The Ten Rules of Internal Medicine & Patient-Centered Care

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December, 2012
I have no financial relationships to disclose

~and~

I will not discuss off label use and/or investigational use in my presentation
Overview

- Role of Common Sense in Decision Making
- Patient-Centered Care & Shared Decision Making
- Ten Rules of Internal Medicine
- Doctor-Patient/Doctor Relationship

Get Inside Your Doctor’s Head: Ten Common-Sense Rules to Help You Make Better Medical Decisions
“When you come to a fork in the road, take it.”

Yogi Berra
Decision Making

Heuristics: Experience-based techniques for problem solving, learning & discovery (e.g., rules of thumb)

What should I do now?

- Medical decisions
- Practical decisions
Development of the Ten Rules of Internal Medicine

1975-2008

**Audience:** medical students, residents, family members, friends

**Contributors:** mentors, residents, patients

2008

**SHARE DECISION-MAKING; PATIENT-CENTERED CARE**

**Audience:** patients and their families (non-medical)
Patient-Centered Care

1969  Enid Balint: “patient-centered medicine”

1988  Picker Institute: “patient-centered care” – shift from doctor-centered (paternalistic) to patient-centered care

2001  IOM *Crossing the Quality Chasm*: “Patient-centered care is respectful to individual patient preferences, needs, and values...that guide all clinical decisions.”

Studies showing improved quality (patient compliance) and reduced costs.
Patient-Centered Care (2012)

Shared Decision Making – The Pinnacle of Patient-Centered Care  M Barry, S Edgman-Levitan NEJM

Whenever fateful health care decisions are made, doctors should seek the active engagement of patients (and as needed, of family and friends).

Patient-Centered Outcomes Research Institute (PCORI): $3 billion research funding (ACA)
Get Inside Your Doctors Head:
How doctors arrive at diagnostic and therapeutic decisions:

- Symptoms & Signs
- Evidence
- Experience: ignorance, mistakes, every patient is unique.

“You cannot put the same shoe on every foot.”
- Publilius Syrus (46 BC)
The Ten Rules of Internal Medicine

Rule 1: If you don’t know what you’re doing, don’t do anything.
Rule 2: If what you’re doing seems to be working, think about continuing it.
Rule 3: If what you’re doing doesn’t seem to be working, think about doing something else.
Rule 4: Never agree to an invasive procedure without understanding why it is needed – and getting a second opinion. (Originally: Keep your patients out of the hands of surgeons at all costs.)
Rule 5: If you have no symptoms, a doctor can’t make you feel better. (Originally: You can’t make the asymptomatic patient feel better.)
Rule 6: Never trust anyone completely, especially purveyors of conventional wisdom. (Originally: Never trust anybody, including yourself and especially purveyors of conventional wisdom, otherwise known as attending physicians.)
Rule 7: Most things are what they seem to be, except when they’re not.
Rule 8: What your doctor doesn’t know could kill you. (Originally: What you don’t know won’t hurt you, but it could kill your patient.)
Rule 9: Timing is everything and sometimes time is the cure. (Originally: In treatment, timing is everything, including application of the tincture of time.)
Rule 10: Caring is always an important medicine.
Ten Common Sense Rules to Help You Make Better Medical Decisions

Ten Rules (Ten Chapters)
Patient (ID Problem)

- Applying the Rule
- Breaking the Rule
- Practical decision
- Appendix: ID
When Doctors Become Patients

“...come to recognize that they [doctors], too, will one day be patients, that the boundary between physicians and patients is, in the end, nonexistent.”
Chapter 6

Rule 6: Never trust anyone completely, especially purveyors of conventional wisdom.

PKP 65 y.o. M.D. in Bangkok, Thailand
Shaking chills, fever
No other symptoms

Medications: thyroid hormone
No antimalarial (CDC guidelines)

Diagnosis: ?
(Appendix: Fever; Dengue)
Rule 7: Most things are what they seem to be, except when they’re not.
Rule 6: Never trust anyone completely, especially purveyors of conventional wisdom

IMPORTANCE OF SKEPTICISM IN MEDICINE

“Always doubt what you believe.”

Epictetus (ca. 55-135)

- Biased literature (new and improved treatments)

- Evidence-based medicine (shortcomings: biases; changes based with greater experience; individual patient may not fit the norm/mean).
Rule 6: Never trust anyone completely, especially purveyors of conventional wisdom

TRUST: THE CORNERSTONE OF THE DOCTOR-PATIENT RELATIONSHIP

Every patient needs a doctor they trust will do everything possible to keep them healthy and when sick to restore them to health.
Rule 6: Never trust anyone completely, especially purveyors of conventional wisdom

APPLYING RULE 6

“Be careful what you read; it could kill you.”
Anonymous

“Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense”
Buddha (563-483 BC)
Breaking Rule 6

www.cdc.gov/travel

www.cochrane.org
Original Rule 6: Never trust anybody, including yourself and especially purveyors of conventional wisdom, otherwise known as attending physicians.

PKP  56 y.o. M.D. Chief Complaint: “I couldn’t finish attending rounds because of lightheadedness.”

HPI: Healthy until returning from Costa Rica 2 weeks ago
Symptoms: Plugging of ears, progressive dyspnea, 10lb weight loss, dizziness on Attending Rounds, tachycardia (noted by wife)
Signs: BP: 140 (supine) → 80 (sitting); P 120 → 140
Labs: Hgb 12.2, Bilrubin 2.4, Albumin 2.5; ECHO: rapid heart beat

Diagnosis: Postural hypotension caused by______________________
Original Rule 6: Never trust anybody, including yourself and especially purveyors of conventional wisdom, otherwise known as attending physicians.

“The physician who cares for himself has a fool for a patient.”
William Osler (1849-1919)

*When Doctors Become Patients* - Robert Klitzman

Doctor-Patient /Doctor Relationship

“Repeatedly, I was struck by the levels of denial these doctors evidenced...”

“...belief in invulnerability...”
PKP 67 y.o. M.D. November 2010 routine check-up with primary care doctor “routine” PSA (4.7)

February 2011 Urologist: Prostrate biopsy – Cancer (Gleason 6) Prostatectomy 90-100% cure

Two medical authorities: no benefit from prostatectomy

Apply Original Rule 4: Keep your patient out of the hands of surgeons at all costs and Original Rule 5: You can’t make the asymptomatic patient feel better.

Decision: Active Surveillance
The Evidence

NEJM (March 2011) Prostate-Cancer Mortality at 11 years of Follow-up (European Centers)

“...PSA-based screening significantly reduced mortality from prostate cancer but did not affect all-cause mortality.”

NEJM (May 2011) Radical Prostatectomy versus Watchful Waiting in Early Prostate Cancer (Scandinavia)

“...radical prostatectomy was associated with a reduction in the rate of death from prostate cancer...” [survival benefit < 65 years of age]

PLCO Trial: US Preventive Services Task Force: Abandon PSA-screening
The Evidence (cont’d)

**NEJM (July 2012)** Radical Prostatectomy versus Observation for Localized Prostate Cancer (VAMC Minneapolis)

“...radical prostatectomy did not significantly reduce all-cause or prostate-cancer mortality through at least 12 years among men with localized prostate cancer that had been diagnosed in the era of PSA testing.”
“There is More to Life than Death”

-P. Hartzband, J. Groopman
Prostate Cancer (cont’d)

PKP (Active Surveillance) July 2012: repeat biopsy: Gleason 7

Apply Rule 3: If what you’re doing doesn’t seem to be working, think about doing something else and Rule 9: Timing is everything.

September: Radical prostatectomy, inguinal lymphadenectomy

Conclusion: “Decision making is an inherently emotional business.”
- David Brooks (The Social Animal)
“Better lucky than smart.”
"You cannot put the same shoe on every foot."

- Publilius Syrus (46 BC)
When Doctors Become Patients

“Many of these doctors had access that permitted them to consult frequently with doctors and obtain second, third and fourth opinions.”

“I know now what it is like to be frightened.”
Rule 10: Caring is always important medicine.

“For the secret of the care of the patient is in caring for the patient.”

Francis W. Peabody (1881-1927)
The Three F’s*

- Family
- Friends
- Fishing

* Anders Larson (Age 8)
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Where to Find The 10 Rules of Internal Medicine

http://rulesofinternalmedicine.com/The_Rules.html
Summary/Conclusion

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