EBM in Real Time

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EBM Strategy

• Take Care of Patients
• Identify Area of Uncertainty (Rx, Dx, Prognosis, Etiology/Harm)
• Formulate a Clinical Question (PICOTTT)
• Search Medline and find article
• Critically Appraise the Article
• Apply what you learned back to the patient
EBM in Residency

• Hospital-based questions
• Citations for H & P’s
• Impress your team
• CAT’s
• Heavy focus on therapy
• Supplements broad “background learning”
• Less time available than desired
EBM in Practice

- Range of settings - Inpatient, Outpatient, ER, Hospital Policy, Health Insurance, Public Policy
- Questions across domains other than therapy
- More focus on latest data
- Increased emphasis on foreground
- Time available is further compressed
WANTED
DEAD OR ALIVE

Thomas Budget Slasher Owens
REWARD $5000
in gold coin for the capture.
Duke EBM Merchandising
Global Warming (on a small scale)

- 52 year old woman reports poor sleep for the last 3 months. She has nightly “power surges” which disrupt her sleep. No menses for 4 months. FHx: Mother had CABG at 62 (smoker). She died at 68 of AMI.

- Wants to consider HRT but is concerned about increased risk of CAD events and CAD death.

- PICO$_{TT}$
Should I bother?

- Your 76 year old patient, a retired piano teacher presents for a comprehensive visit. She is fairly thin (BMI 23), controlled type 2 DM, and good functional status with no cognitive or physical limitations.
- She objects when you recommend she undergo mammography. “I’ll probably be dead by the time I’m 80 anyway.”
Heart Failure and Potato Chips

• 81 year old man presents with weakness and poor exercise tolerance for 6 months. Recently he notes modest ankle swelling and some orthopnea. Exam has some suggestion of HF (JVP, ankle edema) and echocardiogram shows new, severe systolic failure.

• At his 1\textsuperscript{st} follow up visit you are reviewing treatment and he asks you if he should follow a low sodium diet to minimize symptoms and risk of dying.

• PICO\textsuperscript{TT}
My Elbow Hurts!

- 49 year old man, very unathletic, complains of pain over the lateral aspect of the elbow. Pain is made worse by lifting a jug of milk or carrying his briefcase. No pain with elbow movement. There is focal tenderness the area of pain. Provocative testing by resisting wrist extension reproduces the pain.
- His orthopedics PA has recommended a steroid injection. Do you concur?
- PICO TT
Don’t Ask Me Questions!

• 66 year old professor in for annual exam. Treated for asthma, HL, prediabetes and htn.
• Your 3rd year student wants to know why you choose to treat him with amlodipine and losartan. Why not a beta blocker and diuretic as recommended in the JNC VII guidelines?
• You mock the JNC VII as being ancient and look for a more up to date evidence-based guideline.