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Summary Report of the Second Latin American Conference on Person Centered Medicine Lima, December 16-17, 2016.

Alberto Perales, Juan Enrique Mezzich, Oswaldo Zegarra and Raúl Morales

The Second Latin American Conference on Person Centered Medicine (SJLAMCP in Spanish) was held on December 16 and 17, 2016 in Lima, Peru. It was organized by the National Academy of Medicine and the Latin American Network for Person-Centered Medicine (RLAMCP in Spanish) along with San Marcos National University, Catholic University of Santo Toribio de Mogrovejo, Cayetano Heredia Peruvian University and the National Institute of Health of Peru. The event was co-sponsored by the International College of Person Centered Medicine, the Medical Council of Peru, the National Medical Academies of Brazil, Colombia, Chile, Ecuador and Uruguay, and the Brazilian Medical Association.

First Day, December 16, 2016.

Inaugural Ceremony

Dr. Raúl Morales, Vice-President of the National Academy of Medicine of Peru (NAMPA), representing the President of the NAMPA, Dr. Oswaldo Zegarra, thanked the presence of international and national experts emphasizing that the Second Latin American Conference, a year after the first, confirmed the interest of the Region on this medical and health perspective as well as the commitment of several universities and social and scientific organizations to the development of Person Centered Medicine (PCM) in Latin America.

Dr. Patricia García, Minister of Health of Peru, congratulated the organizers, expressed her high hopes for the results of the event emphasizing its importance for the health sector and the Latin America population in general, and requested its proceedings as soon as possible.

Opening Lectures

Dr. Alberto Perales, President of the Latin American Network of Person Centered Medicine (LANPCM) and of its Organizing Committee spoke on "Introduction to science and humanism in Latin American Person-Centered Medicine". He emphasized the harmony of the PCM movement with Latin American medicine, which always strived to combine science and humanism into an integrating concept of man, his world and his circumstances, in concordance with Ortega y Gasset's dictum, *I am I and my circumstance and if I do not save it I do not save myself*. He also mentioned the growing phenomenon of dehumanization in modern medicine and argued that in order to counteract such a negative influence it was necessary to revisit the foundations of medicine and conduct entific research on its phenomenological delimitation, identification of causal and associated variables, and to propose corrective interventions. He ended his speech by presenting an instrument, the Health Care Dehumanization Questionnaire (CDAS in Spanish), constructed by a group of researchers from the National Academy of Medicine of Peru, and designed to measure the mentioned phenomenon.

The second opening lecture was presented by Dr. Eugenio Villar from the World Health Organization on "Equity in health, sustainable development, social determinants and medicine centered on the person". On the basis of his experience on the subject, he emphasized the importance of linking PCM with the other three concepts. He proposed as a suitable strategy to focus on "selective" SDGs and to attempt pertinent reforms of public administration. Another important point to consider is the Health Mandate in All Policies of the World Health Assembly Resolution 67.12-2014 (2013 Helsinki), the main objective of which is to improve the level of population's health and achieve equity (absence of unfair, avoidable or remediable differences in health of socially, economically, demographically or geographically defined groups). With that purpose in mind, he recommended the search for synergies.



Partial group of lecturers, authorities and public attending the 2nd. Latin American Conference on Person Centered Medicine, Lima, December 16-17, 2016.

First Session: Science and Humanism in Research on Person-centered Health

The session was chaired by Drs. Luis Suárez (Head of the National Institute of Health of Peru - INS) and Andrés Heerlein (National Academy of Medicine of Chile). Drs. Gerardo Ronceros (Dean of the Faculty of Medicine of San Marcos National University) and César Cabezas (National Institute of Health) acted as discussants.

Dr. Miguel Jorge, President of the Socio-Medical Affairs Committee of the World Medical Association (WMA) and representative of the Brazilian Medical Association, spoke on "Ethics and Research Centered on the Person." He emphasized the importance of the Declaration of Helsinki produced by the WMA. He highlighted the potential conflicts that may occur, particularly when the research subject is, at the same time, a clinical patient of the researcher. In such a situation, a person can only be involved whether it would be justifiable for its potential preventive, diagnostic or therapeutic value, evaluating that such participation would not adversely affect the patient's health. In Brazil, the National Health Council of the Brazilian Ministry of Health has published two resolutions to regulate research involving human beings.

Dr. Thomas G. Schulze, President of the Section of Genetics in Psychiatry of the WPA and head of the Institute of Genomics and Psychiatric Phenomics of the University of Munich, spoke on "Individualized genetic medicine and person-centered medicine" highlighting the advances achieved in the last two decades through genome-wide associated studies aimed at polygenic prediction. On the basis of a sample of several tens of thousands of patients and individual controls, these studies have helped to identify genetic vulnerabilities in schizophrenia, bipolar disorder and major depressive disorder.

Dr. Juan Enrique Mezzich, Secretary General of the International College of Person Centered Medicine spoke on "Towards a Person-centered Integrative Diagnosis" (PID). Its formulation involves a diagnosis of health (from illness to well-being) that covers standardized assessment of health status, as well evaluations of contributory factors and of health experience, values and expectations, through a process of collaboration among clinicians, patients and families and the utilization of descriptive categories, dimensions and narratives. The Latin American Guide to Psychiatric Diagnosis represents a practical application of such approach.

Dr. Javier Saavedra, Director of Specialized Research in the National Institute of Mental Health of Peru, in his presentation on "Person-centered Epidemiology of Health", described the preliminary results of the Study on Dehumanization of Care in which the CDAS (Chronbach's alpha 0.884) was applied to a sample of 10,885 outpatients of hospitals and primary health care centers of Metropolitan Lima. He reported finding significant differences in favor of the care received in the primary health care centers in comparison with general hospitals. He concluded that humanism in health care is a complex event in which physicians, health personnel and aspects of the organizational dynamics of the establishment interact.

Dr. Oswaldo Salaverry, Associate Professor of the Faculty of Medicine of the National University of San Marcos (UNMSM) presented the theme "Multiculturalism, bilingualism and research in Person Centered Medicine". He pointed out that currently medicine faces challenges arising from globalization coexisting with the resilience of native cultures.

Finally, Dr. Germán Gamarra, Vice-President of the National Academy of Medicine of Colombia, dealt with the topic "Clinical research centered on the person". He stressed that, according to the PCM approach, clinical research, apart from

contributing to the improvement of patients' health, should constitute a medical obligation. Under such a perspective, one wonders if it is ethical for a doctor to be distanced from research. On the other hand, it is advisable to clearly distinguish clinical research from clinical practice.

Organizers Executive Session

This was organized by the RLAMCP and was attended by the speakers and representatives of cooperating institutions. It was dedicated to preparing and discussing the text of the Lima Declaration of 2016.

Second Session: Person Centered Science and Humanism in Clinical Care

The session was chaired by Drs Michel Botbol (University of Western Brittany, France) and Luis Pacheco (President of the National Academy of Medicine of Ecuador). Dr. Amador Carcelén, professor of medicine at the Universidad Peruana Cayetano Heredia (UPCH) and Andrés Heerlein (National Academy of Medicine of Chile) acted as discussants.

Dr. José Luis Calderón (professor of medicine at Cayetano Heredia Peruvian University, UPCH), pointed out that PCM with its integral clinical approach considers the person as a bio-psycho-spiritual and socio-environmental unit, which leads, by logic, to specify also a causal integrality (physiological stress-biochemical alterations-functional alterations-structural alterations) that will have to be evaluated in practice as a diagnosis of disease, risk and protective factors, level of well-being and functioning, illness awareness and motivation to heal. From such comprehensive diagnostic understanding a global therapeutic approach would derive (at all three levels of prevention). With such a broad action spectrum PCM would use varied strategies for curative but also educational purposes, both through individual and team action, using the best scientific evidence, informed consent, shared decisions as well as cultural and economic considerations.

Dr. María Cuba, Director General of Health Promotion at the Peruvian Ministry of Health, in her lecture on "Primary Care of Person Centered Health", considered that a Patient-centered Primary Health Care approach involves not only placing people at the center of the system but also re-evaluating health personnel within the framework of efficient and humanized management. This strategy shows better results at lower costs and greater equity, and its attributes optimize the ethical concept of distributive justice and equity by facilitating accessibility and first contact with the health system and the integrality of attention to the general population. In this sense, family medicine (centered on people) is a real revolution with hopes of recovering values, with science, conscience and courage.

Regarding person-centered surgery, Dr. Daniel Haro, a member of the Peruvian Academy of Surgery, highlighted the fundamentals of this specialty, morally obligated to focus on the person in all its dimensions. There are, however, factors that dehumanize the surgeon and risk deteriorating his relationship with the patient, including technological reductionism, managed health care sponsored by for-profit insurance companies; mercantilism and health marketing that deteriorate the image of professional service. In Latin America, the main problems which PCM faces, with some variations in severity, are related to distributive justice and equity.

In "Person-Centered Gynecology and Obstetrics", Dr. José Pacheco, professor of these specialties at San Marcos University, pointed out that Person Centered Gynecology and Obstetrics belong to the very essence of medicine. What could be more focused on the person than the birth of a new life? Today, both have deepened their knowledge and management of the complex mechanism of human reproduction, including genetics, molecular biology, immunology, assisted reproduction, manipulation of blastomeres and genes, imaging, robotization and others. Such knowledge has empowered the gynecologist with science, technology and innovation, motivating changes in patient care and facilitating new managerial demands for care in health systems. Among its current challenges in Latin America he pointed out dysfunctional government regulations, high costs of specialized care, high maternal and neonatal morbidity and mortality, the shortage of doctors in primary care and the failure of the health care system to organize itself in a stable manner in economic and functional terms. He believes that its teaching should be introduced early in the medical curriculum.

Dr. Luis Varela, Academic Vice-Rector of UPCH, stated in his lecture on "Person-Centered Geriatric and Palliative Medicine", that in Peru, the population over 60 years old has been steadily increasing. By 2025 it is expected to represent 13% of the total population. National health problems identified in this age group are family and community mistreatment and exclusion, besides their stigmatization for being perceived as old, useless, sick, ugly and slow individuals. Such attitudes are more evident in professional staff (52%) than in non-professional staff (30%). In this sense, in Latin America, it is a major challenge to promote the dignity of older adults at risk of becoming an excluded population, as well as the high consumption of economic and family resources that they demand, and the risk of deterioration of physical and psychological health of their caregivers. In this sense, the rational use of palliative medicine, at the convenient clinical moment, appears to be a valuable alternative.

Dr. Saúl Peña, psychoanalyst, in his theme of "Person-centered psychiatry", relied on the Greek concept of *paideia* (integral, intellectual and spiritual education of man) as the basis of humanism that values the primordial importance of the person. On this perspective, he stressed that Carlos Alberto Seguí, in Peru, considered psychotherapy as a special form of human relationship in which, through corrective emotional experiences, undesirable personality traits are modified. In this way, such psychoanalytic and psychotherapeutic contributions follow the common goal of placing the Person at the center

of its psychotherapeutic mission. Consequently, one cannot speak properly of psychotherapy if it does not occur in the framework of medicine and psychiatry centered on the person.

Symposium of the National Academy of Medicine and the National Institute of Health

Drs. Oswaldo Zegarra (President of the the ANMP) and Luis Suárez (Head of the INS) were the session chairs. The following program was covered: Dr. Alberto Perales: *Person Centered Latin American Medicine: From concept to action*; Dr. Juan Enrique Mezzich: *International Development of Person Centered Medicine*; Dr. Patrick Wagner: *The National Academy of Medicine and Person-Centered Medicine*; Dr. Zuño Burstein (Revista Peruana de Medicina Experimental y Salud Publica): *The National Institute of Health and Person Centered Medicine*. The meeting ended with a stimulating debate with the audience.

Second Day, December 17, 2016

Third Session: Person Centered Science and Humanism in Medical Education

This session was chaired by Dr. Jose Luiz Gomes do Amaral (National Academy of Medicine of Brazil and former President of the World Medical Association) and Germán Gamarra (Vice-President of the National Academy of Medicine of Colombia). Dr. Raúl Salazar (ANMP), Lucía Llosa (Dean of the Faculty of Medicine, UPOCH), UPOCH medical student, Paloma Cárcamo and UNMSM psychiatry resident, Jeff Huarcaya spoke as discussants.

Gerardo Ronceros (Dean), Gustavo Franco (Professor of Medicine), and Anita Luján (Professor of Nursing) all from the Faculty of Medicine, UNMSM, presented "*Curricular contributions in PCM: how to counter current dehumanizing influence on medicine*" that, by accepting the current complexity of medical and health education, the greatest urgency lies at the Primary Health Care (PHC) level. Peruvian studies show that PHC staff does not meet the required competency standards, with physicians being the least qualified. They suggest that the university implement humanistic contents as a formative base in the educational curricula, facilitating an early contact with real health problems.

Dr. Alberto Guerra García, Professor of the Faculty of Medicine of UPOCH, in his presentation on "*Communication in person centered medical education*" pointed out that, at present, communication is a basic clinical competence not dependent on basic personality but formal theoretical-practical and reflexive learning. Nowadays it is proposed that medical students should be trained in communication skills in order to be better diagnosticians and explain the dynamics of the disease to their patients. There is evidence that effective communication helps physicians, increases patient satisfaction and effectiveness, and reduces malpractice complaints.

Dr. Herman Vildózola, former Dean of the Faculty of Medicine of the UNMSM, presented in his theme "*Interdisciplinary professional education*" that health professions have traditionally been formed in hospital environments, with an individualized, specialized model of care, which fragments the patient into silos. Such a training model is inadequate for team-based health care. Currently, the world trend is to train professionals capable of integrative work in health care at both individual and community levels, with *interdisciplinary* actions.

Patricia Campos Olazábal, Rector of the Catholic University Sto. Toribio de Mogrovejo (Chiclayo-Perú) (USAT) spoke on "*University desertion and integral mentoring*". She pointed out that the university student desertion obeys to different causes, among which are high level of stress and poor academic performance. In Peru, the government established, two years before a program of student aid, Scholarship18, for aid young people from disadvantaged populations. This was assigned for implementation to several universities, public and private, among them, the USAT. In 2016, the USAT, had a general desertion of 8.39%, which, has been reduced to 5.56%. In the Faculty of Engineering, in the year 2015 the desertion was 9.66%, and nowadays it is 5.87%. On student satisfaction with the program, in 2016 the general percentage rose from 54% to 96% and, for the Faculty of Engineering in 2015, went from 50% to 90%. Specifically, for Scholarship 18 students, the rate of school loss has been reduced from 37% to 1%. Two years ago, the USAT created its own model of Integral Mentoring. The intervention strategy was based on the understanding of the desertion-retention phenomenon according to the integration model of Vicente Tinto and the sociological model proposed by Spady. The success of the program has not only been academic but also economic, having resulted in savings of 1.45% in 2016.

Prof. Michel Botbol, Professor of Child and Adolescent Psychiatry at the University of Western Brittany (France) and President of the Section of Psychoanalysis in Psychiatry of the World Psychiatric Association, emphasized in his lecture on "*Education in Empathy for Clinical Practice*" that reductionism is putting pressure to lead medicine towards an extreme objectivism. This is not only a methodological tool but is becoming a theory of medicine. On account of the Farola effect, it nourishes itself by the rejection of the subjectivity and complexity of the person. Thus, it ignores the experience of illness, conscious and unconscious feelings, representations and mechanisms involved in a disorder or in the defenses against its effects, the aggravating factors in suffering, the means of consolation and treatment, spirituality and transcendence. To access the patient's subjectivity is thus a major operational challenge for PCM, which must find, systematize and transmit a *non-metaphysical* method to integrate the patient subjective dimension (including spirituality) as a key part of PCM. Empathy education pursues, at the same time, a) To increase the capacity of the professional to share in the patient's

feelings, reducing the classic defense mechanisms in professionals; b) To increase the capacity of the professional to reflect and elaborate on the patient's affections, transmitted during interactions, but taking advantage of the existing differences between them; c) To support and even cultivate such contradiction in order to understand, help and truly accompany the patient as the suffering "other".

Dr. Oscar Cluzet, representative of the National Academic of Medicine of Uruguay, lectured on "Bioethics and Person Centered Medicine: A Work Plan". He stated that both have the common goal of a humanistic and scientific medicine and suggested that in order to achieve the full validity of PCM, we must be able : 1) To focus on a change of priorities, from a medicine centered on disease and curative actions towards a medicine focused on the health of the person, with emphasis on prevention and health promotion; 2) To try that the current health system and its institutional organization incorporate the person and, ultimately, the citizens in their management processes; and 3) To include the detection and satisfaction of the real needs of society. Finally, he analyzed the validity of bioethical principles in person-centered medicine, emphasizing the Principle of Autonomy and Informed Consent, and the Principle of Beneficence. Also important is the Principle of Non-maleficence and associated risks through the prescriptive implementation of a Patient Safety Policy, and development of an effective Palliative Care Service, with the possibility of being applied at home, to facilitate that people be able to die in peace at home, surrounded by family and free from therapeutic obstinacy and futility. He finally discussed the Distributive Justice Principle, particularly linked to high cost treatments and procedures.

Fourth Session: Science & Humanism in Person & Community Centered Public Health.

This session was chaired by Drs. Yuri Cutipé (Director of Mental Health, Ministry of Health of Peru) and Oscar Cluzet (National Academy of Medicine of Uruguay). Drs. Melitón Arce (ANMP) and Lucy López (ANMP) acted as commentators.

Dr. Luis Suárez (Head of Peruvian National Institute of Health) presented the theme "Objectives of sustainable development in Latin America". After summarizing the essentials of basic documents such as the Rio Declaration on Environment and Development, UN, 1992; The Millennium Declaration, 2000; The United Nations Conference on Sustainable Development (2012), and the agreement reached at the 70th General Assembly of the United Nations by which all world countries adopted the Agenda 2030 to meet the 17 objectives of Sustainable Development. On this basis, he applied such vision to the Latin American context and in particular to Peru.

Dr. Oscar Ugarte, former Minister of Health of Peru, stated in his presentation on "*Development of the system of integral person-centered care in Peru: The Challenges towards 2021*" that concerning health, the country faces critical issues such as environmental pollution, financing difficulties in order to ensure immunizations, prevention and treatment of child malnutrition and anemia, deficiencies to provide a healthy diet according to the WHO / PAHO standards, tobacco control, and compliance with the precautionary measures on emergency contraception, among others. There are also difficulties at the primary care level as well as on the need to train human resources with quality standards. A major problem is to tackle the financing of the sector and the high cost of medicines, particularly biological ones (monopolies often increase their prices), improving the quality standards of health service as well as the control of environmental contaminants.

Dr. Fernando Carbone, former Minister of Health of Peru, presented "*A holistic vision of health from the approach of rights in the twenty-first century.*" He argued that in the 21st century we are witnessing a new paradigm: health based on the person, the family and the community. In this regard, he recalls that at the Alma Ata Declaration meeting in 1978, there was a forgotten message summarized as: "Health is not only a recognized universal right, but a duty and a responsibility of all people in society ", which was well articulated by David Tejada de Rivero. In this perspective, he called for the incorporation of health in all policies understanding that social participation is crucial for planning, execution, administration and follow-up of health actions.

Finally, Dr. Fredy A Canchihuamán, of the National Institute of Health (Peru), presented "*Humanization of health systems*". After recognizing the dehumanization of medicine in contemporary society, he stated that humanizing health systems becomes an ethical commitment to increase the quality of services to promote values and human dignity for the well-being of the person cared for and the professional himself. PCM, as a programmatic approach, aspires to such objectives by proposing a holistic intervention, building equity, justice, well-being and health for all within the framework of the right to health. In summary, it is necessary to transform all the elements of health systems, areas and people, from the micro-subsystem of the patient-doctor relationship, through family members, professional, technical and administrative human resources, politicians and health decision makers up to the macro-subsystems of health organizations (management, infrastructure, information and provision of services) including organizational culture, ethics and values.

Closing Ceremony

This session was chaired by Drs. Oswaldo Zegarra (President of ANMP), Alberto Perales (President of RLAMCP), Juan Enrique Mezzich (Secretary General of the International College of Person Centered Medicine) and Raúl Morales (Vice President of ANMP).

Dr. Zegarra thanked the National Academies of Medicine from Latin America which were co-organizers of the event as well as national and foreign speakers congratulating them for their excellent performance.

Dr. Alberto Perales thanked, on behalf of the RLAMCP, the efforts of all participating Latin American professionals, as well as the Medical College of Peru for its logistical support, and all the attendees for their participation in the debates and contribution of valuable ideas, as well as clear identification with the movement of Person Centered Medicine, of high necessity in Latin America. He promised that the Summary of the Event and the Declaration of Lima arising from it would be presented to the Peruvian Minister of Health, who had specifically requested them.

Dr. Juan Enrique Mezzich highlighted the importance of the development of PCM in Latin America, gave a brief description of the worldwide progress of PCM, and invited everybody present to the 10th Geneva Conference in May 2017.



From left to right: Drs. Alberto Perales, Oswaldo Zegarra, Raúl Morales, and Juan Mezzich, at the Closing Ceremony of the 2nd Latin American Conference of Person Centered Medicine, Lima December 16-17, 2016.