

## Cinco cosas que los médicos y los pacientes deben cuestionar

1

### No solicite pruebas de diagnóstico a intervalos regulares (como todos los días), sino en respuesta a preguntas clínicas específicas.

Muchos estudios de diagnóstico (que incluyen radiografías de tórax, gases en sangre arterial, bioquímica sanguínea y recuentos y electrocardiograma) se ordenan a intervalos regulares (p. ej., diariamente). En comparación con la práctica de ordenar pruebas solo para ayudar a responder preguntas clínicas, o cuando hacerlo afectará el manejo, la solicitud rutinaria de pruebas aumenta los costos de atención médica, no beneficia a los pacientes y, de hecho, puede perjudicarlos. Los daños potenciales incluyen anemia debido a flebotomías innecesarias, que pueden requerir transfusiones costosas y riesgosas, y el análisis intensivo de resultados incidentales y no patológicos encontrados en estudios de rutina.

2

### No transfunda glóbulos rojos en pacientes de UCI hemodinámicamente estables que no sangran con una concentración de hemoglobina superior a 7 g/dl.

La mayoría de las transfusiones de glóbulos rojos en la UCI son para anemia sanguínea en lugar de hemorragia aguda que causa compresión hemodinámica. Para todas las poblaciones de pacientes en las que se ha estudiado, la transfusión de glóbulos rojos a un umbral de 7 g/dl se asocia con una supervivencia similar o mejorada, menos complicaciones y costos reducidos en comparación con desencadenantes de transfusión más altos. Una transfusión más agresiva también puede limitar la disponibilidad de un recurso escaso. Es posible que diferentes umbrales puedan ser apropiados en pacientes con síndromes clínicos agudos, aunque la mayoría de los estudios observacionales sugieren daños de transfusiones agresivas incluso entre tales pacientes.

3

### No se demore en proporcionar nutrición, prefiriendo la enteral a la parenteral, a los pacientes en estado crítico durante las primeras 24 a 36 horas de una enfermedad crítica.

No se demore en proporcionar nutrición, prefiriendo la enteral a la parenteral, a los pacientes en estado crítico durante las primeras 24 a 36 horas de una enfermedad crítica. Dos grandes ensayos multicéntricos compararon la nutrición enteral temprana (dentro de las 24-36 horas posteriores al ingreso en la UCI) con la nutrición parenteral y los resultados clínicos relacionados con la mortalidad (30 días, UCI, hospital y 90 días), la duración de la estancia (UCI y hospital) y las infecciones (neumonía y bacteriemia) no fueron significativamente diferentes. Según datos más recientes y de mayor calidad, la nutrición parenteral no debe evitarse independientemente del riesgo nutricional.

4

### No sedar profundamente a pacientes ventilados mecánicamente sin una indicación específica y sin intentos diarios de aligerar la sedación.

Muchos pacientes de la UCI con ventilación mecánica están profundamente sedados como práctica de rutina a pesar de la evidencia de que una menor sedación reduce la duración de la ventilación mecánica y la duración de la estancia en la UCI y el hospital. Varios enfoques basados en protocolos pueden limitar de manera segura la sedación profunda, incluida la sedación explícita de la sedación al nivel efectivo más ligero, la administración preferencial de medicamentos anagésicos antes de iniciar los analgésicos y la realización de interrupciones diarias de la sedación en pacientes críticamente enfermos que reciben infusiones continuas de sedación. Aunque es posible que la combinación de estos enfoques no mejoró los resultados en comparación con un solo enfoque, se ha demostrado que cada uno mejora los resultados de los pacientes en comparación con los enfoques que brindan una sedación más profunda para los pacientes ventilados.

5

### No continuar con el soporte vital de pacientes con alto riesgo de muerte o con una recuperación funcional gravemente comprometida sin ofrecer al paciente y a su familia la alternativa de atención enfocada íntegramente en el confort.

Los pacientes y sus familias a menudo quieren evitar la dependencia prolongada del soporte vital. Sin embargo, muchos de estos pacientes reciben terapias agresivas para mantener la vida, en parte debido a que los médicos no logran obtener los valores y objetivos de los pacientes y no brindan recomendaciones coordinadas en el paciente. Involucrar de forma rutinaria a los pacientes de alto riesgo y a sus familias en la toma de decisiones en discusiones sobre la opción de renunciar a los intentos de soporte vital puede promover los valores de los pacientes y sus familias, mejorar la calidad de la muerte y reducir la angustia y el duelo familiar. Incluso entre los pacientes que siguen una terapia de soporte vital, puede ser beneficioso discutir los cuidados paliativos simultáneamente con la terapia en curso centrada en la enfermedad.

# Choosing Wisely

**National Association of Secondary  
School Principals (U.S.)**



## Choosing Wisely:

Improving Use of Medicines and Medical Tests in Primary Care Lynn Maria Weekes, 2020-02-26 This book is about optimizing the use of medicines and medical tests in primary care. It provides a comprehensive resource for students, researchers, health practitioners, and administrators seeking information on how to design, implement, scale up, and build capability for interventions and programs that result in changes in prescribing and medical diagnostic test ordering by health professionals. Drawing on work from Australia, Canada, and the United States of America, the book begins with the evidence base and theoretical frameworks that underpin successful behaviour change programs. It provides details on particular interventions such as clinical audit, academic detailing, choosing wisely, and supports for consumers. Real world examples explore the process of designing, implementing, and evaluating interventions and the factors that can help and hinder this process. This is a practical text that will be useful to the beginner and more experienced program implementation professionals alike.

The Present Illness Martin F. Shapiro, 2023-01-31 Beyond political posturing and industry quick fixes, why is the American health care system so difficult to reform? Health care reform efforts are difficult to achieve and have been historically undermined by their narrow scope. In *The Present Illness*, Martin F. Shapiro MD PhD MPH weaves together history, sociology, extensive research, and his own experiences as a physician to explore the broad range of afflictions impairing US health care and explains why we won't be able to fix the system without making significant changes across society. With a sharp eye and ready humor, Shapiro dissects the ways all groups participating, clinicians and their organizations, medical schools and their faculty, hospitals and clinical corporations, scientists and the National Institutes of Health, insurers and manufacturers, governments and their policies, and also patients and the public, shape and reinforce a dysfunctional system. Shapiro identifies three major problems stymieing reform: commodification of care, values expectations unmet, needs, attitudes and personal limitations of participants, and toxic relationships and communication among these groups. Shapiro lays out a sweeping agenda of concrete actions to address the many factors contributing to the system's failings. Highlighting the interconnectedness of both the problems and potential solutions, he warns that piecemeal reform efforts will continue to be undermined by those who believe they have something to gain from the status quo. Although overhauling our health care system is daunting, Shapiro nonetheless concludes that we must push forward with a far more comprehensive effort in all sectors of health care and throughout society to create a system that is humane, effective, and just.

**Tackling Wasteful Spending on Health** OECD, 2017-01-10 Countries could potentially spend significantly less on health care with no impact on health system performance or on health outcomes. This report reviews strategies put in place by countries to limit ineffective spending and waste.

**Nursing and Midwifery Research - E-Book** Dean Whitehead, Daniel Terry, 2024-09-01 An indispensable guide to understanding, applying, and conducting research in practice. It is essential that nurses and midwives are able to understand, interpret, synthesise, and apply research for effective practice. *Nursing and Midwifery Research* is a

well established highly regarded and comprehensive resource that covers all the key fundamentals needed to become and be an evidence based practitioner This book provides an accessible and user friendly roadmap of the entire research journey from the conception of a research idea or question through to planning implementation evaluation and dissemination of findings Readers will develop strong skills in research literacy and critical appraisal and thus build confidence to embark on research projects of their own an aim of developing research awareness and knowledge Written by research experts in their fields specifically for undergraduate and postgraduate students and clinicians in Australia and New Zealand and fully updated in its seventh edition this book is a perfect introduction and long term resource to support research methods and evidence based practice throughout their professional careers **The Service Bulletin** ,1924 *Post-Acute and Long-Term Medicine* Pamela A. Fenstermacher,Peter Winn,2015-12-12 This book addresses current issues surrounding hospital readmissions and the practice of post acute and long term care LTC Thoroughly updated the Second Edition of this practical pocket guide presents new regulations governing these services and lessens the uncertainty involved in caring for patients in a long term care facility The book is divided into four sections that cover types of care which include community care nursing facility care and teamwork clinical medicine with suggested approaches to common conditions and wound care psychosocial aspects of care which include ethical and legal issues and caring for families and special issues with chapters on documentation coding and medication management As community based care is an area of rapid growth where the elderly are increasingly seeking their medical care new chapters have also been added that describe these programs Written by expert contributors many of whom have worked within the American Medical Directors Association to create and disseminate a knowledge base for post acute and LTC this is a valuable resource for clinicians and educators seeking to maximize the care and living experience of residents in post acute and long term care settings Deciding Wisely Bill Syrios,1992-06 Christian Character Bible Studies are designed to fit your needs Their unique format allows for seven different options for groups or individuals This means you can complete the guide in the period of time that best fits your situation *The Management and Training of Children* William John Shearer,1904 **The Spirit of Indiana** William Lowe Bryan,1917 **Current Literature** ,1906 Current Opinion ,1906 Current Literature Edward Jewitt Wheeler, Frank Crane,1906 **Bulletin of the Department of Secondary-School Principals of the National Education Association** National Education Association of the United States. Department of Secondary-School Principals,1929 Includes list of members **Bulletin of the National Association of Secondary-School Principals** National Association of Secondary School Principals (U.S.),1928 **The "Summa Theologica" of St. Thomas Aquinas** Saint Thomas (Aquinas),1918 **Circular - University of Kentucky. College of Agriculture. Cooperative Extension Service** University of Kentucky. Cooperative Extension Service,1924 **Trusts and Estates** ,1925 Includes proceedings and reports of conferences of various financial organizations The "Summa Theologica"... Saint Thomas (Aquinas),1918 Summae theologiae partis I quaestiones

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