

PREVIEW_ Mark Cucuzzella - Presentation (Breckenridge 2018) 1

Dr. Mark Cucuzzella: I went to University of Virginia, so everyone holds Thomas Jefferson in high esteem. But a little rebellion is good every now and then. So this is my hospital here. You know, weapons of mass destruction and maybe you all see this.

And actually this was in my hospital, so, you know, on the vending machine... "Balance what you drink and do", we're promoting this out that it's about balance. This was given out last year on nursing week and you can't read the fine print there.

It says, "Year of healthy nurses. Balance your life for a healthier you." And they had to do a lot of exercise... You know, they ate that at their lunch break on night shift. Think of how many minutes on the treadmill they would need to do to...

But this is going away, which is what I'm going to talk about here. I bring this little diagram into the room with patients. I think it's a really clear way for people to visualize that, because they're at a fork in the road.

I work in a hospital for the most part, do some clinic, but they're there because they have chest pain, pneumonia, they got a diabetic foot infection, you name it, you know they've got a problem and they're not going anywhere.

They're in a hospital, they're not late for work or their kids' soccer game. So they're at a fork in the road, they could choose to go in two directions. The road to the left is, "I am a medical patient for life. This needs a lot of medical care."

But there is this road off to the right that you can get better. Do you want to know about that? Sure, doc, tell me about that.