



UPPSALA
UNIVERSITET

Kvalitet, förbättring och evidens

13:e nationella kvalitetsdagen för primärvården
den 24 november 2016

Linus Johnsson
ST-läkare i allmänmedicin
Med. dr. i bioetik, forskare
Uppsala Universitet

Kvalitetens retorik

“We understand quality to be something that we value, and therefore, **opposing it seems absurd** ... Yet ... the suggestion that it warrants no analysis or examination should be rejected. This is precisely ***because*** quality holds widespread rhetorical appeal.”

(Goldenberg 2012)



Evidens som antidot ...

- ... mot auktoriteter
 - “Blind tillit” (Straus et al 2010)
 - “As social animals, sharing the consensus view can be more important to our survival than being correct” (Mailoo 2015)
- ... mot överdriven optimism
 - Hälsokontroller minskade inte mortalitet (RR 0.99, 95% CI 0.95 till 1.03, n=182 880) eller morbiditet (Krogsbøll et al 2012)



UPPSALA
UNIVERSITET

Evidensens problemområden

1. Överförbarhet
2. Vårdeneutralitet
3. Sanning



Evidensens problemområden

1. Överförbarhet

- Lägre sensitivitet och specificitet i praktiken
 - t ex mammografi (Sickles et al 2002)
- Hårt selekterade populationer
 - oklar nytta/risk-kvot vid multisjuklighet (Bower 2011, Pogach et al 2007)
- Tiden räcker inte till
 - Implementering av US Preventive Task Forces rekommendationer skulle ta 7,4 timmar/dag (Yarnall et al 2003)

Evidensens problemområden

2. Värdenneutralitet

- Prydlig uppdelning av konsultationen
 - logisk
 - “Vad är felet?”
 - “Vad kan göras?”
 - etisk
 - “Vad bör göras (med patientens medgivande)?”
- Var finns patienten i processen? (Thorgaard & Jensen 2011)

Medikalisering 1: Att lida av en riskfaktor

“I really must say that since I got osteoporosis, I’m very very cautious. I’m much more cautious than I’ve ever been. When I am walking now for example in such bad weather ... I walk very carefully, I must admit. And that I’ve never done before ... I’ve never been thinking ... I guess I’ve hurried too much, you see ... but luckily I’ve been spared ... so ... I dare not do that any longer (because of the risk).” (Reventlow et al 2001)

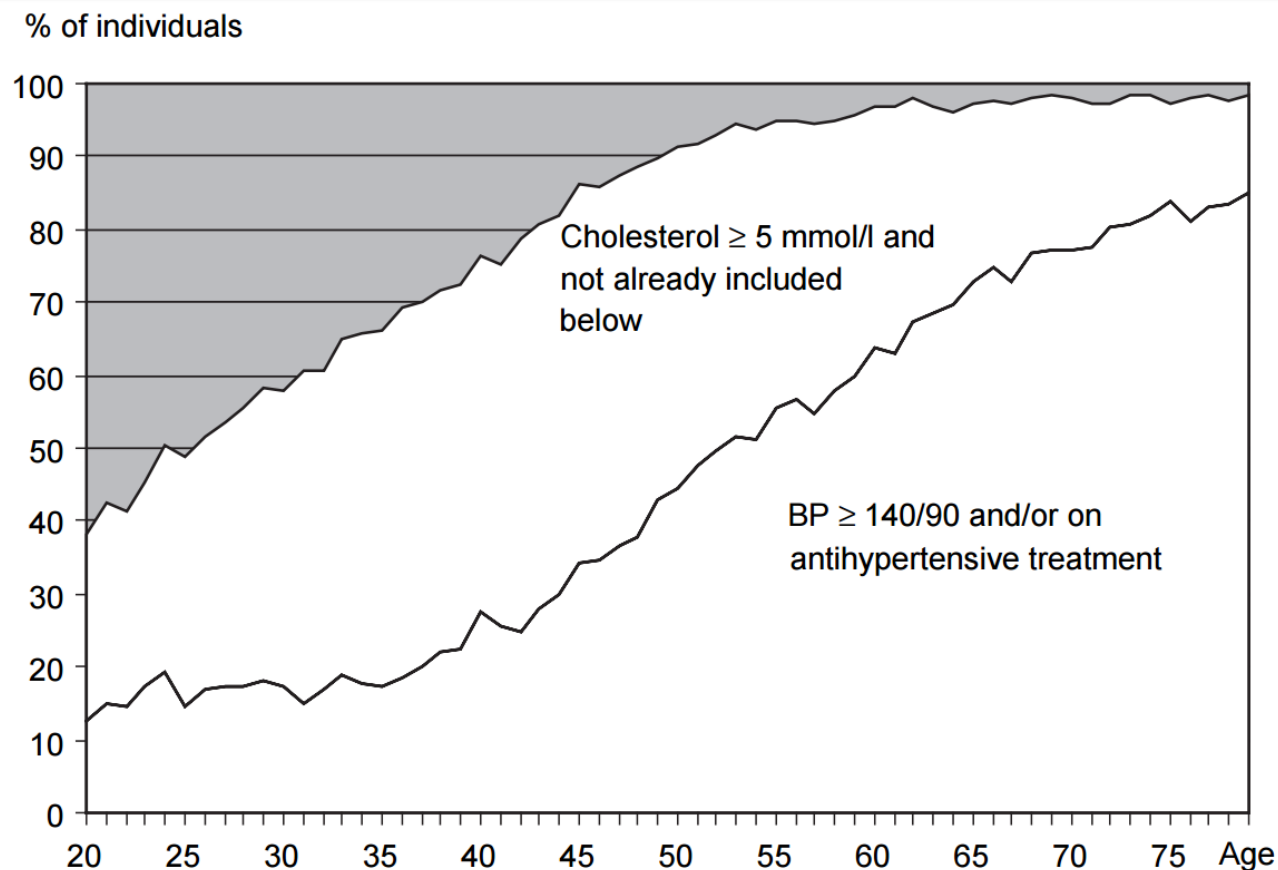
”in really great danger”

Medikalisering 2: Livsvärlden koloniseras

- Sorg eller depression? (Friedman 2012)
- Koloniseringen kan vara ett smärtsamt hot mot patientens identitet (Barry et al 2001)
- "Kometer har kärnor som i min liknelse motsvaras av sjukdomar. ... Kometernas svansar motsvaras ... av allt det lidande som fångas upp av kärnornas dragningskraft i jakt på den identitet och legitimitet som en lysande komet erbjuder." (Svenaeus 2013)



Medikalisering 3: Sjukdomen blir norm



"HUNT 2": The Nord-Trøndelag Health Study 1995–97 (Getz et al 2004)

Evidensens problemområden

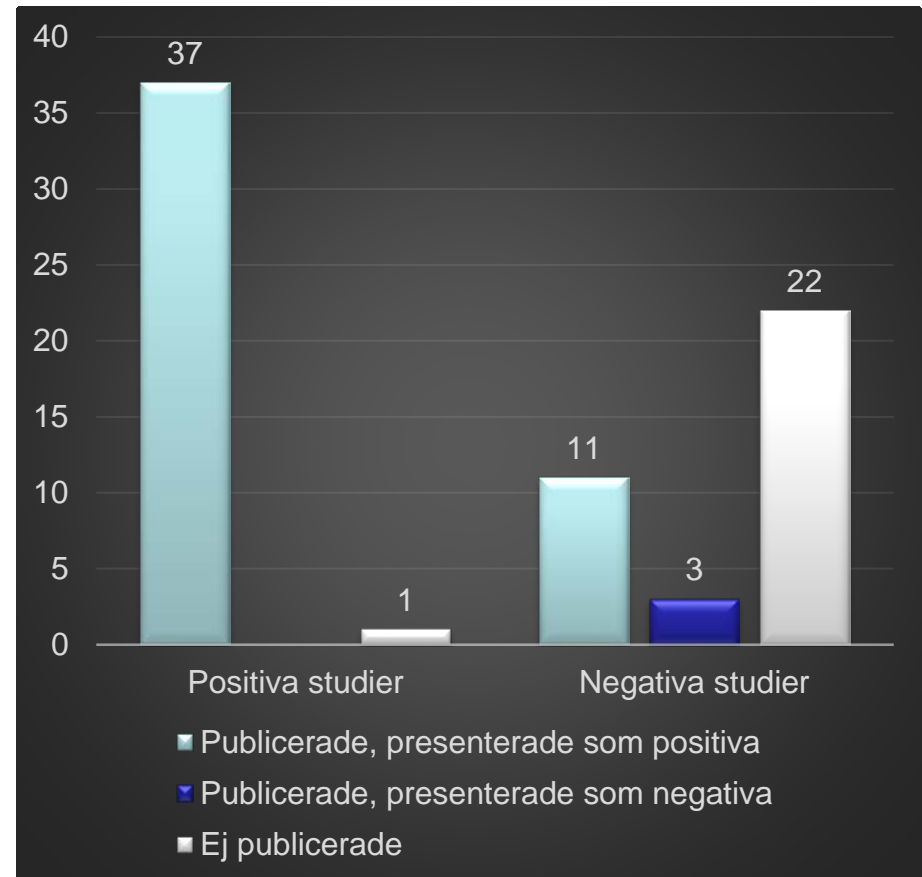
3. Sanning

- Forskningsfusk
 - Självsfattning: 2% (Fanelli 2009)
- Snedvriden design
 - t ex Nexium 40 mg mot Omeprazol 20 mg (Edwards et al 2001)
- Datafiske
 - “Torture your data long enough and it will eventually confess”
 - t ex subgruppsanalyser (Counsell et al 1994)
- Publikationsbias

Publikationsbias

(Turner et al., New Engl. J. Med. 2008)

- Studier av antidepressiva ur FDA:s arkiv
- Fanns matchande publikationer?
- 12 preparat
- 74 studier
- 12 564 patienter





UPPSALA
UNIVERSITET

Riksrevisionen 2016

“SBU och Socialstyrelsen bör vidta ytterligare åtgärder för att reducera skevheten i de kunskapsunderlag de använder”





“A turn towards darkness”

- “It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine.” (Marcia Angell, 2009)
- “much of the scientific literature, perhaps half, may simply be untrue. ... science has taken a turn towards darkness. ... Our love of ‘significance’ pollutes the literature with many a statistical fairy-tale.” (Richard Horton, chefredaktör för The Lancet, 2015)



UPPSALA
UNIVERSITET

Take-home message

- Förutsätt inte att det du strävar efter är kvalitet!
- Lägg band på din optimism!
- Ta ansvar för konsekvenserna av ditt projekt!





UPPSALA
UNIVERSITET

Tack!





Referenser

- Angell, Marcia. 2016. "Drug Companies & Doctors: A Story of Corruption." *The New York Review of Books*. Accessed November 22. <http://www.nybooks.com/articles/2009/01/15/drug-companies-doctors-a-story-of-corruption/>.
- Barry, Christine A., Fiona A. Stevenson, Nicky Britten, Nick Barber, and Colin P. Bradley. 2001/8. "Giving Voice to the Lifeworld. More Humane, More Effective Medical Care? A Qualitative Study of Doctor–patient Communication in General Practice." *Social Science & Medicine* 53 (4): 487–505.
- Bower, Peter, Wendy Macdonald, Elaine Harkness, Linda Gask, Tony Kendrick, Jose M. Valderas, Chris Dickens, Tom Blakeman, and Bonnie Sibbald. 2011. "Multimorbidity, Service Organization and Clinical Decision Making in Primary Care: A Qualitative Study." *Family Practice* 28 (5): 579–87.
- Counsell, C. E., M. J. Clarke, J. Slattery, and P. A. Sandercock. 1994. "The Miracle of DICE Therapy for Acute Stroke: Fact or Fictional Product of Subgroup Analysis?" *BMJ* 309 (6970): 1677–81.
- Edwards, S. J., T. Lind, and L. Lundell. 2001. "Systematic Review of Proton Pump Inhibitors for the Acute Treatment of Reflux Oesophagitis." *Alimentary Pharmacology & Therapeutics* 15 (11): 1729–36.
- Fanelli, Daniele. 2009. "How Many Scientists Fabricate and Falsify Research? A Systematic Review and Meta-Analysis of Survey Data." *PloS One* 4 (5): e5738.
- Friedman, Richard A. 2012. "Grief, Depression, and the DSM-5." *The New England Journal of Medicine* 366 (20): 1855–57.
- Getz, Linn, Anna Luise Kirkengen, Irene Hetlevik, Solfrid Romundstad, and Johann A. Sigurdsson. 2004. "Ethical Dilemmas Arising from Implementation of the European Guidelines on Cardiovascular Disease Prevention in Clinical Practice. A Descriptive Epidemiological Study." *Scandinavian Journal of Primary Health Care* 22 (4): 202–8.
- Goldenberg, Maya J. 2012. "Defining 'quality of Care' Persuasively." *Theoretical Medicine and Bioethics* 33 (4). Springer Netherlands: 243–61.
- Horton, Richard. 2015. "Offline: What Is Medicine's 5 Sigma?" *The Lancet* 385 (9976): 1380.
- Krogsbøll, Lasse T., Karsten Juhl Jørgensen, Christian Grønhøj Larsen, and Peter C. Gøtzsche. 2012. "General Health Checks in Adults for Reducing Morbidity and Mortality from Disease: Cochrane Systematic Review and Meta-Analysis." *BMJ* 345 (November): e7191.



- Mailoo, Venthan. 2015. "Common Sense or Cognitive Bias and Groupthink: Does It Belong in Our Clinical Reasoning?" *The British Journal of General Practice: The Journal of the Royal College of General Practitioners* 65 (630): 27.
- Pogach, Leonard M., Anjali Tiwari, Miriam Maney, Mangala Rajan, Donald R. Miller, and David Aron. 2007. "Should Mitigating Comorbidities Be Considered in Assessing Healthcare Plan Performance in Achieving Optimal Glycemic Control?" *The American Journal of Managed Care* 13 (3): 133–40.
- Reventlow, Susanne, Anne Charlotte Hvas, and Charlotte Tulinius. 2001. "'In Really Great Danger?'. The Concept of Risk in General Practice." *Scandinavian Journal of Primary Health Care* 19 (2): 71–75.
- Riksrevisionen. 2016. "Säkra Och Effektiva Läkemedel – Hur Hanterar Staten Läkemedelsindustrins Inflytande." RIR 2016:9. <http://www.riksrevisionen.se/sv/rapporter/Rapporter/EFF/2016/Sakra-och-effektiva-lakemedel--hur-hanterar-staten-lakemedelsindustrins-inflytande/>.
- Sickles, Edward A., Dulcy E. Wolverton, and Katherine E. Dee. 2002. "Performance Parameters for Screening and Diagnostic Mammography: Specialist and General Radiologists." *Radiology* 224 (3): 861–69.
- Straus, Sharon E., Paul Glasziou, W. Scott Richardson, and R. Brian Haynes. 2011. *Evidence-Based Medicine: How to Practice and Teach It*. Fourth edition. London: Churchill Livingstone.
- Svenaeus, Fredrik. 2013. "Homo patologicus : Medicinska diagnoser i vår tid." Tankekraft förlag. <http://www.diva-portal.org/smash/record.jsf?pid=diva2:656750>.
- Thorgaard, Keld, and Uffe Juul Jensen. 2011. "Evidence and the End of Medicine." *Medicine, Health Care, and Philosophy* 14 (3): 273–80.
- Turner, Erick H., Annette M. Matthews, Eftihia Linardatos, Robert A. Tell, and Robert Rosenthal. 2008. "Selective Publication of Antidepressant Trials and Its Influence on Apparent Efficacy." *The New England Journal of Medicine* 358 (3): 252–60.
- Yarnall, Kimberly S. H., Kathryn I. Pollak, Truls Østbye, Katrina M. Krause, and J. Lloyd Michener. 2003. "Primary Care: Is There Enough Time for Prevention?" *American Journal of Public Health* 93 (4): 635–41.