

## FROM THE SOCIETY: PART II

## The Bottom Line Project

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**T**he Evidence-Based Medicine Task Force is creating distilled, one-page summaries on high-impact research in general medicine as a tool to help doctors communicate results to patients. Each summary addresses new evidence relevant to general internal medicine, which has been covered in the media and may impact patient care. Each summary visually presents the key information about the potential benefits and harms of a test or treatment along with a clinical “bottom line” recommendation. Summaries use plain language and contain four elements: 1) brief background of the clinical question; 2) a summary of the new evidence with a quality grade and statement of primary results; 3) the clinical bottom line, with emphasis on visual presentation of results; and 4) tips for communicating the results to patients. The goal is to improve clinician

communication with patients and maximize patient understanding, satisfaction, and decision-making.

Four Bottom Line summaries were created in the first year of the project regarding mammography screening among women age 40 to 49, lung cancer screening for smokers, Lorcaserin for weight loss, and the Mediterranean diet for cardiovascular prevention. Upcoming summaries include vitamin D and calcium for prevention of fractures and fish oil for prevention of prostate cancer. The Task Force has completed a systematic review of methods of communicating probabilistic information to patients that will inform our Bottom Line summaries. The review is under submission.

Summaries will be posted on the *JGIM* website. The simplest way to view the current summaries is to go to <http://www.sgim.org/> web-only and check the box for the

Bottom Line. (Click “download PDF” to see the full summary.) As this is a new venture that is being integrated into the existing *JGIM* Web format, feedback is always welcome.

The SGIM Evidence-Based Medicine Task Force is comprised of SGIM members with expertise and interest in EBM. The Task Force promotes the practice and teaching of EBM by developing, implementing, evaluating, and disseminating effective EBM resources and conducting research to advance the field. EBM Task Force members include Daniella Zipkin, MD, chair; Deborah Korenstein, MD, past chair; Koko Aung, MD, MPH; Zackary Berger, MD, PhD; Rebecca Beyth, MD, MSc; Daniel Elliott, MD, MSCE; Scott Kaatz, DO, MSc; M.E. Beth Smith, DO; Jeremy Sussman, MD, MSc; and Michael Landry, MD, SGIM Council liaison. **SGIM**