

The *Fading* Art of Observation

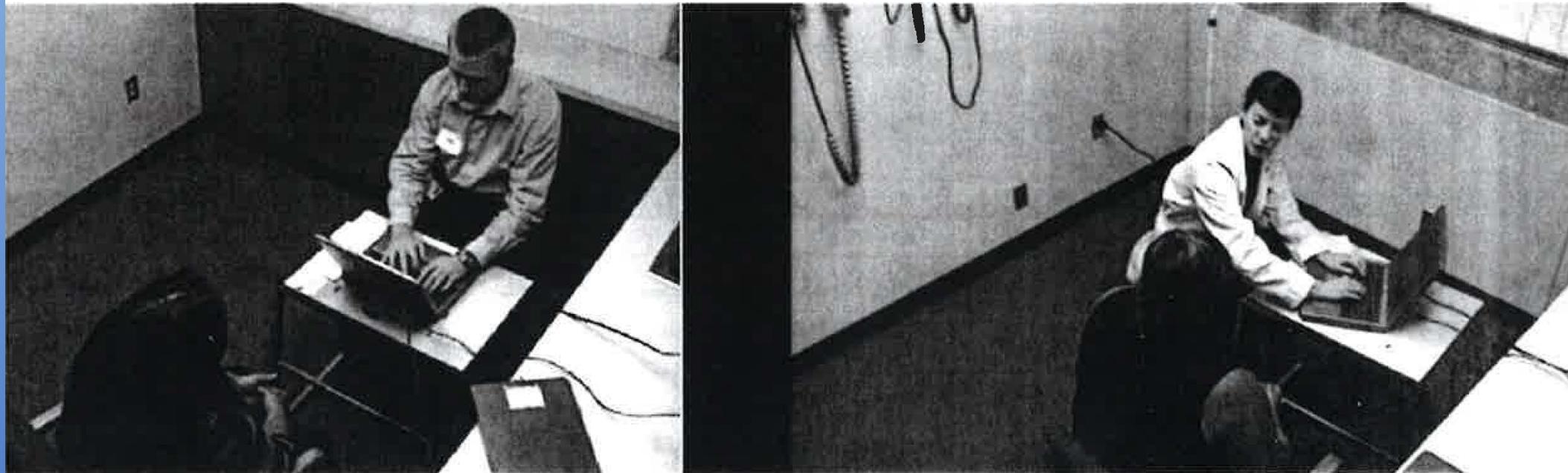
ALAN BLUM, M.D.

Academic Afternoon
July 30, 2019



Figure 2

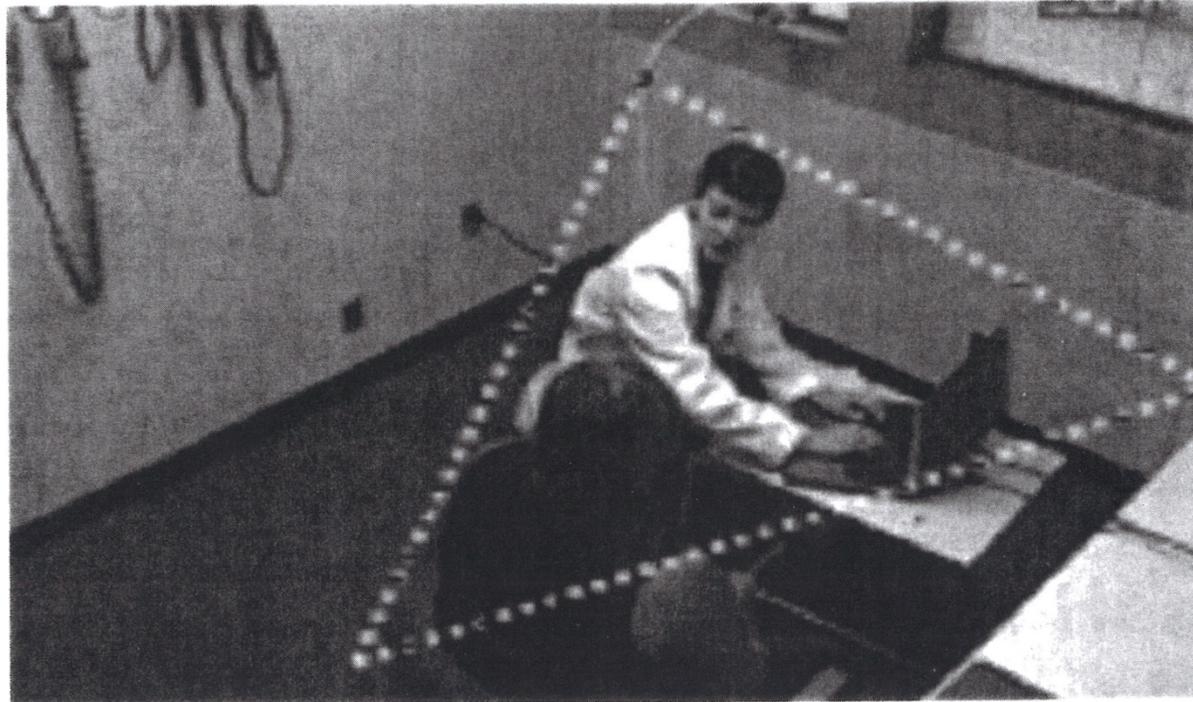
EHR-specific Communication Skills (poor left, good right)



electronic health record

Figure 1

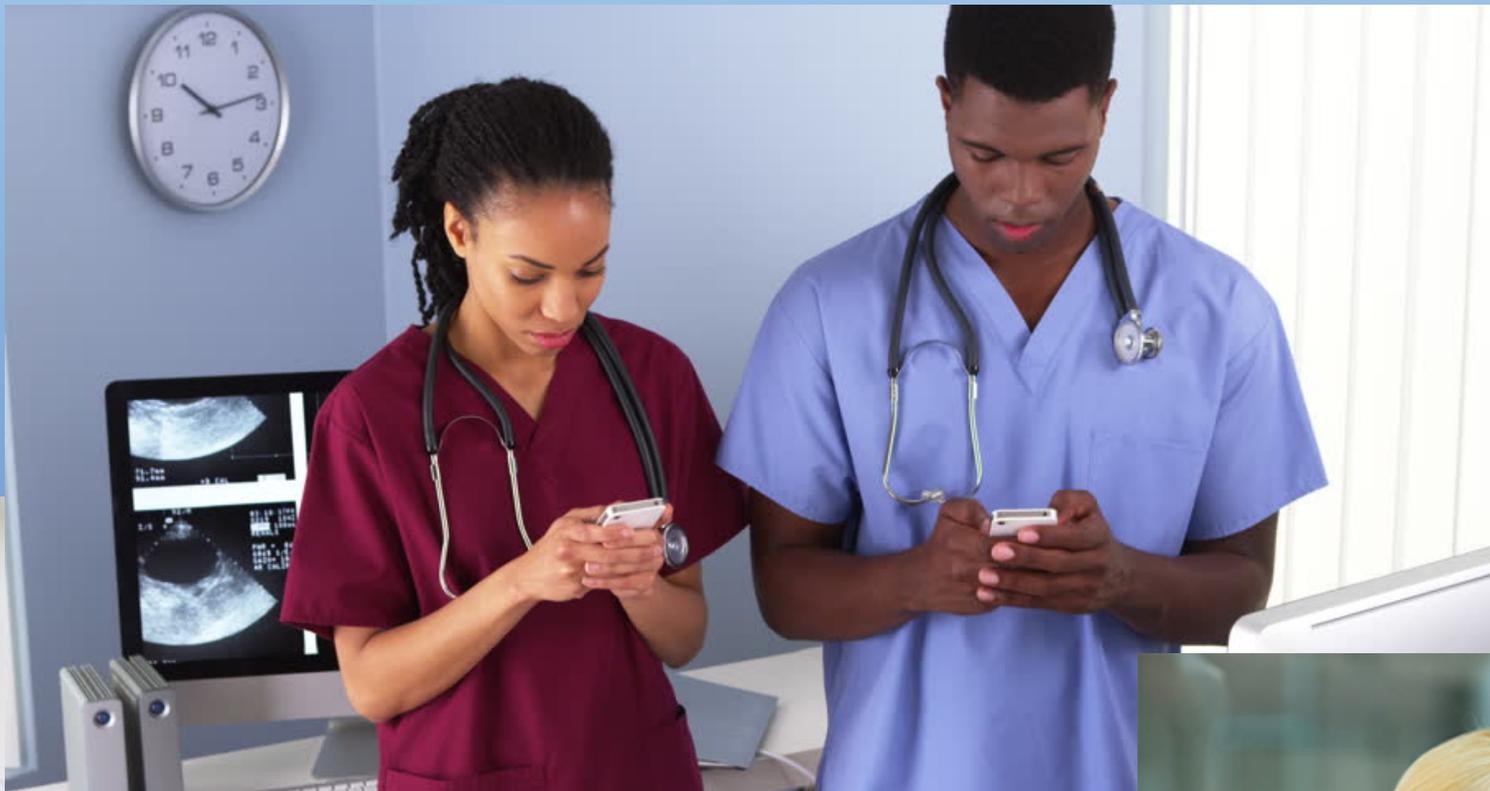
The Doctor-Patient Electronic
Health Record Triangle



Finally, the medical errors about medication in

In summary, these techniques, patient learning enhanced by

Although students are teaching many still doctor-patient while integrating ambulatory these techniques improve the skills, enhancement skills, interaction, and patient tendency to



ZOMBIE APOCALYPSE!

Digital Media Addiction on Campus

DIGITAL MEDIA

- Cell phones
- Laptops
- Internet
- Social media



UPSIDE OF DIGITAL MEDIA

- Instant communication
- Online entertainment
- Internet access
- Electronic payments
- Safety
- Education
- Shopping
- Medical advances

DOWNSIDE OF DIGITAL MEDIA

- Loss of privacy
- Cyberbullying
- Hate speech
- Texting and driving
- Decline in school performance
- Diminished social skills
- Mental and physical health problems

DIGITAL MEDIA ADDICTION

- Social media/technology addiction

NETFLIX

- Constant attachment to technology



- Difficulty stopping Internet use



LOSS OF ATTENTIVENESS

- Myth of multitasking
- Inability to focus
- Pedestrian safety



LOSS OF CIVILITY

- Diminished courtesy, honesty
- Decreased conversation quality
- “Anti-social” media



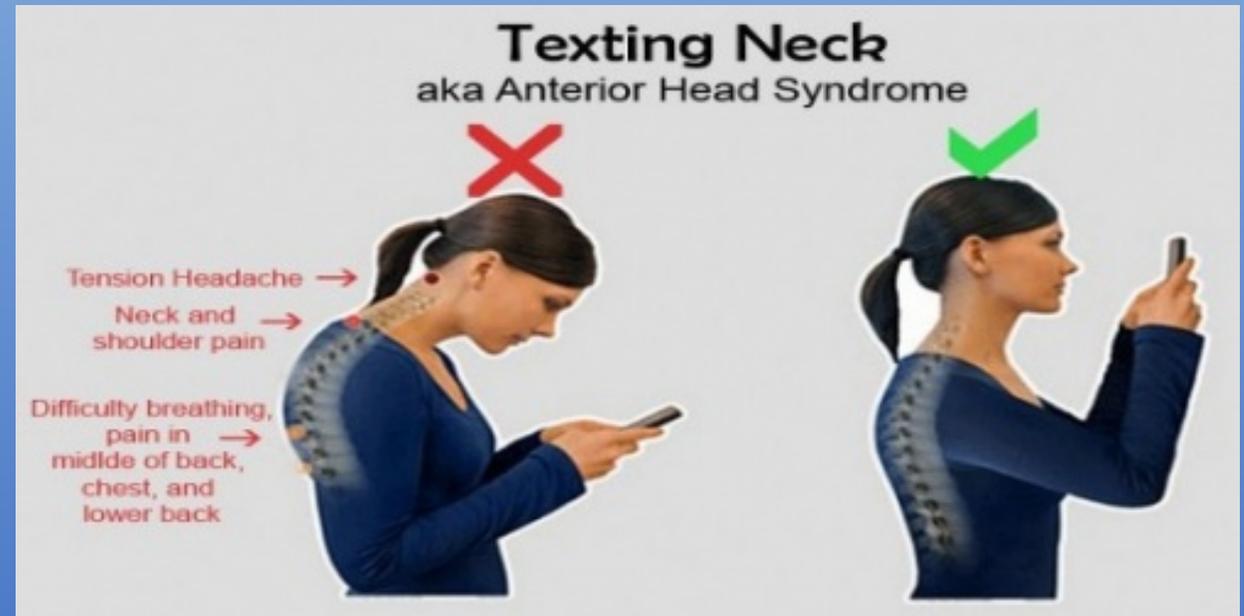
TROUBLED RELATIONSHIPS

- Partner phubbing
- Diminished intimacy
- Threat to autonomy



PHYSICAL HEALTH PROBLEMS

- Computer vision syndrome
- Poor sleep quality
- Text neck
- Weight gain



SCHOOL PERFORMANCE

- Negative impact
- Majority use laptops
- Lower GPAs



IMPACT ON CHILDREN

- Displaced parent-child interactions
- Decreased physical activity
- Diminished reading skills



TECHNOLOGY

Limit Screen Time for Children Under 5, W.H.O. Says

By EMILY S. RUEB

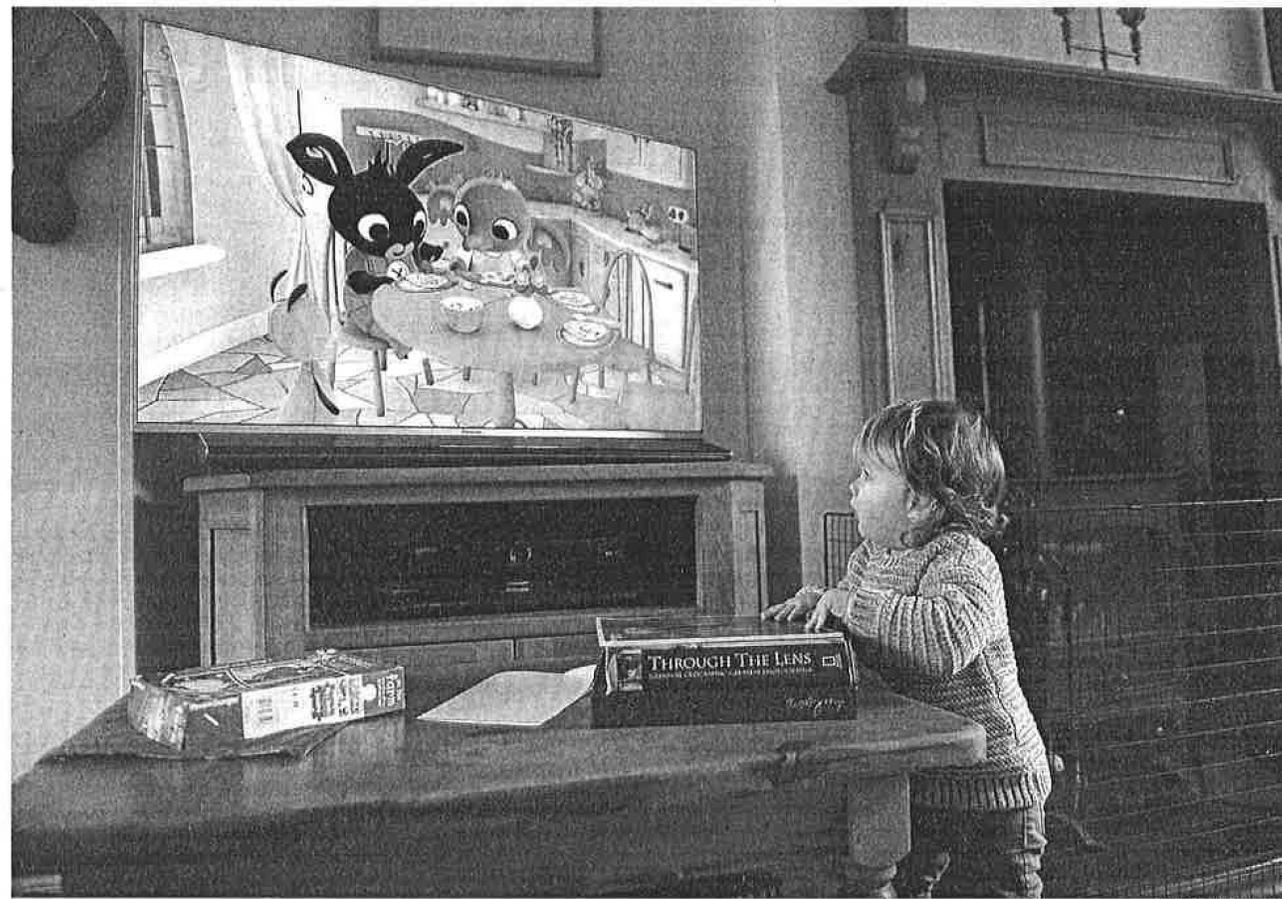
In a new set of guidelines, the World Health Organization said that infants under 1 year old should not be exposed to electronic screens and that children between the ages of 2 and 4 should not have more than one hour of “sedentary screen time” each day.

Limiting, and in some cases eliminating, screen time for children under the age of 5 will result in healthier adults, the organization, a United Nations health agency, announced on Wednesday.

But taking away iPads and other electronic devices is only part of the solution, the researchers said. Children under 5 should also get more exercise and sleep in order to develop better habits that will stave off obesity and diseases in adolescence and adulthood, the guidelines said.

“Achieving health for all means doing what is best for health right from the beginning of people’s lives,” Dr. Tedros Adhanom Ghebreyesus, the director-general of the W.H.O., said in a statement. “Early childhood is a period of rapid development and a time when family lifestyle patterns can be adapted to boost health gains.”

As previous generations worried about the impact of radios and televisions, researchers today are studying the impact of “screen time,” which has become a shorthand for the amount of time spent interacting with TVs, computers, smartphones, digital tablets and video games, on brain development and overall health. But there is limited data on the short- and long-term effects.



DAVID BAGNALL/ALAMY

The World Health Organization says keeping children away from electronic screens, and encouraging exercise and sleep, will result in healthier adults.

ment is affected by a range of experiences, including substance use, concussions and screen time. But the study is tracking children ages 9 to 10 into young adulthood, and the data is preliminary.

ommended introducing only “high-quality programming” to children 18 to 24 months of age, and advised that parents and caregivers watch the program with them. Children between the

A.A.P.’s 2016 guidelines, said there are no known benefits of screen media for children under 18 months of age. But he added that technology is developing faster than the scientific study on the ef-

know that it’s good, and there’s any reason to believe it’s bad, why do it?”

The A.A.P. is beginning to contemplate the next set of guidelines, Dr. Hill said.

say without a comprehensive literature review, which is what informs our policy.”

The World Health Organization’s guidelines go further than the A.A.P.’s recommendations.

Dr. Fiona Bull, a program manager for surveillance and population-based prevention of noncommunicable diseases at the W.H.O., led a team of experts who developed the guidelines.

“Improving physical activity, reducing sedentary time and ensuring quality sleep in young children will improve their physical, mental health and well-being and help prevent childhood obesity and associated diseases later in life,” Dr. Bull said in a statement.

The researchers also recommended that children under 5 not be restrained in strollers or high chairs or strapped to a caregiver’s back for more than one hour at a time. And children between the ages of 1 and 5 should get three hours of physical activity per day, and get at least 10 hours of sleep per night.

According to the W.H.O., the number of obese people worldwide has nearly tripled since 1974. Instances of childhood obesity, once considered a scourge of wealthy nations, are increasing dramatically in low- and middle-income countries, especially those in Africa and Asia.

The organization said that the failure to meet current physical activity recommendations is responsible for more than five million deaths globally each year across all age groups.

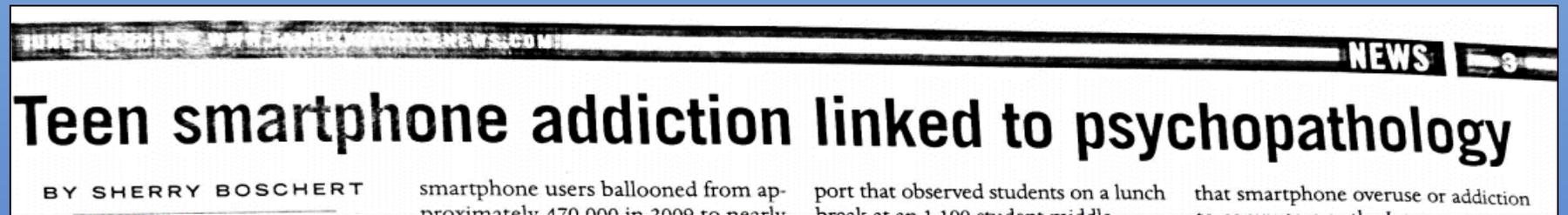
“What we really need to do is bring back play for children,” Dr. Bull said.



MENTAL HEALTH PROBLEMS

- Depression

- Anxiety



- FOMO

- ADHD

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