

Factors To Keep In Mind Factors To Keep In Mind When Seeking a Medical Recommendation

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Objectives of Presentation

1. Review the commonly encountered medical conditions that require a medical consultation before dental treatment.
2. Learn how to provide appropriate “Clinical Context” to the physician while drafting a medical consult letter.
3. Review "Effective Guidelines" for writing a medical consultation letter that encompasses the pre-operative, intra-operative, and postoperative phases of dental treatment.

The U.S Population Is Aging

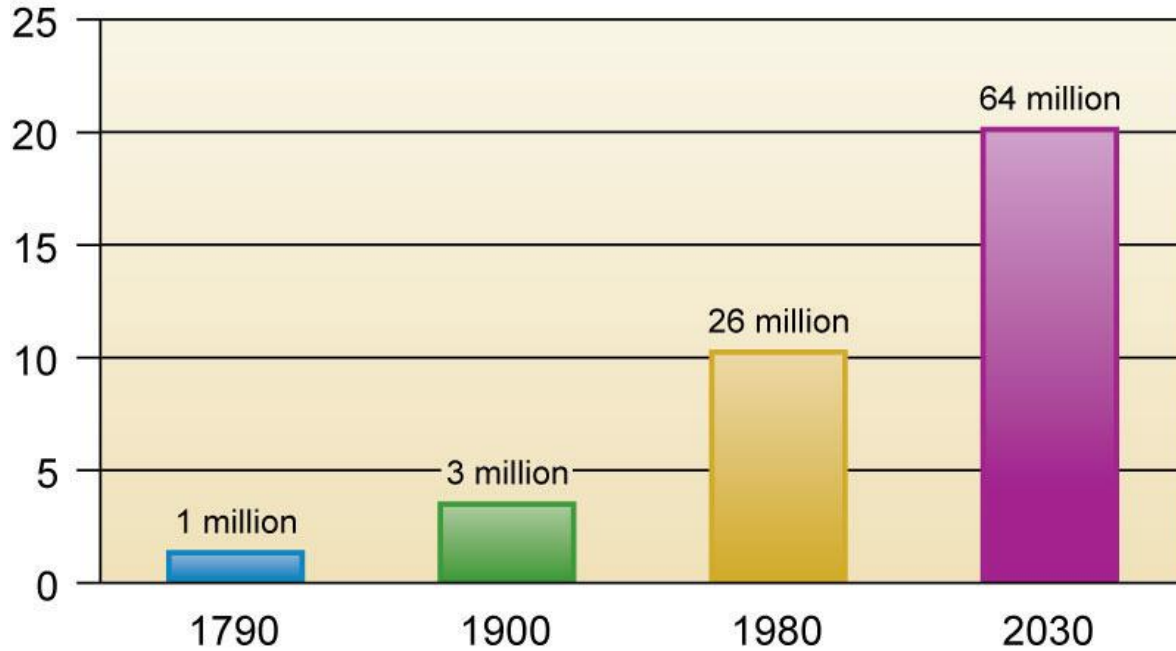
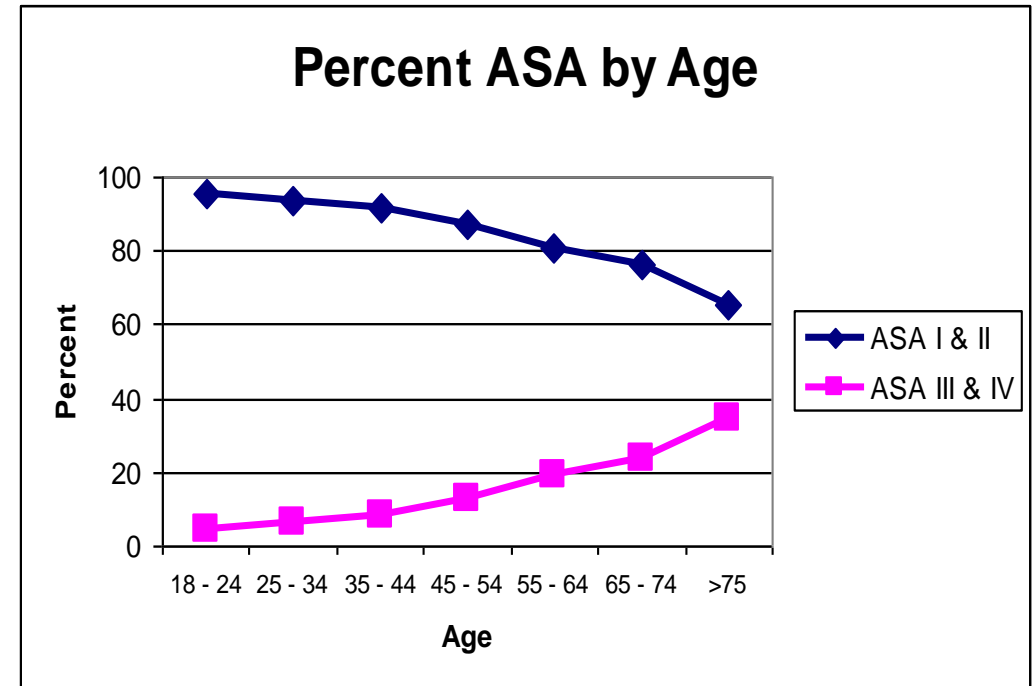


Fig. 1-2. The most rapidly growing segment of the U.S. population is the group 65 and older because of the large number of aging post-World War II baby boomers.

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Growing Segment of Older patients

1 in 6 people in the United States were 65 and over (2020 census) -www.census.gov.

We know that with advancing age, patients face an increased risk of being medically compromised.

Common Medical Conditions That Require A Medical Consultation Before Dental Treatment

Cardiovascular Diseases

Hypertension

Coronary Artery Disease

- *Unstable Angina/
Myocardial Infarction*

Significant Cardiac Arrhythmias

Congestive Heart Failure

Infective endocarditis

Severe Valvular disease

H/O Heart Valve replacement

High-grade Atrio-Ventricular Block

Pulmonary Diseases

Asthma

COPD

Tuberculosis

Endocrine Diseases

Diabetes (IDDM and NIDDM)

Adrenal Gland disorders

- Adrenal insufficiency

- Addison's disease

- Cushing's syndrome

Thyroid gland disorders

- Hypothyroidism

- Hyperthyroidism

Renal Diseases

Chronic Kidney Disease

End Stage Renal Disease

Renal Failure/Hemodialysis

Gastrointestinal Diseases

Liver Disease

- Viral hepatitis
- Alcoholic liver disease
- Drug induced liver disease.

Acute Gastritis, GERD, Peptic ulcer

Ulcerative Colitis

Neurological Diseases

Epilepsy

Parkinson's disease

Multiple Sclerosis

Stroke

Pregnancy

Bleeding Disorders

Anemia

- Sickle cell anemia
- Pernicious anemia
- Aplastic anemia

Hemophilia A ,B,C

Thrombocytopenia

Von Willebrand Disease

Cancer (Past or Present)

Leukemia

Lymphoma

Multiple Myeloma

Oral Cancer

Medications

Immunosuppressants

Blood thinners

Chemotherapy

Bisphosphonates

Antiangiogenic Medications

Corticosteroids

Immunocompromised Patients

HIV

H/O Head and Neck Cancer Irradiation

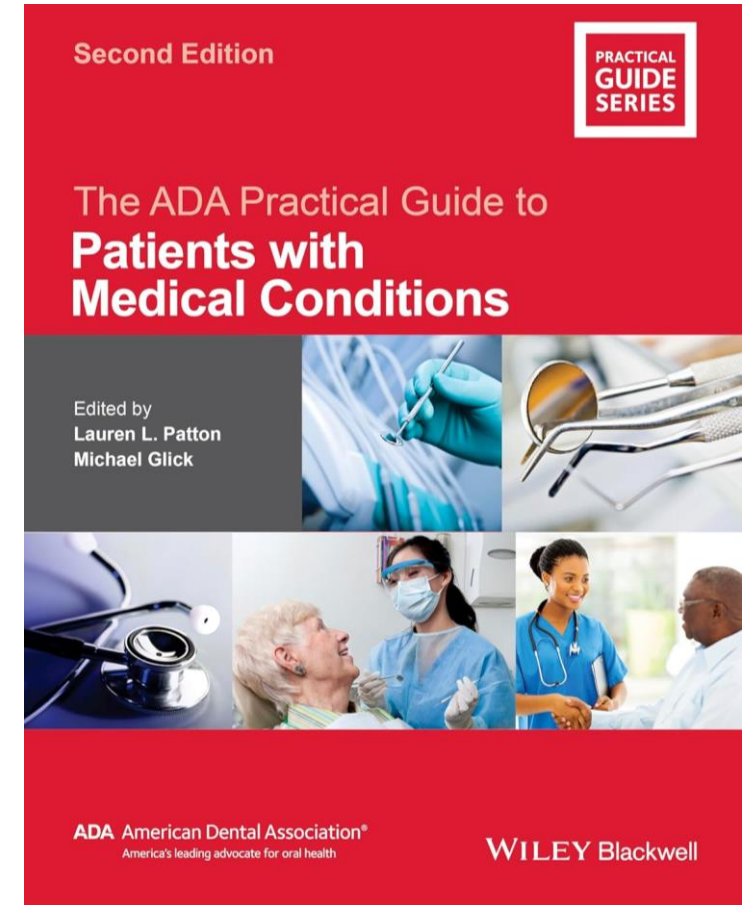
To Draft A Well-constructed Medical Consultation...

Possess a comprehensive understanding of medical conditions.

Understand and interpret Lab Values (CBC, Renal and Hepatic Function tests, Coagulation profile etc.,)

Demonstrate a solid understanding of pharmacotherapy.

Be continuously aware of the most recent and updated guidelines from the American Dental Association (ADA) regarding management of patients with medical conditions.



Provide Appropriate “Clinical Context” To The Physician While Writing A Medical Consult Letter

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- Providing an appropriate "Clinical Context" implies furnishing the physician with the
 - *patient's known medical conditions*
 - *outcome of your patient assessment/Physical Status(MET Score)*
 - *proposed dental treatment and*
 - *medications you plan to administer or prescribe during dental treatment.*
- This ensures that the physician gains a thorough understanding of the case, including the risks associated with the dental procedure resulting in informed decision-making and provision of appropriate recommendations.

"Effective Guidelines" For Writing A Medical Consultation

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- While drafting a medical consultation letter, we need to think through the process of patient management that occurs before, during, and after the proposed dental procedure.
- Therefore, appropriate questions/clarifications needs to be sought for management of the patient for all the 3 phases of treatment
 - *Pre-operative Phase,*
 - *Intra-operative phase and*
 - *Post operative phase*

Consider what information you're wanting in return from the Physician for all the 3 phases of treatment ...

Pre-operative Phase

Overall Health Status

- **Disease identification**

Determine the presence of a specific diseases or medical conditions.

- **Disease quantification**

Determine the extent, severity, or amount of a particular disease or medical condition.

- **Details of devices**

Determine if the patient has any prosthetic or therapeutic device that may require any treatment modification.

Pre-operative Phase

Medications

List of Current Medications: *Request detailed list of all medications the patient is currently taking (prescription drugs, OTC drugs and supplements and herbal drugs)*

- Please provide an updated medication list.
- Is the patient taking any other medications not listed here?

Sedation Considerations: *If sedation is planned, assess how medications may interact with sedatives or anesthesia agents.*

Potential Interactions: *Identify potential interactions between medications and dental drugs or anesthesia. Some medications may affect bleeding, clotting, or other factors relevant to dental procedures.*

Impact on Healing: Consider how certain medications may impact the healing process after dental surgery or procedures. For example, blood-thinning medications may affect post-operative bleeding, Bisphosphonates cause MRONJ. Therefore, request for drug holiday.....

Pre-operative Phase

Current Laboratory Tests:

- *Hemoglobin A1c, Liver function test, Coagulation profile, CBC, Renal function test, Thyroid function test, etc.,*

Special Investigations:

- *EKG, Echocardiogram, Pulmonary function test, Cardiac Stress test, EEG etc. and impact on proposed dental treatment.*

Questions - Evaluation of Patient's Suitability for Planned Dental Procedure.

- How would you describe the patient's current overall health?
- Are there any underlying medical conditions that may affect dental treatment?
- Can the patient undergo the treatment in the dental office or is it necessary to conduct the procedure in a hospital setting.

Intra-operative Phase

- Stress reduction protocol.
- Need for Prophylactic antibiotics.
- Any concern using Local anesthesia in patients with significantly compromised hepatic and renal dysfunction
- Any Concern using local anesthesia with or without epinephrine.
- Any Special Precautions in relation to use of Sedation (Inhalation or IV Conscious).

Post-operative Phase

Drug Considerations

- Pain management (NSAIDS, Acetaminophen, Opioids) - Seek guidance with choice and Dosage)
- Antibiotics - Seek guidance with choice and Dosage

“Effective Guidelines” For Writing A Medical Consultation

- Understand that a well written medical consult letter enhances working relationship between the Physician and the Dentist.
- Be courteous of your colleague (Physician), Establish rapport...
- Be cognizant of the fact that the physician’s time is valuable and limited.
- Know that Physicians know very little about dentistry. Therefore, avoid dental jargon and do not elaborate on the details of the proposed dental procedure.

"Effective Guidelines" For Writing A Medical Consultation

- Identify the patient's current physician and determine why is the patient receiving medical care, diagnoses, and treatment received.
- The name, address, and phone number of the physician should be recorded.
- Understand that the medical consult letter serves as a record of patient history and visit and also as a foundation of good defense(legally).
- Write the letter with the understanding that the patient or an attorney may possibly read it.

“Effective Guidelines” For Writing A Medical Consultation

- Medical Consultation letter must be simple, succinct, streamlined and easy to read. (Concisely express your concerns be specific about the input you need). For Example,
 - What is the patient’s BP goal (range)?
 - Do you have any concerns regarding the proposed dental treatment based on his current cardiac status?

Medical Consultation - Summary

Aid

- Disease identification
- Disease quantification
- Details of Medications
- Details of Devices (Does the patient have prosthetic or therapeutic device that may require any treatment modification?)

Suggest management

Preoperative, Intraoperative and Postoperative management

Identify potential complications

- Prompt recognition
- Appropriate therapy

Knowing your patient well will also be very helpful information in preventing medical emergencies during a surgical procedure

Medical Consult Letter

Dear Dr.

During my routine dental examination of our mutual patient _____ on _____, I recorded a medical history that requires additional input from your office.

Medications: Add list of medications.

Medical Conditions: Add list of Medical Conditions

Dental Treatment Anticipated:

Information Requested: