

PATIENT EDUCATION IN O.L.D.

NOT A GOOD IDEA ?

- It is very difficult to explain medical terms in local language !
- He/ She will not understand !
- It takes lot of my time. I am too busy !
- Patient education will lead to self management. It may be risky !!
- If I give away my wisdom and make him half doctor, he will not follow up. I will lose my patient (and the earning)

WHY TO EDUCATE?

- The patient is fed up trying multiple doctors & pathies and receiving false promises
- Sharing knowledge and openness will generate confidence. Be transparent !
- Make him your partner in treating his disease. Joint efforts are must
- Give action plan. It will prevent emergencies
- Your practice (and earning) will grow

QUALITIES YOU NEED TO INCULCATE

- Learn the local language of society where you practice
- Estimate the intelligence level of your patient
- Remember/ generate some good examples to explain your point
- Focus on patient's well being (and not money)
- Have sincere desire to help reduce sufferings
- Educate with passion

PATIENT EDUCATION IN ASTHMA



DOCTOR, WHAT AM I SUFFERING FROM?

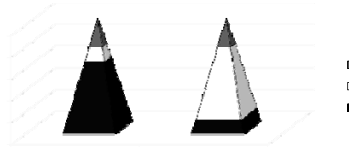
- Bronchitis? Allergy? Seasonal cough? Post-viral cough? Wheezy bronchitis? Reactive airway disease? Acid reflux bronchitis?
- You are suffering from asthma !!

DOCTOR, WILL I SUFFER LIFELONG?

- INTERMITTANT vs. Persistent asthma
- Natural history of asthma
- Mimics of asthma
- Childhood asthma gets cured after 5 years of age ?
(early wheezers, non-atopic wheezers and atopic wheezers)
- Suffering (morbidity) is easily treatable & preventable

DOCTOR, WHY DID I GET ASTHMA?

- Genetically predisposed environmental disease



DOCTOR, WHY DID I GET ASTHMA?

- Hygiene hypothesis
do not overprotect the child !
- Impact of: weather, pollution, occupation, cold food, deodorants, face powder, fan air, oily food.....
Are these allergies ?

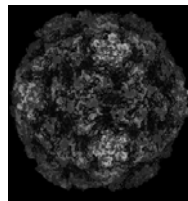
ASTHMA: CHANGING CONCEPTS

- TRIGGER VS. CAUSE



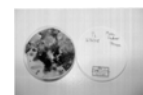
TRIGGERS OF ASTHMA

- All smokes
- All dusts
- Fog
- Beta blockers
- Aspirin & NSAIDS
- ACE inhibitors
- Irritant fumes
- Strong smells
- Hyperventilation (exercise)
- Emotional stress
- Respiratory infections
- GE reflux



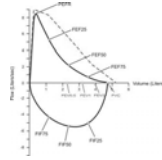
ALLERGENS CAUSES OF ASTHMA

- Dust mites
- Cockroach antigens
- Pollen grains
- Fungal spores
- Animals & pets
- Birds
- Animal foods
- Food preservatives (Sodium Metabisulphite)
- Coloring agents (Tartarazine)
- Chinese sauce (Monosodium glutamate)



DOCTOR, WHAT TESTS SHOULD I DO FOR MY ASTHMA?

- Spirometry during attack
during remission
- X-ray chest
- Eosinophil count
- Allergy testing
- ECG and 2 D echo



DOCTOR, WHAT TREATMENT OPTIONS DO I HAVE ?

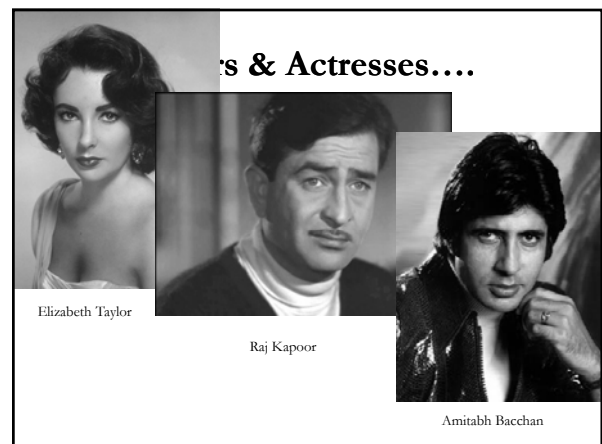


DOCTOR, WHAT RESTRICTIONS SHOULD I FOLLOW?

- Identify Cause vs. Triggers
- Avoid triggers during reactivity.
Avoid known allergens always.
- There is nothing like general or common allergens
- Taste or color does not determine allergy !

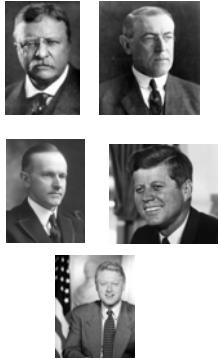
DOCTOR, WILL THIS DISEASE ADVERSELY AFFECT MY ACHIEVEMENTS?

- No !!!!!!!
- Give examples.....
Achievers in politics
Achievers in Career
Achievers in Sports



U.S. Presidents....

- **Theodore Roosevelt** –
26th President of the U.S.
- **Woodrow Wilson** –
28th President of the U.S.
- **Calvin Coolidge** –
30th President of the U.S.
- **John F. Kennedy** –
35th President of the U.S.
- **Bill Clinton** –
42nd President of the U.S.



Nobel Prize winners...

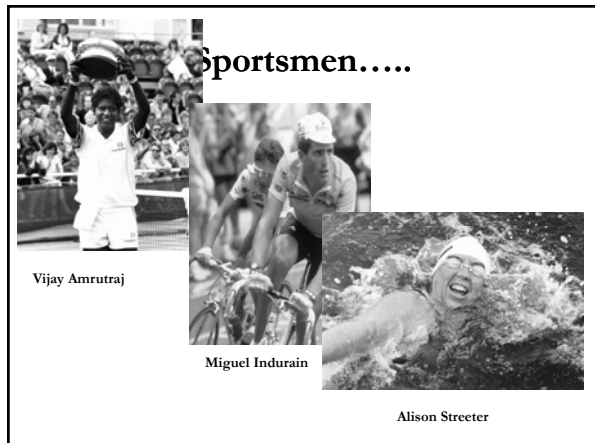
- **Baruj Benacerraf** –
Nobel Prize Winner
in medicine in 1980
for Gene control of
HLA antigens.
- **E.J. Corey** –
Nobel Prize Winner
in chemistry 1990
for simplifying formulation
of complex pharmaceuticals



cricketers....



Sportsmen.....



DOCTOR, WILL THIS DISEASE ADVERSELY AFFECT MY ACHIEVEMENTS?

- Motivate for physical activities
- No unnecessary dietary restrictions
- Preventable and manageable disease
- Marriage, pregnancy, children

DOCTOR, WILL IT BE CURED?

- Definition of cure
- Prolonged remissions
- Avoidable allergens
- Other pathies ?
- Yoga ?
- Prevention and control is always possible !!

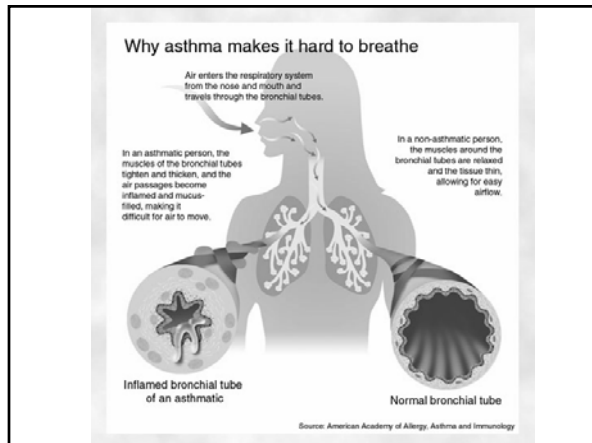
DOC, THE INHALERS DO NOT WORK !

- Correct the inhalation technique
- Do not compare rescue & preventer at its face value !
- Myths of addiction
- The cost factor



DOC, ARE THESE STEROIDS ?

- Do not hesitate to say yes
- Let the patient express his concerns
- Short course of systemic steroids are safe
- Long term ICS do not affect growth
- Is fire good or bad ???



DOCTOR, I AM AFRAID OF AN EMERGENCY !

- Asthma gives enough warning !
- Self management plan
- Emergency action plan in writing
- Your contact details
- Alternate medical resource/ support group

PATIENT EDUCATION IN COPD

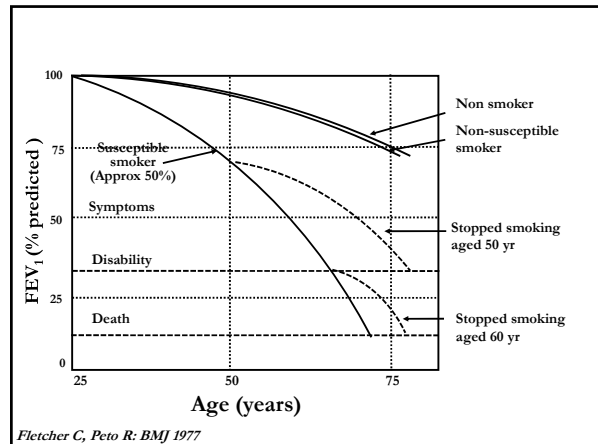
DOCTOR, I AM SUFFERING FROM CHRONIC ASTHMA

- No !!!! it is COPD !
- It is due to prolonged exposure to smoke....
Your habit?.....
Your hard work !.....



DOCTOR, BUT I STOPPED SMOKING LONG BACK!

- I never smoked much
- My friend who smoked more than me is healthy!
- I was healthy till I was smoking
- I quit smoking long ago! how can that trouble me now?

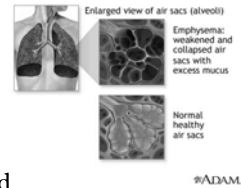


DOCTOR, WHEN WILL I GET CURED?

- Tell the truth
- Damaged scarred lungs have a limit to improve
- Supportive treatment is always possible

DOCTOR, THE TREATMENT HARDLY WORKS!

- Partially reversible disease
- Progressive if smoking continues
- Symptoms can be controlled but baseline discomfort may continue
- Exacerbations will occur



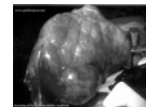
WHAT PRECAUTIONS SHOULD I FOLLOW?

- Stop smoking !!!!!!!!!
don't criticize but offer help!
- Dietary restrictions?
- Avoid infections
- Regular treatment and monitoring
- Breathing exercises
- Breathing techniques



DOCTOR, WHAT OTHER TREATMENT OPTIONS ARE AVAILABLE?

- Prophylactic antibiotics
- Vaccinations
- Immunomodulators
- Pulmonary rehabilitation
- Anabolic hormones
- Lung volume reduction surgery
- Domiciliary oxygen therapy
- Lung transplant?



TAKE HOME MESSAGE

- Talk to your patients
- Give them enough time
- Compassion reduces sufferings
- Don't be only a doctor ! Try to be a guide with medical expertise
- Your patient will always appreciate your efforts !
- Count the blessings.
Money will automatically follow !

Thank You !

I declare that the pictures and cartoons used in this presentation do not belong to me. I have used them as a reference only for the purpose of education