

What You Know May Save A Life

Health Notes by Leonor McCall-Rodriguez

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Update

- Mt. Evans continues to meet/exceed **State and National patient and family experience** scores, reflective of its high quality care and compassion for others.
- Over the past 3 years, the **number of patients served has increased +26%** and Mt. Evans is staffed to meet increasing demand for services.
- Mt. Evans continues to provide high quality care to the 285 corridor including tenured staff living in Bailey, Conifer, Morrison, and Pine to care for their neighbors.
- Mt. Evans clinicians drove a whopping **340,000 miles** in 2020 to provide 25,000 care visits in homes.



Mount Evans
Care: The
McCalls

- **Support in challenging times**
- **Wound care**
- **Caregiver training**
- **Emotional support**

When Medical
Error Hits Home





What is Diagnostic Error?

- **Delayed Diagnosis:** Eventually the right Dx.
- **Failure to Diagnose an Unrelated Disease:** Scores on one, misses another.
- **Failure to Diagnose Related Disease:** Scores on one, misses another that often appears with the disease.
- **Failure to Recognize Complications:** Fails to identify certain complications that change or aggravate the illness or condition.
- **Missed Diagnosis:** Erroneous clean bill of health
- **Wrong Diagnosis (Misdiagnosis):** Doctor selects the incorrect illness.



Misdiagnosis: Lack of Research

- Primarily *autopsy* evidence
- Misdiagnosis underreported/
undefined parameters
- Arrogance meets liability



How bad is it?
Dx pairs with
Oops!

- **12 million adults misdiagnosed/yr.**
- 10-20%: Patients with serious conditions
- 51% breast imaging 2nd opinions result in *big change of interpretation.*
- Most commonly misdiagnosed:
 - Prostate Cancer | Thyroid Cancer | Breast Cancer

Source: *National Academy of Medicine. 2015*



And so...?

- Most people will receive an incorrect or late diagnosis at least once in their lives, sometimes with serious consequences.
- Diagnostic errors “contribute to approximately **10% of patient deaths**” and “account for **6% to 17% of adverse events** in hospitals.”

Source: *National Academy of Medicine. 2015*

A Second Opinion: Why?

88% of patient that seek a second opinion leave with a **refined or changed diagnosis.**



67%
Refined
diagnosis

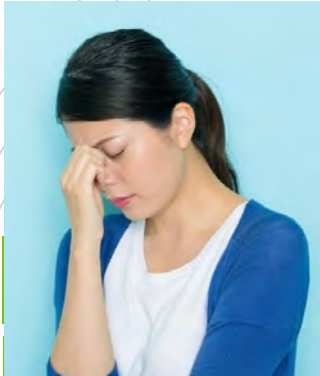


21%
Completely
changed



12%
Confirmed
Diagnosis

Source: *Mayo Clinic; United States Institute of Medicine.*
2017



Aftermath: 28% of
Misdiagnosis are
Life Threatening or
Life Altering

A misdiagnosis can lead to:

- **Unnecessary treatments**
- **Increased cost**
- **Physical and emotional stress**
- **Death**





Misdiagnosis: Preventable

- An estimated 98,000 people die each year from preventable medical errors, which equates to the **sixth ranked leading cause of death in America.**

Source: *United States Institute of Medicine.*
2017




Why a 2nd opinion?

- According to Mayo Clinic research, a second opinion is valuable any time a patient is told he or she has a serious condition, such as cancer, or needs surgery...Fresh eyes catch mistakes.”

Source: Journal of Evaluation in Clinical Practice. 2017

“The most dangerous person in a hospital is a pathologist.” – Best Doctors. 2015



404 ERROR

Common Reasons for Misdiagnoses

- Scans interpreted by a generalist instead of a subspecialist.
- Necessary follow up tests not ordered by physician
- Errors made by doctor in interpreting test results.
- Human error: *10,000 diagnosis vs. 300 symptoms.*



Serious Diagnosis? Seek Answers

- An estimated **40,000 to 80,000 people die annually** from complications from misdiagnoses.
- Women and minorities are 20 to 30% more likely to be misdiagnosed.
- Misdiagnosis may also play a role in **80,000–160,000 serious cases of harm** to people's health each year.

Source: *Johns Hopkins Medicine*.2017



Serious
Diagnosis?
Seek Answers

- Est. one in 10 patients with a dangerous “Big Three” disease* is misdiagnosed.
- Roughly 50% of misdiagnosed die or are permanently disabled as a result.

*Cardiovascular events, infections (sepsis), and cancers

Source: *Johns Hopkins Medicine. 2020*



Save Yourself

- **Verify!**
- **Keep asking questions.**
- **Seek answers.**



New Stuff I've Learned

Health Notes by Leonor



Help a Service Dog

- If a service dog ever approaches you without its owner, *follow them and do it quickly* because potentially you can save someone else's life.
- They are trained to approach a human if their human is in need of urgent or emergency assistance.
- They may not have their harness. Check for medical tags.

Spot a heart attack: Gray Ring



This goes hand in hand with a high cholesterol level in the blood which means that there's an increased risk for a heart attack and a stroke. A person whose eyes look like this should necessarily consult a doctor.



White Pupils

- Everyone hates red eyes in photos. But if your pupils reflect white in a picture, it could be a sign that **something is seriously wrong with your eyes**, such as cataract, retina problems, or even eye cancer

Something Fishy Going On?



- If your house smells like fish for absolutely no reason, 9 times out of 10 it means that there is an **electrical fire** or **you have overheating electrical components** (circuit breakers, outlets, wiring, etc.). Call an electrician right away!

Alone? What to
do in the first
seconds of a
heart attack

- **Immediately call 911/an ambulance.**
- Start **breathing deeply and coughing**. Deep breathing brings oxygen into the lungs and coughing stimulates the chest, helping to restore the cardiac rhythm and hold on until help comes.

Alone and Risking a Cut?



- *If you work around stuff that can cut someone easy (metal scrap, sheet metal or really any factory or construction work) **wear a belt.** It can be a quick, easy tourniquet and save a life.*

Witness to an accident?

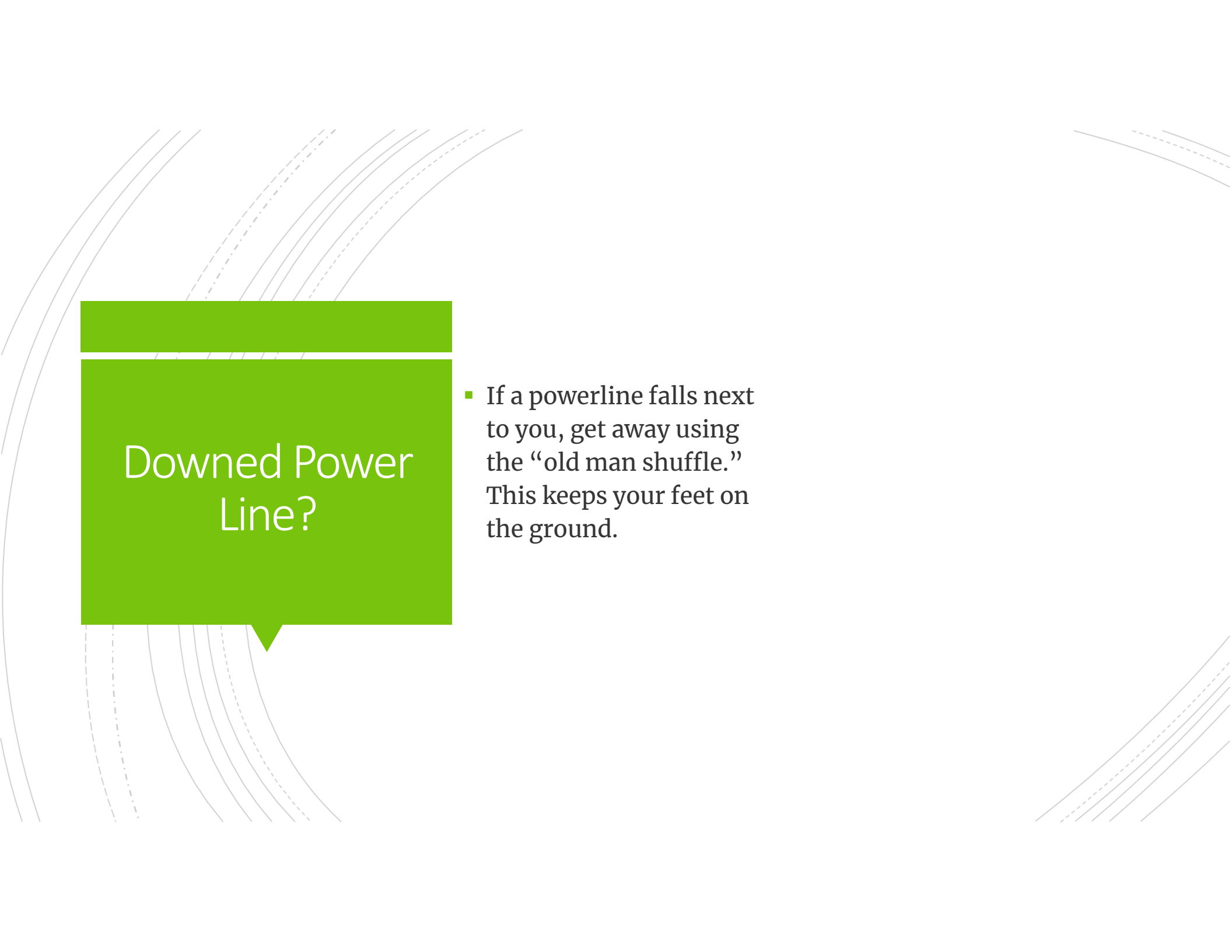


- *If you see someone wearing a motorcycle helmet have an accident, DO NOT pull their helmet off for any reason. Loosen the chin strap, but **leave the helmet on** and let first responders deal with it. You don't know what that helmet is holding together.*
- Same goes for children in car seats.

Do Not Give UP
on CPR!



- *Perform CPR on someone who's stopped breathing/heart has stopped and don't stop until EMTs take over. Don't stop after 2 mins thinking "Well that didn't work." CPR typically won't cause the victim's heart to suddenly start and or for them to jerk awake — it's mostly to force blood circulation to prevent brain death. You're keeping the body in a 'revivable' state.*

The background features several sets of curved, concentric lines in shades of gray, some solid and some dashed, creating a sense of motion or a field of energy. A prominent green speech bubble is positioned on the left side of the slide.

Downed Power Line?

- If a powerline falls next to you, get away using the “old man shuffle.” This keeps your feet on the ground.

Unwell in a public place? Ask Only One Person for Help



- You should only ask one person for help because of a well-documented psychological phenomenon, known as *diffusion of responsibility*. You've got much better chances of receiving assistance from one person than from a whole crowd of people.