The inside scoop on talking to your doctor

Manasi Kadam Ladrigan, MD

Goals

- Give your providers the information they need to help take care of your child
- Understand how physicians formulate and solve problems
- Make informed decisions about medications
- Search for good, quality information on the internet

Disclaimer

- This talk is only intended for informational purposes
- The accuracy of the information is not guaranteed
- Information contained within this presentation or anecdotes presented are in no way to be considered medical advice and don't replace medical advice from your physician. Please consult your physician on any questions that may come up regarding diagnosis, therapies or guidance for your child







Physicians vs. Parents

Physicians have a way of thinking



Parents have a way of thinking

A HUGE frustration

- Being interrupted when giving the history
- Previous records haven't been reviewed
- Doctors won't let you tell the story you want to tell...



...You won't give them the info they need?



Preparing for the Office Visit

When making your appointment

- How long is your appointment?
- Who it will be with?

- Being "fit in" today vs an appointment next week
- Find out if you need a referral

MD vs DO vs NP vs PA



See who you want to see!

University vs Private Office





Before the visit

- Write down your questions
 - About 3 minutes per question
 - Ask what you are afraid of
 - Ask your last question first
- Organize:
 - Your thoughts
 - Your goal(s)
 - Your medical binder

The Office Visit

Minimize Distractions

- Bring a friend who can help with the kid(s)
- Leave siblings at home
- Come back without your child
- Ask about phone follow-up



How Doctors Think

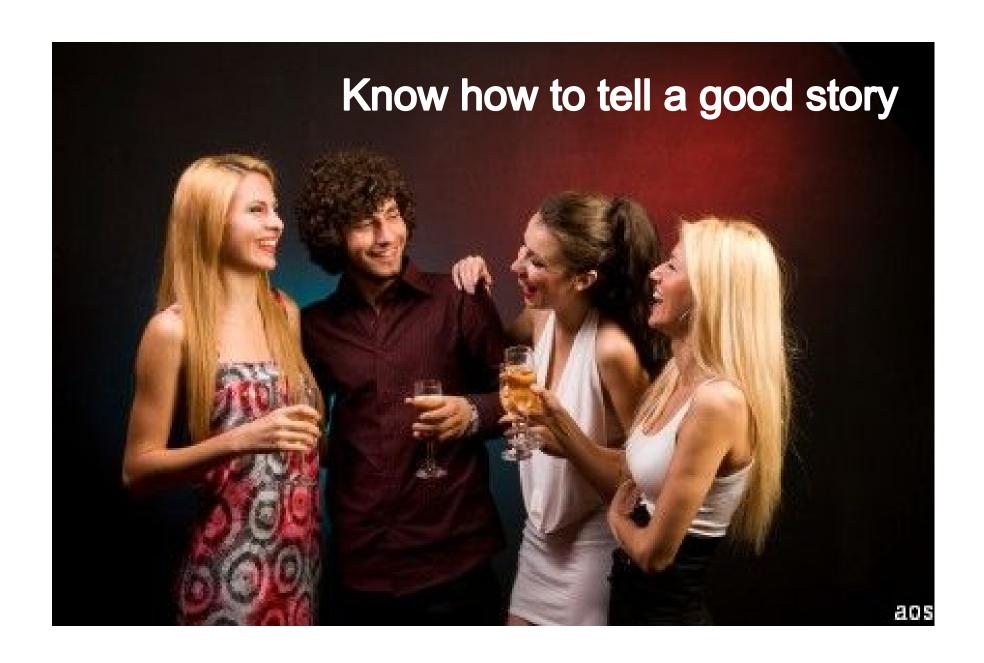
- Subjective: What you tell them
- Objective: What they see, infer from testing and read in previous MD notes
- Assessment: What they think is going on
- Plan: What they intend on doing

How Doctors Think

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The History

Subjective



A true story...

- Sally was at her grandmother's house, playing with her brother in the other room.
- She had just finished lunch.
- I heard crying, so I went to go see what happened. She was just laying on the floor crying so I picked her up.
- I got really worried.
- I asked her brother, "What happened?" and he just said that she was laying on her back and just started crying.
- So I took off her clothes, her shoes seemed a little tight and her feet were sweaty. I started looking all over her.
- I was worried that she may have broken something. They just found out that my niece had a broken bone for a WEEK after she fell!
- I found this little pink bump in the middle of her back. I don't think it was there when I gave her bath last night, but the bathroom is a little dark so I may have just missed it.
- I don't know if she was fussing last night because of it or because she hasn't pooped in 3 days. She has been missing some doses of miralax since she is with her Dad in the mornings and she was just a bear to get to bed last night. I was afraid to give her Tylenol, I just wanted to make sure that it was still here when we came to see you.



Try this instead:

- I found this bump on Sally's back last night.
- I am not sure how long it's been there.
- I don't think that she's had any new exposures or any reason that I can think of that the bump would be there.
- It doesn't seem to bother her.
- I haven't given her anything for it.

Make my job easier

- Try to answer these questions:
 - Duration: How long? Come and go?
 - Frequency: How often? How long does it last?
 - Location: Where?
 - Radiation: Does the pain move anywhere?
 - Quality: Sharp, stabbing, dull, aching, hot, cold, tingly?
 - Quantity: scale of 1-10, documented fever, how many loose stools/epidoses of vomiting
 - Aggravating factors: what makes it worse?
 - Relieving factors: what makes it better?
 - Associated symptoms: what else is going on when the episode occurs, inside the body or in the environment?

Important points

- The sequence needs to be correct and concise
- Quantify whenever possible
- A good photo or video is worth 20 minutes with your physician
 - Bring your computer/Ipad if needed

Past Medical/Surgical History

- Birth History, if relevant
- Medical Diagnoses
- Surgeries
 - Use the name of the diagnosis or procedure
- Immunizations*
- Similar problems

Medications/Allergies

- Know the name
- Know the dose
- Bring containers if necessary

Adverse reactions to medications

Family History

 The medical history of the child's parents, and siblings, sometimes grandparents.

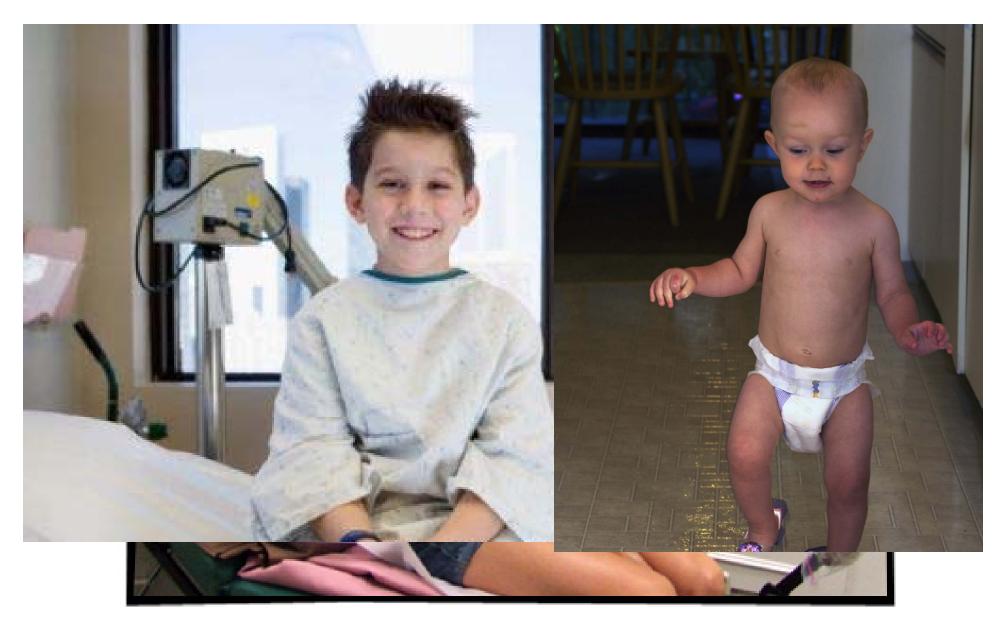
How Doctors Think

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The Examination, Testing and Past History

Objective

Examination



Tests

- Not always the answer
- Not the sign of a thorough evaluation
- Can cause more confusion rather than resolve it
 - What do you do with abnormal information that may not be related?

Special Tests

- If a lab is considered a "send out" make sure that you don't draw it on a Friday
- Assure that they know how to draw the sample
- It may be worth a trip to a large hospital during business hours to make certain that it is done properly

How Doctors Think

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Putting it together

Assessment

Differential diagnosis

- List of hypotheses
- Can change with testing



- Usually multiple symptoms are due to one condition
- Ask how a test will help narrow down the diagoses
- Ask what else the doctor is considering
 - Going through the list can help you identify if there is any further info that may have been left out

"Knowing your child" can sometimes hurt them

"Johnny gets an ear infection every time he goes in the pool"

"I know my child best and I want antibiotics called in for him"

By dictating care you can make a provider stop thinking and give them an easy way out of the conversation.

How Doctors Think

- Subjective: What you tell them
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Management and Treatment

Plan

To cure sometimes To relieve often To comfort always

First and foremost: do no harm

The limits of what medicine can offer

Physicians don't have all the answers

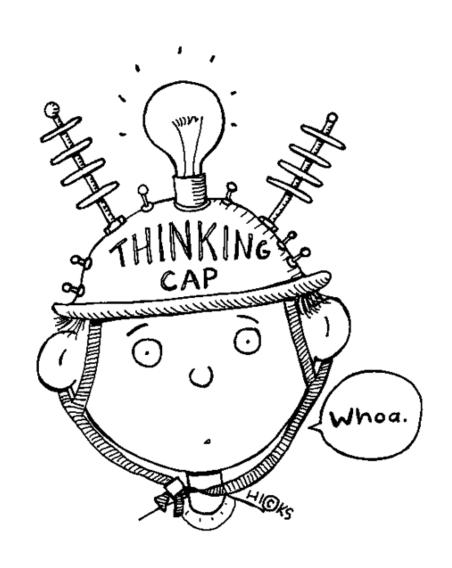


The art of medicine is more like cooking than baking

Sometimes it takes a few visits to get to know someone



Permission to pause...?



At the end of the visit

- Ask for instructions to be written down, even in your own notebook
- Reiterate the plan back to the doctor
 - Helps you organize what you need to do
 - Helps doctor remember what they need to do
- It is the physician's job and responsibility to communicate with you in a way that you understand; you are not being annoying if you insist on this

What to take home

- Progress note
- Discharge summary
- Copies of any special labs/abnormal labs
- Imaging results (images on disk & report)
- Where to go:
 - Your Pediatrician
 - Medical Records or Office Manager
 - There may be a charge for this

Medications

Prescription Medications

- No medication is risk-free
- Sometimes doing nothing may be best
- Copay Reduction Cards
- Patient Assistance Programs
- Prior Authorization

When you list any medications tried

- List doses
- Weight based dose for highest dose

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Weight in pounds = Weight in Kilograms 2.2
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<u>Dose child was on (mg)</u> = weight based dose (mg/kg) Weight in kilograms

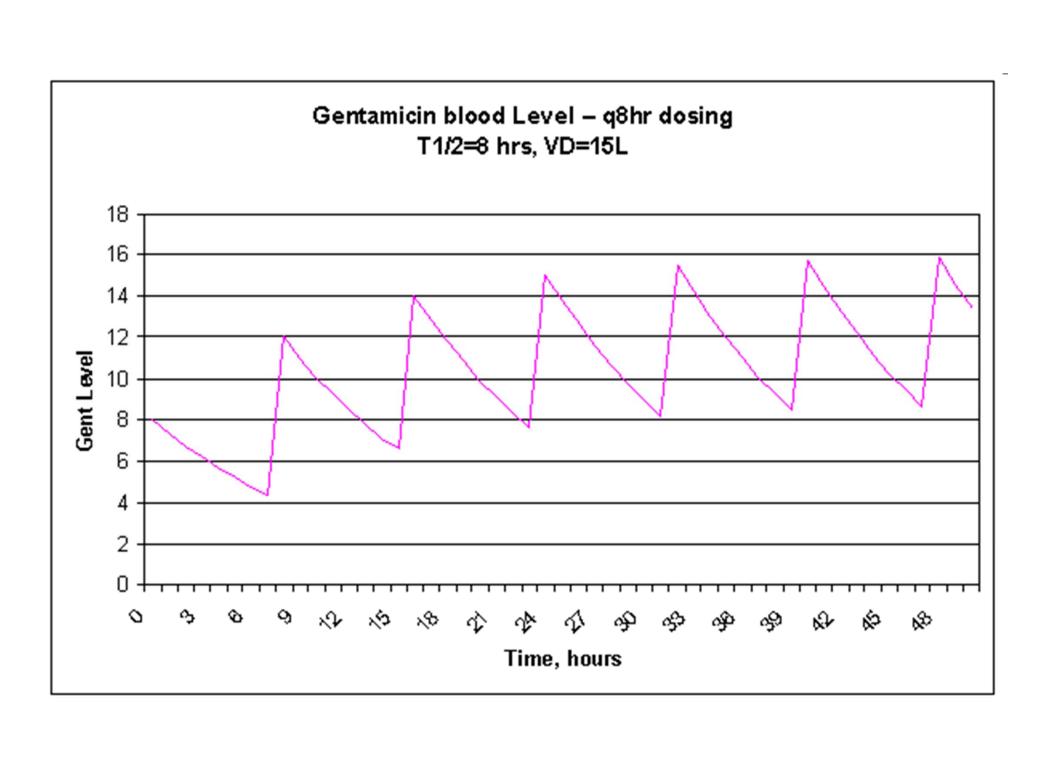
- Levels
- When and why it was discontinued

Half life

 The period of time it takes for ½ of medication dose to be gone from the body

$$1 \rightarrow \frac{1}{2} \rightarrow \frac{1}{4} \rightarrow \frac{1}{8} \rightarrow \frac{1}{16} \rightarrow \frac{1}{32}$$

- 5 half lives is considered to be complete excretion
- 5 half lives is needed to be at therapeutic dose
- Different for every medication



"Natural" Therapies

- Over the counter
- FDA approved
- So they must be:
 - safe
 - effective
 - basically harmless



Dietary Supplement

- Product that is intended to supplement the diet and contains a vitamin, mineral, herb, botanical or amino acid
- The FDA Regulates dietary supplements as foods, not drugs
 - No need for approval as pharmaceuticals require
 - Not required to demonstrate effectiveness
 - Manufacturers cannot make claims about their products treating, preventing or curing disease







Airborne®

Chewables

Convenient? Just pop them in your mouth and chew! Yummy? Your taste buds-and your immune system—are smiling.



Airborne

Airborne®

Effervescence

Sparkling support for your immune system with a blast of Vitamin C, Zinc and Echinacea. Kind of like your immune system's BFF. With fizz.

Enter The Fizz >

Herbs, amino vitamins and el Developed by teacher in 1990



On-the-Go

Your day is packed. Your time short. You want immune systen support. Think of it as a portab pouch of goodness for the 24/

Let's Get Going >

Start Chewing >

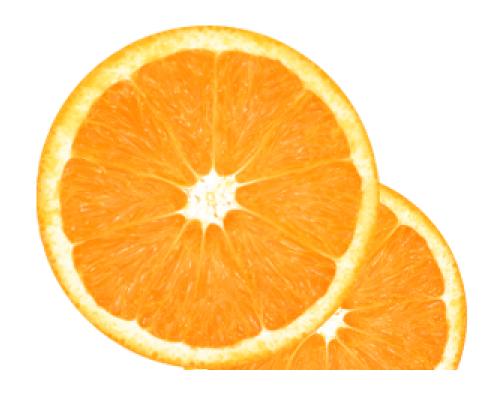
How it Works

Your immune system has a big job to do

We call our best-selling Airborne® formula "powerful" because it is! In scientific studies and medical journals the key ingredients in Airborne® products have been shown to support the immune system.

Vitamin C

Vitamin C performs a range of functions in the maintenance, repair and functioning of the body. A reduced vitamin C level compromises the immune response. Stress conditions, such as exercise, travel, or work stress can result in increased vitamin C use. Additional dietary vitamin C is needed





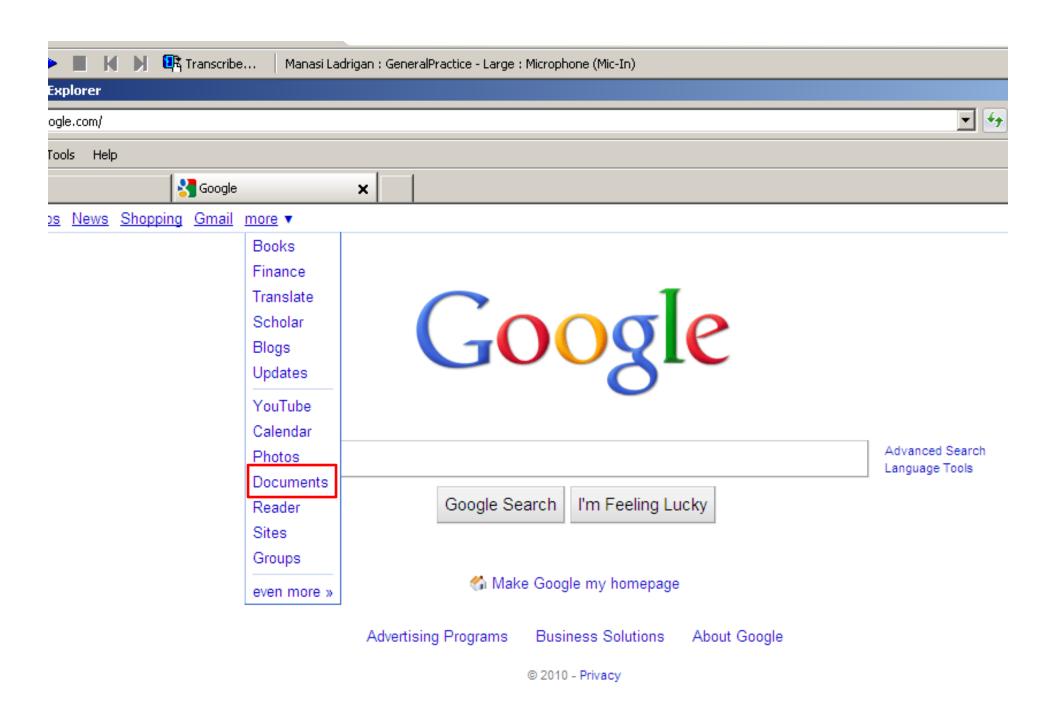
The Medical Letter, Issue 1199

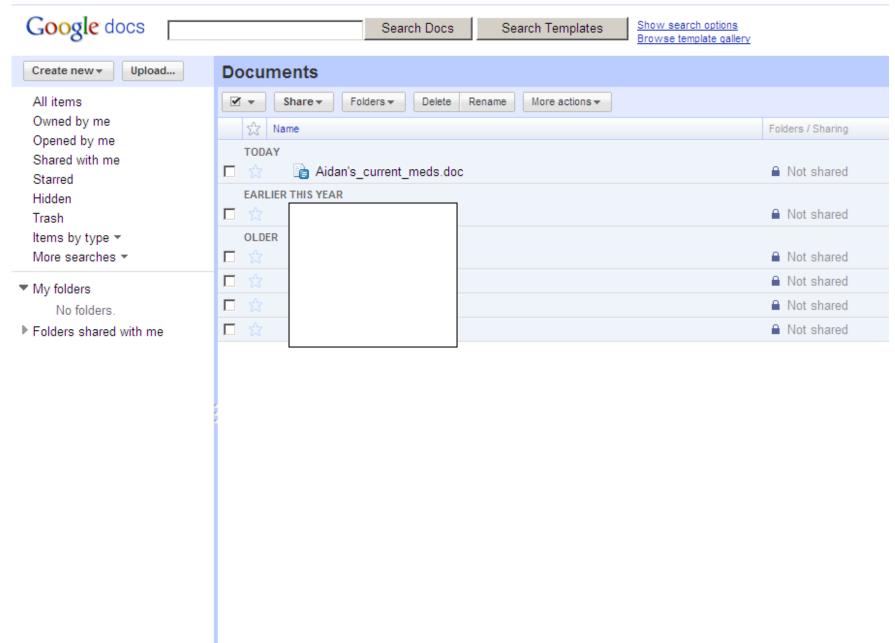
- Acamprosate (Campral) for Alcoholism p. 1-3
- Antiviral KLEENEX p. 3-4
- In Brief: Airborne p. 4-4
 - No conclusive evidence that this product or any of its ingredients prevents colds or shortens their duration.
 - The adult tablet contains 1 g of vitamin C
 - Suggested use: 1 tablet at the first sign of a cold and repeating the dose every 3 hours as necessary.
 - Vitamin C in doses higher than 1 g increases oxalate and urate excretion and may cause kidney stones.
 - This could be very harmful in patients with kidney failure

Chinese Herbal Medicines

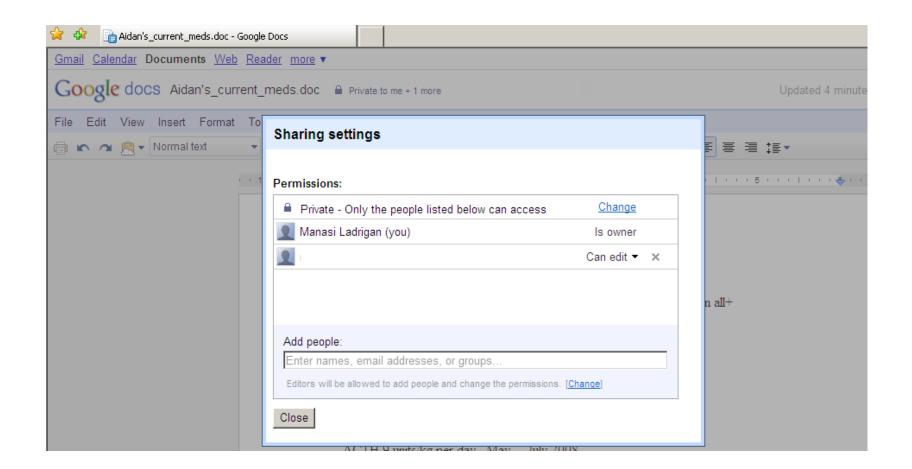
- Lead intoxication caused by traditional Chinese herbal medicine.
 - » Lin et al. American Journal of Medicine, January 2012.
- Toxicities by herbal medicines with emphasis to traditional Chinese medicine.
 - Botanical misidentification or mislabeling of plant material
 - Some plant descriptions in traditional herbal medicine (e.g. traditional Chinese medicine) have changed over time, which may lead to unintended intoxication by using wrong plants.
 - Contamination of herbals with microorganisms, fungal toxins, pesticides and heavy metals.
 - Unprofessional processing vs safe traditional preparation
 - Interaction of herbs with conventional drugs upon concomitant intake.
 - » Efferth et al. Current Drug Metabolism December 2011

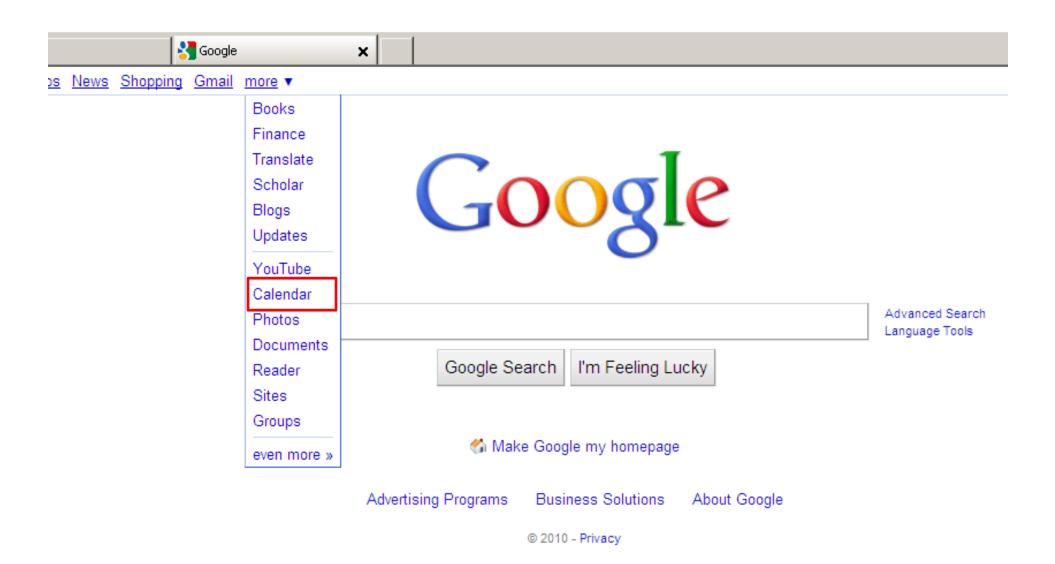
Alternatives to the Medical Notebook





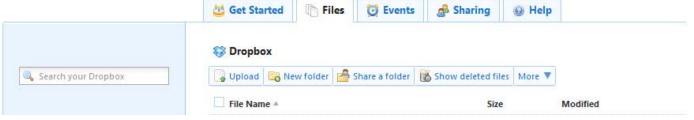














Miscellaneous

When to ask for a second opinion

If you want to verify what your doctor is saying

- If you don't like your current physician
 - You may still require a referral for insurance

 If your physician wants to be sure that they have done everything

How to get a second opinion

- Ask your physician
- Ask for a referral within the group or to an adult specialist
- Ask friends/chat groups/support groups
- Pubmed*

Lack of a Diagnosis

How important is knowing the answer?

 National Institutes of Health Undiagnosed Diseases program

Get on the news

Focus on therapy

Some truths...

- Sometimes it's easier for a doctor to write a prescription for a medicine than to explain why the patient doesn't need it.
- Often the biggest names, the department chairmen, are not the best clinicians, because they spend most of their time being administrators. They no longer primarily focus on taking care of patients.
- Physicians will sometimes give patients a lot of unnecessary tests that are potentially harmful, just so they don't miss an injury or problem that comes back to haunt them in the form of a lawsuit.
- The "nice" families get much further in the long run than the nasty ones

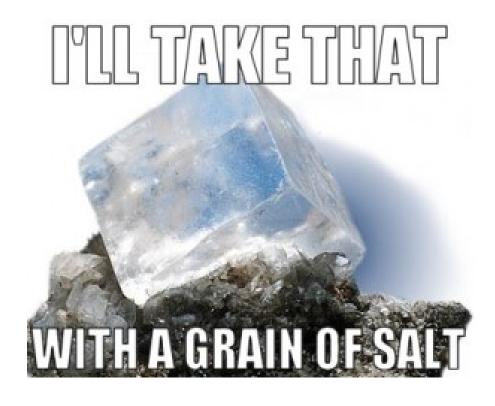
Some frustrations...

- You and your doctor should be a team
- What may have worked for one person may not work for your child
- Adding a medication isn't always the right answer
- Anything that took time to come on will take time to go
- Good's worst enemy is better

"Research"



Google



If you want a website to take over your care...find one that will

Trusted healthcare websites

- National Library of Medicine
- UpToDate.com
- Emedicine.medscape.com
- Mayoclinic.org
- Pubmed.gov





Contact NLM





Databases

PubMed/MEDLINE

MeSH

UMI S

ClinicalTrials.gov

MedlinePlus

TOXNET

Images from the History of Medicine

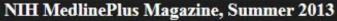
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Summer 2013 Issue



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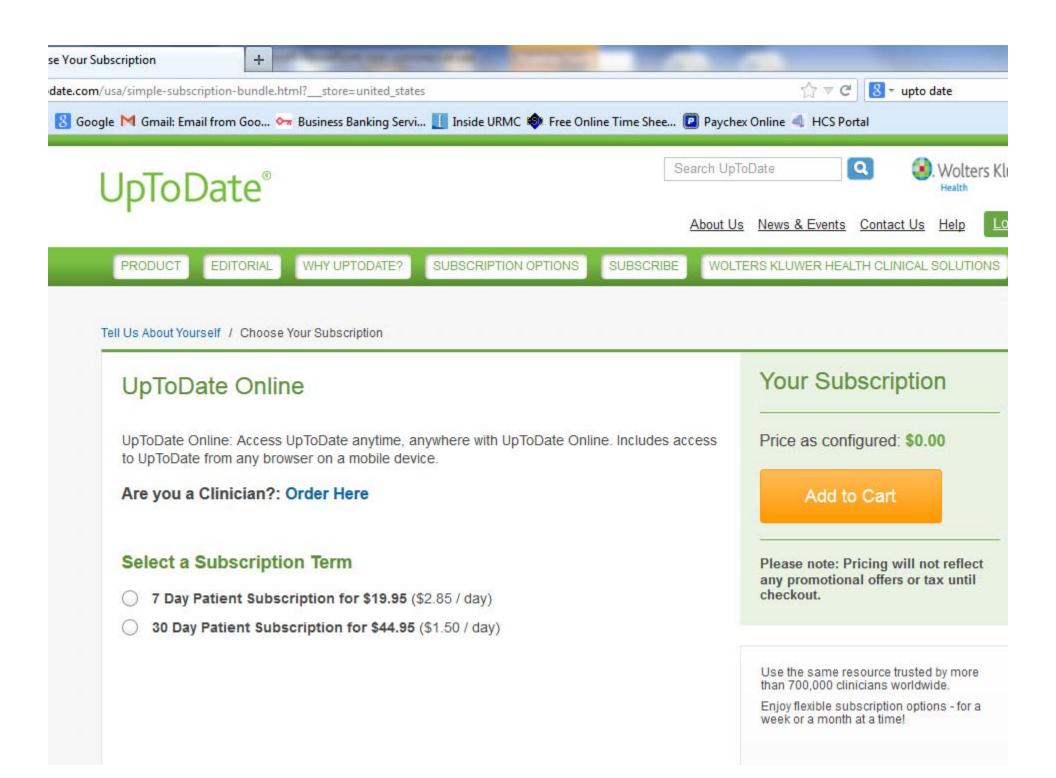
Regional Activities

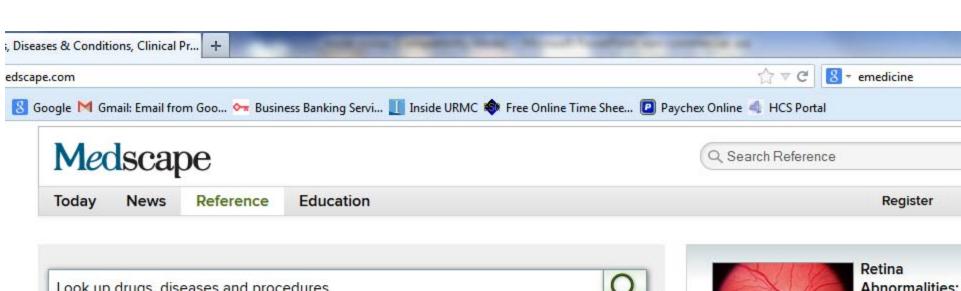
Careers @ NLM

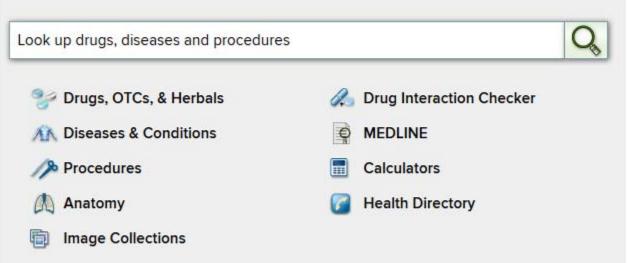
Mobile Gallery

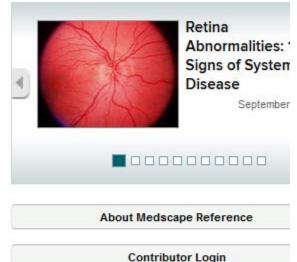
News & Events

- 2013 Association of Health Care Journalists/National Library of Medicine Fellows Announced (09/10/13)
- NLM Mourns F. W. "Wilf" Lancaster, Pioneer in Evaluation of Early MEDLARS Systems (09/06/13)
- NLM Announces Digital Release











(T-tau), tau phosphorylated at threonine 181 (P-tau181), and a-synuclein were lower in the drug-naive patients than in the controls.

September 2013



New Gastric Cancer Subtype

DRUG UPDATES

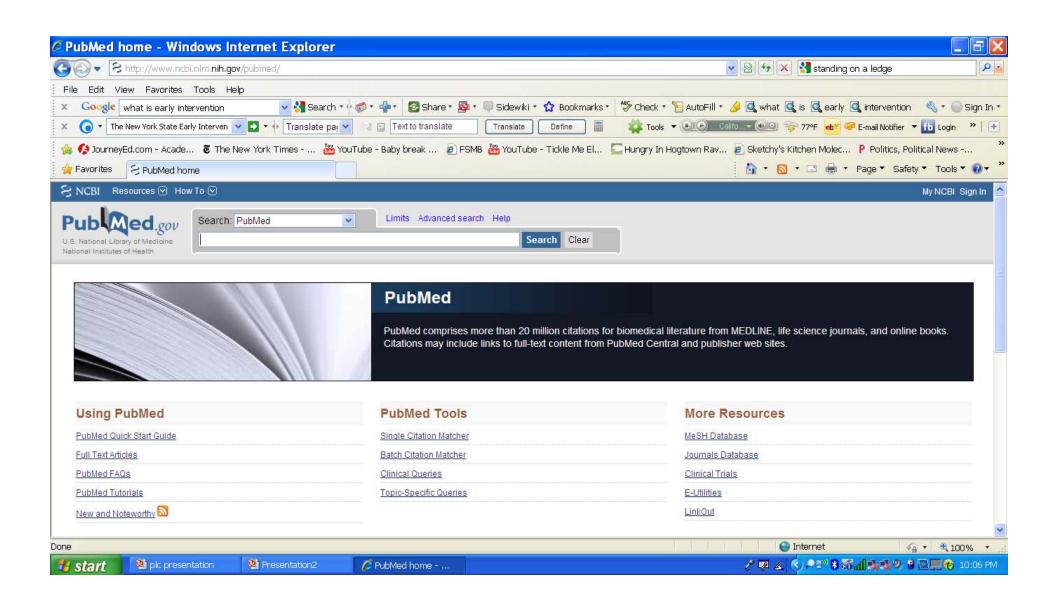
ustekinumab (Stelara)

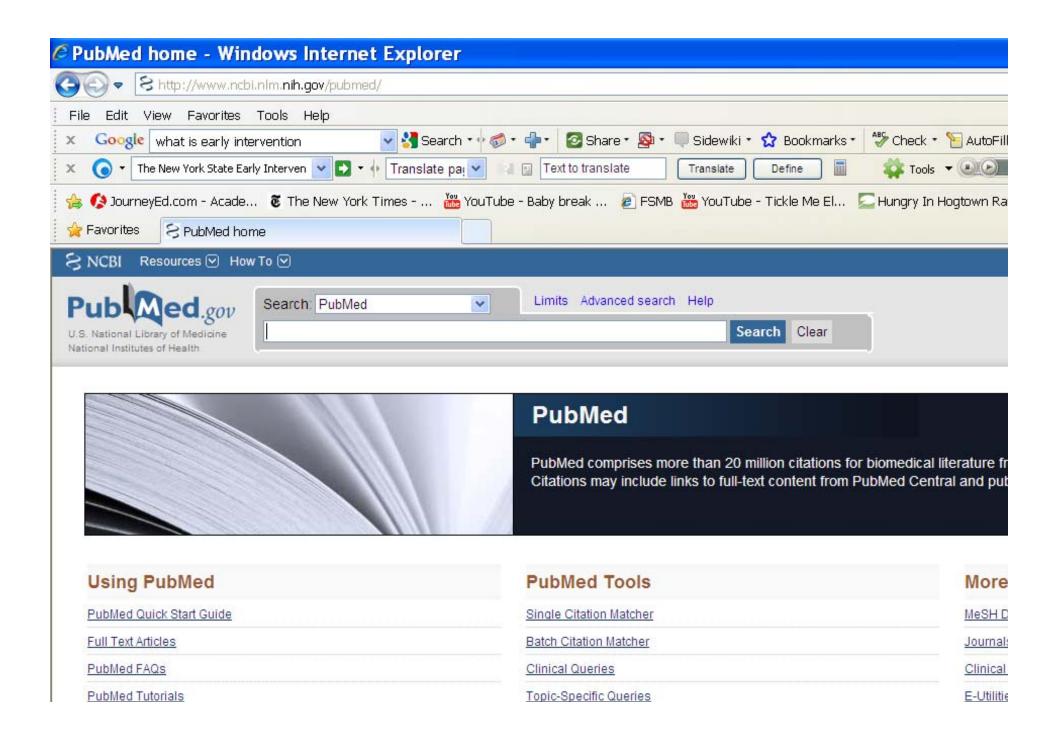
New indication approved by FDA for treatment of active psoriatic arthritis in adults alone or in combination with methotrexate

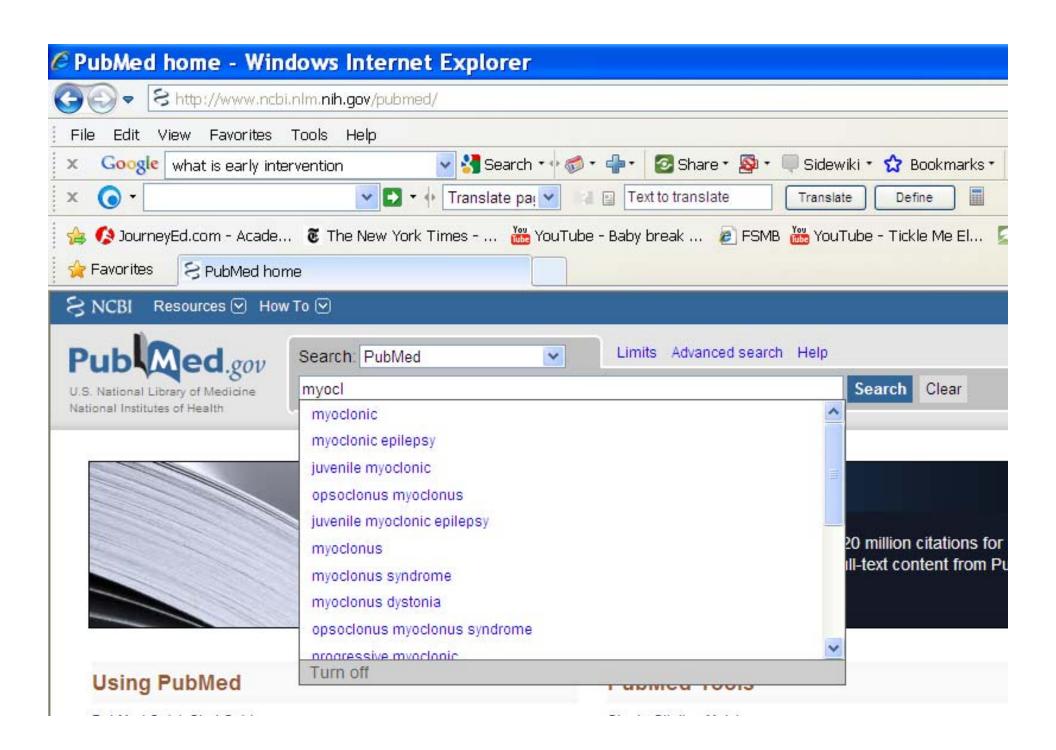
onabotulinumtoxinA (Botox Cosmetic)

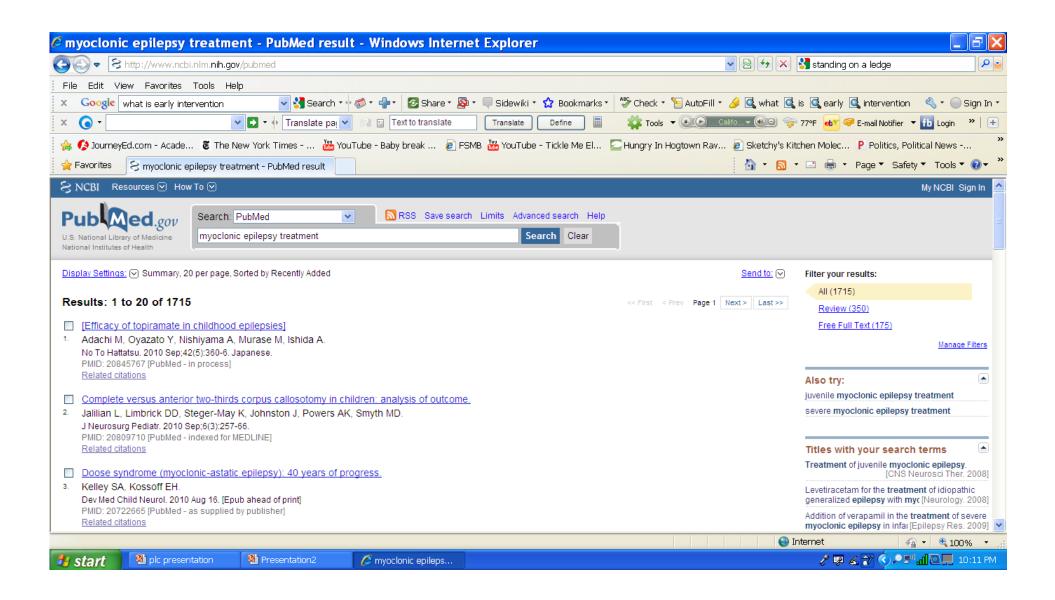
New indication approved by FDA for lateral canthal lines

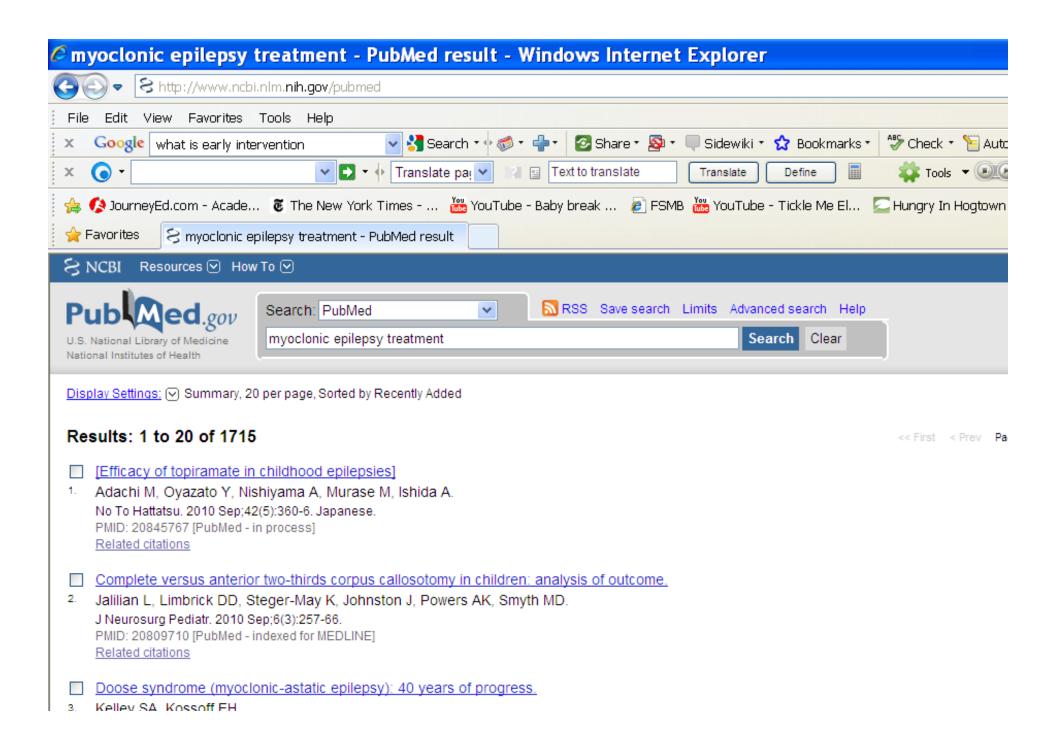


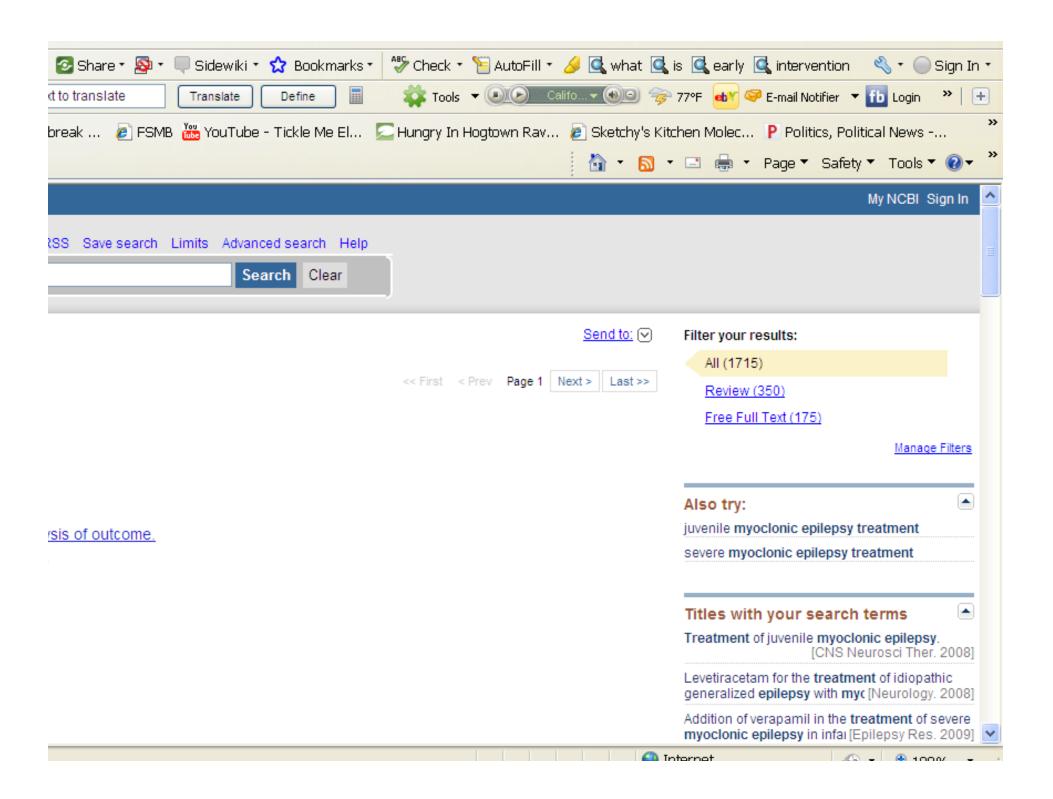


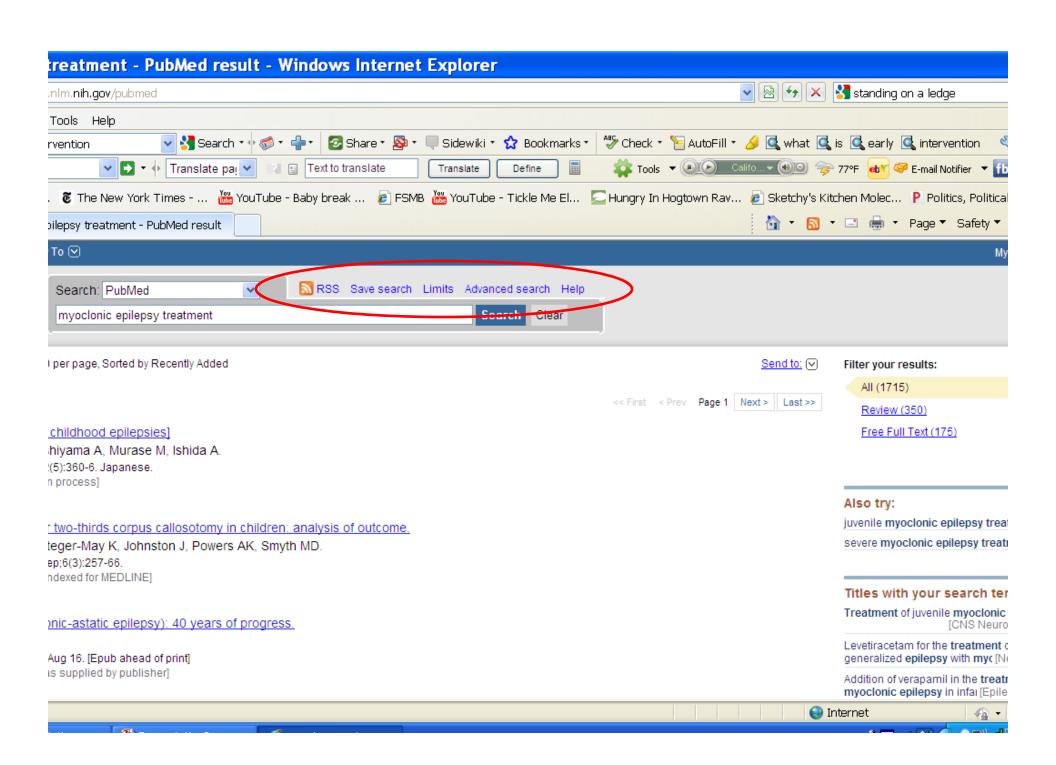


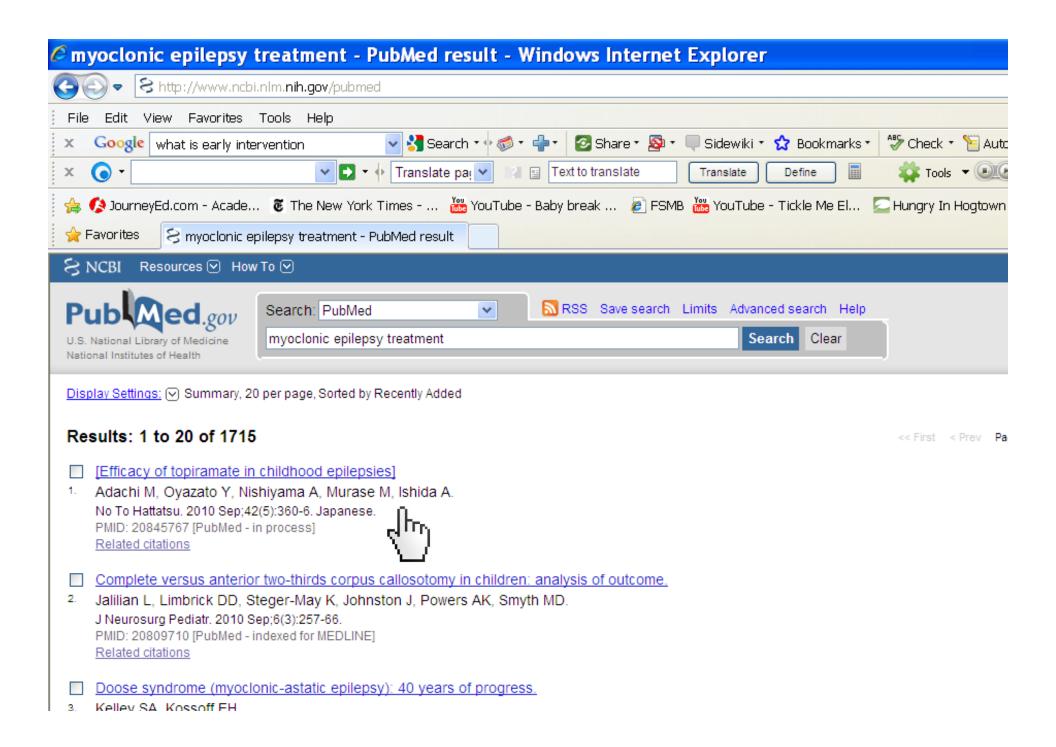


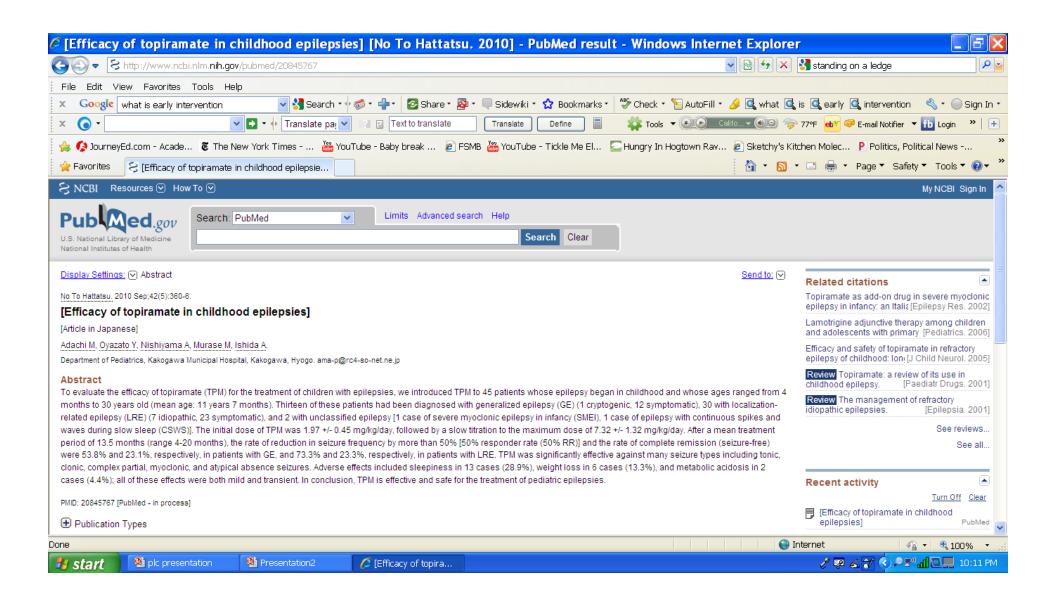












[Efficacy of topiramate in childhood epilepsies] [No To Hattatsu. 2010] - PubMed result - Windows Internet Ex S http://www.ncbi.nlm.nih.gov/pubmed/20845767 Edit View Favorites Tools Help 👩 Share 🛪 🔯 🔻 🔲 Sidewiki 🕆 🏠 Bookmarks 🕆 膋 Check 🔻 📔 AutoFill 🔻 🤌 🗸 🛂 Search 🕶 Google | what is early intervention ▼ → Translate pac ▼ Text to translate 🍑 Tools 🔻 🕒 🕒 X Translate Define 🍰 🧔 JourneyEd.com - Acade... 🏿 The New York Times - ... 🚟 YouTube - Baby break ... 🍃 FSMB 🚟 YouTube - Tickle Me El... 💆 Hungry In Hogtown Ray... 👂 Ske 🏠 Favorites 名 [Efficacy of topiramate in childhood epilepsie... NCBI Resources ♥ How To ♥ Search: PubMed Limits Advanced search Help Search Clear U.S. National Library of Medicine National Institutes of Health Display Settings: (✓) Abstract Send No To Hattatsu. 2010 Sep;42(5):360-6. [Efficacy of topiramate in childhood epilepsies] [Article in Japanese] Adachi M, Oyazato Y, Nishiyama A, Murase M, Ishida A. Department of Pediatrics, Kakogawa Municipal Hospital, Kakogawa, Hyogo. ama-p@rc4-so-net.ne.jp Abstract To evaluate the efficacy of topiramate (TPM) for the treatment of children with epilepsies, we introduced TPM to 45 patients whose epilepsy began in childhood and whose ages ranged months to 30 years old (mean age: 11 years 7 months). Thirteen of these patients had been diagnosed with generalized epilepsy (GE) (1 cryptogenic, 12 symptomatic), 30 with localization related epilepsy (LRE) (7 idiopathic, 23 symptomatic), and 2 with unclassified epilepsy [1 case of severe myoclonic epilepsy in infancy (SMEI), 1 case of epilepsy with continuous spike: waves during slow sleep (CSWS)]. The initial dose of TPM was 1.97 +/- 0.45 mg/kg/day, followed by a slow titration to the maximum dose of 7.32 +/- 1.32 mg/kg/day. After a mean treatn period of 13.5 months (range 4-20 months), the rate of reduction in seizure frequency by more than 50% [50% responder rate (50% RR)] and the rate of complete remission (seizure-fre were 53.8% and 23.1%, respectively, in patients with GE, and 73.3% and 23.3%, respectively, in patients with LRE. TPM was significantly effective against many seizure types including clonic, complex partial, myoclonic, and atypical absence seizures. Adverse effects included sleepiness in 13 cases (28.9%), weight loss in 6 cases (13.3%), and metabolic acidosis in

cases (4.4%); all of these effects were both mild and transient. In conclusion, TPM is effective and safe for the treatment of pediatric epilepsies.

Done

PMID: 20845767 [PubMed - in process]

Publication Types



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and adolescents with primary [Pediatrics. 2006]

Efficacy and safety of topiramate in refractory epilepsy of childhood: lon: [J Child Neurol. 2005]

Review Topiramate: a review of its use in childhood epilepsy. [Paediatr Drugs. 2001]

Review The management of refractory idiopathic epilepsies. [Epilepsia. 2001]

See reviews...

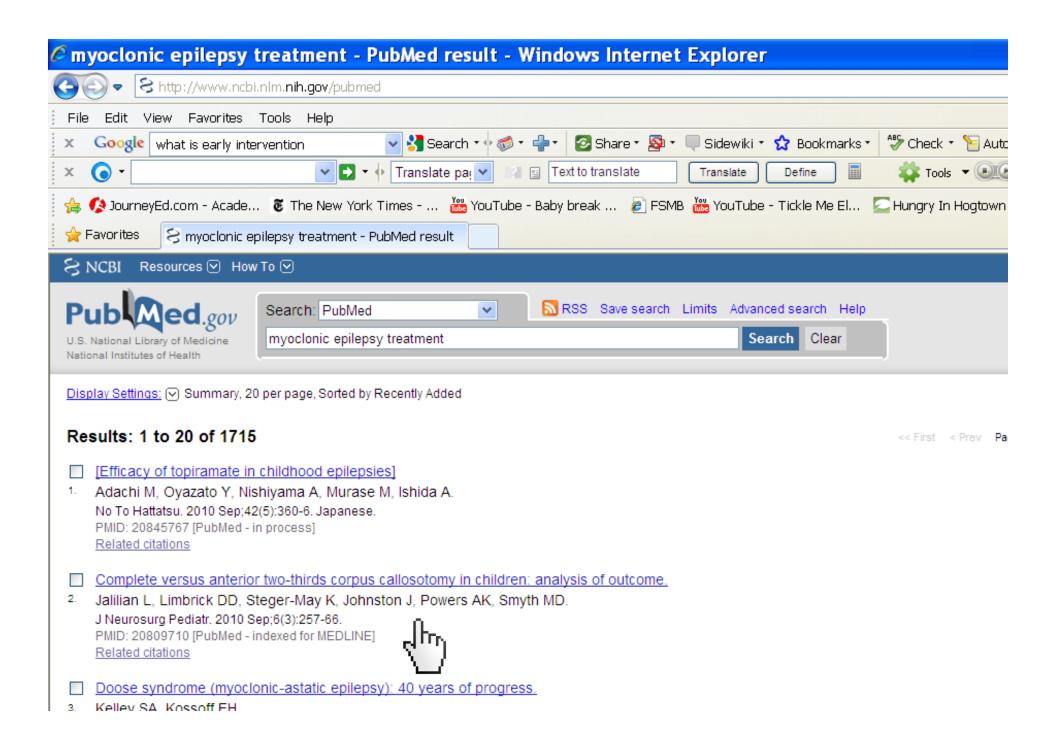
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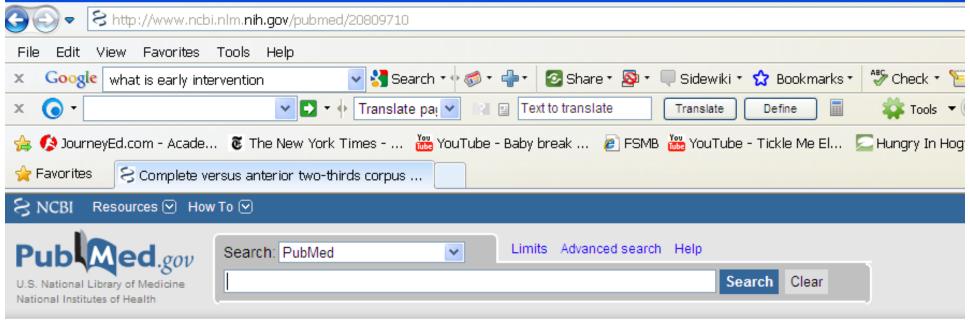
Turn Off Clear

[Efficacy of topiramate in childhood epilepsies]

PubMed



Complete versus anterior two-thirds corpus calloso... [J Neurosurg Pediatr. 2010] - PubMed resu



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J Neurosurg Pediatr. 2010 Sep;6(3):257-66.

Complete versus anterior two-thirds corpus callosotomy in children: analysis of outcome.

Jalilian L, Limbrick DD, Steger-May K, Johnston J, Powers AK, Smyth MD.

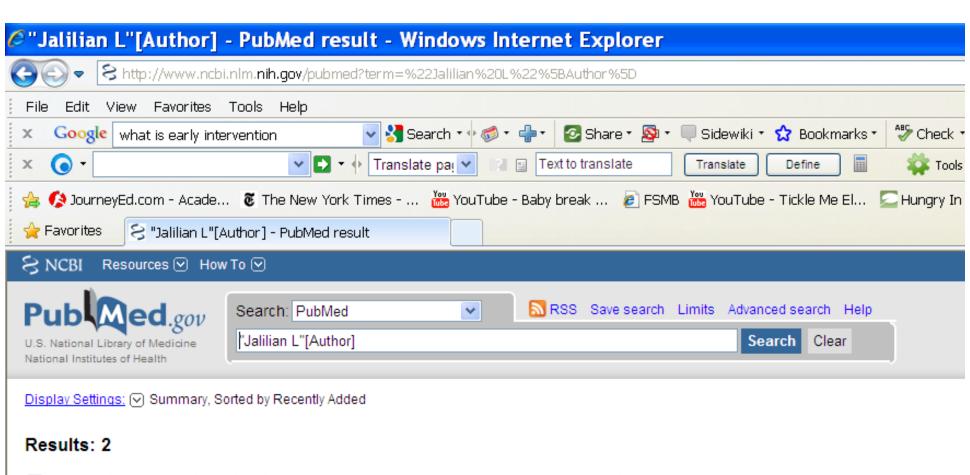
Washington University in St. Louis School of Medicine, St. Louis, Missouri 63110-1677, USA.

Abstract

OBJECT: The goal of this study was to evaluate the efficacy of anterior versus complete sectioning of the corpus callosum in children suffering from medically refract report seizure outcome in patients who underwent anterior two-thirds or complete corpus callosotomy (CC) during the period 1995-2008 at St. Louis Children's Ho

METHODS: The medical records of 27 children and adolescents with a minimum follow-up of 6 months were retrospectively evaluated with respect to seizure status and subjective results. Preoperatively, patients suffered from a variety of seizure types that occurred daily, weekly, or episodically. The male/female ratio was 19:8, a between 3 and 19 years (mean 9.93 years). Seizure outcome, parental assessment of daily function, and changes in the number of prescribed antiepileptic drugs.

RESULTS: Fifteen patients underwent an initial anterior two-thirds CC, and 12 underwent a complete CC. Of the 15 patients who underwent an anterior CC, 7 went CC. Seizure control was superior in children undergoing a complete CC (91%, Class I-III) versus an anterior two-thirds CC (75%, Class I-III). Seizure types most affind atonic, myoclonic, and absence. The number of postoperative antiepileptic drugs did not significantly change following CC in either the anterior only or complete great control was superior in children.



- Complete versus anterior two-thirds corpus callosotomy in children: analysis of outcome.
- Jalilian L, Limbrick DD, Steger-May K, Johnston J, Powers AK, Smyth MD.

J Neurosurg Pediatr. 2010 Sep;6(3):257-66.

PMID: 20809710 [PubMed - indexed for MEDLINE]

Related citations

- Piezoelectric control of needle-free transdermal drug delivery.
- 2. Stachowiak JC, von Muhlen MG, Li TH, Jalilian L, Parekh SH, Fletcher DA.

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Related citations

