

Blood Chem Basics Action Steps

1. An important takeaway from this week is that reducing the amount of money spent on testing up front may save money in the short term, but it will almost certainly lead to higher costs over the long term. Also, “The wise physician treats disease before it occurs.” Practice explaining the importance of a more comprehensive case review blood panel to a patient, a colleague, or a friend/family member.

Consider giving them an example such as: If a patient only has mildly elevated fasting glucose, it is possible to correct this with diet and lifestyle changes, but if we wait until a patient has a fasting glucose of 150, it’s probable that they have already lost beta cell function, and although dietary and lifestyle changes may help, it is likely that they may require ongoing supplementation or medication to keep their blood sugar in the normal range.

2. Add the comprehensive metabolic panel to your electronic health record so you can easily order it for patients. The LabCorp test code is 80053.
3. Another key takeaway from this week was the importance of looking for patterns in blood chemistry results rather than only the individual markers. Do you have an example where additional information, either with a thorough medical history or other markers, influenced your interpretation of an individual blood chemistry marker? Discuss this with a colleague, a friend, or a family member.
4. Practice explaining the importance of looking for patterns in blood chemistry results with a patient, a colleague, or a friend/family member.