

Groopman-Hartzband Spectrums Worksheet for Pregnancy and Childbirth

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

Compiled by Kim James, BDT(DONA), ICCE, LCCE

Figure out your *medical mind-set* by reading the beliefs behind each mind-set and circling where you are on each of the three spectrums:

Spectrum #1

Naturalism

The body responds well to pregnancy and childbirth when nutrition, rest and mental health are well looked after.
 There is a strong mind-body connection that enhances well-being during pregnancy and childbirth.
 Natural remedies and products (herbs, supplements) are strongly preferred vs over-the-counter medications.
 Prefers to birth out-of-hospital.

Technology

Readily uses tried and true over-the-counter medicines during pregnancy (Tums, Tylenol, Benadryl, etc.)
 Believes new medicine and innovative procedures provide better results than mother nature.
 Strong preference to have the latest and greatest technology readily available.
 Prefers to birth in the hospital.

High	Moderate	Low	0	Low	Moderate	High
-5	-3	-1	0	+1	+3	+5

Spectrum #2

Minimalist

Less is more.
 Avoids treatment; doesn't want to make the problem worse.
 Risk averse.
 If treatment is necessary, a minimalist prefers the minimum amount of medication/supplements/herbs and the least invasive treatment options and the most conservative surgeries.

Maximalist

More is more.
 Proactively pursues treatments in order to prevent illness and promote health.
 Maximalists want to do everything possible and more to take care of problems, or even the potential for problems.

High	Moderate	Low	0	Low	Moderate	High
-5	-3	-1	0	+1	+3	+5

Spectrum #3

Doubter

Doubters are very focused on side effects and unintended consequences.
 Concerned that the treatment might be worse than the problem.
 Reluctant to be tested; could lead down a path they don't want to follow.
 Skeptical of health care providers.

Believer

Believers have faith that good treatments for their medical problems exist.
 Believe in testing; the trade-offs are better than not knowing.
 Hold health care providers in high esteem.

High	Moderate	Low	0	Low	Moderate	High
-5	-3	-1	0	+1	+3	+5

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

A believer with a maximalist technology mind-set may ask for ultrasounds and vaginal exams at most prenatal appointment.

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

A believer with a maximalist 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 doubter with an extreme minimalist naturalism mind-set may forgo prenatal care and choose unassisted birth.

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

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

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

A maximalist 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

<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.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/>

<http://healthland.time.com/2011/10/28/mind-reading-two-harvard-docs-talk-about-making-the-best-medical-choices/#ixzz1kKwvZtx3>

<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