



12th GENEVA CONFERENCE ON PERSON-CENTERED MEDICINE
Promoting Well-being and Overcoming Burn-out
March 25-27, 2019



PAUL TOURNIER CONFERENCE

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Mister President,

Distinguished colleagues, respected audience,

I am profoundly grateful for the honor of receiving the Paul Tournier Award for 2019, which, although embossed with my name, I wish to reflect the recognition that the illustrious jury has given to the efforts of a group of Latin American professionals who have worked tenaciously to introduce to our region the basic concepts and the philosophy of Person Centered Medicine.

Such a task, with a future of great dimensions, inspired by the humanist message of doctors of extraordinary stature, both scientifically and spiritually, like Paul Tournier, has been greatly

facilitated by the invaluable support and guidance of the International College of Person-Centered Medicine, and of leaders of world class pedigree in this area, like Juan E Mezzich (Peru/USA), Jon Snaedal (Iceland), Jim Appleyard (U.K.) and Michel Botbol (France), who have bent over backwards in every respect to help us achieve success in the proposed objective.

In this fashion, and with a Latin American team that presently comprises health professionals from 9 countries (Argentina, Bolivia, Brazil, Chile, Colombia, Paraguay, Uruguay and Peru) we have managed, in a period of 5 years, from 2014, to generate a climate of enthusiasm, reinforce humanism and the Centrality of the Person in all medical work, as well as create a space of reflection

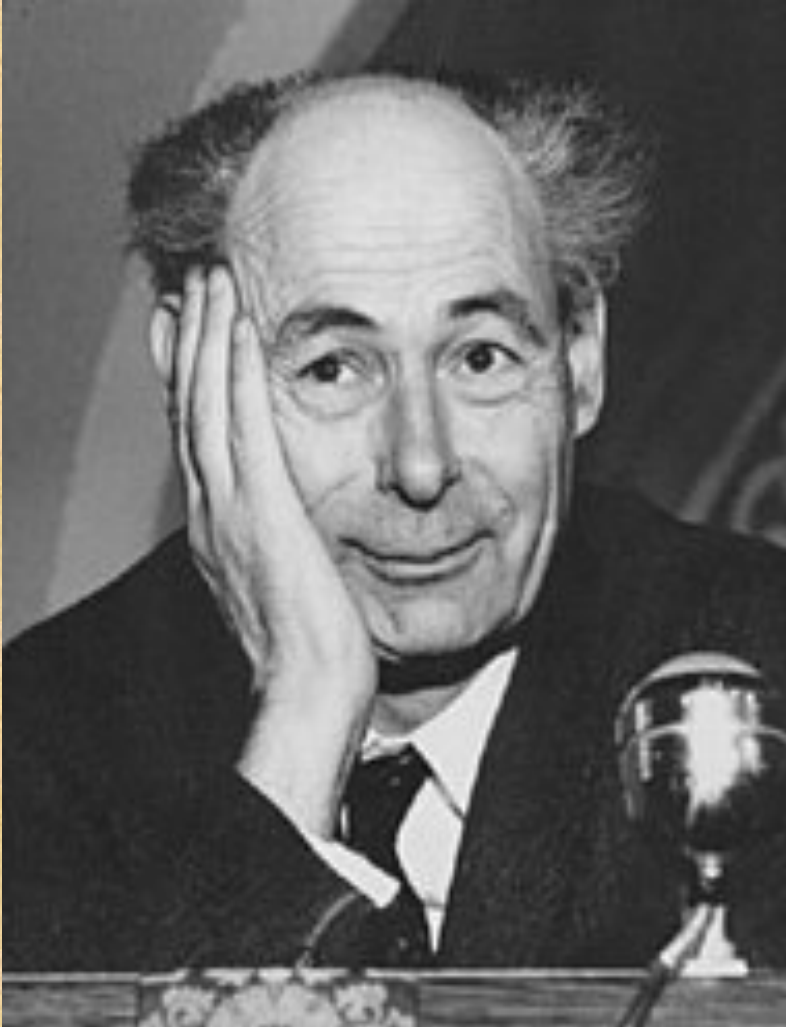
that potently combats the risks posed by exaggerated technology, the utilitarian consideration of the economy in healthcare, the reification of the patient, the commoditization of medicine, and the complete lack of practical importance that is given to human suffering in the disease process, all of which are affecting the practice of medicine. Moreover, such negative social variables are not only affecting our patients but also our own medical personnel who, subjected to unfair and ever greater demands in the workplace are already being debilitated in their health; this is reflected in the increasing prevalence of Burnout Syndrome, for example.

Let me now show you in a very brief way, what have we done in LatinAmerica to this respect.

"All art and all research, as well as all action and election, seem to tend to some good; this is why it has been correctly said that good is that to which all things tend to"

(Aristotle, Et Nic I 1: 1094 a 1-3.)

HUMANISM: PAUL TOURNIER (1898-1986)



In 1940 published his first book: “Médecine de la Personne”, wherein he advocates that man is more than just body and a mind, he is also a spiritual being.

THE PERUVIAN CONTRIBUTION

- 1933. Honorio Delgado, emphasized the importance of spiritual training.
- 1963. Carlos Alberto Seguin, creates the concepts of unconditional love and Psychotherapeutic Eros”
- 2010. Alfonso Mendoza creates the “PATIENTS DAY”
- 2013. Juan Enrique Mezzich, introduces Person Centered Medicine in Latin America.

LATIN AMERICAN NETWORK OF PERSON CENTERED MEDICINE

- 2013, December 19. *Simposio on Person Centered Medicine and Health: University Dialogue (San Marcos and Peruvian Cayetano Heredia Universities)*.
- 2014, November 7-9, Buenos Aires, Argentina. Second Person Centered International Congress. Latin America Academic Symposium on Medical Education with the participación of the the following Latin American Academies of Medicine: Argentina, Bolivia, Chile, and Peru.

- 2014, December 14. Meeting in Lima with the participation of the Academies of Medicine of Bolivia, Colombia, Chile, Paraguay and Peru.
- 2014, December, The Act of Lima based on Bs As Declaration was issued. It was proposed and accepted to found a Latin American Network to promote Person Centered Medicine.

- 2015, December 18-19. With the participation of Academies of Medicine of Colombia, Chile and Uruguay, WMA , OPS/OMS, the universities of San Marcos, Cayetano Heredia and Santo Toribio de Mogrovejo, **The First Conference on Person Centered Medicine: “From Concept to Action”** was carried out in Lima, Peru.
- 2015. A Declaration of Lima was produced.

- 2016. Second Conference on Person Centered Medicine: **Science and Humanism**. Lima, December 16-17
- 2016 Declaration was issued.

- 2017, July 14th, The Peruvian Association of Person Centered Medicine was founded.
- 2017. Latin America Association of Academies of Medicine, Spain and Portugal devoted a session to Person Centered Medicine, in Bogota, Colombia.
- 2017. Third Conference on Person Centered Medicine on **Medical Education**. Lima, December 14-15
- The 2017 Declaration was issued.

2018, September 7-8 th. La Paz Bolivia, Fourth Conference
on : **“Person Centered Medicine Primary Health: *Popular
and Scientific Knnowledges, Ecology and Community
Participation*”**

The 2018 Declaration was issued.

- 2018. The Peruvian Association on Person Centered Medicine is legally established.
- 2018, First Peruvian Encounter, December 14-15th
- 2019 The Second Peruvian Encounter and Fifth Latin American Conference are being organized.

PERSON CENTERED LATIN AMERICAN NETWORK CURRENT PRESIDENT



- Dr. Oscar Cluzet
- National Academy of Medicine of Uruguay.
- Critical Care Medicine
- Bioethicist

PUBLICATIONS,

More than 20 articles on Person Centered Medicine published in scientific journals.

MEDICAL EDUCATION

- Dr. J E Mezzich is *Doctor Honoris Causa* of San Marcos University and currently chairs the *Hipolito Unanue International Course* at its School of Medicine.
- Several Seminars on PCM have been held at San Fernando School of Medicine and
- Franz Tamayo Private University (Bolivia) (Dr. Horacio Toro)
- Coordinations have begun with Universidad Central de Chile. (Dr. Francisco León Correa)

■ RESEARCH: PCI TOTAL SCORES

Nº	HEALTH INSTITUTION	SCORE
1º	Private Hospital	106.51
2º	Specialized Public Hospital	94.31
3º	General Public Hospital	91.67.
4º	Social Security Hospital	63.23

Alberto Perales, Juan E Mezzich, Levent Kirisci et al. **Evaluación de la Atención Centrada en la Persona en Hospitales Limeños: PCI y Opinión de Profesionales.** Fourth Conferene on MCP , 2018. La Paz Bolivia,

THE INFORMATIONAL THEORY OF PERSONALITY OF PEDRO ORTIZ

PEDRO ORTIZ INFORMATIONAL THEORY OF PERSONALITY

SOCIETY



CONSCIENCE



PERSONALITY

(Ortiz P, 1994, 1997, 2004)

THE STRUCTURE OF ETHICAL THEORY

- ETHICS AS PHILOSOPHY

To discuss the nature of moral principles and norms

- ETHICS AS SOCIAL SCIENCE

To explain the historical processes of moralization of society

- ETHICS AS SOCIAL TECHNOLOGY:

To perform the effective moralization of Society and Persons.

(Ortiz P, 1994, 1997, 2004)

Ethos = habit, custom,...dwelling

FIVE DWELLINGS TO BECOME A MORAL PERSONALITY:

1. Biological (mothers womb)

At Birth

2. Nuclear family. Basic human learning

3. The school - Formal education

4. The university and other human institutions (Ethics consolidation of personality)

5. Society and culture in general

EACH HUMAN SUBJECT SHOULD BECOME A MORAL PERSONALITY

MAXIMAL VALUES DOCTOR SHOULD PERFORM
ON BEHALF OF HIS PATIENT

To respect his dignity, to promote Solidarity

To respect his autonomy, to promote Liberty

To respect his integrity, to promote Justice.

(Ortiz P, 1994, 1997, 2004)

IMPACT OF PERSON CENTERED MEDICINE IN LATINAMERICA

Although still too early to talk about specific results some tendencies can be observed:

1. On Medical education (Juan Enrique Mezzich)
2. On the consideration of the student as a Person
 - On Student's mental health
 - On moral development and need of ethics teaching

UNIVERSITY STUDENTS MENTAL HEALTH

EPIDEMIOLOGICAL STUDY ON UNDERGRADUATE STUDENTS
SAN MARCOS UNIVERSITY, 2015.

TOTAL POPULATION: 24 000

SAMPLE : 1819 (7.5%)

MALE: 56.4%

MEAN AGE: 21 y.. Range: 16-56 y.o.

SUICIDAL BEHAVIOR SAN MARCOS UNIVERSITY UNDERGRADUATES AND PERUVIAN GENERAL POPULATION. COMPARATIVE LIFE PREVALENCES

STUDY	YEAR	WISH TO DIE	SUICIDAL IDEATION	SUICIDAL PLAN	SUICIDAL ATTEMPT
SAN MARCOS UNIVERSITY	2015	35	22,4	17,7	11,1
MENTAL HEALTH NATIONAL SURVEY (ADULTS)	2012	23,4	8,9	3,5	2,8
MENTAL HEALTH NATIONAL SURVEY (ADOLESCENTS)	2012	25,9	11,0	4,9	3.6

Perales A, et al Anales de la Fac. Med, 2018.

SAN MARCOS UNIVERSITY STUDENTS' MENTAL HEALTH

(A, Perales y col, 2013-2014)

	MEDI - CINE %	NURSING %	OBSTETRICS %	MED. THECNOL %	NUTRITION %	MENTAL HEALTH SURVEY LIMA, 2002	
						ADOLESCENTS %	ADULTS %
SUICIDAL ATTEMPT	4	10.2	8.3	7.6	9.4	3.6	5.2
HOMICIDAL IDEATION	12.7	7.6	6.9	11	13.9	3.2	4.6
DISSOCIAL BEHAVIOR	19.2	26.9	21.7	18.6	27.5	9.9	15.4
PROBLEMS WITH ALCOHOL	7.3	4.2	3.1	4.7	5.2	S,d,	

ON MORAL DEVELOPMENT AND **ETHICAL TRAINING**:
TOWARDS AN EDUCATION CENTERED ON THE STUDENT'S
NEEDS AS A PERSON.

Suicidal attempt and dissocial behavior life prevalences are higher in the the undergraduate than in general population. On this account, teaching of ethics should be planned for two groups of students with different needs: 1) Those without mental health pathology who can benefit from regular curricular strategy; and, 2) Those who having mental health problems and indicators of social behavior difficulties, should, besides, be helped with strategies oriented to support their moral development.

This educational challenge should be the university's responsibility in the XXI century under the question **¿What do we need, health professionals who know ethics or who behave ethically?**

ACKNOWLEDGMENTS

- To The International College of Person Centered Medicine
- To The Paul Tournier Association
- To the family of Paul Tournier
- To Dr. Hans Rudolf Pfeifer

- TO THE MEMORY OF DR. PAUL TOURNIER