

Why have we fragmented ourselves and found our profession limited to Silos

Kim Laxton

University of the Witwatersrand, South Africa

Abstract

As the world transforms into a Covid-19 landscape, a beautiful space of physical Recovery and Hope... the Mental Health practitioners observe the psychological landscape unfolding, tragically, as predicted. Like a Tsunami raging toward the shore, this new wave is rooted in emotion, desperation, and a call to unite mind, body, and soul. How do we (as a united health professional front) prepare for the inevitable?

We come together. We collectively shake hands and design an integrated, unique approach to holistically hold each person presenting to any discipline of medical practice... and we have a conversation. A Mind, Brain, Physical, Spiritual, Soulful, conversation. We have this opportunity, now. But we cannot wait for the Tsunami to ravage our shores. The wave will come... it is our primary responsibility to unite as a Multidisciplinary Force to protect our (all patients). Hippocrates would, without doubt, agree.

Biography

I am a qualified psychiatrist having recently moved from the government sector into private work. I am general adult

psychiatrist but I have a particular interest in Old Age and Dementia work, as well as Occupational Mental Health.

My approach is patient-centred with value-based multidisciplinary interactions. Every person who comes to me will have a story, which I want to hear. The meaning of a diagnosis and the holistic management thereof, taking into account the person's history and immediate challenges, passions and physical/emotional support, is far more important to me than the diagnosis itself.

I advocate for mental health and the people who are victims of the stigma of a mental illness.

My one particular interest is that of teaching and training. I thoroughly enjoy promoting mental wellness by speaking and presenting to both the lay and professional population, in an effort to destigmatise diagnoses and medication.

Recently I have been actively involved in E-Mental Health, working with a tech startup Signapps. This has introduced me to the fascinating and futuristic world of digital medicine and remote/global-connectedness when it comes to multidisciplinary management that can be triggered or exacerbated by stress.