

# How Healthy Are You?

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Prof Robert Kelly

Consultant Cardiologist & Lifestyle Medicine Physician

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- Do you smoke?
- Drink >10-12 alcohol drinks / week
- Eat 2 portions fruit and 5 veg / day. Eat meat. Drink 2 litres water
- Physical Activity >150 minutes / week. Resistance training 1 hour/wk
- Sleep 7-8 hours per night
- Is life / work getting on top of you? Are you struggling?
- Do you know what you want / purpose in life and what you are going to do to achieve that? What are your goals
- Are you happy?
- Do you have friends + colleagues in and outside work?
- Do you have any medical issues? Do you have a family history?
- Have you had a medical check up in last 12 months?

*WHO health – physical, mental, social and emotional health  
and not merely absence of disease or illness*

# Self -Care for Healthcare Professionals who takes care of you?

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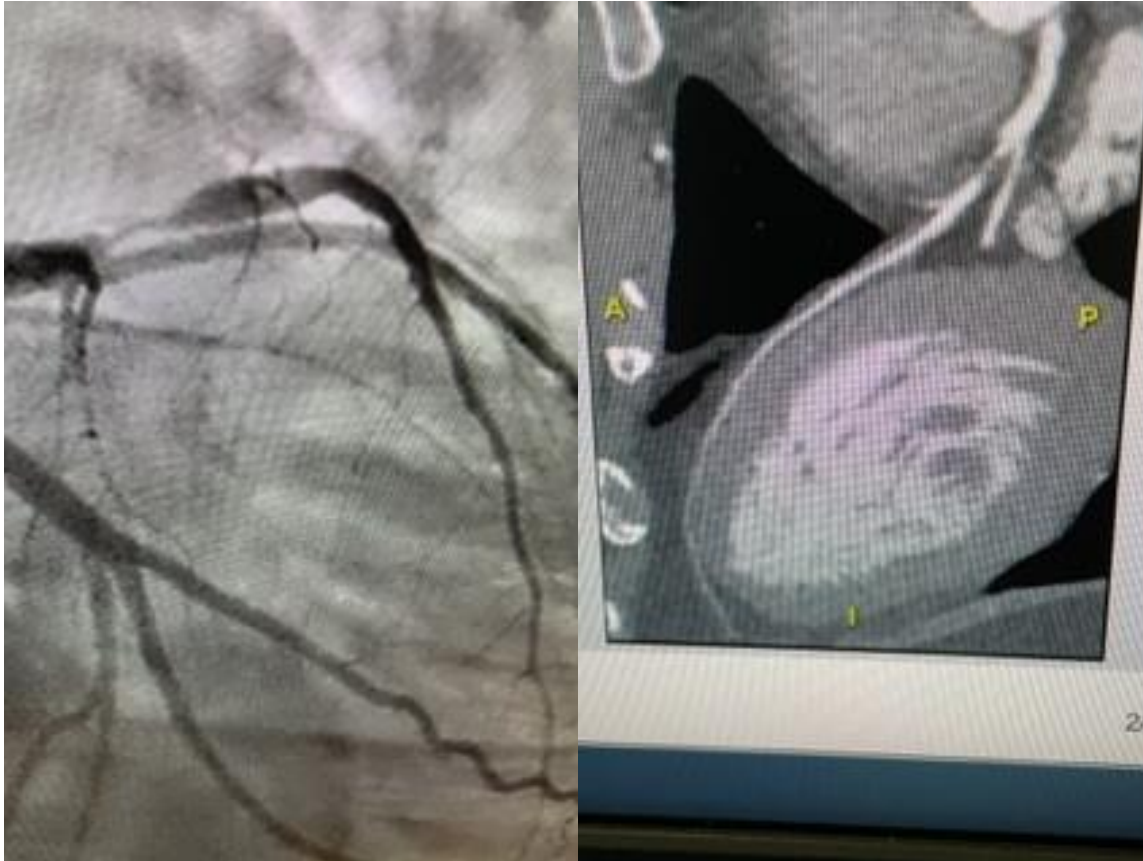
[Robert.Kelly@beaconhospital.ie](mailto:Robert.Kelly@beaconhospital.ie)

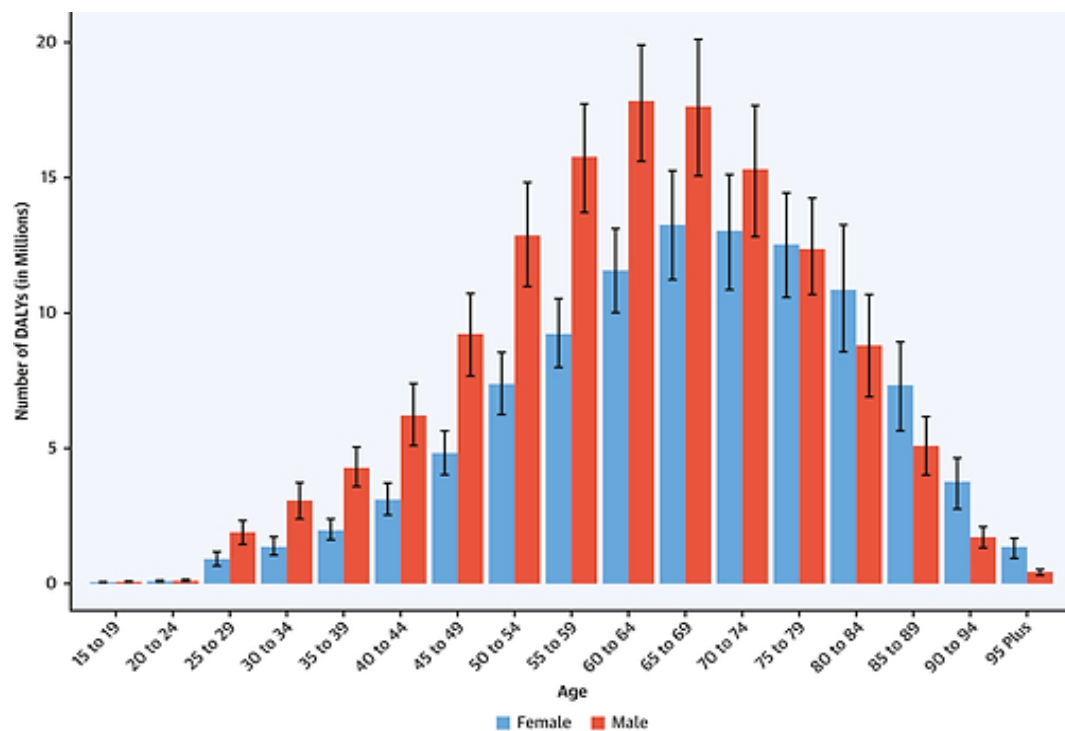
# Facts

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- CAD 30% premature deaths. Leading cause of mortality
- 10,000 / year Ireland
- 80% preventable (20% genetic) – Interheart Study
- More strokes in women due to BMI
- 90% world population are unhealthy
  
- Covid mortality is 12 x higher in chronic disease pts
  
- Covid – 20% increase suicide, 60% increase sleep disturbances, 30% increase alcohol use,
- 540 deaths among HCP in UK
  
- 60% burnout rate, Staff shortage, Broken health system

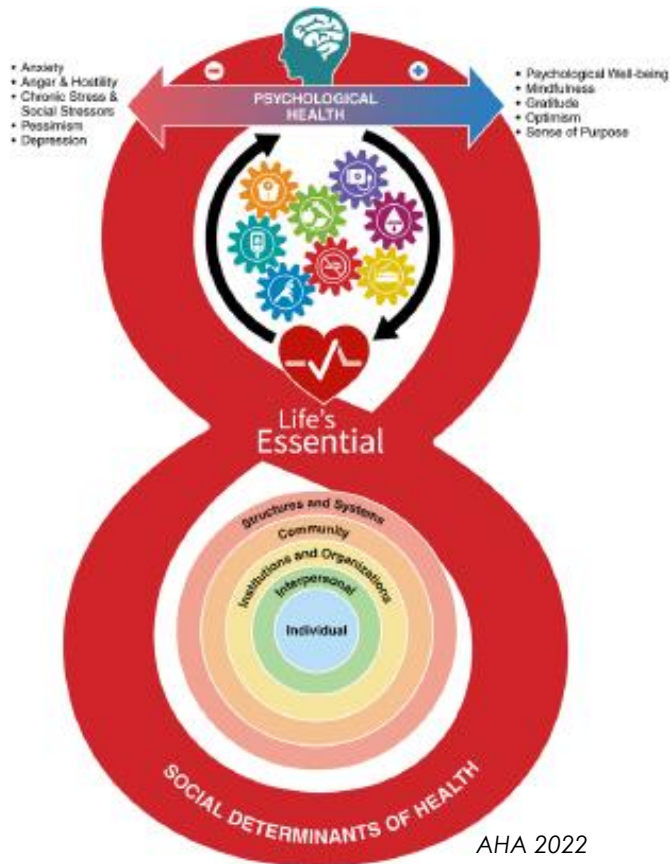
## Tight LAD - Widowmakers







60% stress  
 15% loneliness  
 30% isolation  
 10% healthy eating  
 60-70% inactive  
 35% sleep disturbances



50% behaviour  
 20% social  
 20% genes  
 10% access

AHA 2022

# What Causes Ill-Health?

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**Association Between a Social-Business Eating Pattern and Early Asymptomatic Atherosclerosis**  
**JACC 2016**

**PURE Study** Lancet 2017

**Exercise and acute cardiovascular events**  
**Circulation 2007**

**TV viewing and mortality**  
**AusDiab study. Circulation 2010**

**Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study**  
Dr Ahmed Tawakol, **Lancet 2016**

**Social isolation: predictor of mortality comparable to traditional risk factors.**  
Pantell. **Am J Public Health 2013**

**Sleep duration and MI** JACC 2019



# ICD 11; Definition of Burnout

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Burn-out is defined in ICD-11 as follows:

“Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

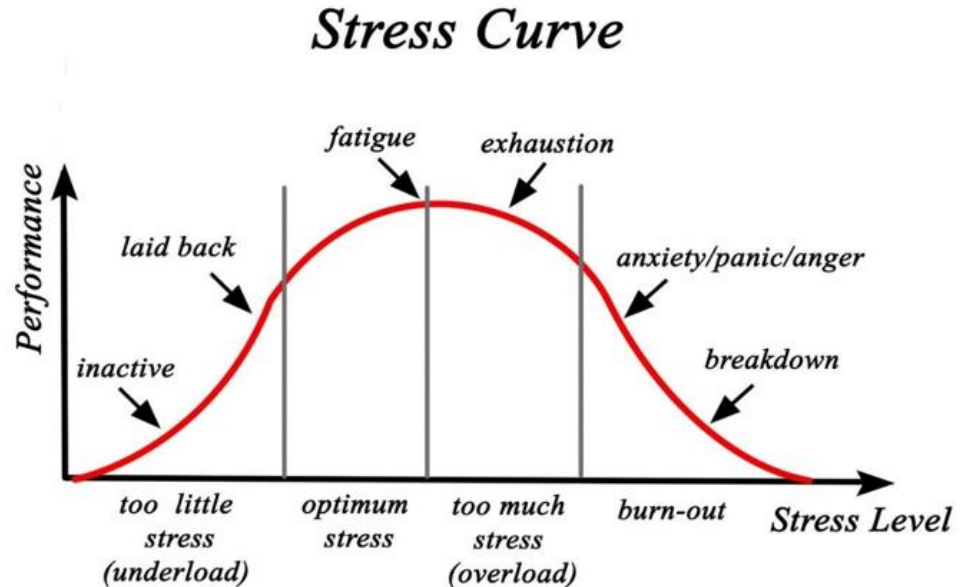
Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

In 2019 WHO said that Burnout is an Occupational Phenomenon and not a medical condition

In 2022 WHO recognise burnout as Occupational Syndrome.

# Peak Performance v Burnout

“The Yerkes-Dodson law”:  
performance increases  
or is directly proportional  
to physiological or  
mental arousal (stress)  
but only up to a point.  
However, when stress  
becomes too high,  
performance decreases.



# Studies on the Effects of Burnout Among Doctors

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An interesting cross-sectional study done by Medisauskaite A, et al 2019 studied the prevalence of different health problems faced by doctors in response to occupational stress or distress. Out of 417 doctors who participated in the study,

- almost half the participants (44%) binge—drank,
- 20%-61% had sleep disturbances,
- 69% experienced fatigue,
- 8% had binge-eating disorder and
- 19%-29% experiences other types of ill health problems

*This study highlighted the importance of maintaining work-life balance, early recognition of occupational distress as a preventative strategy to health problems.*

# Studies on the Effects of Burnout Among Doctors

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Ramirez AJ, et al, 1996 and Hall LH, et al, 2016 have found that occupational stress and burnout have been associated with:

- poor individual well-being
- poor patient care and
- poor quality of personal relationships
- Errors on cognitive tasks including deterioration in memory, reaction time, accuracy and task performance. This has implications for doctors' health and patient safety.
- Can impair doctors' decision-making, productivity and patient safety (including medical errors).

## How (Healthy) Are You?

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# Lifestyle Medicine

Evidence based lifestyle therapeutic approaches to prevent, treat and potentially reverse lifestyle-related chronic diseases; it is doctor delivered.

It is application of medical, behavioral, motivational, environmental principles in a clinical setting. Teaches self care and self management.

## Pillars

Addictions (NO smoking / alcohol in moderation)

## Nutrition

## Physical Activity

Sleep

Stress / Emotional wellbeing /Connectedness



**90% reduced risk for heart disease by 50% lower TC, 6mmHg lower BP, Stop smoking, ideal BMI, >150mins moderate exercise/week, 5 veg + 2 fruit per day, manage your stress.**

# Preventing Heart Disease

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## **Journal of the American College of Cardiology**

Volume 67, Issue 3, January 2016

### **Exercise at the Extremes The Amount of Exercise to Reduce Cardiovascular Events**

Thijs M.H. Eijssvogels, Silvana Molossi,  
Duck-chul Lee, Michael S. Emery  
and Paul D. Thompson

**Primary care-led weight  
management for remission of  
type 2 diabetes (DiRECT): an  
open-label, cluster-randomised  
trial. Lancet 2017**

**Lancet. 1990 Jul 21;336(8708):129-33.**

### **Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial.**

Ornish D1, Brown SE, Scherwitz LW, Billings JH,  
Armstrong WT, Ports TA, McLanahan SM,  
Kirkeeide RL, Brand RJ, Gould KL.

**Eur J of Card Prevention & Rehab 2005.**

### **Relaxation for rehabilitation and prevention in ischemic heart disease.** White et al.

**Whole Food Plant based Diets + Mediterranean Diet studies  
all show less MI / cancer / strokes & better outcome**

**JACC 2017 Satija; BMJ Sofi 2008; Annual Review of Public  
Health Willet 2013**

# Are You Looking After Your Own Health?

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Blood cholesterol

10% ↓ = 20%-30% ↓ in CHD

High blood pressure

5-6 mm Hg ↓ = 42% ↓ in Stroke  
= 16% ↓ in CHD

Cigarette smoking

Cessation = 50%-70% ↓ in CHD

Body weight

BMI < 25 vs BMI > 27 = 35%-55% ↓ in CHD

Physical activity

20-minute brisk walk daily = 35%-55% ↓ in CHD



# What Behaviors Can Patients Do to Improve Heart Health

**Physical Activity** – 30 minutes moderate pace. Resistance training, Balance, Posture.

**Eating** – healthy – more veg / fruit; no sugar, limit salt, smaller portions, lots of water, limit processed foods. Monitor / journal.

**Stress** – relax, Meditation / Mindfulness /  
Yoga / TaiChi, Forest bathing, walking;  
get a dog, take holidays, music, laugh, expressive writing,  
Turn mobile phone off. Spend time with Family,  
Be kind to self

**Positive and Connectedness** - socialize / connect (meet friends / make friends)

**Addictions:** No smoking, no drugs, Alcohol 10-14 units total per week

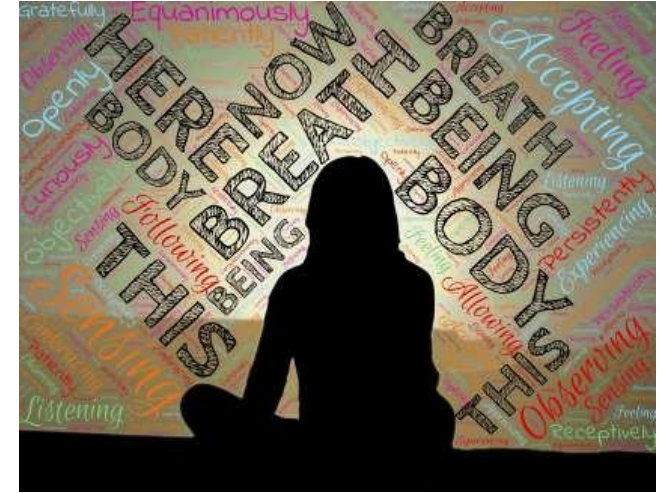
**Sleep** – uninterrupted. 6 hours no less; no more than 9. Eat early. Coffee.

**Blue Zones** - beans, coffee, c2h5, purpose, family, move, Plant based diet, volunteer, dog.



# Mindfulness & Behavior Change

- “A pilot 8 week Mindfulness Based Stress Reduction group adapted for hypertension demonstrated significant changes in modifiable determinants of blood pressure—physical activity, diet, and alcohol consumption—for those nonadherent to AHA guidelines at baseline, and changes were maintained at a year.”  
-Am J Health Behav 2016;40:258-67.



Schuman-Olivier Z, Trombka M, Lovas DA, et al. Mindfulness and Behavior Change.

*Harv Rev Psychiatry*. 2020;28(6):371-394.

# Excuses / Limiting Beliefs

Excuses / Limiting Beliefs

Healthy Behaviours



Good physical health + positive role model



Improved patient care

## EASY WAYS TO MAKE TIME FOR FITNESS ON A BUSY SCHEDULE



Wake up 30 mins earlier



Watch one less Netflix episode at night



Take a walk during your lunch break



Watch TV while walking on a treadmill or working out



Skip the elevator or escalator and take the stairs



Schedule your workouts like you would an appointment

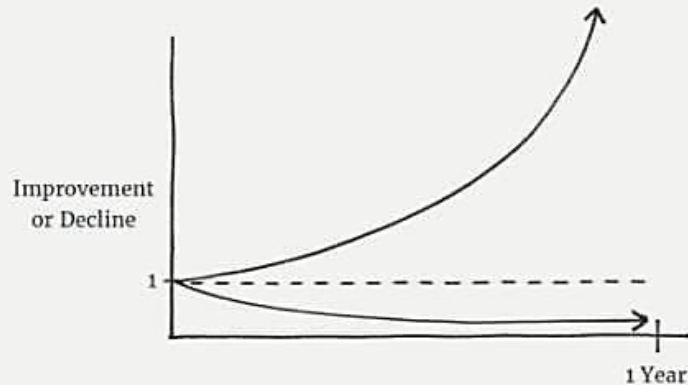
© 2016 by the author

*"It is not that we have a short space of time, but that we waste so much of it"*

# Small Changes Have the Greatest Impact

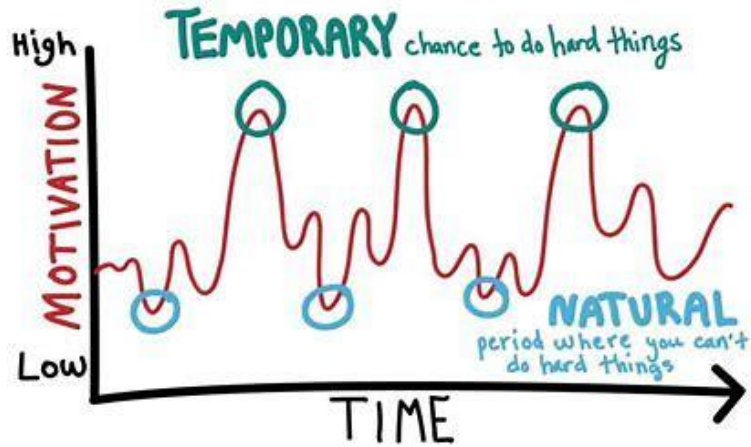
## The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$   
1% worse every day  $0.99^{365} = 0.03$

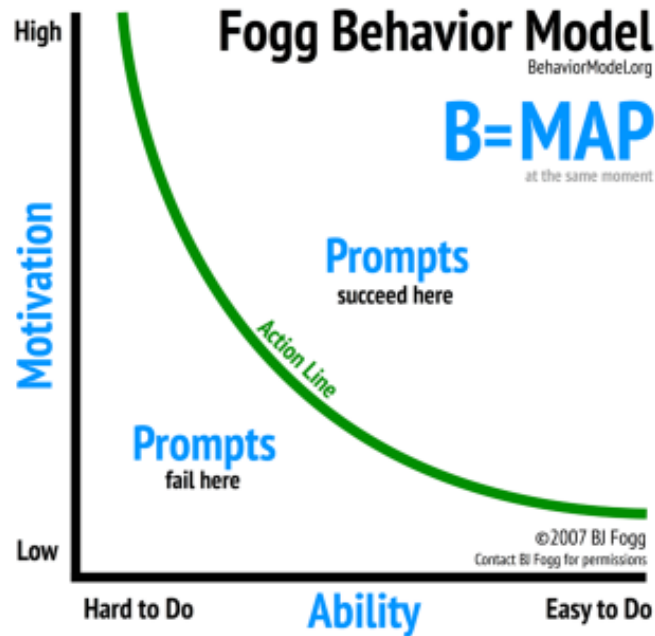


JamesClear.com

# Motivation Waves & Information Fallacies



**DOCTORS HAVE A KNOWLEDGE-DOING GAP**



Motivation varies with  
Time but Ability improves  
with practice









## Healthy Habits – Make it *Simple*

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- Physical Activity – walk / push-up, squats, sit-up between patients
- Healthy Eating – 2 pieces of fruit / 5 vegetables. Slow down. Water
- Sleep – phone off, dark room, early to bed
- Stress – gratitude habit, big breathes, go outside
- Connection – phone mum / dad. Make a date with your spouse
- Arrange weekly outings



# Making Habits Last: Small Behaviour Steps

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## **Person**

Make behaviour even easier like put on runners as starter steps to going for walk

I feel more energy vs I can't

Trick hunger by telling brain – 'not now'

Celebrate every minute, have fun

## **Action**

Tiny / even smaller / so easy to do / feel success

Celebrate – jar of paper clips / coffee beans each time and see it grow

## **Context**

Home – leave barbell beside kettle / clear out sugary foods / fill fridge with fruit & veg / use freezer as barrier – after one wine glass, stick bottle in freezer/ brush teeth after meal so your less likely to snack (could do similar in clinic)

Change phone to grey display / turn off apps / leave it another room

Bedroom blinds, remove TV

# Stress Reduction

- **Stress Reduction – Being Healthy Every Day**
  - Build resilience – improve physical health and happiness
  - Tiny steps every day
  - Deal with underlying causes
  - Share with colleagues
  - Look after you first / Self compassion
- Dealing with you – purpose / values and goals.
- Lifestyle Health Programs for patients, staff.
- Staff – 6 weeks, lifestyle pillars, whole health, defining purpose, setting goals and using small steps / new habits to achieve these goals. Online and in-person. Weekly coaching, feedback and support.

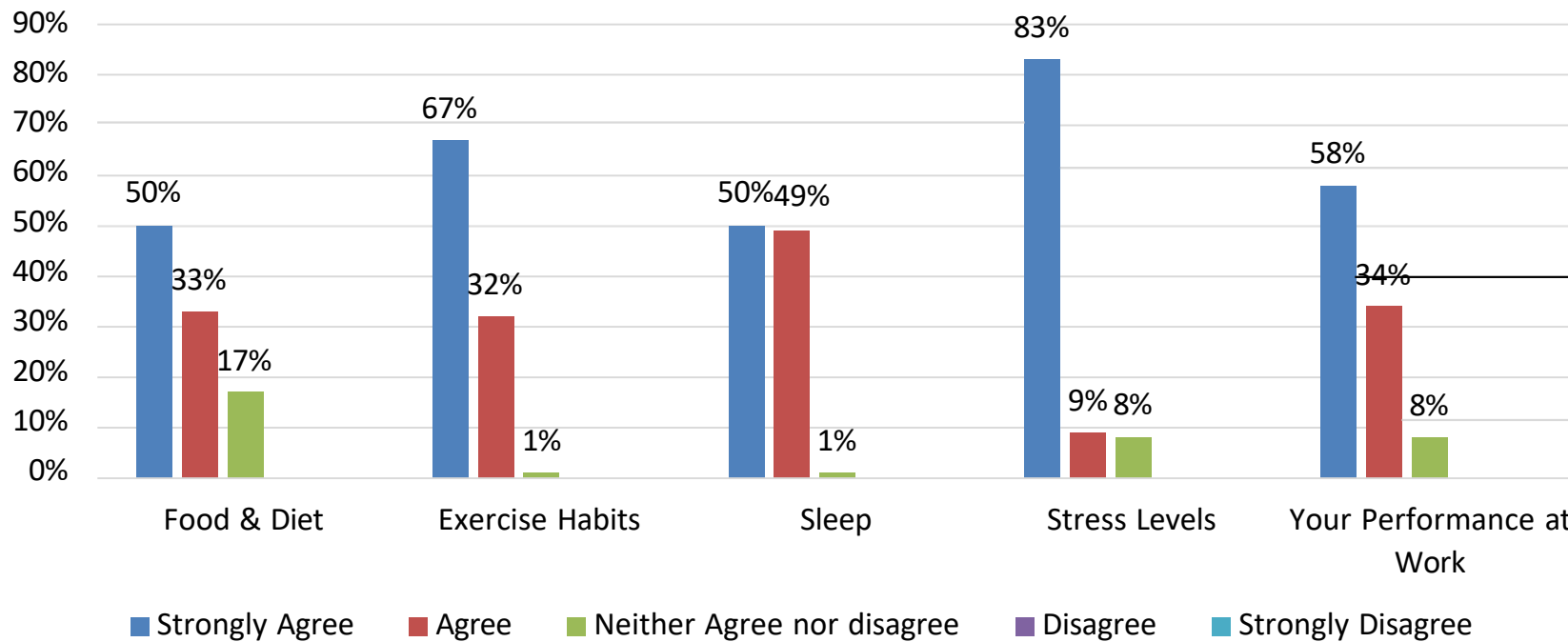


# Beacon Hospital Health Kickstarter Programme 2022

With Prof Robert Kelly

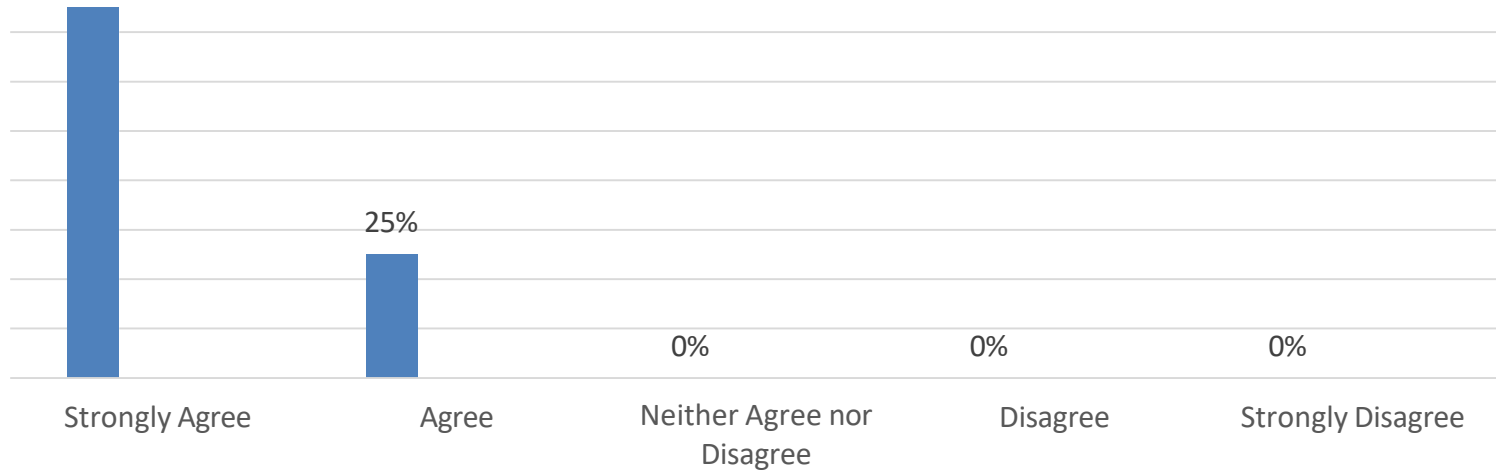
## Findings

*Do you think that the programme has positively impacted on your understanding, awareness and approach to the following?*



## Applying Learnings

*Will you apply what you have learnt in the past 6 weeks to the months ahead?*



## *What is your greatest learning from the programme?*

- "Start small with little habits and build form there. Having a vision is a great way to strive towards the future you want"
- "How to manage stress and a Vision Board"
- "Limiting Beliefs"
- "Self Care"
- "Focus on one Goal at a time"
- "Vision Boards"
- "To be kind to all my work colleagues as you never know what anyone else is experiencing in their personal life and to be thankful."
- "Take reasonability for myself"
- "It was a great reminder to be empathetic to everyone, No one knows whats going on in other people lives and what is impacting them"
- "Begin Self aware, addressing self care needs through goal planning and reflection"
- "Nothing happens overnight but small changes will make a big difference if consistently followed"
- "My greatest learning from the programme was the creation of my vision board. I really like the idea of seeing this every day to align yourself with the goals you are trying to achieve, rather than thinking about it once a week, it is a good way to continuously remind oneself of your present goals."

# Well-Being Check

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Limit	- Limit access to media esp. negative media
Recognise	- Recognize any negative thoughts e.g., catastrophizing.
Practice	- Practice mindfulness – bring yourself back to the present moment as anxiety can make us think 10 steps ahead / count back from 10
Look	- Look after yourself, take care of your physical and mental well being
Find	- Find support with loneliness, isolation – seek help if needed.



# Practicing Self-Compassion, Gratitude & Positive Affirmations



# Gratitude Habit

**Start your first step to better health habit:**

**“After I lie down on pillow, I behaviour and celebrate .....” Do for next 30 days...**



Reduces stress  
by focusing on  
positive



Improves HRV,  
GRACE, PEACE



Increases  
positive  
emotions –  
happiness, joy



Improves sleep



Improves self  
care



Enhances social  
connections

- Gratitude journal
- Daily Gratitude meditation
- Sharing gratitude with other people
- Gratitude Jar in clinic / home
- Say Thank You more
- Spend intentional time with loved ones
- Volunteer, help others
- Smile
- Do it slowly, each day

# Useful References

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- Professor Robert Kelly – [Robert.Kelly@beaconhospital.ie](mailto:Robert.Kelly@beaconhospital.ie)
- Health Check / RACC
- ICGP
- RCPI
- Medical Council
- Irish Society of Lifestyle Medicine

A scenic landscape featuring a dirt path leading towards a sunset over a valley. The path is flanked by a wooden fence and leads towards a horizon where the sun is setting, casting a warm glow over the sky. The sky is filled with wispy clouds, and the valley below is lush with greenery and a body of water. The overall mood is peaceful and contemplative.

**Thank You**