Lessons Learned in Medical Rehabilitation and Re-Integration: An International Perspective

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Rehabilitation by design..what might the ideal rehabilitation program look like?
Outline

- Prehabilitation
- Addressing Pre-Trauma
- Mental Readiness
- Things happen – Acceptance and Forgiveness
- Rehab principles from Vietnam
- Pain and Suffering
- Finding Meaning
- Hope
- Community re-integration
Imagination is more important than knowledge

– Albert Einstein
A tale of many soldiers! What have we learned?
Determinants of Positive Outcomes in Rehabilitation

1. facilitating the “motivation” of the soldier/patient.
2. creating centres of excellence
3. incorporating rehabilitation principles early
4. limiting convalescence leave
5. Introducing recreational/motivational activities
6. better defining the role of Veterans’ Affairs
7. providing holistic care

Pasquina and Cooper “Care of the combat amputee”
Pre-habilitation

- R2MR
- SVT
- SMART GOALS
- VISUALIZATION
- TACTICAL BREATHING
Mindfulness:

Being still, becoming aware, living fully in the present moment
Where does mindfulness come from?

- In 1979 Dr. Jon Kabat-Zinn founded the Mindfulness-Based Stress Reduction program at the University of Massachusetts to treat the chronically ill (mostly chronic pain patients).
Why is meditation necessary?

- Develop ability to sustain attention (WE HAVE COLLECTIVE ADD)
- Tools to stop the noise/spinning thoughts and notice what is, this can be restful
- Does not have to be on a yoga mat
  - Mindful movement
  - Daily tasks
Meditation is too hard. How do you keep one thought in your mind for this long? Dinner dinner dinner...
Chronic Pain

- **Kabat-Zinn 1985**
  - 90 chronic pain patients, significant reductions in:
    - measures of present-moment pain,
    - negative body image,
    - inhibition of activity by pain,
    - mood disturbance, including anxiety and depression
Pre-Trauma
Interaction of Concepts
ICF 2001

Health Condition
(disorder/disease)

Body function & structure
(Impairment)

Activities
(Limitation)

Participation
(Restriction)

Environmental Factors

Personal Factors
Things Happen!
Healthy Grieving
FRANKLIN FUND
UNIVERSITY OF ALBERTA
Improving quality of life and care for amputees.
Communication

- Acknowledging healthy vulnerability to re-establish healthy relationships
- Adventure training
Finding Meaning
Pain and Suffering are not the same...
Typical Medical Treatment Model

- Drugs
- Surgery
- Psycho-social approach

CAM Therapies
A long long time ago…

• The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.

• Plato
Multi Disciplinary Approach for Pain management

Self Care

Drugs & Surgery
Generic Recommendations (that I tell almost all patients)

Get back in the game
- Acknowledge don’t resist
- Peer support
- Music
- Art
- Neurofeedback (meditation)
- Equine/Canine Mediated Mindfulness
- Graded Motor Imagery (GMI)
- Neurolinguistic Programming (NLP)

Deal with Pre-Trauma
- Forgive
- Accept
- Re-connect with your tribe
- Don’t dig around in the dirt too much!
- Avoid the “war-porn”!
A simple equation

\[
\text{Suffering} = \frac{\text{Pain}}{\text{Acceptance} \times \text{Forgiveness}}
\]
What is this pain trying to tell you?

Eckart Tolle (The power of NOW)

- Leave your pain-body behind!
- How does your pain no longer serve you?

Where is the pain leading you (Finding your true purpose in life)

- You are where you need to be right NOW!
- The UNIVERSE is unfolding as it should!
Community re-integration...we all play a part
Our lives are not determined by what happens to us, but by how we react to what happens; not by what life brings to us, but by the attitude we bring to life.

Anon.
Inspiration

- https://www.youtube.com/watch?v=1u-niluB8HI