2018

Coronary stents—the role of experience and evidence in making clinical decisions

Elise Anderson
Wayne State University School of Medicine, eca11@albion.edu

Aria Ganz-Waple
Wayne State University School of Medicine, fh0045@wayne.edu

Nikola Rakic
Wayne State University School of Medicine, gc8134@wayne.edu

Eric Blake
Wayne State University School of Medicine, eric.blake@med.wayne.edu

Destiny Kellam
Wayne State University School of Medicine, ed3654@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/crp
Part of the Medical Education Commons, and the Translational Medical Research Commons

Recommended Citation

This Reflection is brought to you for free and open access by the Open Access Journals at DigitalCommons@WayneState. It has been accepted for inclusion in Clinical Research in Practice: The Journal of Team Hippocrates by an authorized editor of DigitalCommons@WayneState.
Coronary stents—the role of experience and evidence in making clinical decisions

Authors
Elise Anderson, Aria Ganz-Waple, Nikola Rakic, Eric Blake, Destiny Kellam, Nadeen Mansour, David Aguilar, Jessica A. Johns, and Jerry Chen
REFLECTION:
Coronary stents—the role of experience and evidence in making clinical decisions

ELISE ANDERSON, Wayne State University School of Medicine, eca11@albion.edu
ARIA GANZ-WAPLE, Wayne State University School of Medicine, fh0045@wayne.med.edu
NIKOLA RAKIC, Wayne State University School of Medicine, gc8134@wayne.edu
ERIC BLAKE, Wayne State University School of Medicine, eric.blake@med.wayne.edu
DESTINY KELLAM, Wayne State University School of Medicine, ed3654@wayne.edu
NADEEN MANSOUR, Wayne State University School of Medicine, fg9889@wayne.edu
DAVID AGUILAR, Wayne State University School of Medicine, gg6461@wayne.edu
JESSICA A. JOHNS, Wayne State University School of Medicine, gf5122@wayne.edu
JERRY CHEN, Wayne State University School of Medicine, gg1034@wayne.edu

Today, our first-year medical student small group interviewed a standardized, role-played patient by the name of Jeff Samples, who has come in with a complaint of “chest pain on and off for about two months.” Jeff is known to over 4,000 Wayne State University School of Medicine graduates. However, our experience was different than that of those who came before us, because our instructor gave us a copy of a New York Times article and the corresponding clinical research paper suggesting that angina is not a problem of clogged pipes to the heart. Guidelines have been pushing the use of stents for years, despite there only being one other trial comparing percutaneous coronary intervention (PCI) to optimal medical therapy. Clinically, it has been difficult to go against what has been known to be the “correct solution” to artery blockage because medical practice is rooted in hierarchy, culture, and sometimes the comfort of immediate results and quick fixes. Science and evidence disagreeing with the standard of care is assailed as “unbelievable” and doctors question the validity and practicality of pursuing this line of inquiry. This is troubling because when we see a research article that calls into question a method of treatment, the medical community should try and gather more research on this topic as opposed to making excuses to ignore the evidence, or worse, to shut down further inquiry as suggested in the New York Times article. Would Jeff really be best served by a stent? We’d like to have access to more evidence before making that decision.

As first-year medical students, we all agree that more time and effort should be invested in treating the lifestyle habits that lead to coronary artery disease. Because we don’t have years of experience and comfort with the current standard of care, we still seek high quality clinical research to help us best advocate for our patients. Based on our “patient” today and the readings we discussed, it falls on our upcoming generation of doctors to continue to ask important questions and challenge the status quo with evidence.

References

THE AUTHORS are 1st year students at Wayne State University School of Medicine.