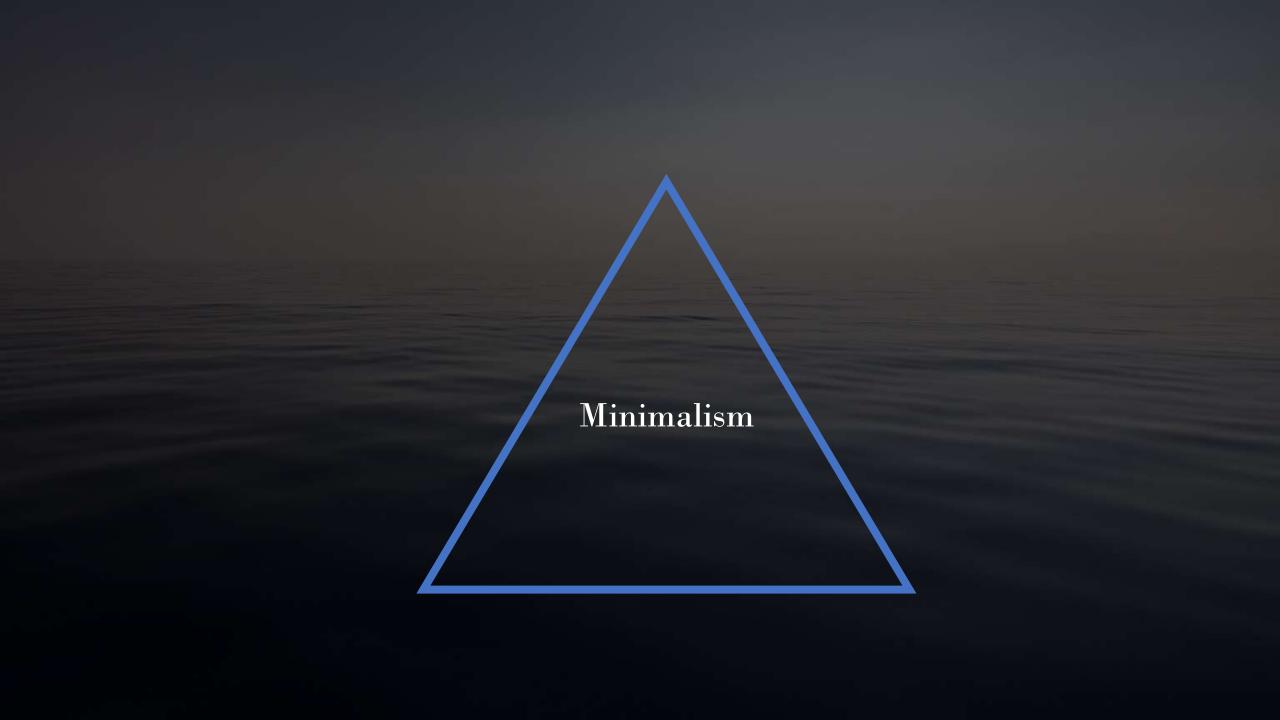
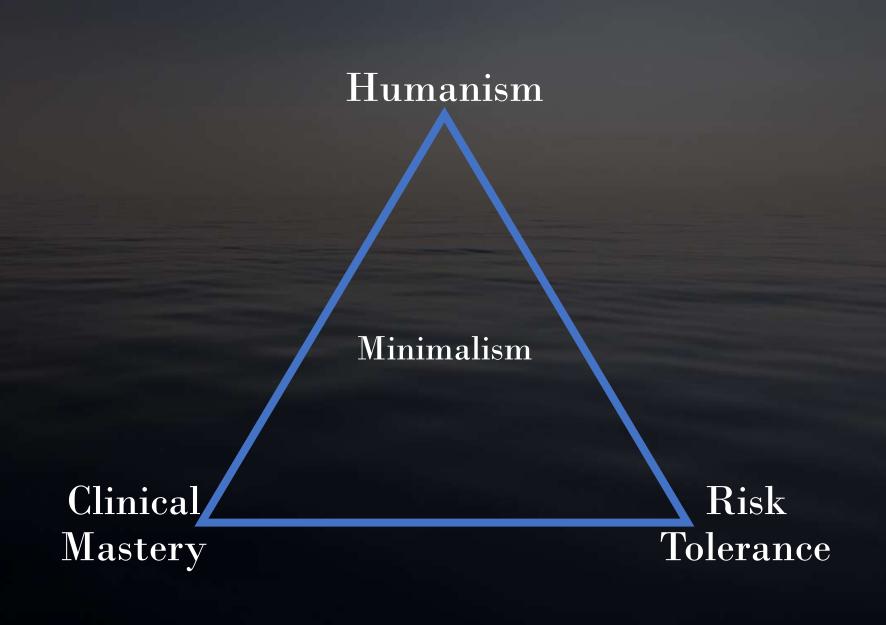
Zentensivism: A Primer

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a holistic approach to the art of caring for the critically ill a holistic approach to the art of caring for the critically ill





How do you not just do something?

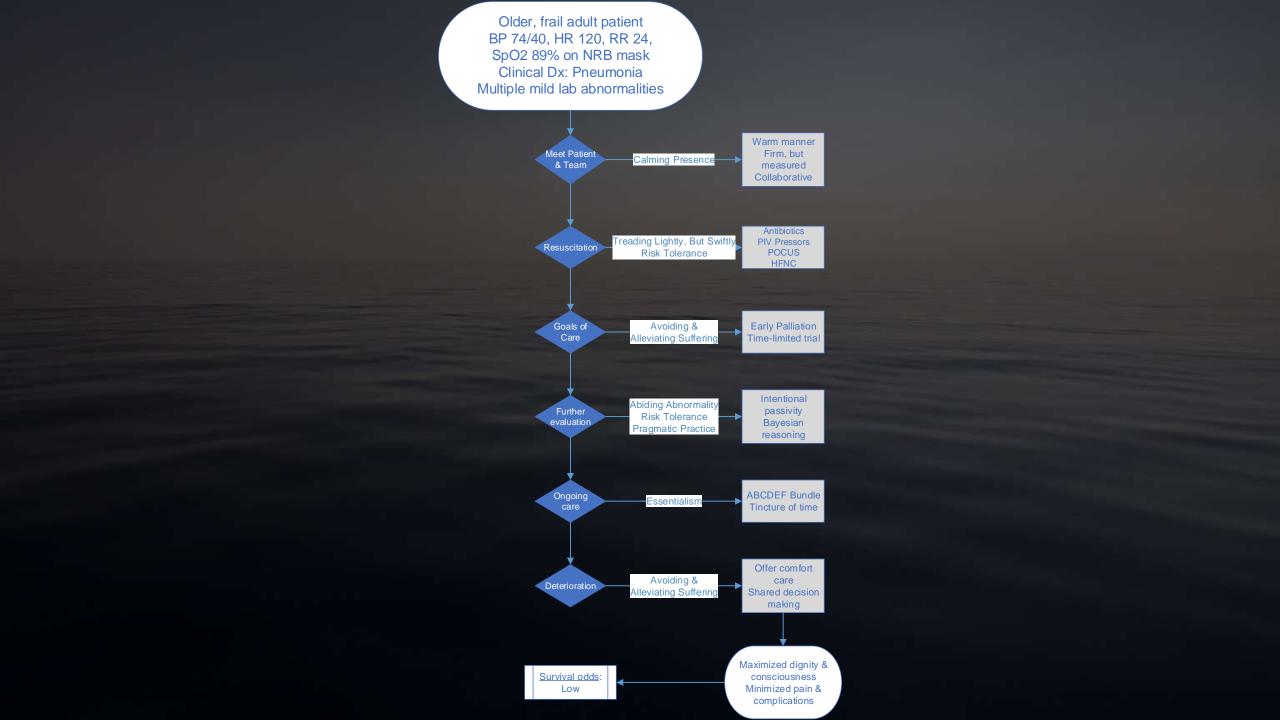
But the BP is 70/40!

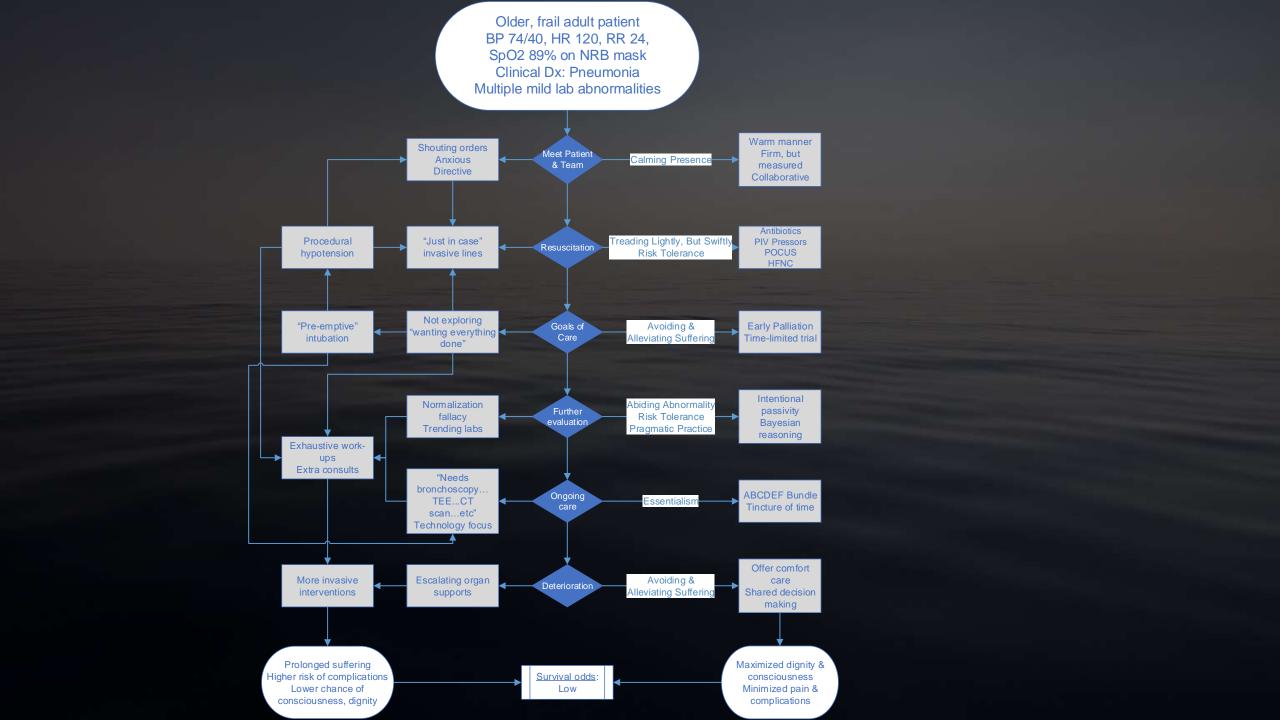


But the BP is 70/40!



Older, frail adult patient BP 74/40, HR 120, RR 24, SpO2 89% on NRB mask Clinical Dx: Pneumonia Multiple mild lab abnormalities Shouting orders Meet Patient Anxious & Team Directive "Just in case" Procedural Resuscitation hypotension invasive lines Not exploring "Pre-emptive" Goals of wanting everything intubation done" Normalization fallacy evaluation Trending labs Exhaustive work-Extra consults "Needs bronchoscopy. Ongoing TEE...CT scan...etc" Technology focus Escalating organ More invasive Deterioration supports interventions Prolonged suffering Higher risk of complications Survival odds: Lower chance of consciousness, dignity





How can I do it?

clinical mastery is a prerequisite

How do you develop risk tolerance?

Normal "Abnormal" Morbidity/Mortality

Normal "Abnormal" Morbidity/Mortality

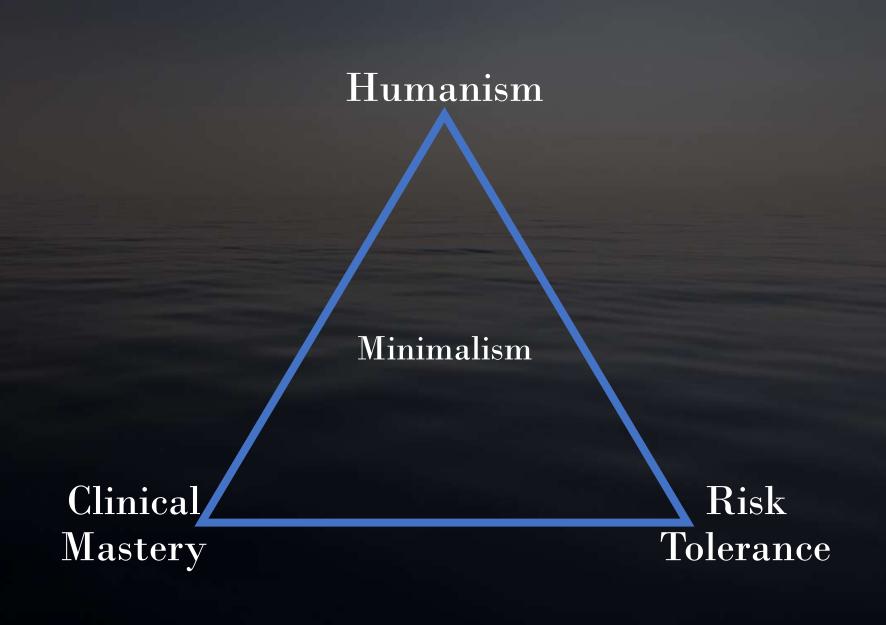
Therapeutic Humility



On humanism



doing less takes more effort



Further Reading

The Zentensivist Manifesto: Defining the Art of Critical Care doi: 10.34197/ats-scholar.2020-0019PS



Treading Lightly in a Pandemic: #Zentensivist Reflections on COVID-19

doi: 10.1016/j.chest.20202.04.013



