The Groopman Spectrums:

Understanding Your Biases and Orientation in Medical Decision Making

Adapted from Your Medical Mind, 2011, (Groopman & Hartzband)

Naturalist vs Tachnalagist

		Natural	ist vs Te	chnologist		
Naturalist						Technologist
Yes Definitely!	Most of the time	Occasionally	Neutral	Occasionally	Most of the time	Yes Definitely!
I believe the best cure comes from nature, time and a healthy lifestyle.				I believe the best cure comes from science and technology.		
I prefer herbal and plant-based remedies.				I prefer western drugs and medicines.		
I prefer age-old, natural remedies.				I prefer the latest high-tech options.		
		Minimal	ist vs Ma	ximalist		
Minimalist						Maximalist
Yes Definitely!	Most of the time	Occasionally	Neutral	Occasionally	Most of the time	Yes Definitely!
I believe less is best.				I believe more is be	est.	
I prefer the minimum amount of treatment necessary.				I prefer the maximum amount of treatment available.		
I avoid treatment.				I seek preemptive treatment.		
		Doubt	ter vs Bel	liever		
Doubter						Believer
Yes Definitely!	Most of the time	Occasionally	Neutral	Occasionally	Most of the time	Yes Definitely!

I believe treatment will work.

I focus on expected benefits.

I hold health care providers in high esteem.

I am skeptical treatment will work.

I am skeptical of health care providers.

I worry about potential side effects and risks.

Understanding your natural inclinations and where they come from gives you a greater ability to be flexible and make better choices for yourself. Being aware of your values and being able to communicate those values makes you a more effective patient.

Examples:

A <u>believer</u> with a <u>maximalist</u> <u>naturalism</u> mind-set may seek the latest and greatest natural remedies for the fittest, healthiest pregnancy and childbirth.

A <u>believer</u> with a <u>maximalist</u> <u>technology</u> mind-set may ask for ultrasounds and vaginal exams at most prenatal appointments.

A <u>maximalist believer</u> with a <u>naturalism</u> mind-set may try nipple stimulation and evening primrose oil as they get close to 40 weeks, hoping to prevent a prolonged pregnancy. A <u>minimalist</u> won't do anything, believing the body takes care of itself without a lot of help.

A <u>believer</u> with a <u>maximalist</u> mind-set might spend a lot of time doing optimal fetal positioning exercises all through pregnancy in an effort line up baby perfectly for an efficient labor.

An extreme <u>doubter</u> with an extreme <u>minimalist</u> <u>naturalism</u> mind-set may forgo prenatal care and choose unassisted birth.

An extreme <u>believer</u> with a <u>maximalist</u> <u>technology</u> mind-set may choose an elective cesarean delivery.

A <u>minimalist</u> with a <u>technology</u> mind-set may want to avoid augmentation until absolutely necessary, and then chooses pitocin and arom over nipple stimulation and positioning to achieve results.

A woman who chooses to give birth in a hospital with an OB and wants a low-intervention, unmedicated birth could be a <u>believer</u> with a <u>minimalist</u> <u>technology</u> mind-set.

<u>Doubters</u> may hire doulas as a buffer against doctors and hospitals but may also doubt the doula's efficacy.

A <u>maximalist</u> may want a doula and an epidural.

Material for this hand out comes from:

Groopman, Jerome. Your Medical Mind: How to Decide What Is Right For You. Penguin Press HC, 2011

 $\underline{\text{http://healthland.time.com/2011/10/28/mind-reading-two-harvard-docs-talk-about-making-the-best-medical-choices/\#ixzz1kKxugn00}$

http://www.nytimes.com/2011/10/09/books/review/your-medical-mind-by-jerome-groopman-and-pamela-hartzband-book-review.html#h[GaHUtb,2,3,4]

http://www.freakonomics.com/2012/01/18/how-to-talk-to-doctors-groopman-and-hartzband-answer-your-questions/

 $\underline{http://healthland.time.com/2011/10/28/mind-reading-two-harvard-docs-talk-about-making-the-best-medical-choices/\#ixzz1kKwvZtx3}$

 $\underline{http://www.health.harvard.edu/blog/making-health-decisions-mindsets-numbers-and-stories-201112123946}$

http://articles.boston.com/2011-10-03/lifestyle/30239156 1 groopman-medicine-patients/2

Compiled by Laurie Levy, MA, LMP, CD, CBE & Kim James, BA, ICCE, LCCE, CD(DONA), BDT(DONA)