

Disease Prevention and Health Promotion

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Ideal physician behaviors	Illustrative humanic clues
Confident	Refers to state-of-the-art medical practices
	Refers to experience in treating specific medical conditions or performing procedures
	Is not disturbed by patient's queries about medical information acquired from other sources (regardless of accuracy or inaccuracy)
	Is at ease in the presence of patient, family members, and medical colleagues
Empathetic	Makes eye contact with the patient as well as family members
	Correctly interprets patient's verbal and nonverbal concerns
	Repeats patient's concerns
	Shares personal stories that are relevant
	Speaks in a sympathetic and calm tone of voice
Humane	Uses appropriate physical contact
	Is attentive, present to the patient and the situation
	Indicates willingness to spend adequate time with patient through unhurried movements
	Helps arrange needed nonmedical assistance for the patient (eg, chaplain or social work services)
Personal	Asks patients about their lives
	Discusses own personal interests
	Uses appropriate humor
	Acknowledges patient's family
	Remembers details about the patient's life from previous visits
Forthright	Doesn't sugarcoat or withhold information
	Doesn't use medical jargon
	Explains pros and cons of treatment
	Asks patient to recap the conversation to ensure understanding
Respectful	Offers explanation or apology if patient is kept waiting
	Listens carefully and does not interrupt when the patient is describing the medical concern
	Provides choices to the patient as appropriate but is also willing to recommend a specific course of treatment
	Solicits patient's input in treatment options and scheduling
	Takes care to maintain patient's modesty during the physical examination
Thorough	Provides detailed explanations
	Gives instructions in writing
	Follows up in a timely manner
	Expresses to patient desire to consult other clinicians or research literature on a difficult case

2. Doctor as healer (Ann Intern Med 2008;149:720-724)

Eight practitioner skills that promote healing relationships

Do the little things

- Introduce yourself and everyone on the team
- Greet everybody in the room
- Shake hands, smile, sit down, make eye contact
- Give your undivided attention
- Be human, be personable

Take time and listen

- Be still
- Be quiet
- Be interested
- Be present

Be open

- Be vulnerable
- Be brave
- Face the pain
- Look for the unspoken

Find something to like, to love

- Take the risk
- Stretch yourself and your world
- Think of your family

Remove barriers

- Practice humility
- Pay attention to power and its differentials
- Create bridges
- Be safe and make welcoming spaces

Let the patient explain

- Listen for what and how they understand
- Listen for the fear and for the anger
- Listen for expectations and for hopes

Share authority

- Offer guidance
- Get permission to take the lead
- Support patients' efforts to heal themselves
- Be confident

Be committed and trustworthy

- Do not abandon
- Invest in trust
- Be faithful
- Be thankful

3. Frank Sacks, MD healthy diet (N Engl J Med 2010;362:2010-2112)

Table 1. Recommended Weekly and Occasional Food Purchases for One Person Following a Healthful Diet Containing 2100 kcal and 1500 mg of Sodium per Day.*				
Type of Food	Servings per Wk	Serving Size	Total Amount Purchased per Wk	Recommendations
Weekly purchases				
Market periphery				Do most weekly shopping in this section
Vegetables†				
Leafy greens				
Salad greens	4	1 cup	1–2 bags or heads	Lettuce, mixed spring greens, spinach bunch (about 1 lb)
Other greens	4	1/2 cup	1–2 bunches	Kale, collard greens, mustard greens (about 1 lb)
Cruciferous	3	1/2 cup	1–2 heads	Broccoli, cabbage, cauliflower (about 1 lb)
Colorful‡	15	1/2 cup	8–12 individual items	Tomatoes, carrots, squash, peppers, sweet potatoes, corn, eggplant, avocados (about 3 lb)
Other	3	1/2 cup	1/2 lb	Celery, green beans, peas, lima beans, sprouts
Fruits				
Fresh	20	1 medium or 1/2 cup chopped	15–20 individual items	Apples, pears, grapes, bananas, peaches, plums, oranges, tangerines, berries, cantaloupe, pineapple
Dried	8	1/4 cup	1 bag	Raisins, apricots, prunes, cherries (about 1/2 lb)
Juice	4	1 glass (8 oz)	1 qt	Orange, grapefruit, unsweetened carrot
Herbs, alliums, and other seasonings	Use freely			Thyme, ginger, garlic, onion, bay leaf, lemon juice
Meat, poultry, and fish				
Fish and shellfish	2	6–8 oz	1 lb	Cod, sea bass, halibut; fresh or canned salmon, tuna, or sardines; mollusks, shrimp, crabmeat
Poultry	2	6–8 oz	1 lb	Turkey, chicken, low-sodium cold cuts
Red meats	1	2–4 oz	1/4 lb	Beef, pork, lamb, low-sodium cold cuts
Dairy products				
Milk	10	1 glass (8 oz)	1/2 gallon	Choose low-fat or nonfat products
Yogurt	3	1 cup	1 container	Choose low-fat or nonfat products (about 32 oz)
Cheese	4	1 slice	1/4 lb	Soft or hard
Processed-food aisles§				Choose only low-sodium products¶
Nuts (whole or butter)	10	1 oz	1 bag or jar	Walnuts, almonds, peanuts (about 1/2 lb)
Legumes	3	1 cup	1 can or bag	Chickpeas, lentils, black beans (about 1 lb)
Olives	2	1/2 cup	1 jar	Black, green, stuffed (about 1/4 lb)
Spices	Use freely			Black pepper, cayenne, cinnamon, paprika
Baked goods	20	1 slice	1 bag	Bread, rolls, pancakes, waffles (about 1 1/2 lb); choose whole-grain products
Tomato products	4	2/3 cup	2 jars or cans	Sauce, juice, whole or diced (about 12 oz per jar or can)
Chips and other snacks	3	1/2 cup	3 bags	Tortilla chips, popcorn, pretzels (about 1 1/2 oz per bag)
Chocolate or sweets	1	1 oz	1 bar or similar amount	Granola bars, chocolate bars (about 1 oz)
Other food aisles (sweetened beverages, candy, cookies)				Skip these aisles
Less frequent purchases 				
Breakfast cereals	2	1/2 cup	1 1/2 cups	Oats, bran, whole wheat flakes, other whole grains
Pasta, rice, and grains	3	1 cup (cooked)	1/2 cup	Pasta, brown rice, bulgur, quinoa, wheat berries
Cooking oils	12	1 tbs	3/4 cup	Canola, corn, sunflower, olive, soybean
Table fats	16	1 tsp	1/3 cup	Soft, oil-based spreads free of trans fat
Salad dressings and mayonnaise	21	1 tsp	1/2 cup	Choose low-sodium items
Sugars	24	1 tsp	1/2 cup	Table sugar, jelly, honey, maple syrup
Desserts	1	1/2 cup	1/2 cup	Ice cream, sorbet, frozen yogurt, other (4 oz)
Eggs	3	1	3	Large eggs
Salt	7	1/3 tsp	2 1/3 tsp	Salt for cooking or added at the table

* Patients should observe the following general recommendations: don't skip meals, and consume one third of daily calorie intake at breakfast; limit eating out to once weekly and choose meals with a low salt content — just one slice of pizza, a turkey sandwich, or a pasta dish can easily contain 2000 mg of sodium. Examples of conversion from standard to metric measures: 1 oz equals 28 g; 1 teaspoon, 5 g; 1 cup leafy greens, about 75 g.

† Unsalted frozen or canned vegetables can be substituted for fresh vegetables.

‡ Choose at least four different types of vegetables from this category.

§ Also visit the processed-food aisle as needed for other food items in the less frequent purchases category.

¶ Look for lower-sodium, unsalted, or reduced-salt items. Compare brands and choose those with lower sodium content. The total amount of sodium consumed in a week from processed foods or eating out should not exceed 2000 mg.

|| Weekly allowances are provided for items that are generally purchased less than once a week. The amounts for weekly intake should be set aside in individual containers to make it easier to keep track of how much is consumed.