Resiliency in Primary Care

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What is Resilience?

The tendency to adapt to risk or adversity
Measures of Resilience

- Connor-Davidson Resilience Scale
- Post-traumatic Growth Inventory
Connor Davidson Resilience Scale

- Adapt to change
- Deal with whatever comes my way
- See humorous side of things
- Bounce back after illness or injury
- Believe I can achieve goals despite obstacles
- Stress makes me stronger
- Under pressure I stay focused
- Not easily discouraged by failure
- Think of myself as a strong person when facing challenges
- Able to handle unpleasant feelings
Post-Traumatic Growth Inventory

• 5 Constructs:
  – Relation to others
  – New possibilities
  – Personal strength
  – Spiritual change
  – Appreciation of life
Protective Factors

• Personal Strength
  – I know better that I can handle difficulties
  – I discovered that I’m stronger than I thought I was

• Caregiver Support (of children)
  – Especially maternal

• Supportive Social Networks
Protective Factors (without a lot of evidence)

- Parenting Qualities
- Cognitive Functioning
- Socioeconomic Status
- Positive Self-Image
- Intellectual Ability
- Good Attention
- Good Interpersonal Skills
- Mother’s Mental Health
Why Are These Protective?

• Greater medial prefrontal cortex-amygdala coupling in children with more nurturing mothers

• Epigenetic factors?
Effect of Resilience on Health

• Not a lot of evidence
• Moderates the development of depression in people with high ACE scores
Resilience in Primary Care: What we can do to help our patients

• Ask about trauma histories
• Listen to their answers
• Explore level of risk and impact on their lives
• Discover their strengths
• Encourage patients to build on their strengths
• There’s no magic pill
Behavioral Interventions That Help

• Reframing
  – It’s typical to catastrophize
  – Use more objective terms
    • Horrible/terrible vs long, tiring, stressful
• Cognitive Behavioral Therapy (CBT)
• Referral to behavioral health professionals
Behavioral Interventions That Help

• Reframing
• Cognitive Behavioral Therapy (CBT)
  – Coping skills, relaxation training, emotional regulation
  – For children – incorporation of parents, bolstering the parent-child relationship
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• Referral to behavioral health professionals
  – 25% of patients referred to a BH specialist ever go
  – Integrated behavioral health in primary care
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