

Dr. G. Guyatt's EBM Session on Wednesday, February 12, 2003 at 1515 hrs.

Scenario:

You work at a community health center which practices a multi-disciplinary, collaborative approach to patient care, including an aggressive program of continuous quality improvement. One aspect of the program is monitoring patient care to ensure screening, preventative, and health maintenance interventions are delivered to patients on a consistent, regular and comprehensive basis.

At your most recent planning meeting, one of your colleagues, a nurse practitioner, has drawn the group's attention to an article suggesting that in most patients who develop type II diabetes, the condition is preventable.

"We should intervene in every middle aged patient at risk," the nurse maintains. "We need to specifically encourage weight loss, exercise, smoking abstinence, and increased use of alcohol," she says. Increased use of alcohol?!

Your interest in the issue perked, you read the paper to decide if your colleagues is right.

Hu FB, Manson JE, Stampfer MJ, et al. Diet, Lifestyle, and the Risk of Type 2 Diabetes Mellitus in Women. NEJM 345:790-797