

## **CAST ICE**

**For every management problem, you can deal with it by using the mnemonic CAST ICE.**

Start by **C**, which is confirming what you were told.

All physicians go through what is already available when they first meet a new patient, so tell the examiners what information you need to confirm the history you've been given.

You should then, **A**.

Assess the current situation using the mnemonic TESTS

- T for test to confirm diagnosis
- E to exclude other diagnosis
- S to assess the severity of the disease
- T for treatment baseline
- S for suspected complications.

Next thing is to, **S**.

Set the treatment goals.

A generic set of goals for any disease could be:

- to control symptom.
- to prevent complications or slow disease progression.
- to preserve function.

**T** is for treatment plan. Explain the treatment plan to achieve each goal.

**I**, for Involving the patient and others in your plan. This should include a multidisciplinary team approach such as the patient's general practitioner, community nurse, dietician, rehab programs, allied health such as physio, OT, social worker. Also Disease support groups for chronic or rare illnesses along with family and community supports.

Hospice involvement if dealing with a terminally ill patient.

**C** is for Complications of disease and treatment. Explain how you would prevent the complications of the disease by prevention and regular surveillance

Finally, **E** for ensure follow up. Make sure that you follow up the patient in your clinic and refer them to any sub specialist as appropriate.