

Presentation or keynote

Osteopathic complex adaptive care: clinical reasoning in the light of the Cynefin framework.

Complexity and uncertainty are therefore fundamental features of primary care (Sturmberg, 2015): systems analysis tools need to be applied to understand complex problems and develop solutions. Uncertainty is a fundamental feature of all complex adaptive systems; The future state or the result of the dynamics of a system, are impossible to predict (Sturmberg & Martin, 2013). The Newtonian expectation of a certain level of predictability in the order of things is a useful approach when it comes to ordinary contexts, but can be dangerous as systems become more complicated and more complex (Sturmberg & Martin, 2013). In the field of first contact care, data observation, context, and reactions should all focus on the exploration of change, and on the future of connections (Sturmberg, 2015). Research in theory of complex adaptive systems, cognitive sciences, anthropology and narrative models, as well as evolutionary psychology, has revealed the Cynefin framework (Van Beurden et al., 2011): a model of exploration of the relationship between man, experience and context, all of which enable new approaches to decision making in complex environments such as the osteopathic-patient relationship (Lunghi et al., 2017). The Cynefin framework could be useful in the osteopathic field (Esteves, 2016), to better understand decision-making. The framework has five domains (Sturmberg & Miles, 2013) and are as follows:

- Simple/Complicated domain: symptom based approach to regional interdependence (Lunghi et al., 2017)
- Complex/ Chaotic domain: structure/function osteopathic models and pattern approach (Lunghi et al., 2017)

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