

First L M Iseko Memorial Tips and Tricks of Cardiovascular Medicine Practice in Nigeria- Lessons across the years



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Disclosure



- None



Introduction



- Cardiocare
- Fulfilling the work helping doctors to LEARN, RRLEARN and UNLEARN
- Leading name in taking Cardiology to the **NEXT LEVEL**, especially in Northern Nigeria.



Objectives

- A key note address
- To share my limited or small experiences in Cardiology in Nigeria
- Tips and Tricks

Cardiovascular medicine

- There was a time when heart disease was diagnosed at the bedside of the patient.
- Clinicians were like detectives who would skillfully gather vital
- diagnostic clues from a thoughtfully taken medical history and a
- meticulously performed clinical examination.

TIPS and TRICKs

- Translating Clinical Evidence Into Practice at Heart Failure Centers of Excellence: Getting to the Heart of the Matter
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- Stefan D. Anker, MD, PhD
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Reminder

- History taking (70- 90 %)
- Physical examination (15 -20%)



Differential Diagnosis

- Investigations (5 - 10 %)



- Diagnosis (confirmed)

Communication

- Good communication is necessary for the assessment of patient's condition and treatment

- Communication technique

- Concentration

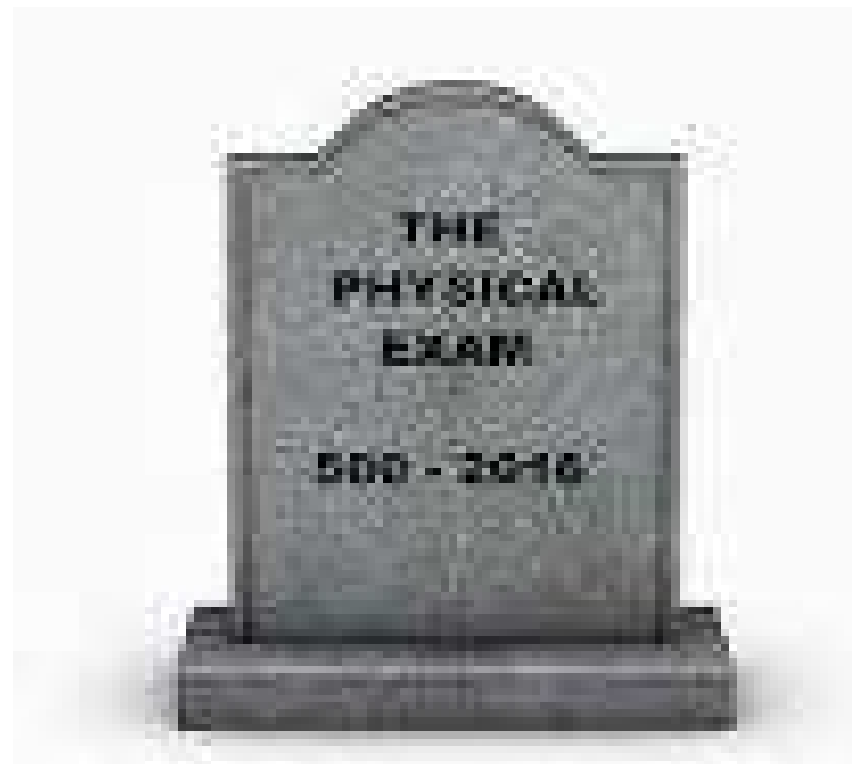
- Knowledge

- Kindness

- Humor

Trust

Dr Glaucomflecken 2016, Funeral of Physical Exam in one state in the US



General principles of clinical exams

- Examination is hinged on four principles

Inspect/Observation

Palpation/Feeling

Percussion/Tapping

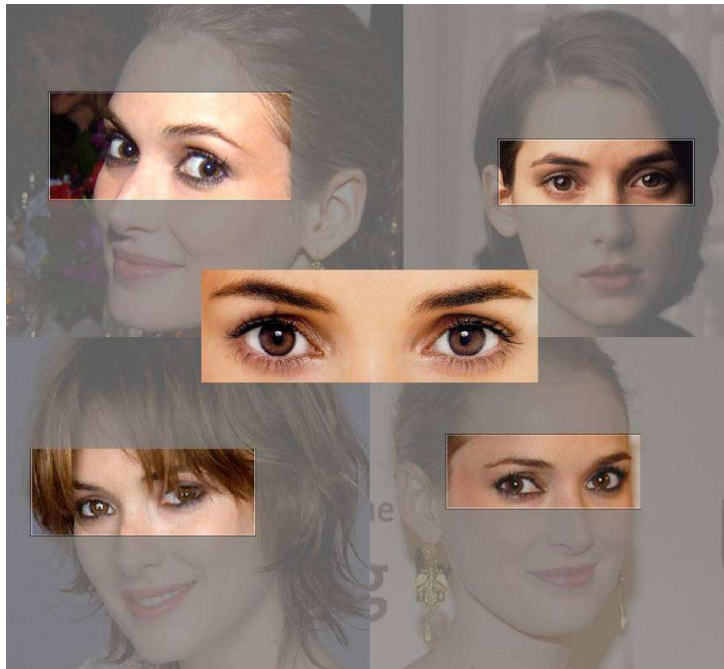
Auscultation/Listening

Assessment of function

OPPA or IPPA

Point of care test/Ultra sound

WHEN IT FORM A PHYSICAL MAN WE USE



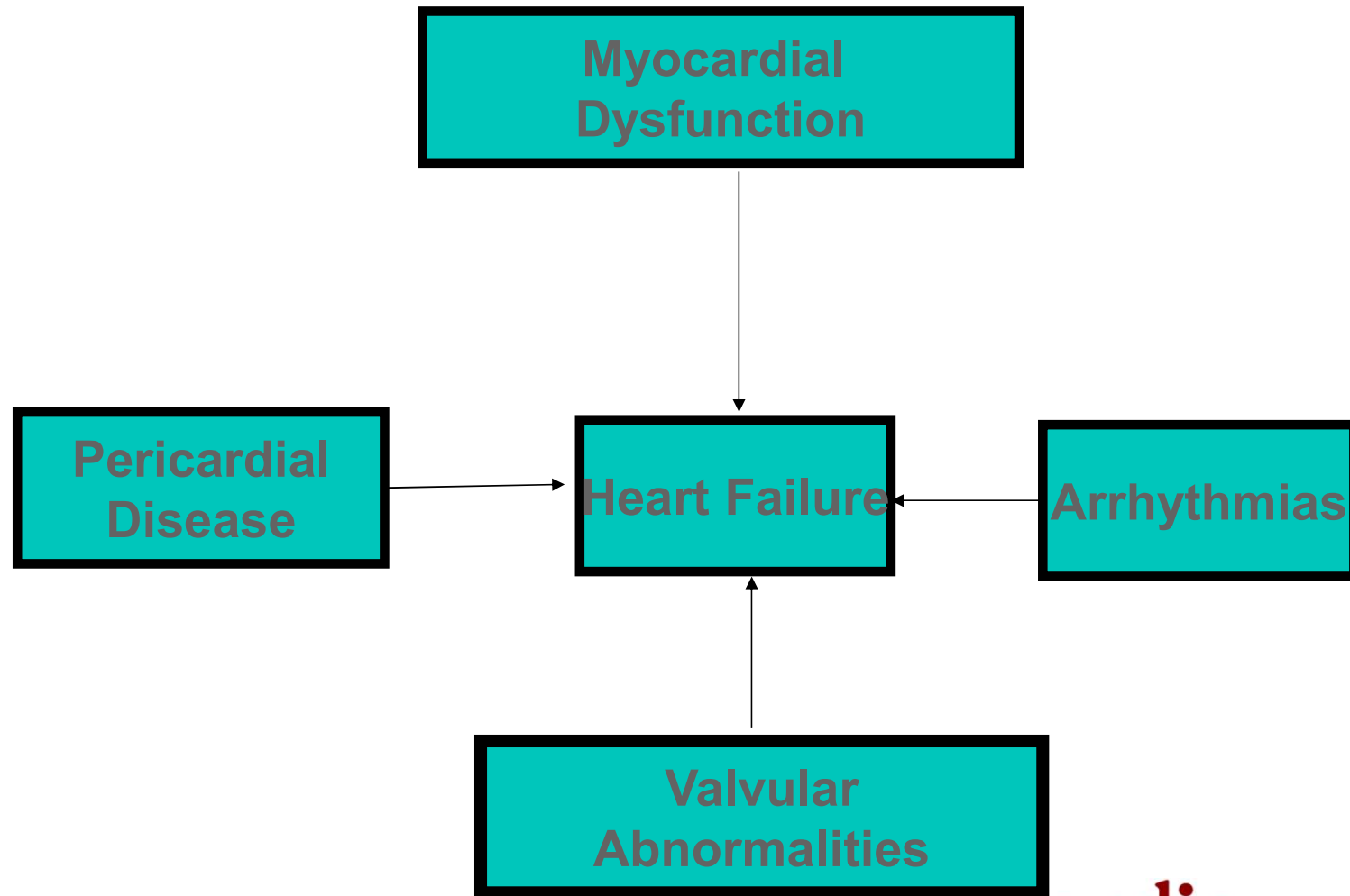


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Reversing Medical Tourism

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 **The Limi Hospital**
Since 1982

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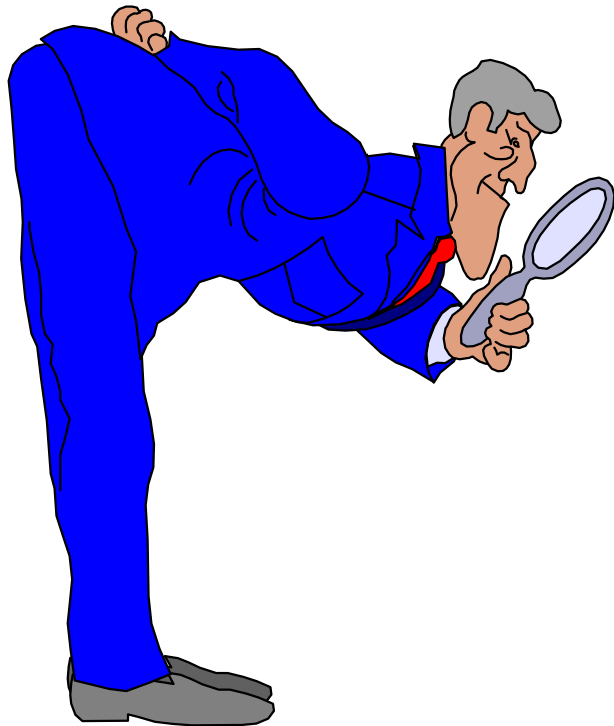
Interrogating the Cardiovascular system



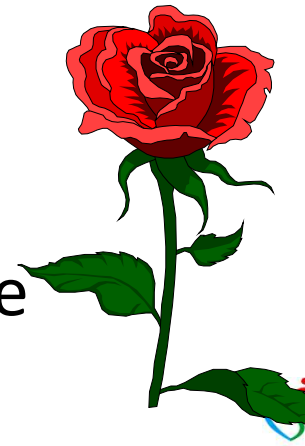
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Reversing Medical Tourism



1. Basic principles of clinical examination must not be observed religiously
2. Investigations are meant to confirm what you suspect
3. Management should be patient centered and the most beneficial



Tips and Tricks

- With the widespread availability of sophisticated investigative technology, the clinical approach towards the diagnosis of heart disease has undergone a paradigm shift.
- These days, it has become customary to diagnose a cardiac ailment solely on the basis of an electronic report generated by a CATH- lab., ECHO-room or EPS-facility. Nevertheless, a meticulously taken medical

Tips and Tricks

- Nevertheless, a meticulously taken medical history and a thoroughly performed physical examination have been and will remain indispensable tools to mentally construct a plausible clinical diagnosis of heart disease.

Guidelines in Africa



**Map of African countries
with evidence of existence
of Clinical practice
guidelines for hypertension
management**

Too Many Guidelines, confusing???

what do I do or accept



Tips and tricks

- Present-day cardiology is
- replete with a wide variety of high-tech diagnostic tools that seem to have eclipsed the art of making a clinical diagnosis.
- In this scenario, it would be worthwhile to amalgamate the conventional with the contemporary as in several other aspects of life in general and the field of clinical medicine in particular

conclusion

- ▶ Learn, Relearn and Unlearn
- ▶ Amalgamate the traditional and high-tech
- ▶ Cardiocare is leader in reminding us to always to stay current our practice

Conclusion

