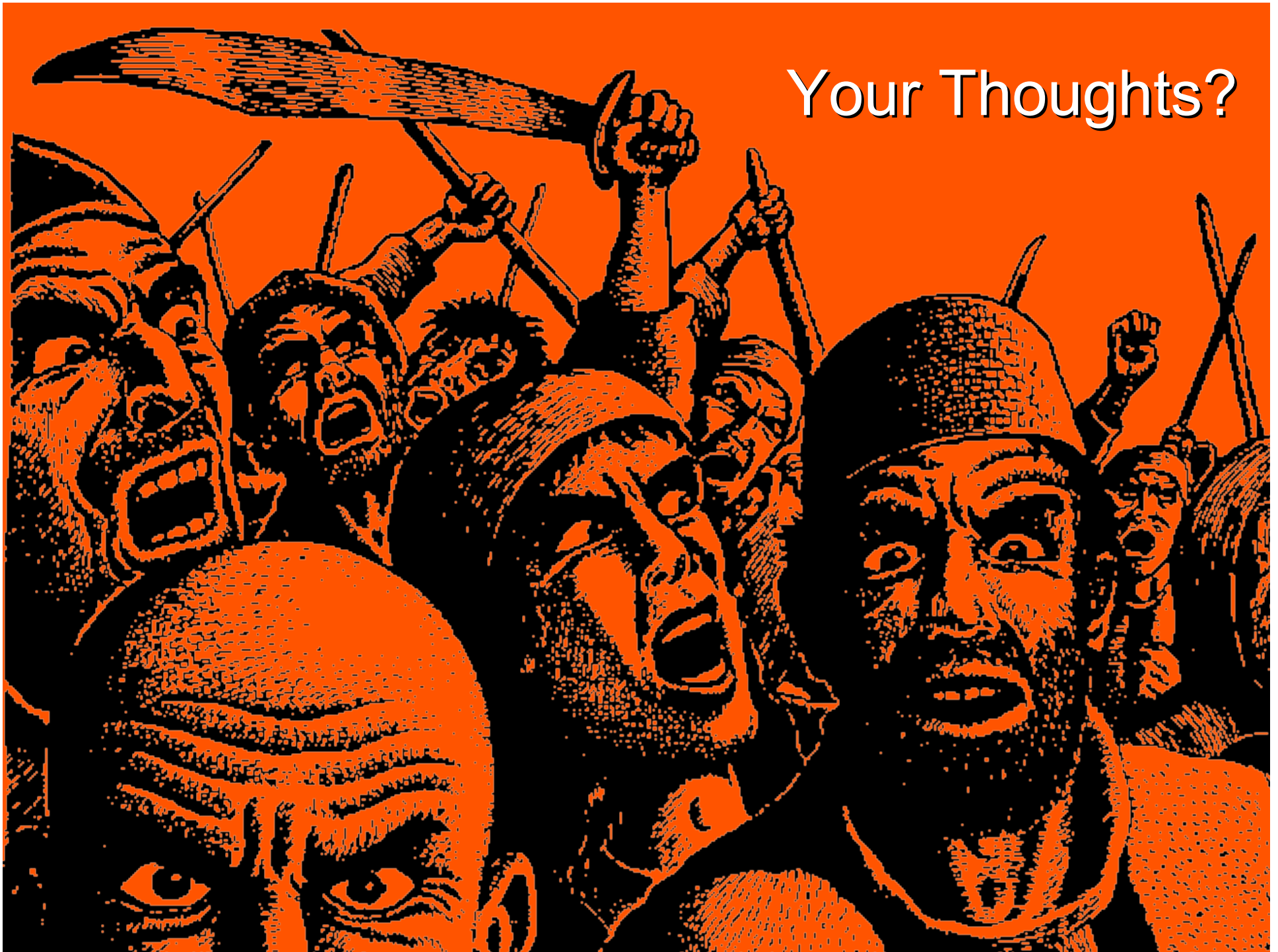
Table B-1. Test for density dependence in Columbia River and Washington Coast stocks. The parameters a_1 and a_2 and b_1 and b_2 are fits of the data to exponential and logistic population growth models and the variance around the fits, var1 and var2, respectively. The test for density dependence compares the T-statistic to the 95th (two-tailed) ranking of 2000 simulated population trajectories (the distribution of T is not known). In only one stock, Upper Columbia Spring Chinook, was the observed statistic greater than 95% of the simulated values.

Stock	a_1	var1	a_2	var2	T-stat	Rank	probT
LC-CA	0.020	0.046	1.026	-7.03E-06	0.011	2402	14.971
UC Sp. Ch.	-0.183	0.050	-0.526	3.20E-05	0.022	14.810	4.437
Sn Sp. Ch.	-0.034	0.022	-0.080	5.0E-09	0.022	0.056	0.901
Sn F. Ch.	-0.058	0.016	0.050	-5.10E-05	0.144	0.765	4.517
UVW Ch.	0.008	0.056	1.155	-1.10E-05	0.051	0.939	0.883
CR Ch.	0.054	0.106	0.300	-1.68E-04	0.092	1.489	7.654
LC W. Ch.	-0.063	0.003	-0.007	2.0E-06	0.003	0.011	0.956
LC S. Sh.	-0.069	0.008	-0.022	-1.0E-06	0.008	0.002	7.168
MC Sh.	-0.120	0.003	-0.228	3.0E-06	0.002	0.911	7.042
UC Sh.	-0.061	0.023	-0.111	1.20E-05	0.023	0.117	4.645
Sn Sh.	-0.024	0.003	0.004	0.0E+00	0.003	0.030	4.889
UVW Sh.	-0.074	0.009	-0.120	3.0E-06	0.009	0.165	4.873



Final Thoughts?

Your Thoughts?



Your Thoughts?

