

Zentensivism: A Primer

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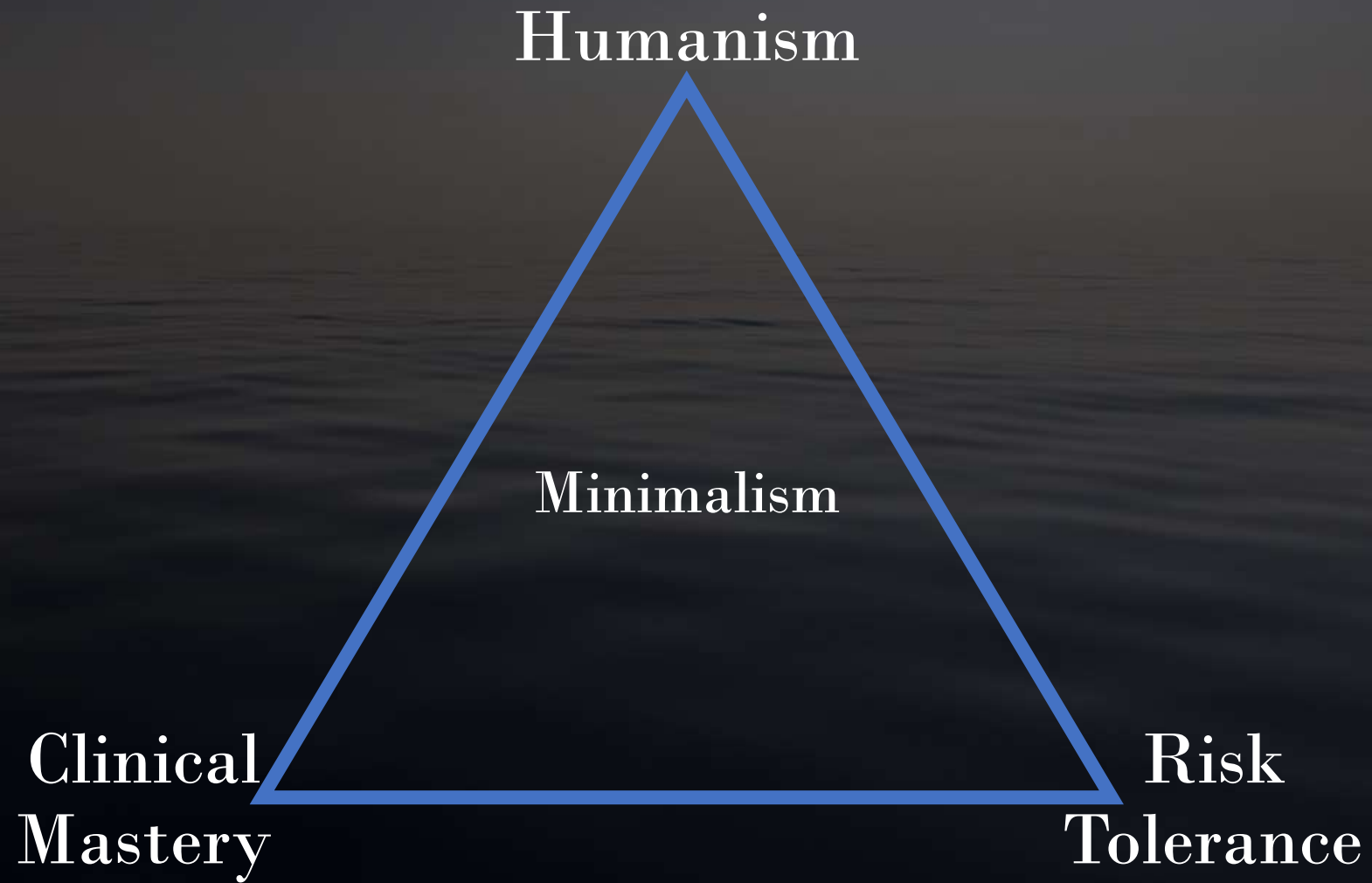
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a holistic approach to the art
of caring for the critically ill

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Minimalism



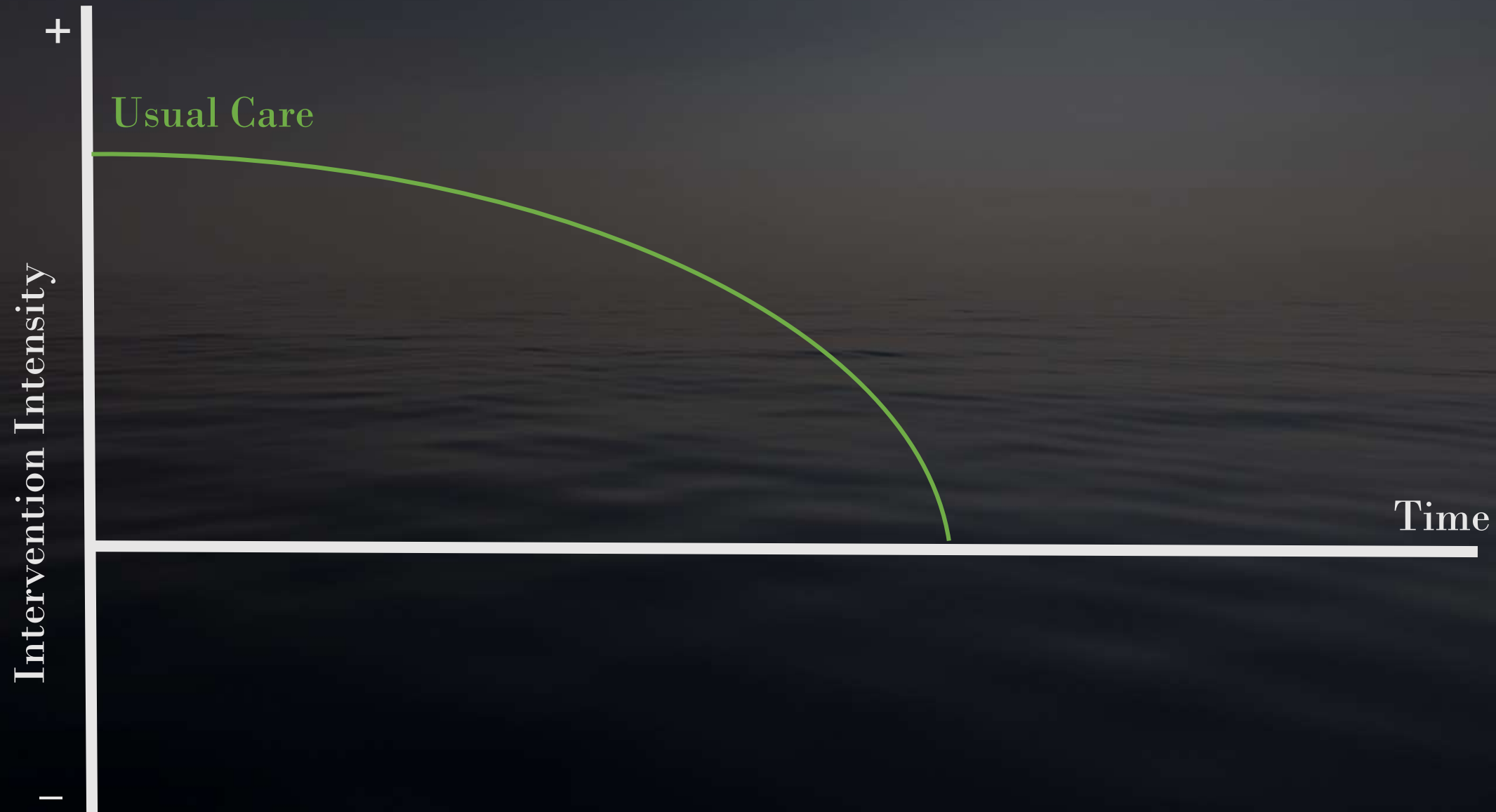
How do you not just *do something*?

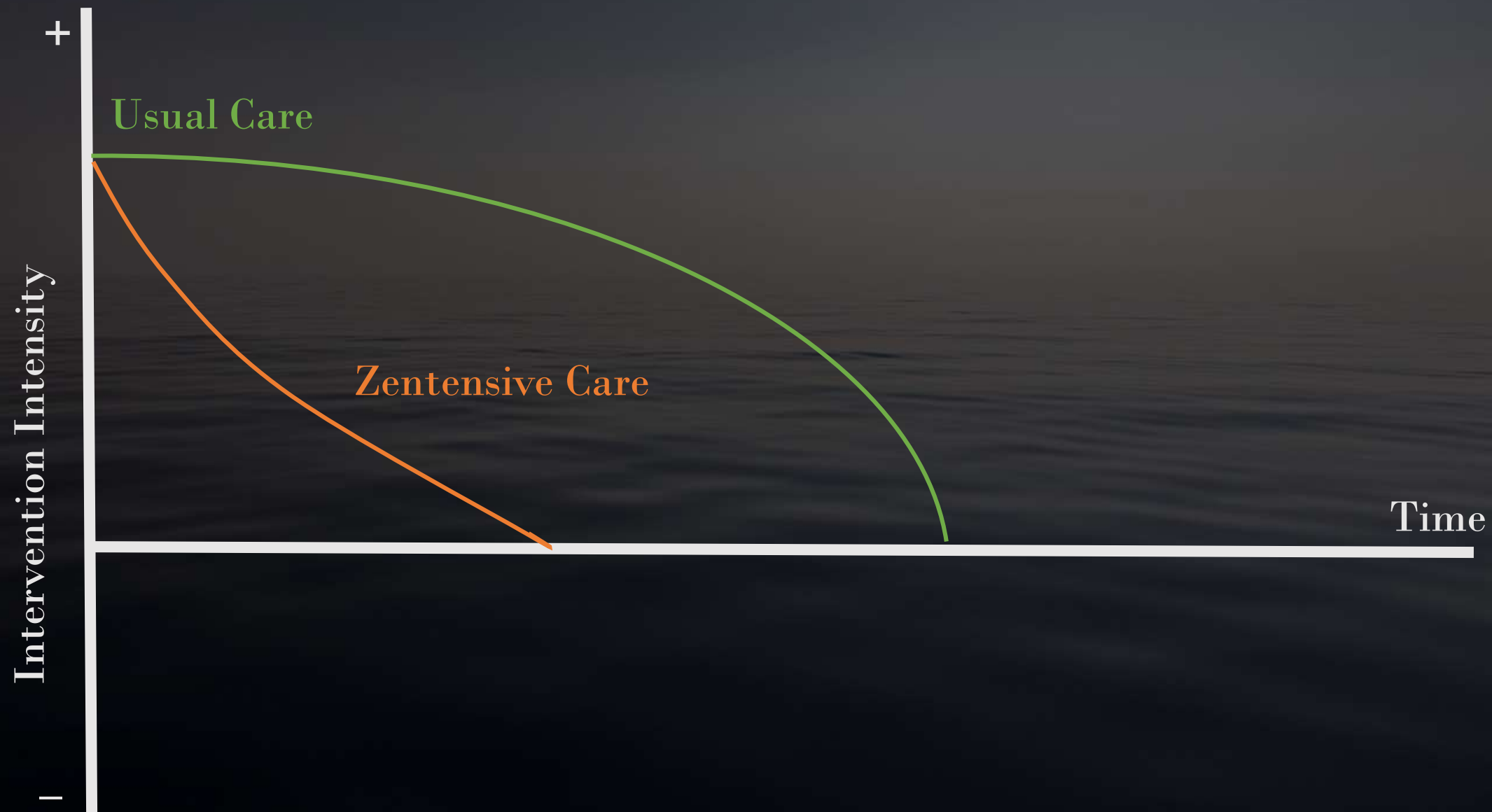
But the BP is 70/40!

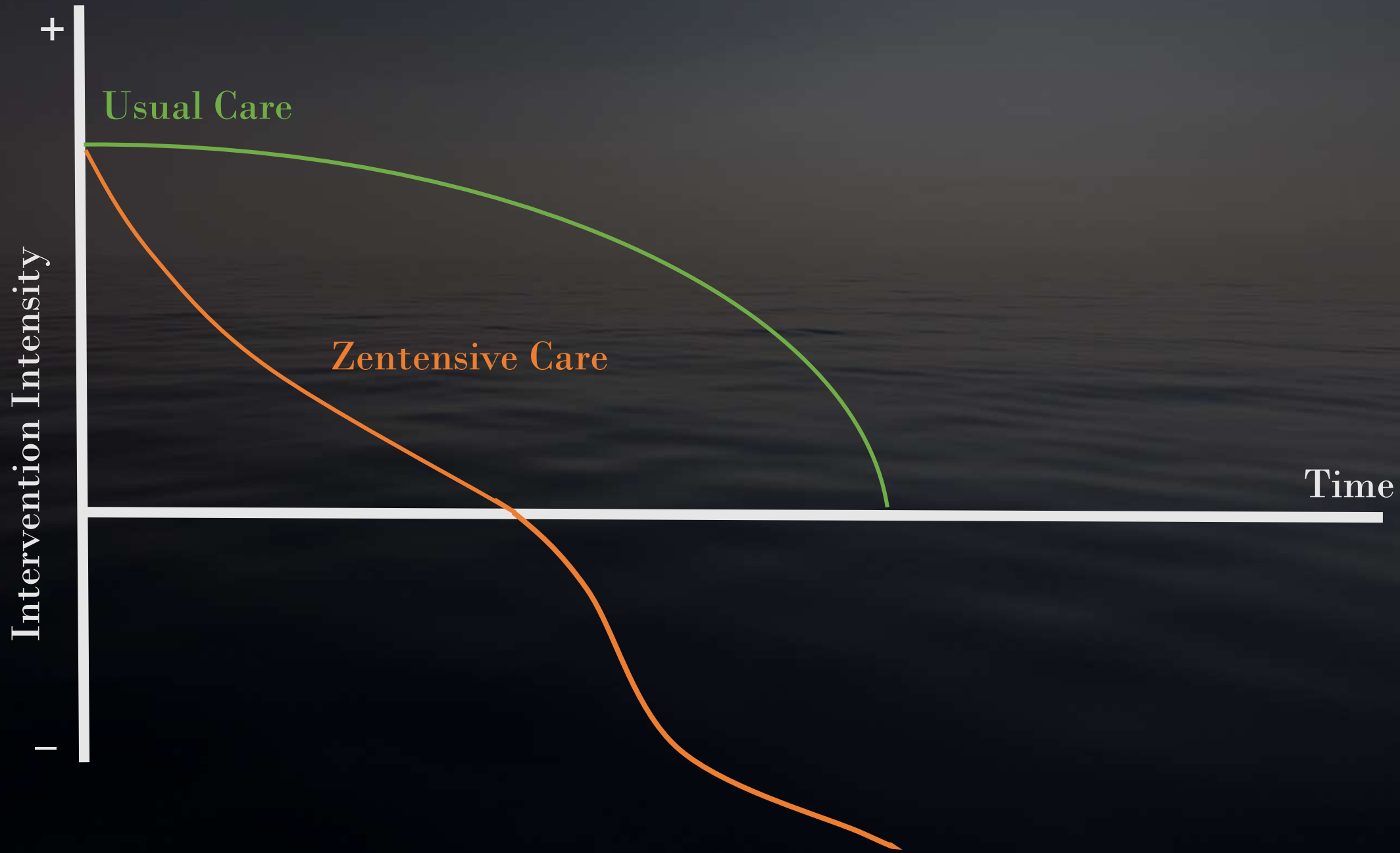


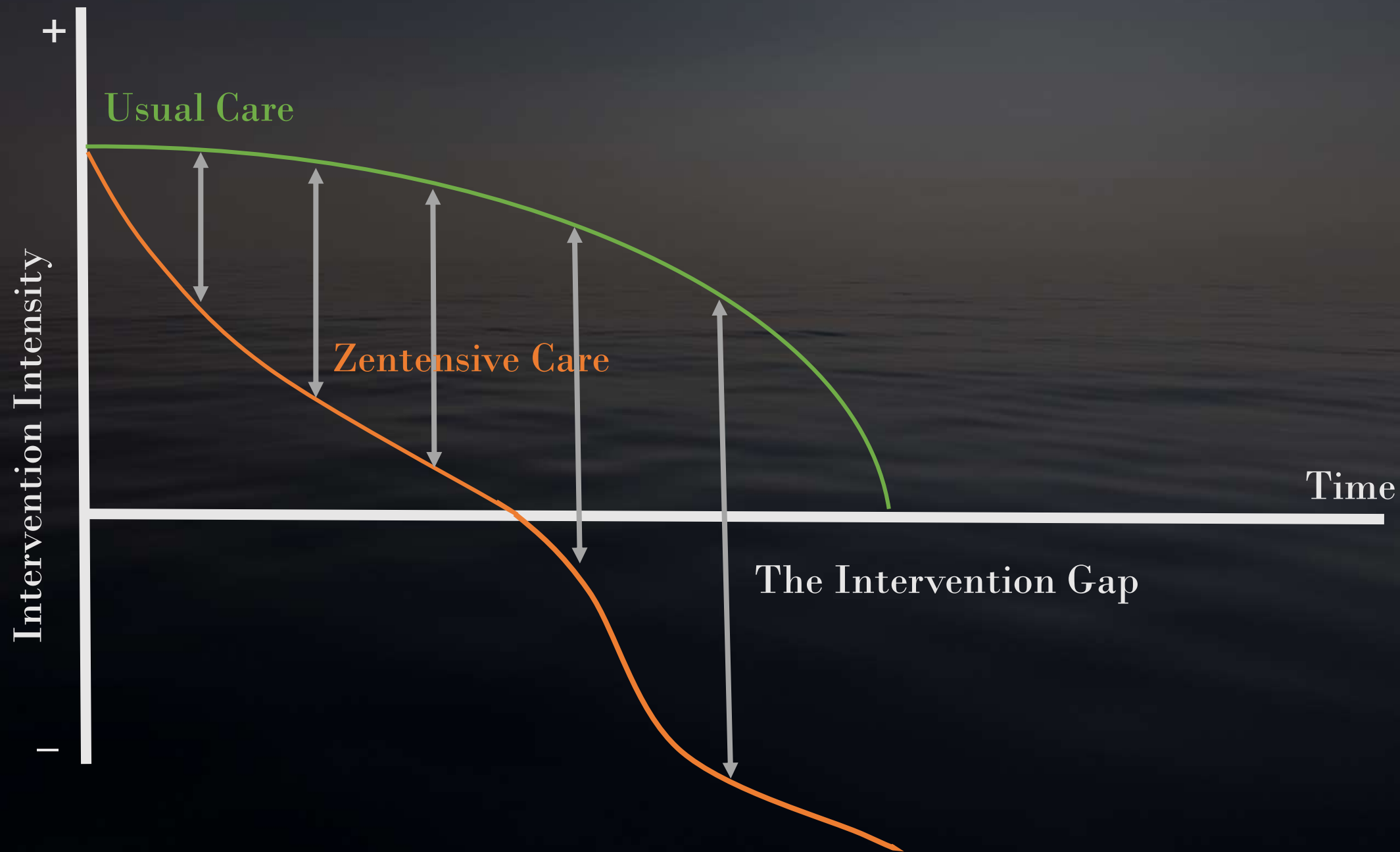
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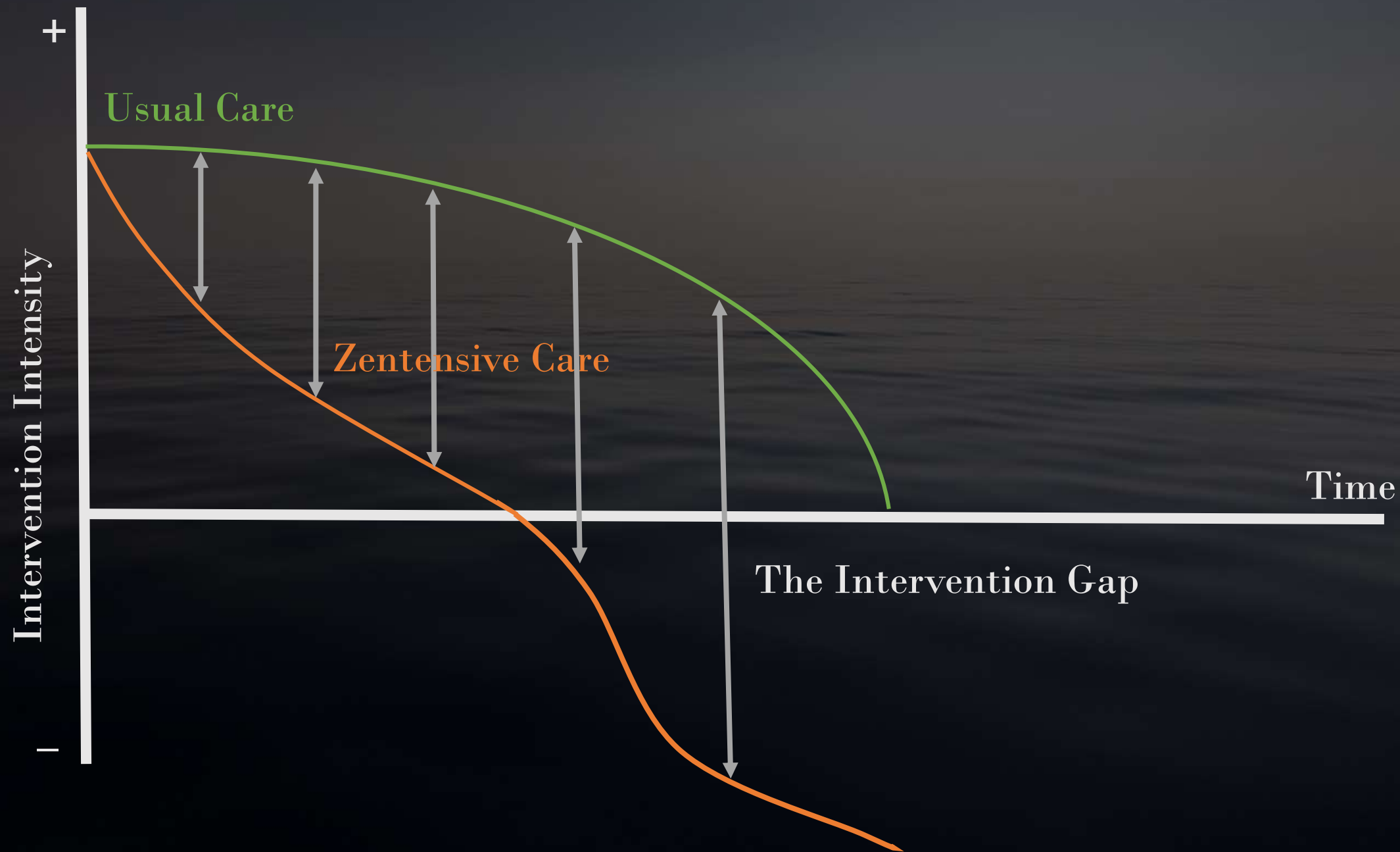




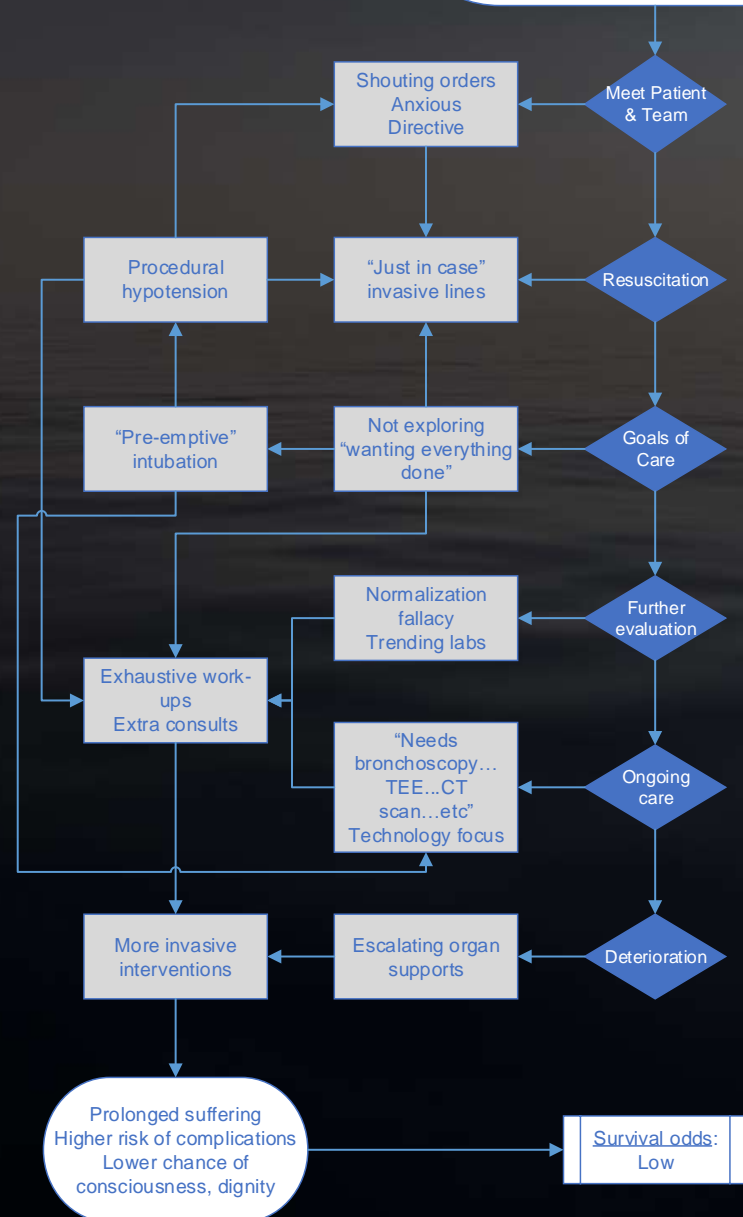


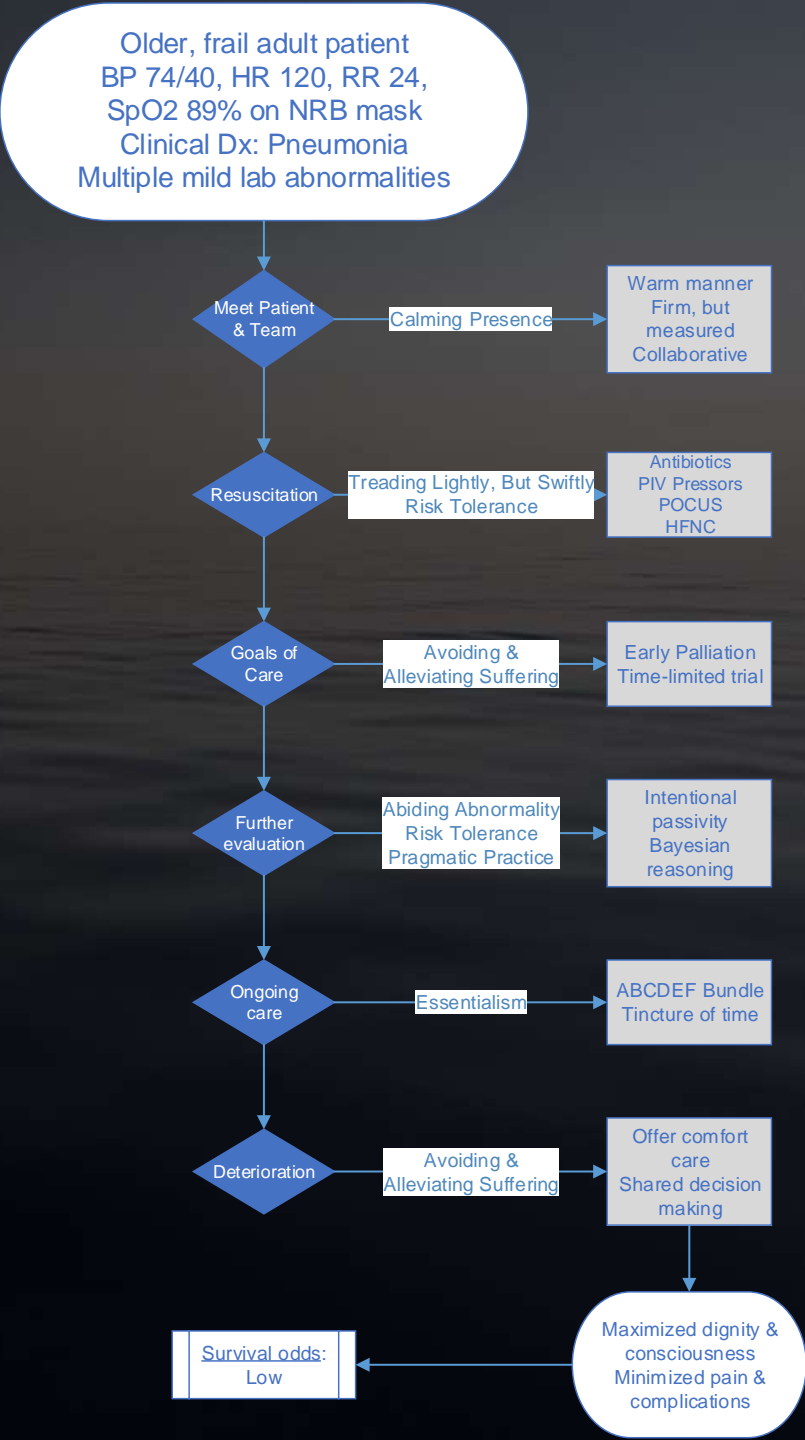






Older, frail adult patient
BP 74/40, HR 120, RR 24,
SpO2 89% on NRB mask
Clinical Dx: Pneumonia
Multiple mild lab abnormalities







How can I do it?

clinical mastery is a prerequisite

How do you develop risk tolerance?



Normal

“Abnormal”

Morbidity/Mortality



Normal

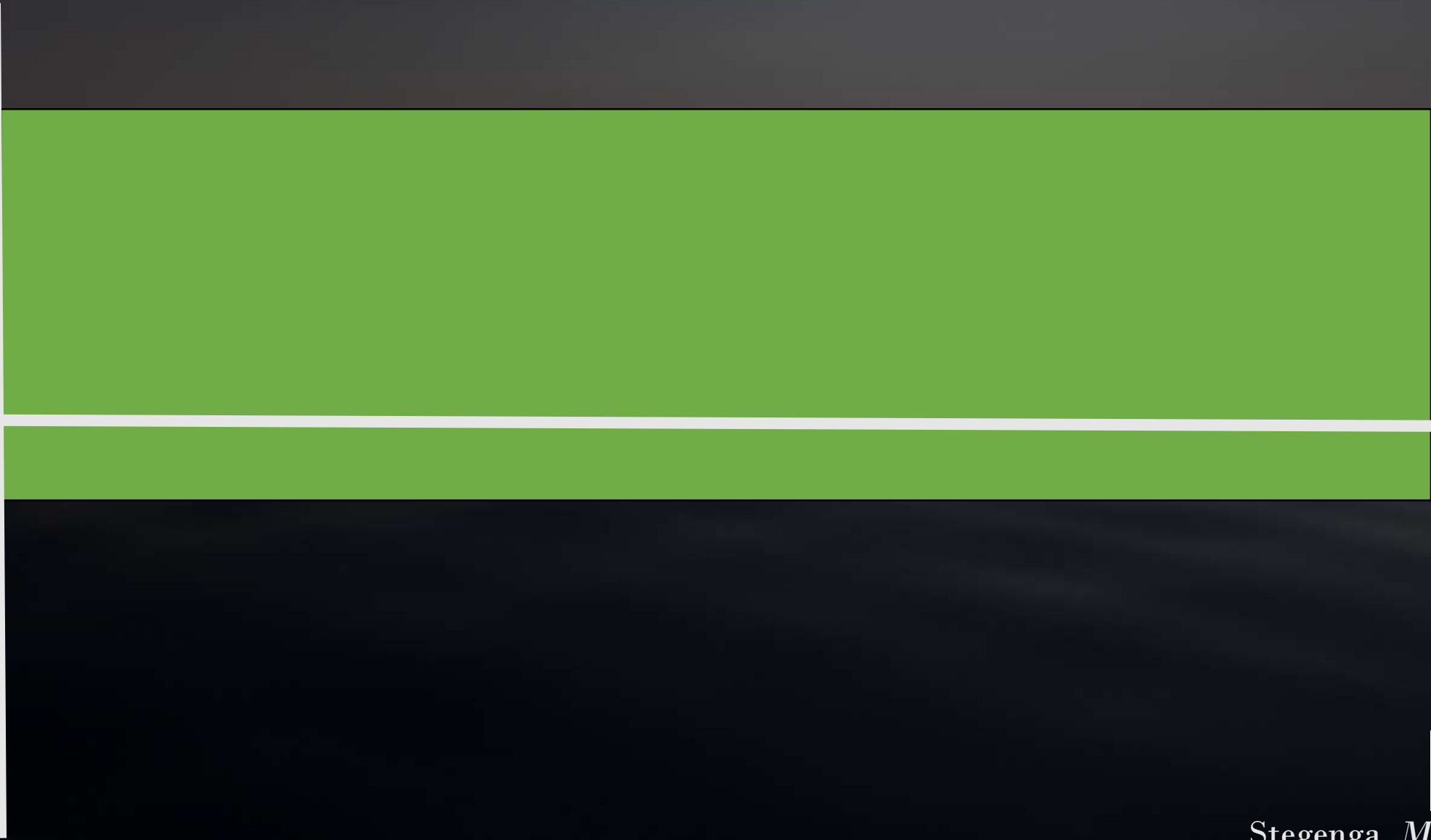
“Abnormal”

Morbidity/Mortality

Effect of Additive Treatment

+

-



Effect of Additive Treatment

+

-

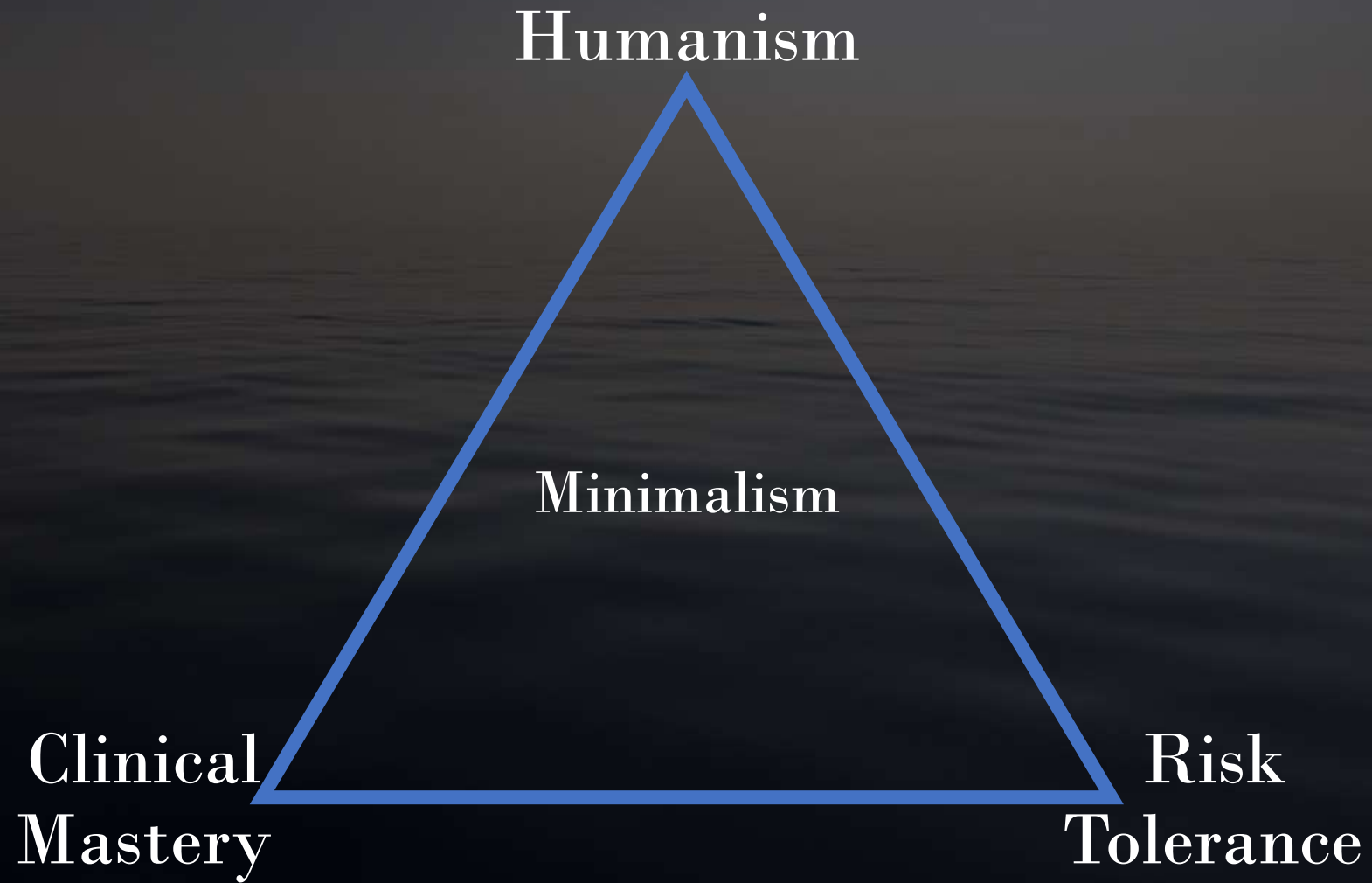
Therapeutic Humility



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



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