

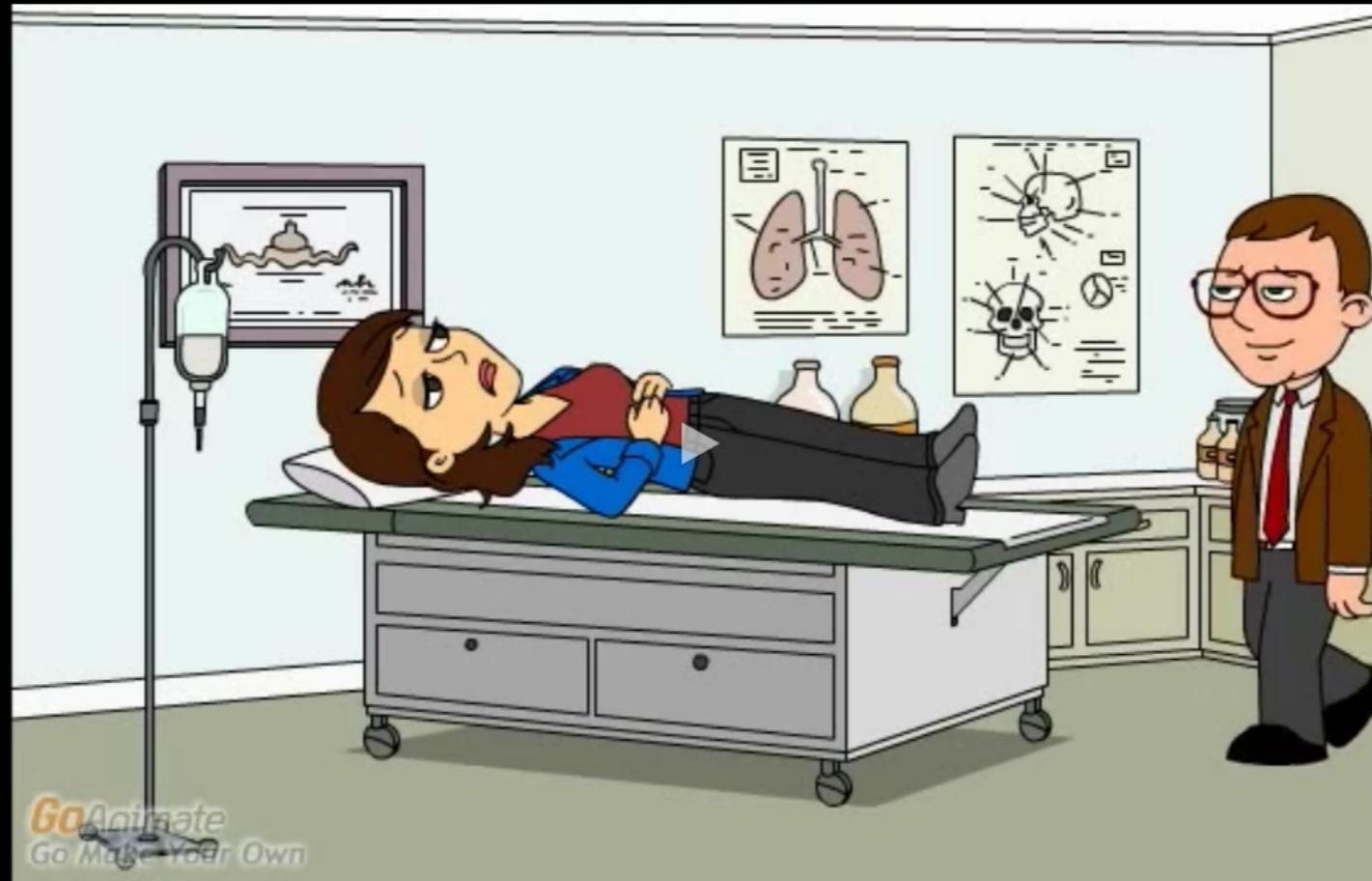
# How to discuss evidence with patients

Leigh Boxall



Relationships with patients are BRITTLE and the skill of explaining evidence in lay terms requires practice.

How (not) to practice evidence based medicine.



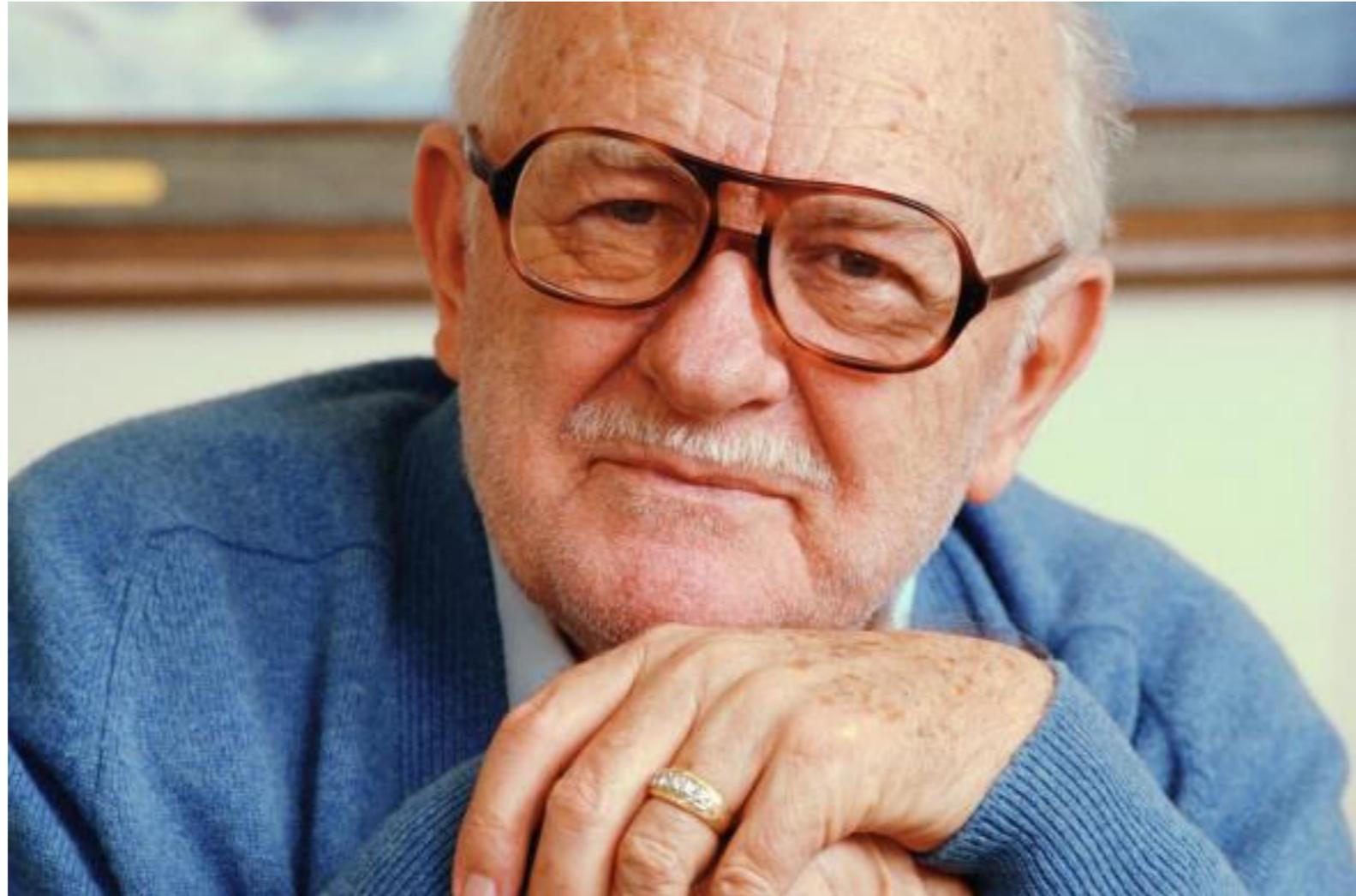
0:01



1:39



[http://youtu.be/GUUF\\_UI4OrU](http://youtu.be/GUUF_UI4OrU)



This is John.

He is your 78 yr old patient / grandfather and had an ischaemic stroke last year.

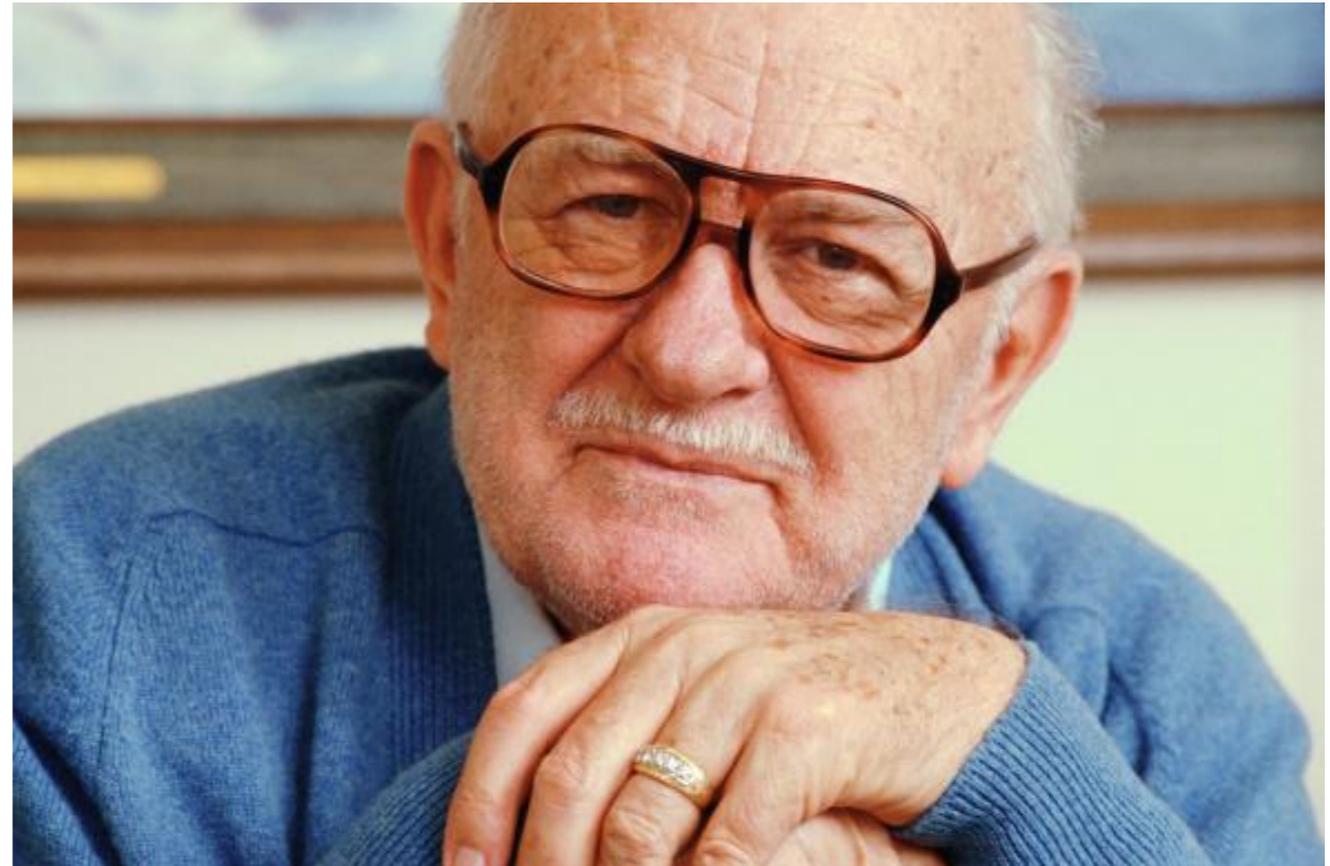
He really doesn't like taking tablets and tells you he has stopped taking his aspirin.

# Key Findings

1. The risk of recurrent stroke is 26% within 5 years of a first stroke and 39% by 10 years (Mohan et al., 2011)
2. Stroke mortality rates have decreased by 46% from 1990 to 2010 in the UK with advances in treatment (Feigin et al., 2013)
3. Absolute reductions in the risk of having a serious vascular event are 36 per 1000 treated with aspirin for two years among those with previous stroke (Antithrombotic Trialists' Collaboration, 2002)
4. An excess risk of bleeding of 1-2 additional major extracranial bleeds per 1000 patients treated with aspirin per year (Antithrombotic Trialists' Collaboration, 2002)
5. Other secondary prevention should be initiated such as blood pressure management and lifestyle modification (Clinical Guidelines, 2012).

# Principles of talking about evidence to individual patients

**B**alanced  
**R**esponsive  
Individualised advice  
**T**ransparent  
**T**ools  
**L**anguage  
**E**nable

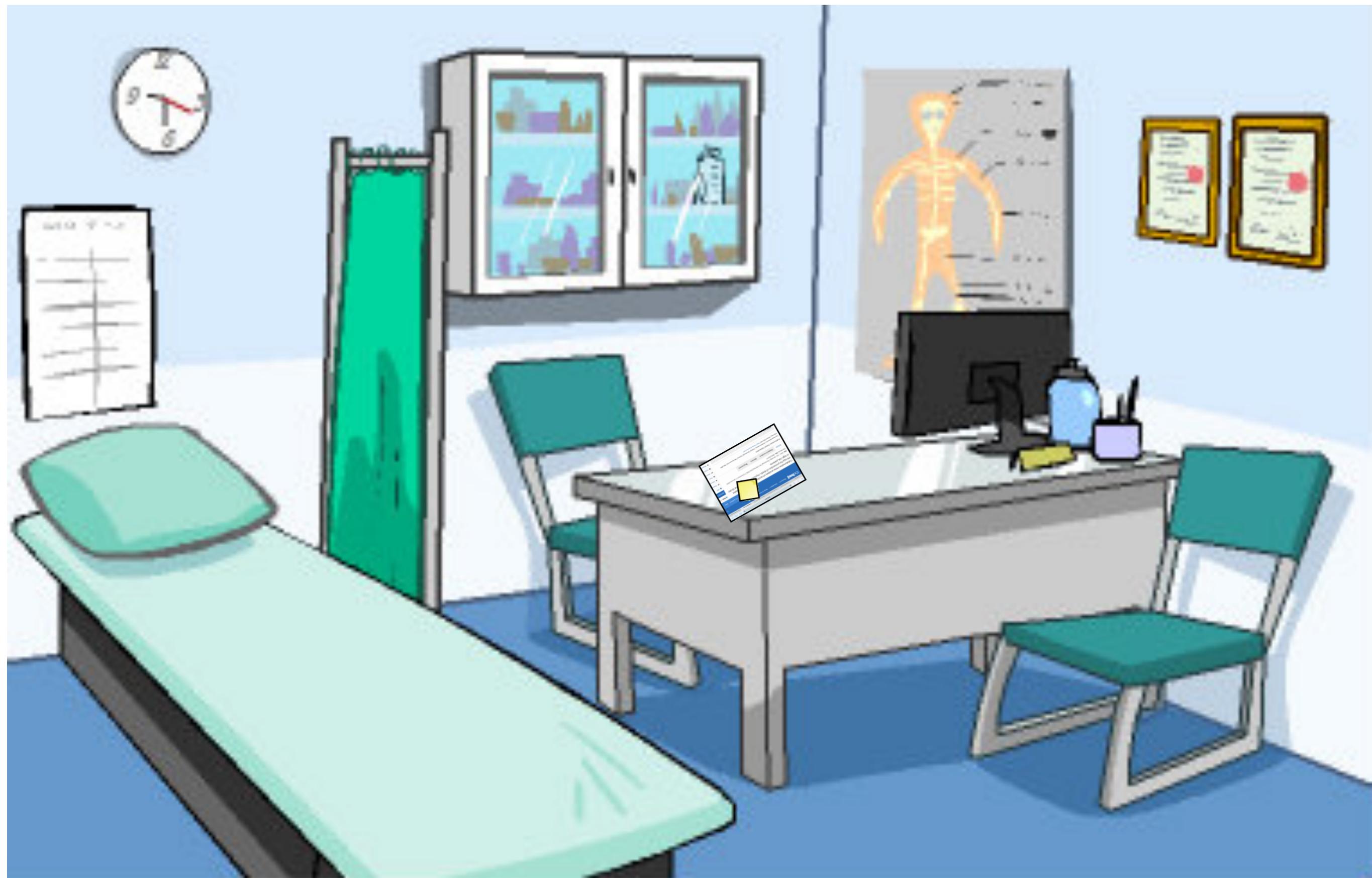


# Practice!

**B**alanced  
**R**esponsive  
**I**ndividualised advice  
**T**ransparent  
**T**ools  
**L**anguage  
**E**nable advice

1. The risk of recurrent stroke is 26% within 5 years of a first stroke and 39% by 10 years.
2. Stroke mortality rates have decreased by 46% from 1990 to 2010 in the UK with advances in treatment.
3. Absolute reductions in the risk of having a serious vascular event are 36 (6) per 1000 treated with Aspirin for two years among those with previous stroke.
4. An excess risk of bleeding of about 1-2 additional major extracranial bleeds per 1000 patients per year.
5. Other secondary prevention should be initiated such as blood pressure management and lifestyle modification.

Relationships with patients are BRITTLE and the skill of explaining evidence in lay terms requires practice.



The image shows a screenshot of a web browser on an iPad displaying the BMJ website. A yellow sticky note is overlaid on the page, containing the following text:

**B**alanced  
**R**esponsive  
**I**ndividualised  
**T**ransparent  
**T**ools  
**L**anguage  
**E**nable

The background page shows the BMJ logo, a search bar, and a list of article options including 'Article to', 'PDF', 'Respor', 'Data su', 'Print', 'Alerts &', 'Citation', and 'Reques'. The article title 'Collaborative meta-analysis of individualised therapy for prevention of stroke in high risk patients' is partially visible.