

Prognosis Teaching Package Example #2: What about wine?

Prognosis

A Case of Beer, Wine and Happy Hearts

EBM Workshop Package Example (based on a true story)

General Medicine Clinic; Durham NC.

Mr. X is a 56-year-old man with severe atherosclerotic disease and history of atrial fibrillation. He has severe peripheral vascular disease leading to bilateral lower extremity amputations and was most recently admitted for Chest Pain. On admission, he ruled in for a non-q wave MI and was found to have multi-vessel coronary artery disease. He then underwent successful PTCA of 2 LAD lesions and stent placement in the RCA. He returns to clinic one month later for follow up. He is s/p 28 days of clopidogrel following stent placement. You counsel him to resume his coumadin at his prior stable dose. You ask about his habits and he proudly reports that he has quit smoking. He does, however, drink approximately 10 beers each week. When you express your concern about his alcohol use, given his anticoagulation, he says, "No problem, I'll switch to wine- I read that wine was good for your heart. Seems to me, I need it more than ever."

Later that evening, you go home after a long day in clinic. Sitting at the kitchen table, you suggest to your husband and son that a cup of tea would be great. Your husband smiles, then replies, "No, I have a better idea! I bought some red wine." As this is not your usual family practice, you look up quizzically. He continues, "I read that wine was protective for your heart." Your 15-year-old son enthusiastically agrees and states that he is fully invested in the idea of prevention starting at an early age. After sending your son to his room for the night (without computer privileges- i.e. no internet access) you turn on the kettle for tea and decide to search this question.

Articles for review:

Prior alcohol consumption and mortality following acute myocardial infarction.
JAMA 2001; 285:1965-1970.

Moderate alcohol consumption and risk of heart failure among older persons.
JAMA, 2001;285:1971-1977.

Reference Resources to be used:

Users' guide to the medical literature. Textbook: Chapter 1D: page 141

In considering these papers, please consider the following:

1. Review the critical appraisal sheets for a question of prognosis
2. Define and consider the 'inception cohort' in each paper.
3. Consider the impact of bias in each paper. What are possible biases?
4. Discuss the Kaplan Meier plots in each paper. What do they tell you?

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5. How might you apply these data to each of the 3 individuals in the scenario?