

Tests I Wish You'd Never Ordered

(Choosing Wisely ©)

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Moderator/Infectious Disease

ACOI's 11th Annual Hospital Medicine Update

March, 2017

Las Vegas, Nevada

- I have no financial conflicts
- Opinions are my own

Primum non nocere.....

Someday, YOU - and every
single person you know and
love - will be a patient

- Most any day on hospital rounds, I see patients undergoing various tests or procedures that do not appear (to me) to add to their care; some turn out to be less than beneficial
- A significant number of my consultations are to explain away results, cancel tests or discontinue orders that could have been avoided
- Do other docs feel the same?
- Is there a way of conveying our opinions to our residents and other physicians, hopefully favorably influencing patterns of care, that could easily include us as patients in the future?

Our Previous Opinionated Panelists

- Mark Baldwin, DO (Nephrology)
- Jack Bragg, DO (Gastroenterology)
- John Bulger, DO (Internal Medicine)
- Martin Burke, DO (Cardiology)
- Robert Chilton, DO (Cardiology)
- Patrick Cullinan, DO (ICU)
- Mitchell Davis, DO (Gastroenterology)
- Robert DiGiovanni DO, Rheumatology
- Gregg Friess, DO (Hematology/Oncology)
- Scott Girard, DO (Internal Medicine)
- Robert Hasty, DO (Internal Medicine)
- Leonard Hock, DO (Geriatrics)
- Kevin Hubbard, DO (Hematology/Oncology)
- Marc Kaprow DO (Palliative Care)
- Bryan Martin, DO (Allergy/Immunology)
- Jack Prior, DO (Nephrology)
- Robbie Rose, DO (Neurology)
- Stephen Sokolski, DO (Infectious Disease)
- John Sutton, DO (Endocrinology)
- Paul Wenig, DO (Rheumatology)
- Sandra Willsie, DO (Pulmonary / Critical Care)

- Timothy Barreiro DO, FACOI
Pulmonary Medicine
- Patrick Cullinan DO, FACOI
Critical Care
- Robert Hasty DO, FACOI
Internal Medicine

- John Sutton DO, FACOI
Endocrinology
- Gerald Blackburn DO, MACOI
Infectious Disease

LIFE LINE SCREENING
 AT
RICHARDSON SENIOR CENTER
 COMMERCE TOWNSHIP
 THURSDAY, NOVEMBER 10, 2016

LIFE LINE SCREENING
The Power of Prevention

Call to Reserve Your Time

Name: Mr. Gerald W. Blackburn
 Date: November 10, 2016 Time: _____
 Priority Code: MLRA-211

October 3, 2016
 Mr. Gerald W. Blackburn
 398 Cumberland Ct.
 Milford, MI 48381-3394

Location: Richardson Senior Center
1485 E. Oakley Park Rd
Commerce Township, MI
 Call 1-800-395-3920 toll-free today!

Dear Mr. Blackburn,

We are inviting you to participate in a simple preventive health screening to assess your risk for cardiovascular disease, abdominal aortic aneurysms and other vascular diseases. Appointments are now being made for Thursday, November 10, 2016 at Richardson Senior Center in Commerce Township. In fact, this event is sponsored by Vascular Center of Michigan.

Life Line Screening's ultrasound technology can determine your risk for cardiovascular disease, which is the #1 cause of death in the United States for both men and women. While scheduled checkups with your doctor are valuable, it is a fact that ultrasound is a superior and more accurate approach to detecting plaque buildup before symptoms are present.

I encourage you to read the enclosed information about Life Line Screening. We have partnered with hospitals across the country, and have conducted over 11,000,000 screenings since 1993. Please talk to your family physician about the value of these screenings.

We perform 5 painless screenings for Vascular Disease, Heart Rhythm and Osteoporosis for \$149, a \$181 savings if purchased separately.

SCREENING	INDIVIDUAL PRICE
1. Carotid Artery Screening (Plaque)	\$70
2. Heart Rhythm Screening (Atrial Fibrillation)	\$70
3. Abdominal Aortic Aneurysm Screening	\$70
4. Peripheral Arterial Disease Screening	\$60
5. Osteoporosis Risk Assessment	\$60
TOTAL COST	\$300

Call now to get all 5 screenings for only **\$149** and **SAVE \$181!**

Please take this important opportunity to validate your good health and gain peace of mind. We are coming to Commerce Township for one day only and appointments are limited, so call toll-free **1-800-395-3920** now.



Scan this code to buy now

Yours truly,

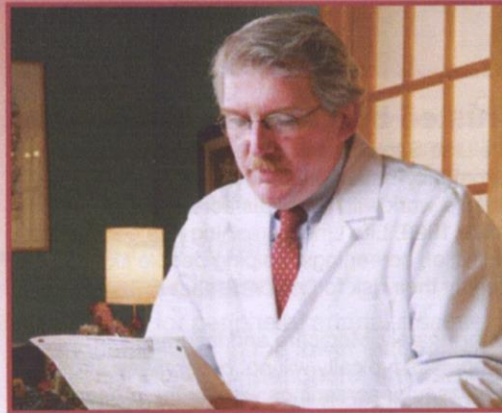
Nathalie Garbani

Nathalie Garbani, M.S., Ed.D.
 Registered Vascular Technologist®, ARDMS®
 Director of Clinical Quality, Life Line Screening

Priority Code: **MLRA-211**

*Is Preventive Health
Screening Right for You?*

*Don't Hesitate to Ask
Your Doctor*



**Pre-registration is required.
Call toll-free 1-800-395-3920**

Priority Code:

MLRA-211



LIFE LINE



SCREENING

The Power of Prevention

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These aren't just routine medical procedures.

These are the same screenings that your doctor could order for you, but they typically will not be paid for by insurance unless you already have symptoms.

But Cardiovascular Disease is a leading cause of death today,¹ and 70% of adults age 55+ have 2 or more risk factors and may not be aware.²

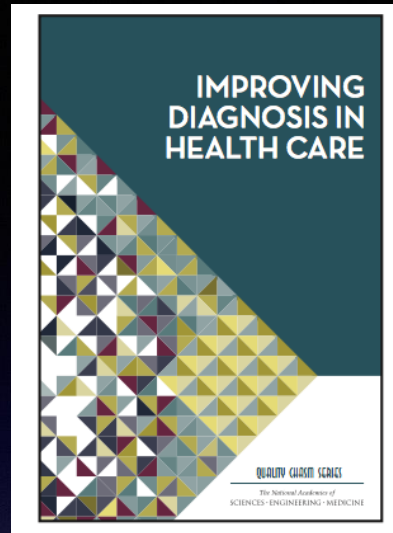
That's why it's so important to be proactive about your health and take advantage of this advanced ultrasound technology to see if you have any immediate or long-term risks.

**Please call toll-free 1-800-395-3920
to schedule your screening
as soon as possible.**



¹ Centers for Disease Control

² Life Line Screening database analysis, 8 million customers screened between 1993-2014



Sept 22, 2015

Improving Diagnosis in Health Care, a continuation of the landmark reports *To Err Is Human: Building A Safer Health System* (2000) and *Crossing the Quality Chasm: A New Health System for the 21st Century* (2001) finds that diagnosis—and, in particular, **the occurrence of diagnostic errors—has been largely unappreciated.....** The committee concluded that **most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences.**

Medical Error Is Third Leading Cause of Death in US.....

..... after heart disease and cancer.....say authors Martin Makary, MD, MPH, and research fellow Michael Daniel, from Johns Hopkins University School of Medicine.

BMJ 2016;353:i2139

(Unfortunately), the stories never seem to end

- An 85 y.o. gentleman, the father of a physician, in reasonably good health visits his new PCP for a “checkup”
- Palpation of the abdomen: possible enlarged aorta. Could there be an aortic aneurysm?
- Abdominal ultrasound: normal aorta, but..... something suspicious in the head of the pancreas!

- CT: normal pancreas, but..... a solitary lesion in the liver strongly suggestive of hepatocellular carcinoma! (the pt had worked w/ numerous chemical solvents his entire life)
- The patient decided against further workup, but.....

- The well-intentioned daughter convinced him to see a liver specialist.....who noted that he had a single lesion, his overall health was good, and his alpha-fetoprotein was low.
- “With a resection he might live several more years”
But first, he would need a biopsy!

- The good news: no cancer!

- The bad news: Dx - hemangioma
 - Almost bled to death, requiring 10 units of blood
 - Pain Rx -> urinary retention -> Foley catheter (removed by patient at home)
- Ultimately, the patient survived his care

- Total bill for hospitalization: \$50,000!!!

Is this really what we've become or where we are headed?

A friend who had been coughing for three weeks received the following **email** from her internist after a clinic visit: “Chest x-ray impression: 3.6 × 2.3 × 6.0 cm left upper lobe mass. This may represent a focal pneumonia; however, at patient’s age, a primary lung malignancy is highly concerning. Recommend CT chest with contrast for further evaluation.”

The report was accompanied by this
“personal” note:

“Miss ———, please be seen in the ER if not feeling better. Clearly it’s pneumonia and suspicion of malignancy that requires CT chest and pulmonary consultation. Hope all goes well, good luck with everything!”

- Several years ago I went to my internist and he suggested that I get an MRI of my heart...I asked why...I didn't have any risk factors and I didn't have any symptoms...the internist said that these MRIs are incredible and really informative.
I said OK...but I didn't get it

from.....Ellen M. Friedman, MD, FAAP, FACS
Professor, Otolaryngology
Director, Center for Professionalism in Medicine
Baylor College of Medicine

- The next year, the internist looked in my chart and said that he couldn't find the results of my cardiac MRI...and I admitted that I hadn't gotten it because I didn't see why I needed one.

The

internist said that it was really important to get this as a baseline study even though I didn't have symptoms, so that in the future we would have this information. I still didn't see the point, but I thought if this guy has asked for this twice, I might as well get it... WELL...

- I got the cardiac MRI. The MRI said that I have the heart of a 23 year old...PERFECT. All vessels were healthy... BUT they saw a mass in my lung that needed attention
- I was shocked

- I didn't smoke or have any risk factor...BUT the Chief of Pediatrics at my hospital had died two years earlier of lung cancer, also without any risk factors....so I was worried. This was followed up with PFTs, and a PET scan of the lungs...the PET scan showed the lung mass AND a breast mass which raised the concern of breast cancer

- Eventually, after repeated visits, mammograms etc and a great deal of personal distress it turned out that I did NOT have breast or lung cancer and the lung lesion was a probable teratoma, present since birth, which required another image a year later...but no further workup or biopsy...ALL BECAUSE OF THE CARDIAC MRI THAT I DIDN'T NEED!!!!!!

**WE HAVE MET
THE ENEMY
AND HE IS US.**





Walt Kelly 1971

Summary I

- Many (often the newest) tests and/or (often the latest) procedures are frequently ordered that add little or nothing to the care of the patient
- These are often expensive, unproven, misinterpreted as to their utility, inconvenient, and/or uncomfortable. They can also be dangerous and occasionally fatal

Summary II

- Often justified as necessary in the era of “defensive medicine”, they sometimes create more problems than they supposedly solve
- If a test result will not affect the appropriate care of your patient, then maybe you should not order that test

Primum non nocere.....

Someday, YOU - and every
single person you know and
care about - will be a patient

Thank you

(w/ special thanks to Susan Stacy FACOI)