

Gifted adults at the doctor



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An early start?



My experiences

- MD since 1975, specializing in occupational health
- Psychologist since 1999
- Patient (or impatient?): conflicts with doctors, felt not understood
- Professional work with gifted adults: many stories, experiences from gifted adults at the doctor

→ No research found on this topic

Program overview



- Statements for plenary discussion
- Stories from gifted adults
- Your experiences
- Results workshop in the NL
- Deliberation on communication
- Advices for gifted patients and for doctors

What do you think?

Plenary discussion on statements

- Gifted adults
 - can diagnose their own illnesses?
 - know what kind of help they need?
 - often have a good relationship with their doctor?
 - are seldom ill?
 - are difficult patients?
 - find it hard to find their role as a patient?
 - want a gifted doctor?
 -?

Stories from gifted adults

- My doctor is very defensive, does not want my opinion
- My doctor is not interested in the relationship between giftedness and (mental) health problems
- I want more and more specific information
- I get into disputes with my doctor
- The doctor is afraid of me, competitive
- I want shared decision making



Discussion



- Your experiences as a gifted patient/ client in (mental) health care
 - Illness/ complaint in relation to giftedness?
 - Your communication with professionals?



Plenary

Professionals here?

- Your experiences with gifted patients?
 - ...
 - ...



Is attention for giftedness in the medical world necessary?

- Illnesses/ complaints
 - Physical: Allergies, (side) effects of drugs, ...
 - Mental: Loneliness, adaptation disorders, other mental problems, misdiagnoses, double diagnoses
 -
- Communication
 - Information
 - Need for shared decision making
 - Disputes

Communication of gifted adults with their doctor

- Workshop Gifted at the doctor in NL, March 2013:
- (N = 15)
 - Problems
 - Needs/ wishes
 - Advice for gifted patients
 - Advice for doctors of gifted patients

Problems of gifted patients

- Does not get enough information from doctor
- Information from doctor not exact enough
- Does not feel heard or recognized
- Doctor does not ask relevant questions
- Treated as a person with average intelligence
- Wants more shared decision making

What does the doctor perceive in a gifted patient?

- Arrogance, know-it-all
- Not asking for help, but asking for examination, medication etc
- Not looking ill or needing help
- Not giving the doctor the role of a doctor...
-?

Deliberation on communication of gifted patients (1)

- Arrogance and know-it-all behavior could be based on:
 - Vulnerability
 - Need for recognition
 - Anxiety
 - Sense of quality of care
 -?

Deliberation on communication of gifted patients (2)

- Presentation of complaints by gifted adult:
 - Has much information already
 - Talks in details
 - Does not want to be pitied
 - Does not want to ask for help (autonomy)

Deliberation on communication of gifted patients (3)

- Emotions:
 - Bad experiences in past
 - Tries hard to be (a) 'patient'
 - Does not want to offend the doctor
 - Is anxious not to get a psychiatric diagnosis
 -

Wishes, needs of gifted patients

- Gifted patients want
 - ... to be heard
 - ... accurate and detailed information
 - ... adequate medical questioning by doctor
 - ... to be seen as an equal
 - ... shared decision making
 - ... openness of discussion
 - ... a doctor who can think out of the box
 - ...?

Advice for gifted patients

Plenary

My advice for gifted patients

- Be clear about your needs
 - to yourself
 - to your doctor
- Reflect on your style of communicating with your doctor, adjust if necessary
- Do not be afraid of rejection
- Sometimes: ask for another doctor



Advice for doctors of gifted patients

Plenary

My advice for doctors of gifted patients



- Listen well and actively
- Ask precise questions
- Do not feel threatened by the gifted patient
- Use shared decision making as much as possible
- Realize that gifted patients may be worried, even if they do not show it
- Check how the communication is going
- Give sound and detailed information and if you do not know, be honest

Discussion with neighbour

(about 5 minutes)



- Do gifted patients need a gifted doctor/professional?



- Pro:
- Con:

Best wishes

- for your health and
- for the health of all gifted people!



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