

## **SECOND AFTERNOON SESSION: Finding Systemic Patterns in Illness**

TIMES and DATES: 3:45 – 5:00 pm, SUN 4.28 to FRI 5.3, 2019

COURSE LEADER: Andrea Rentea, MD

DESCRIPTION: This course will teach an integrative approach for identifying overlying illness patterns through the incorporation of an expanded medical history, review of systems and selected parts of the physical examination. This course will specifically examine physiologic rhythms and patterns of growth, physical movement, digestion, mood, sleep, and pain, as tools for building a comprehensive view of the individual patient, for both children and adults. This methodology has been carefully developed and elaborated within Anthroposophic Medicine.

Methods for creating an overview of a patient's health status through the medical history and review of systems will focus on the following categories: demonstrated physical, laboratory, or radiographic abnormality or disability; functional imbalance or deficit, such as impaired nutrition, healing time, and fatigue; emotional state and well-being, reactive stress patterns, social connection or avoidance; as well as more individual aspects of grief, empowerment, insight, and meaning in the course of illness. Working with these differentiated assessment tools enables practitioners to integrate bodily, emotional and mental manifestations of illness into a more comprehensive understanding of the patient.

Functional and integrative medicine assessment techniques will also be described for identifying broader, multi-system illness patterns in patients, particularly as to how they relate to stress and sleep, to chaotic and unpredictable life rhythms, or to metabolic and/or dietary excess and imbalance. This will be followed by a series of case discussions, incorporating both allopathic and anthroposophic perspectives on medical treatment for the described conditions.

### Objectives:

- Understand the role of the review of systems within an integrative medical model.
- Understand the role of an extended physical examination within an integrative medical model.
- Discuss illnesses of deposition and consolidation (cholelithiasis, nephrolithiasis, stroke, CAD, gout) as predictors of broader chronic illness progression.
- Explore ways in which medical history of a "deposition" disease can prompt more careful medical history, physical and laboratory examination for possible associated illness patterns.
- Discuss growth patterns, and how a temporal history of developmental and physical milestones can act as predictors for other chronic illnesses.

- Explore ways in which a medical history of early or late growth milestones (such as early menarche) can prompt a more careful medical history, physical and laboratory examination for possible associated illness patterns.
- Explore the relationship between exercise frequency and intensity and digestive disorders.
- Discuss measures of exercise frequency and intensity as predictors of broader chronic illness progression.
- Discuss the relationship between digestive illness and mood disorders.
- Explore ways in which a medical history of digestive disorders can prompt a more careful medical history, physical and laboratory examination for possible associated illness patterns.
- Discuss sleep patterns, particularly disturbed sleep patterns, and their predictive value for complications of other chronic illnesses.
- Explore the relationship between disordered sleep and pain.
- Explore ways in which a medical history of disturbed sleep can prompt a more careful medical history, physical and laboratory examination for possible associated illness patterns.
- Recognize the value of a multi-system (holistic) medical approach and appreciate the ways in which a bio-psycho-social diagnostic framework can address complex chronic disease.

#### References:

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