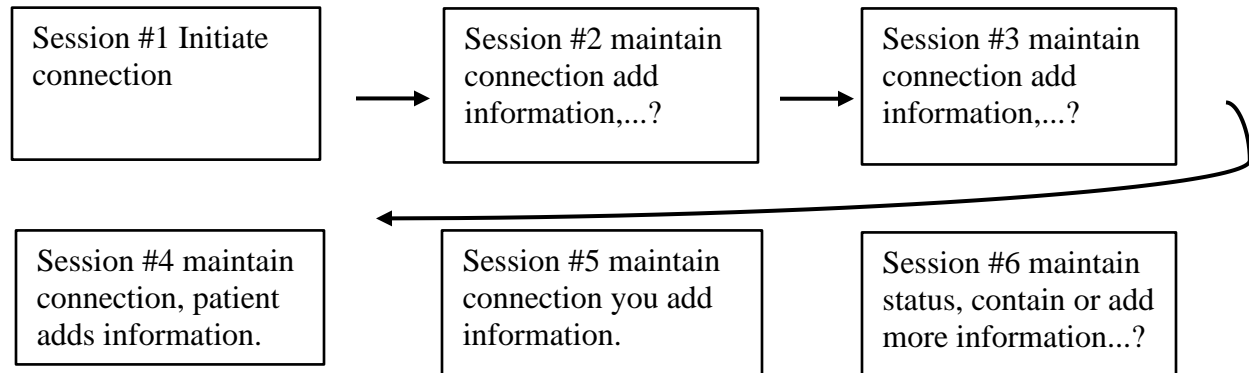


Sequence

When discussing a case with a patient, it's important to be know how to use your subject matter expertise (SME) as well as the patients subject matter expertise(SME) to sequence the flow of information since the goal is to create a mutually agreed to pool of information.



Each session becomes one in a series of information sharing between your SME and Jims SME.

Here Jim is his own subject matter expert. He was recently diagnosed with blood pressure irregularity. Your goal is to help Jim see the bigger picture so you want to introduce the value of sleep hygiene, staying calm in stressful situations and managing his anger issue.

The challenge; Jim dismissed the value of sleep in the initial consultation.

At visits 1 and 2 you introduced the value of sleep and Jim sees the value of getting more restful sleep.

The goal of these first few sessions may be to address the sleep while gaining Jim's trust and confidence in you as a SME.

Solution;

In short Jim needs to make a few changes. You'll help Jim realize your Asian bio-medicine and acu-therapy will take time and his participation SME is vital to his healing journey outcome.

At session 4-5 Jim tells you about his interest in starting cardio training and you agree that is a great idea.

To stage the series of sessions you could use the cardio training to bridge his observation that his sleep has improved since starting the cardio fitness since taken together these directly improve the arterial and vascular blood flow instability. At this point you could explain the connection between Heart Shen, blood restriction and the vascular and arterial blood flow as a complex dynamic of Yin Yang Qi and Blood interaction.

A Key Take-away

Here You and Jim contribute equally to the pool of information needed to help strengthen the heart function, strengthen the Qi energy activity while also keeping the blood flow in check and moving smoothly.

Things to think about... ?

When is it good time to introduce cardio fitness (yoga, qi gong, tai-chi or other self-care, etc.) or related topics like; alcohol use, using biofeedback, or attending/researching anger management issues.

Jim is his own best SME and empowering him to pursue the best healing journey helps you help him achieve the best outcome possible. In essence being a good listener allows Jim to become a healing partner and empowers your SME role. By allowing Jim to contribute his CME the clinical outcome also improves.

Conclusion;

Examine each session to establish trust while creating a pool of information will allow Jim the ability to participate as fully as possible.