Four Principles for separating Zebras into Horses Worksheet

Common diseases occur commonly and rare diseases occur rarely

Over the next **10 minutes** please complete the following worksheet as an individual.

Write down your case and include your differential diagnosis.

Differential diagnosis

Principle 1

➢ *Common disease occur commonly and rare disease occur rarely*

Look for red flags and distractions i.e. things that may lead you astray.

1. Are there any red flags?

2. Are there any distractions ie things that may lead you astray?

3. How reliable is the feature?

4. How often is it encountered in the rare disease?

5. How often is it encountered in the more common disease?

Principle 2

➢ *The mind is an imperfect estimator of risk*

1. Is the story "to good to be true" and did I lead the witness?

2. Has recent experience affected my judgement?

3. Is my experience with this condition too limited?

Principle 3

> *The unusual presentation of a common disease is generally more unlikely than the usual presentation of an uncommon disease*

Corollary , screening everyone for a rare disease is not helpful. When faced with an unusual clinical feature, ask first if it can be explained by something other than rare disease

Are there any tests that would be helpful?

Principle 4

> *Not everything we are taught is correct.*

Do not attach too much importance to it e.g. from university Professor, look for support from the literature.

Do I have reliable information?

<u>In pairs discuss you case and take your colleague through the model as applied to your case 10 mins per case</u>**(20 mins total)**

<u>Join together with another pair and discuss what issues using the model has raised for you? Has it raised any learning needs for you?</u> **(10 mins)**