

Caring for Cancer Patients in Body, Mind, and Spirit – Kaiser Permanente

Speaker: Andrea Maikovich-Fong, MD, Kaiser Permanente Behavioral Health -

Tom came in to see his primary care provider shortly after he was diagnosed with multiple myeloma which is a form of blood cancer.

Speaker: Tom Deppe, Kaiser Permanente Member –

You hear "cancer", you're just stunned. And of course I'm thinking cancer, chemotherapy and you get your worst visions of what chemotherapy can be, and I'm thinking there's no way in hell that I can cope with this.

Speaker: Andrea Maikovich-Fong, MD, Kaiser Permanente Behavioral Health -

But his primary care provider recognized that he was at a point where he could use some support adjusting to a difficult and scary diagnosis.

On-screen: [Tom's doctor recommended he meet with a Kaiser Permanente Behavioral Medicine Specialist.]

So this program takes licensed behavioral health providers and integrates them into primary care settings. Tom was introduced to our program in his visit with his primary care doctor, where he said that he was open to receiving some skills-based support from our team. He has a lot of medical visits, as most cancer patients do and so he didn't really have time for traditional therapy in a behavioral health setting.

Speaker: Tom Deppe, Kaiser Permanente Member –

It helps me cope with my cancer and it's helping me dig myself out of the bad mental health hole that I was in.

Speaker: Andrea Maikovich-Fong, MD, Kaiser Permanente Behavioral Health -

Patients' reactions to this program have been extremely positive. I have had many patients let me know that they probably never would've followed up if they had just been told to call a therapist or call a behavioral health provider. That really in that moment when they were willing to accept and receive help and guidance somebody showed up and was there.

Speaker: Tom Deppe, Kaiser Permanente Member –

It's like talking to a friend who gives you some pretty good advice and just incredible positive reinforcement. I come out of our sessions basically feeling like a million bucks, tell you the truth.

On-screen: [Kaiser Permanente®]

End of: Caring for Cancer Patients in Body, Mind, and Spirit

Video Duration: 01:51